

PEOPLE | HEALTH | WORK | LIFE
July/August 2026 | 12th Edition

THE INNER CIRCLE

A MATTER OF CARE

WE'RE ALL SALESPEOPLE!

Why every interaction counts.

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THE CARE ECOSYSTEM



At the heart of healthcare is a shared purpose: achieving the best possible outcome for the patient. But meaningful care is rarely the work of one person, one process, or one resource. It is the result of a **connected ecosystem** in which every part plays a role.

This edition of Inner Circle, themed **A Matter of Care**, explores care beyond the patient, considering the people who provide it and the equipment that supports them. In a broader sense, it reflects on the care we give to the many parts of our lives. Each requires attention and support to thrive, **creating a cycle that ultimately leads back to us.**

The Patient

At the centre of healthcare is the patient. Every decision, interaction and intervention is guided by the goal of improving health, comfort and outcomes. Beyond healthcare, it reminds us that care begins with recognising what or who is at the centre of our attention.

The Caregiver

Healthcare professionals turn knowledge, skill, and compassion into meaningful care. Supporting their wellbeing and ability to work effectively strengthens the care they provide. The same is true in everyday life: we cannot pour endlessly into others without also caring for ourselves.



MANAGING EDITOR
Nwamaka Onwuakagba

The Machine

Medical equipment plays an important role in the journey. When properly maintained and cared for, it provides the reliability professionals depend on to deliver effective care. In the same way, the tools, systems, and spaces we rely on every day also need attention to continue serving us well.

These elements are closely connected. People depend on people, professionals depend on reliable tools, and every system requires care to continue working as it should.

The Care Ecosystem reminds us that care is shared, connected, and sustained by the attention we give to every part of life's journey.

As you explore this edition, we invite you to reflect on what it means to care; for yourself, for others, and for the people, places, and systems that support the lives and work we share.

After all, when every part of the ecosystem is cared for, we are all better for it.

WE'RE ALL SALESPEOPLE!

As we enter the final quarter of the year, I want to challenge every one of us with a simple truth that will determine how far we go in 2026:

At Sudabelt Medical Company Ltd, we are all salespeople.

Yes, the Sales team carries the targets and numbers on their dashboards. But a successful sale does not begin with a quotation, nor does it end with a signed contract. The real sale happens in everything we do.

WHERE THE REAL SALE HAPPENS

Every department, every role, and every interaction contributes to the customer's decision to trust Sudabelt.

- **In Sales:** We understand customer needs, create value, and build relationships beyond the transaction.
- **In Project & Hospital Planning:** We translate healthcare needs into practical solutions that work for facilities, professionals, and patients.
- **In Marketing:** We tell the Sudabelt story authentically and communicate the value we bring.
- **In Procurement:** We select the right partners and solutions without compromising standards.
- **In the Warehouse:** We pick, pack, and verify every order with precision.
- **In Logistics:** We ensure deliveries arrive safely and on time.
- **In Service:** We anticipate challenges, respond quickly, and keep our customers' operations moving.
- **In Finance:** We process transactions with accuracy, transparency, and efficiency.
- **In Quality:** We protect the standards that safeguard our customers and our reputation.
- **In Admin & Customer Relations:** We make every email, phone call, and conversation an opportunity to demonstrate professionalism and care.



And it does not stop there.
Whether you are a cleaner, office assistant, driver, technician, sales executive, manager, or director, you are selling Sudabelt.
You are selling our professionalism.
You are selling our reliability.
You are selling our standards.
You are selling trust.

Every interaction tells someone what Sudabelt stands for.

We are not simply moving boxes, processing documents, or completing tasks. We are advancing healthcare excellence across Africa. That makes every one of us an ambassador of our mission.

EVERY INTERACTION TELLS SOMEONE WHAT SUDABELT STANDS FOR.

Wherever we are—at our desks, in a hospital, on the road, or in a meeting—people should experience the same Sudabelt standard:
Professional. Responsive. Reliable. Committed to Excellence.

RECIPROCATING INVESTMENT THROUGH ACTION

Management has invested in us—with modern tools, systems, resources, and opportunities designed to make us more efficient, empowered, and productive.

Now the question is: How will we reciprocate?

How will we demonstrate, through our actions, that this investment is making a difference? The answer must be found in how we live our CARE values. This year, we have raised the bar. We don't just CARE. **We are CARING.**

C — Commitment
We are dedicated to improving healthcare outcomes and delivering excellence in everything we do. Own your process as though a patient's life depends on it—because sometimes it does.

A — Accountability
We take ownership of our responsibilities and remain transparent in our actions. If it is on your desk, see it through. If something is broken, take responsibility for fixing it.

R — Reliability
We build trust through consistency, quality, and dependable service. Be the colleague and the company that people can count on—every time.

I — Innovation through Efficiency
We look for smarter, faster, and more sustainable ways to work. Ask yourself: Is there a better way to do this today than we did yesterday?

N — Nurturing Partnerships
Every customer relationship matters—from the first interaction to partnerships spanning decades. True service does not end at delivery; it continues in how we support and nurture the relationship.

G — Global Standard Excellence
We compete with the best in the world while serving Africa with heart. Excellence is not something we occasionally pursue. It is the standard we operate by.

Looking Ahead

As we move through these final four months, I leave each of us with one question: How am I living CARING in the way I carry out my daily responsibilities? If we each answer that question honestly every day, we will achieve more than our targets. We will strengthen relationships, improve how we work, and raise the standard of medical supply, service, and support across Africa.

This is our mission. This is our moment.

Let's finish the year strong.
Let's make every touchpoint a sale.
Let's make every process a promise kept.
Let's make every interaction count.

#OneSudabelt #OneMission #IamCARING
With pride and purpose.



DIRECTOR, OPERATIONS AND PC&T/EDITOR-IN-CHIEF
Dr. Allan Alberto-Klein













NOURISHED AT EVERY AGE

Iron, calcium, and biofortification: The roadmap to complete nutrition for Nigerian women of all ages.

Nutrition in Nigerian women changes significantly with age: younger women often face undernutrition and micronutrient deficiencies, while older women increasingly deal with overweight, obesity, and chronic disease risks. A balanced diet rich in calcium, protein, fibre, and micronutrients is essential to support healthy ageing.

Nutritional Challenges Across Age Groups

Reproductive-age women

Many Nigerian women between 15–49 years face a double burden of malnutrition: underweight (12.1%), overweight (16.8%), and obesity (7.2%). Poor nutrition compromises maternal health and productivity, with household income, education, and community factors strongly influencing outcomes.

Diets are energy-sufficient but often lack key nutrients. Severe inadequacies exist for folate (94.9%), calcium (94.5%), and riboflavin (83.3%), with moderate gaps in vitamin B12 (54.2%). Limited intake of animal-source foods contributes to these deficiencies.



Older women

After age 50, risks shift toward osteoporosis, heart disease, and muscle loss. Nutrition experts recommend calcium- and vitamin D-rich foods (dairy, leafy greens), lean proteins (fish, beans, poultry), fibre-rich fruits and vegetables, and healthy fats from nuts and seeds. Portion control and hydration are critical.

Food Focus for Every Decade

- **15–30years** Iron-rich foods (beans, spinach, meat), balanced calories
- **30–50years** Portion control, whole grains, lean protein, micronutrient-rich vegetables
- **50+ years:** Calcium, vitamin D, fiber, lean protein, reduced salt/sugar

Strategies for Healthy Ageing

1. **Biofortification**: Fortified staples (e.g., vitamin A cassava, iron-rich maize) can reduce deficiencies but must be combined with animal-source foods for full impact.
2. **Balanced diets:** Replace refined carbs with whole grains, include diverse vegetables, and moderate oils and spices.
3. **Lifestyle habits:** Regular physical activity, hydration, and consistent meal timing help manage weight and chronic disease risk.

REFERENCES:

- *7-day healthy ageing meal plan for women over 50 - Link*
- *Can biofortification improve nigerian women's diets? - Link*
- *Multi-Level Correlates of the Nutritional Status of Nigerian Women of Reproductive Age. - Link*



WAREHOUSE & INVENTORY MANAGER
Rebecca Itebu

NAIJA WOMEN & NUTRITION POEM

Omo, Naija woman strong, no be play,
From youth till old age, na food dey pave the way.
As pikin grow into babe, "how far?" na iron we need,
Beans, spinach, meat — make blood no dey bleed.
But wahala dey — folate low, calcium scarce,
94 percent deficiency, omo, that one harsh.
Abi you sabi say riboflavin dey miss?
We gats chop better, no dey form gist.
As madam enter 30s, double wahala show,
Underweight dey, obesity dey grow.
No dulling — portion control, whole grains dey reign,
Vegetables, lean protein, balance go sustain.
When mama don reach 50, bone fit dey shake,
Osteoporosis dey lurk, heart dey ache.
Na calcium, vitamin D, fibre we need,
Fish, beans, greens — na correct feed.
Shakara dey, but health na the true cruise,
Suya sweet, but moderation na the muse.
Naija spirit strong, we dey hammer small small,
Nutrition na key, make we no fall.
So whether young or old, Naija woman shine,
Balanced diet, lifestyle — everything align.
No wahala, we go age with grace,
Healthy food go put smile for face.

Sudabelt Medical

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EMPLOYEE SPOTLIGHT

In this issue, we shine the spotlight on Emmanuel Pius Benjamin, our dedicated Maintenance Officer.

Behind every smooth-running workplace is someone working quietly behind the scenes to keep things in order. From fixing faults to responding to unexpected issues, our maintenance team plays an important role in keeping our workplace safe, functional, and comfortable for everyone.

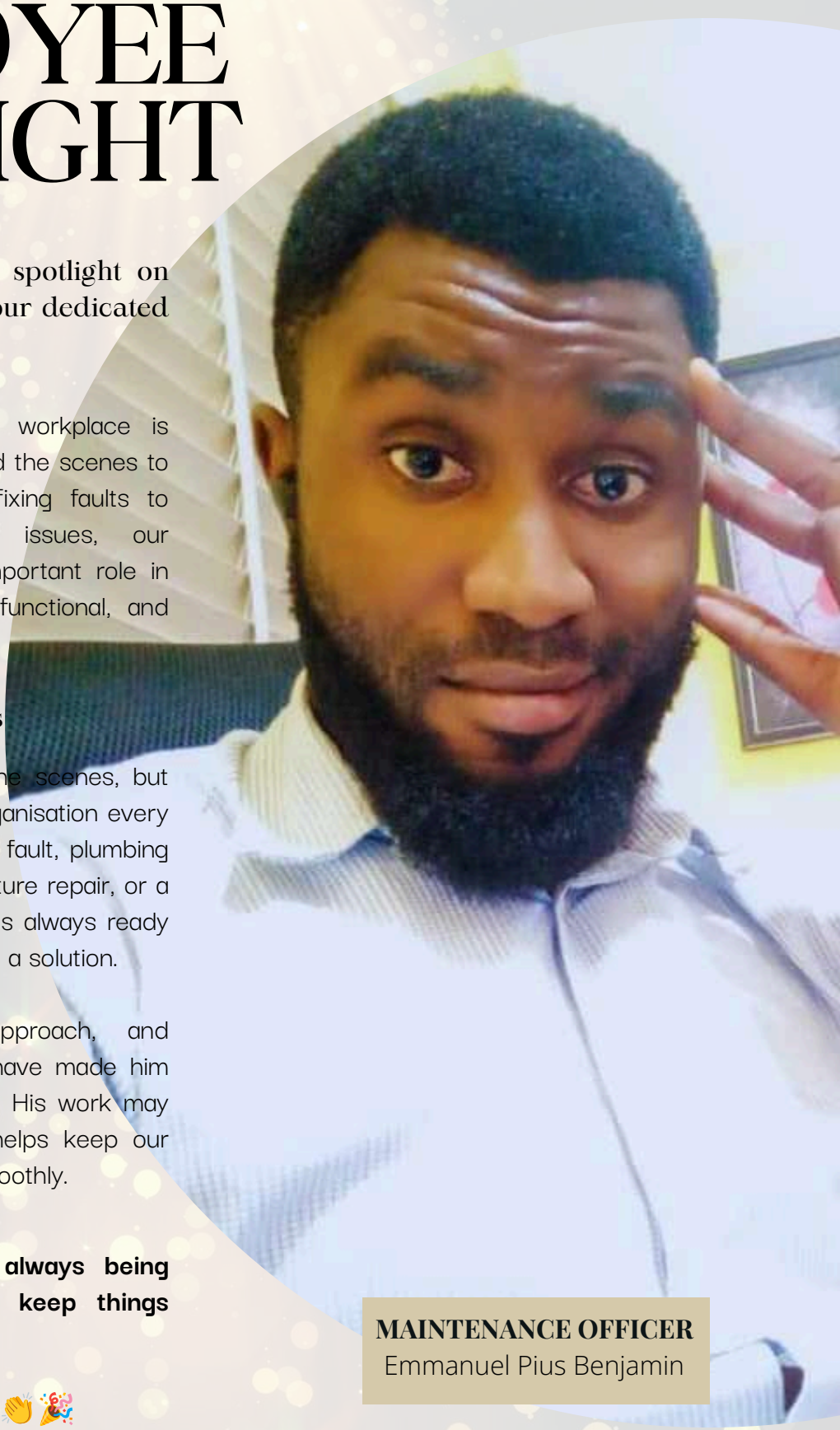
The Person Behind the Fixes

Emmanuel may work behind the scenes, but his impact is felt across the organisation every day. Whether it is an electrical fault, plumbing issue, equipment problem, furniture repair, or a general maintenance need, he is always ready to step in, troubleshoot, and find a solution.

His dedication, practical approach, and willingness to support others have made him an invaluable part of the team. His work may not always be visible, but it helps keep our everyday operations running smoothly.

Thank you, Emmanuel, for always being ready to fix, support, and keep things moving.

We celebrate you, Emmanuel! 👏🎉



MAINTENANCE OFFICER
Emmanuel Pius Benjamin



The Power of Curiosity in a Changing Workplace

In today's fast-changing business environment, technical expertise remains important, but curiosity is increasingly becoming one of the most valuable professional skills. Organizations that thrive are often those whose employees consistently ask questions, seek new knowledge, and remain open to different perspectives.



SNR. ACCOUNTANT
Damilola Ogundele

Curiosity drives innovation. Every improvement in a process, product, or service begins with someone asking, "Is there a better way to do this?" Whether it is exploring digital tools, improving customer experiences, or identifying efficiencies in daily operations, curiosity encourages continuous learning and growth. Rather than accepting existing practices without question, curious individuals challenge assumptions and discover opportunities that others may overlook.

Curiosity also strengthens collaboration. In diverse organizations, people bring different backgrounds, experiences, and ideas to the table. When we approach our colleagues with genuine interest and a willingness to learn from them, we create stronger connections and more effective teams. Listening carefully to different viewpoints often leads to better decisions and more creative solutions.

Importantly, curiosity helps individuals adapt during periods of change. New technologies, evolving customer expectations, and shifting market conditions can create uncertainty. Those who remain curious are more likely to see change as an opportunity rather than a threat. They actively seek understanding, build new skills, and position themselves to contribute meaningfully in changing circumstances.

Cultivating curiosity does not require major initiatives. It can begin with small habits: reading about industry developments, participating in training programs, seeking feedback, or engaging colleagues from different departments in conversation. Simple questions can open doors to valuable insights and unexpected learning opportunities.

As we continue to navigate an increasingly dynamic world, curiosity can serve as a powerful foundation for both personal and organizational success. It encourages us to keep learning, stay adaptable, and remain connected to one another through a shared desire to improve. In many ways, curiosity reminds us that growth is not a destination but a continuous journey.

By embracing curiosity in our daily work, we not only enhance our own capabilities but also contribute to a culture where innovation, collaboration, and progress can flourish. That mindset reflects the essence of strong teams and the spirit of #OneSudabelt.





MOVE YOUR WAY: *STAYING ACTIVE BEYOND THE GYM*

A gym membership is a great option, and with HMO coverage, it is a benefit worth exploring. But what if the gym isn't your thing? What if your schedule has you constantly travelling or attending meetings? How then do you stay active?



The good news is that staying active doesn't have to mean following a traditional workout routine. Movement can happen almost anywhere, indoors, outdoors, or lying down.

1. Take the stairs instead of the lift when you can.
2. Turn a phone call into a walking call. If you have been sitting through meetings for hours, stand up and take a quick walk around.
3. When travelling for work, use a few minutes at the airport, hotel or even in your room to stretch and loosen up.
4. Try dancing to your favourite songs.
5. Take 15-30 minute walks in the mornings or evenings
6. Try Yoga, or Pilates.

A few simple movements can also help refresh your body during a busy day. Try gentle shoulder rolls to ease tension, stretch your arms overhead, slowly twist from side to side while seated, or do a few calf raises while waiting for your coffee.

The idea isn't to turn every moment into a workout. It is simply about becoming more intentional about movement.

It doesn't matter if you love the gym, prefer a morning walk, or enjoy dancing; the key is to find your movement between meetings and travel schedules. There is no single way to stay active.

Your health goals should fit into your life, not make life harder. So, find what works for you, move in ways you enjoy, and remember: every little bit of movement counts.

-By Nwamaka Onwuakagba
Managing Editor/Marketing Manager

₦500 and My Dignity



EMPLOYEE SERVICES & WELFARE OFFICER

Grace Koumassi

Closing hour. Iyana Oworo. Bus scarcity.

I heard it: "Iyana Oworo! Iyana Oworo!"
I ran like my rent depended on it, because it did.

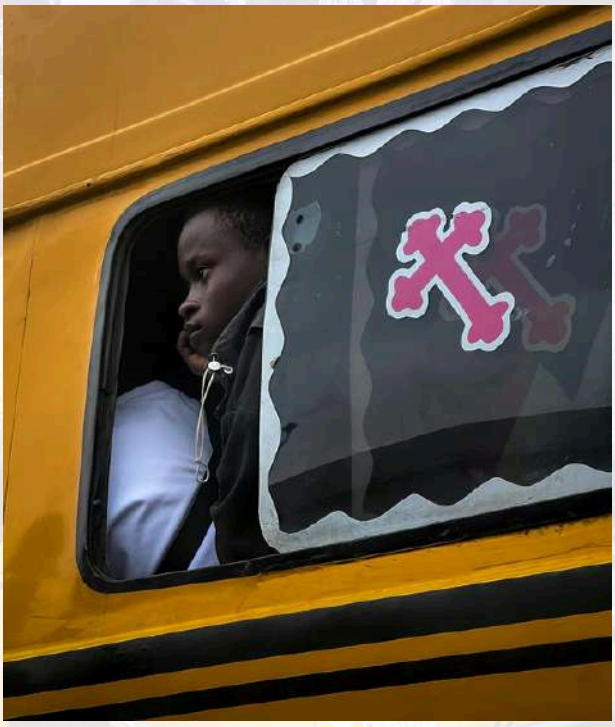
Then it happened.

The agbero looked at me, pointed, and stopped me mid-sprint.

"Oya aunty, you no dey enter 1k bus. Shebi na ₦500 bus you dey like enter??"

The whole bus stop heard.
I went silent. Then I cracked up.

He was right. Lagos agberos know your route, your budget, and your shame tolerance better than your bank app.



They'll broke-shame you in public, but sometimes, it's also a weird kind of love. He just saved me ₦500 and potential embarrassment inside the bus.

The truth is that he wasn't trying to bully me. In agbero logic, he was helping me. Why should I enter a ₦1000 bus and be looking for change inside with 20 eyes on me?

Better to wait for ₦500 and enter with dignity.

Lagos will broke-shame you, yes. But it will also teach you. It teaches you timing, patience, and how to laugh at yourself before anyone else does.

Broke is a season. Iyana Oworo is a destination.

One day I'll enter that ₦1000 bus and tip the conductor, as Nigeria gets better. For today, I'll wait for ₦500, laugh, and keep it moving.

Sometimes in Lagos, your comeback story starts at the same bus stop that shamed you.

Our look may have evolved, but our commitment remains the same: **advancing healthcare excellence in Africa** through innovative solutions, exceptional service, and meaningful partnerships.

Sudabelt Medical

A NEW LOOK
SAME COMMITMENT

BEYOND SIR & MA: WHAT RESPECT LOOKS LIKE AT WORK

Welcome to another Conversation Hub topic.

Today, we're talking about something we all recognise, but may experience and express differently: **respect in the workplace.**

The workplace brings together people from different backgrounds, cultures, generations, and experiences. In a setting like ours, that diversity is particularly interesting. We have colleagues of different nationalities and, among Nigerians, people from different ethnic and cultural backgrounds, each with their own understanding of age, seniority, hierarchy and courtesy.

Yet, regardless of where we come from, one thing remains important: respect matters.

AGE, HIERARCHY & THE WORKPLACE

In our society, age naturally carries a certain level of respect, and those values often follow us into the workplace. But the workplace also has an organisational structure.

Someone younger may supervise someone older. A colleague with fewer years in the industry may occupy a more senior position because of their expertise or the responsibilities entrusted to them.



Neither age nor hierarchy needs to diminish the other.

We can respect the experience and age of an older colleague while recognising the authority attached to a manager's position. Likewise, occupying a senior position should never prevent us from treating those who report to us with dignity.

Leadership comes with authority, but it also comes with responsibility.

SIR, MA... AND WHAT COMES AFTER

In our workplace culture, Sir and Ma are recognised ways of addressing colleagues in positions of authority. They communicate courtesy and acknowledge organisational hierarchy.

But respect shouldn't end with the title.

It also shows in how we speak to people, how we correct mistakes, how we disagree, whether we listen, and how we acknowledge the contributions of others.

Do we extend the same basic dignity to the intern, cleaner, security officer, colleague, manager and executive?

The words matter. **Our actions should reinforce them.**

WHEN AGE AND AUTHORITY MEET

Imagine being 40 years old and reporting to a 28-year-old manager.

It may feel unusual, particularly in a society where age traditionally carries significant weight. But organisational responsibility is determined by role, not age alone.

The younger manager's age does not invalidate the authority attached to the position. At the same time, the older colleague's experience and dignity should not be disregarded because of reporting lines.

The employee respects the office and responsibilities of the manager. The manager respects the experience and dignity of the employee.

Both can exist at the same time.

RESPECT & CONSTRUCTIVE DISAGREEMENT

Respecting authority does not prevent employees from asking questions, seeking clarification or contributing a different perspective.

You can say, *"Could you please clarify what you mean?"*

You can explain, *"I have a different perspective on this, and here is why."*

You can raise a concern or suggest another approach. The important thing is how we communicate.

Managers have the responsibility to provide direction, demand accountability, and address poor performance. Employees have a responsibility to communicate professionally, seek clarity when necessary, and raise legitimate concerns through the appropriate channels.

Different roles carry different levels of responsibility and authority, but professionalism should remain constant.

RESPECT AT EVERY LEVEL

Perhaps one of the strongest tests of workplace respect is how we treat people across different levels of the organisation.

It is easy to be courteous to someone who can approve something, promote us, or influence our careers. But what about the intern? The cleaner? The security officer? The junior colleague? The person who reports to us? The colleague who disagrees with us?

Every role contributes differently to the organisation, and every person deserves to be treated with dignity.

Titles and positions may change. People get promoted, transferred, and take on new responsibilities. What often remains is the experience people had working with us.

So perhaps the question is not simply:

"Did I address the person respectfully?"

Perhaps we should also ask:

"Did my actions show the same respect?"

Because ultimately, workplace respect is both what we say and what we do.



PRINCIPAL ACCOUNTANT
Samuel Eseyin

FERTILITY AND NUTRITION.







The Advantage

Fertility is impacted by a complex interplay of biological, environmental and lifestyle factors, with nutrition playing a critical role. We must explore the impact of specific macronutrients and micronutrients on hormonal regulation, ovulation, and reproductive cell quality.

Emphasis should be placed on scientifically supported dietary patterns such as the Mediterranean diet, as well as the importance of antioxidants in reducing oxidative stress. Lifestyle choices have been a major contributor to challenges in fertility in our world today; we must not just fold our hands and pretend over this area of concern.

A- The Role of Macronutrients in Reproductive Health

Macronutrients - carbohydrates, proteins, and fats play a crucial role in reproductive functions, including hormonal regulation.

- **Carbohydrate**: The consumption of refined carbohydrates is associated with insulin resistance, which is a common factor in conditions like polycystic ovary syndrome (PCOS). Low glycemic index diets can improve insulin sensitivity and support hormonal balance. There is an evidence-based study that a low glycemic index diet improved ovulation in women with PCOS.
- **Protein**: Replacing animal-based protein with plant-based sources such as legumes and nuts may positively influence fertility outcomes.



REGIONAL SALES MANAGER
Alexander Udoh

- Fat: Trans fats have been linked to ovulatory infertility, whereas mono-unsaturated fats (e.g., olive oil, avocado) support reproductive health. Omega-3 fatty acids are particularly beneficial for egg quality and embryo development.

B- The Role of Micronutrients

Micronutrients such as vitamins and minerals are essential for hormonal synthesis and cell division, which are vital to reproductive functions. Vitamin D plays a role in ovulation and sperm motility; adequate levels of Vitamin D improve IVF success rate. Zinc and selenium are key to sperm motility and morphology; deficiency can impair fertility in men.

C- Antioxidant and Oxidative Stress Reduction

Oxidative stress can damage reproductive cells. Antioxidants help mitigate this damage and support fertility in both genders. Antioxidants such as Vitamin C and E, beta-carotene, and folate neutralise free radicals and protect cellular health.

D- Dietary Patterns and Fertility Outcomes

Beyond individual nutrients, overall dietary patterns also influence reproductive outcomes. A diet rich in vegetables, fruits, whole grains, fish, and healthy fats helps regulate inflammation and hormonal balance. Adherence to the Mediterranean diet improves IVF success rates among women under 35.

- Western Diet: High in processed foods, red meat, and sugar, this pattern negatively affects insulin sensitivity, hormonal balance, and sperm fertility.

E- Impact of Nutrition on Fertility

A balanced diet can have a substantial impact on both male and female reproductive health by modulating hormonal, inflammatory, and oxidative processes required for ovulation, spermatogenesis, and embryo implantation.

Indeed, obesity triples the risk of infertility in women, prolonging the time to conception and reducing the effectiveness of assisted reproductive treatments due to disruption of the hypothalamic-pituitary-ovarian axis and increased indices of reproductive hormones such as gonadotropin-releasing hormone (GnRH), luteinizing hormone (LH), and follicle-stimulating hormone (FSH).

High body mass index is negatively associated with semen fertility in males. The importance of proper dietary habits is one of the main pillars of maintaining good health.

In conclusion, animal and plant proteins should be consumed in varying ratios so as not to tamper with the body in a manner that the deposits are detrimental to reproductive health. In addition to the source of protein, the total amount in the diet influences fertility; insufficient amounts may be associated with gonadal dysfunction.

Dialysis Consumables: Why Quality Matters In Patient Safety and Treatment Outcomes

Haemodialysis is a life-sustaining treatment for patients whose kidneys can no longer adequately remove waste products, excess fluid and electrolytes from the blood. While the dialysis machine is a major part of the treatment process, the quality of the consumables used during each session is equally important.

Dialyzers, bloodline sets, catheters, needles, syringes, bicarbonate cartridges, saline and other dialysis-related consumables all contribute to the safe and effective delivery of treatment. Choosing high-quality consumables is therefore not simply a procurement decision—it is an important part of patient safety and quality healthcare delivery.







Why Quality Dialysis Consumables Matter

Dialysis consumables often come into direct or indirect contact with a patient's blood and treatment environment. Poor-quality, defective, contaminated or incompatible products can increase the risk of complications and may affect the effectiveness of a dialysis session.

A dialyzer, for example, plays a central role in removing waste and excess fluid from the patient's blood. Bloodline sets provide the pathway through which blood moves between the patient and dialysis machine and must be appropriately manufactured and compatible with the dialysis system.

Quality consumables help healthcare professionals deliver dialysis more consistently while reducing avoidable treatment interruptions and complications.

Patient Safety and Infection Prevention

Infection prevention is a critical component of dialysis care. Patients undergoing haemodialysis regularly require vascular access, making proper infection-control practices essential.

Sterile and appropriately packaged consumables, combined with proper storage and handling, help dialysis facilities maintain high standards of patient care. Healthcare facilities should also ensure that products are within their approved shelf life and sourced through reliable supply channels.

Quality should therefore be considered throughout the procurement process—from product selection and sourcing to delivery, storage and final use.



Sudabelt Medical: A Trusted Partner in Dialysis Care

For healthcare facilities looking for a dependable medical partner, Sudabelt Medical stands out as a leading healthcare solutions provider in Nigeria and Sub-Saharan Africa. The company provides renal solutions and a wide range of quality medical consumables, supported by partnerships with established global healthcare brands.

Sudabelt Medical's portfolio includes renal solutions designed to support effective haemodialysis, while its broader consumables offering serves hospitals, clinics and other healthcare institutions. The company also provides technical support, training and after-sales services, helping healthcare providers get sustained value from their equipment and medical solutions.

With its focus on quality, reliability, availability and professional healthcare support,
Sudabelt Medical is positioned as one of the preferred partners for dialysis consumables and renal healthcare solutions in Nigeria.

Choosing the Right Supplier

When purchasing dialysis consumables, hospitals should look beyond price alone. Product quality, compatibility, availability, regulatory requirements, shelf life, storage conditions, technical support and supplier reliability should all be considered.

A reliable supplier can help dialysis centres maintain consistent stock levels, reduce treatment disruptions and ensure healthcare professionals have access to appropriate products when they are needed.

Conclusion

Quality dialysis consumables are an essential part of safe and effective haemodialysis. Every component from the dialyzer and bloodline to the catheter, syringe and other accessories contributes to the overall treatment process.

For dialysis centres, investing in quality consumables is an investment in patient safety, treatment consistency and better healthcare delivery. With its renal healthcare portfolio, quality consumables, technical expertise and commitment to supporting healthcare facilities.

Sudabelt Medical remains a trusted choice for healthcare providers seeking dependable dialysis and medical consumable solutions.



SALES & APP. SPECIALIST
Abdulrasaq Lawal

VOLUSON™ PERFORMANCE 18 & 16

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AI & AUTOMATION TOOLS

Includes AI-assisted tools such as SonoLyst, which uses AI to identify fetal anatomy in standard views and automatically annotate and measure where applicable, reducing keystrokes for routine second-trimester examinations by up to 65%. fetalHS provides step-by-step AI guidance to help identify fetal situs and normal fetal heart anatomy, reducing fetal heart assessment time by up to 49%.

ADVANCED IMAGING TECHNOLOGIES

Features Radiantflow™, a highly sensitive color Doppler technology designed for fast visualization of blood flow, including tiny vessels. AutoLive automatically adjusts gain to help provide more uniform image quality, while Shadow Reduction helps reduce shadows on B-mode images that can obscure adjacent structures.





MODERN ERGONOMICS & DESIGN

Designed with a compact footprint, battery operation, and fast wake-from-sleep functionality for greater mobility and convenience. The "Hey Voluson" voice-control feature enables hands-free operation, while integrated support for Vscan Air™ CL and SL wireless probes provides additional flexibility for point-of-care and bedside scanning.

Boundaries and Respect at Work

Dear Wonderful Colleagues,

Work feels better when we're clear on boundaries and kind with respect.

A boundary is simple: "I'm not comfortable with that comment." It's not rude. It's clarity. It helps us do our best work without burning out.

The other half is how we respond. When someone says no, the answer is "Got it, thank you." No arguing, no pressure, no going around them. Respect means hearing it once and adjusting.

That includes how we treat each other every day. Jokes, touches, messages, or invites that aren't welcome need to stop the moment someone says so. We all share the job of keeping this office safe and professional.

Clear boundaries + quick "yes" to a no = less stress, more trust, and a workplace we actually enjoy.

From
Grace Koumassi
Employee Services & Welfare Officer



Boost Creativity: Your Space, Your Style.

Your workspace is where ideas come together, deadlines are met, and a significant part of your day is spent. Whether you work at an office desk or in a dedicated corner at home, your surroundings can make a real difference in how comfortable and focused you feel.

The good news? You don't need a major budget or an interior designer to refresh your workspace.



Start by clearing the clutter. Remove the things you no longer need and organise the items you use every day. Sometimes, simply creating more space on your desk can make the entire area feel new again.

For your office workstation, think small but personal. A neat desk organiser, a favourite mug for your pens, a small plant or a tasteful photo can add personality without making your workspace feel overcrowded. The goal is to create a space that feels comfortable while remaining professional.

Working from home gives you even more room to experiment. Before buying anything, look around your home. An unused lamp, a small piece of artwork, a decorative tray or even a storage basket from another room could work perfectly on your desk.

Refreshing Your Workspace on a Budget.

Lighting can also make a surprising difference. Positioning your workspace near natural light, where possible, can help create a brighter and more inviting environment.

Most importantly, make the space work for you. Keep your essentials within reach, add a touch of personality, and create an environment where you actually enjoy spending time.

A workspace doesn't have to be expensive to feel good. Sometimes, a little organisation, creativity and personality are all you need to transform an ordinary desk into a space that inspires you to do your best work.

-By Nwamaka Onwuakagba
Managing Editor/Marketing Manager

DID YOU KNOW?



🍌 Bananas are naturally radioactive

Bananas contain potassium-40, a naturally occurring radioactive isotope found in potassium.

That sounds alarming, but the amount of radiation in a banana is extremely small, and your body naturally regulates potassium levels.

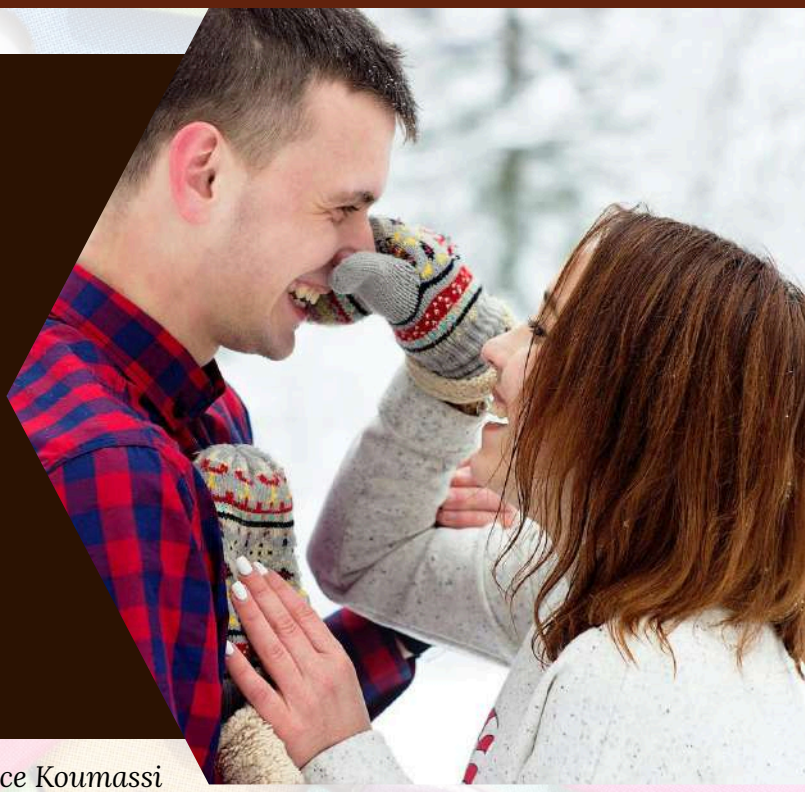
So yes, your banana smoothie is perfectly safe. 😄

👃 You Can't Hum While Pinching Your Nose Shut

Try it.

Humming involves air moving through your nose. Pinch your nose shut, and you block the airflow needed to produce the familiar humming sound. Go on. Try it. We'll wait.

Congratulations. You just got science'd. 😄



-By Grace Koumassi
Employee Services & Welfare Officer

CINNAMON & COCONUT INFUSED TIGER NUT DRINK



A creamy, naturally sweet drink made from tiger nuts and coconut, with a gentle warmth from cinnamon. This simple twist on kunun aya puts a fresh spin on a familiar Nigerian favourite.

- Prep: 15 minutes + overnight soaking
- Makes: Approximately 1 litre

Ingredients

- 2 cups fresh or dried tiger nuts
- 1 cup coconut flesh, roughly chopped
- 6–8 dates, pitted
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 litre clean, cold water
- A pinch of salt

Method

1. Clean and soak

Sort through the tiger nuts, removing any stones, debris, or damaged nuts. Rinse thoroughly with clean water.

Place the tiger nuts in a large bowl and cover generously with clean, cold water. Soak for 8–12 hours. If you are using dried tiger nuts, soak them overnight or up to 24 hours. Change the water every 6-8 hours. Drain the soaking water and rinse the tiger nuts thoroughly before blending.

2. Blend

Place the tiger nuts, coconut, dates, cinnamon, salt, and water in a high-powered blender. Blend until the mixture forms a smooth, creamy slurry. Add water based on preference; at least 500ml recommended.

3. Strain

Pour the mixture through a clean cheesecloth or muslin cloth. Squeeze firmly to extract as much liquid as possible.
Return the remaining pulp to the blender with the remaining water. Blend briefly and strain again. Combine both batches of extracted milk.

4. Finish

Stir in the vanilla extract. Taste and adjust the cinnamon or sweetness if needed.

5. Chill and serve

Transfer to a clean bottle or jug and refrigerate until thoroughly chilled. Shake or stir before serving.

Flourish Tip: For a simple finishing touch, sprinkle lightly with ground cinnamon.

Storage: Keep refrigerated and consume within 2–3 days. Homemade tiger nut milk is minimally processed; keep it cold and discard it if you notice an unusual smell, taste, appearance, or signs of fermentation.

Waste-not tip: Don't throw away the strained tiger-nut pulp. It can be dried and ground into flour for use in baking.

Recipe note: *All Nigerian Recipes — Tiger Nuts Milk (Kunun Aya)*



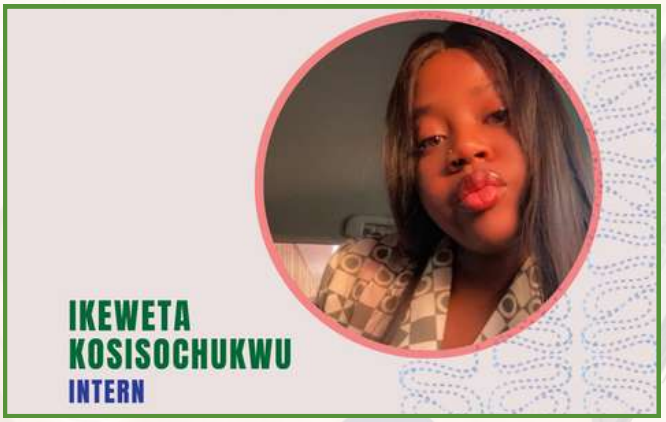
Welcome To The TEAM!

A warm welcome to our newest team members! We're delighted to have you join the Sudabelt family and become part of our shared journey.

We look forward to the ideas, experiences, and contributions you bring, and wish you a fulfilling and rewarding journey with us. 💪🎉











Happy Birthday!

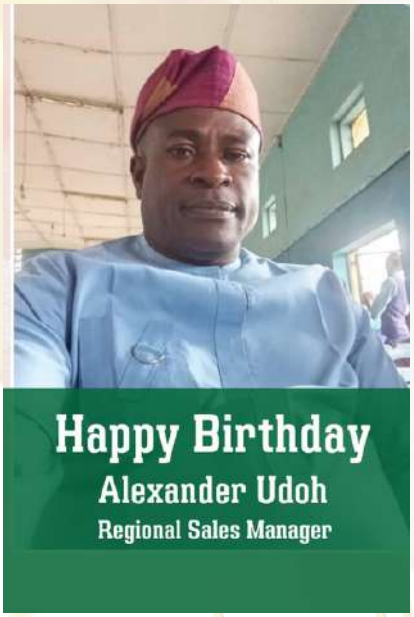
Here's to celebrating the wonderful people who make our team what it is!
To everyone marking a birthday this season, we wish you a very Happy Birthday. May the year ahead bring you plenty of reasons to smile, new opportunities to grow, memorable moments, and success in all that matters to you.

Thank you for all you bring to the Sudabelt family. We hope your special day is filled with joy, laughter, and a little extra celebration.
Cheers to another amazing year ahead! 🎉🎉

















Some of Our Projects

Every project reflects collaboration, expertise and a commitment to strengthening healthcare delivery. From equipment supply and installation to training and after-sales support, our teams work across healthcare facilities to deliver solutions designed for lasting impact.

Featured Projects

- World Bank / Nigeria Centre for Disease Control / Federal Ministry of Health — June 2024
  HD dialysis machines and supporting equipment deployed across 10 locations in Nigeria.

- Stella Obasanjo Hospital, Edo State Government — May 2023
  Supply, installation, testing, and commissioning of multi-modality medical equipment.

- Federal Teaching Hospital, Gombe — January 2024
  Procurement and installation of a GE HealthCare 128-slice CT system, including training and after-sales support.

SPECTRA OPTIA® APHERESIS SYSTEM



AUTOMATED INTERFACE MANAGEMENT (AIM™)

Continuously monitors, interprets, and adjusts the interface between blood components during separation. This delivers high efficiency while maintaining operator oversight and patient safety

HIGH PLASMA REMOVAL EFFICIENCY (PRE)

Achieves approximately 87% (± 3%) mean plasma removal efficiency in Therapeutic Plasma Exchange (TPE/plasmapheresis), typically requiring only 1.15 total blood volumes (TBVs) to remove one plasma volume

LOW EXTRACORPOREAL VOLUME (ECV)

Typical ECV around 141–191 mL (procedure-dependent), making it suitable for a broader range of patients, including smaller individuals

OPTIMIZED FLUID BALANCE AND MINIMAL CELL LOSS

Features precise pump control, low median platelet loss (~1.0% in TPE), and flexible inlet flow rates (e.g., 5–142 mL/min depending on protocol)

VERSATILE PROTOCOLS

Supports Therapeutic Plasma Exchange (TPE), Red Blood Cell (RBC) exchange/depletion, Mononuclear Cell (MNC) collection, Granulocyte collection, and more — all on a single platform. It also integrates with secondary plasma devices for specialized treatments

USER-FRIENDLY DESIGN

Intuitive color touch-screen GUI, compact and maneuverable (weight ~92 kg / 202 lb.; dimensions allow easy transport and storage), with telescoping IV pole and foldable screen



Our Corporate Offices

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Sudabelt Medical

OUR PARTNERS & PORTFOLIO

QUALITY
RELIABILITY
AFFORDABILITY

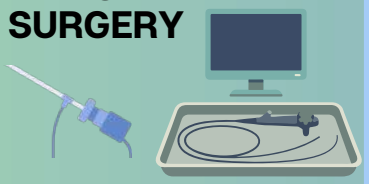
IMAGING & LIFE CARE



GE HealthCare Distributor

Global leader in advanced medical imaging, ultrasound, CT, MRI, and anesthesia solutions.

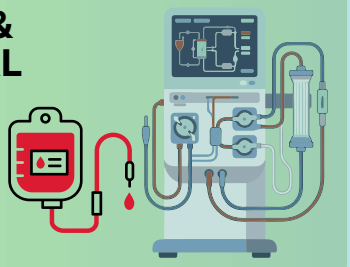
MINIMALLY INVASIVE SURGERY



EZISURG MEDICAL

Global leader in minimally invasive surgery (MIS) solutions (surgical stapling, energy platforms, endoscopy, and surgical support).

RENAL & CRITICAL CARE



SWS MEDICAL

Comprehensive blood purification and hemodialysis systems.

Baxter

Pioneer in renal therapy, peritoneal dialysis, and acute renal replacement.

LABORATORY & DIAGNOSTICS



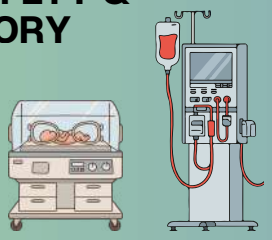
maccura

Precision diagnostic solutions for hematology, biochemistry, and urinalysis.

Abbott

Rapid diagnostics and automated laboratories.

BLOOD SAFETY & RESPIRATORY



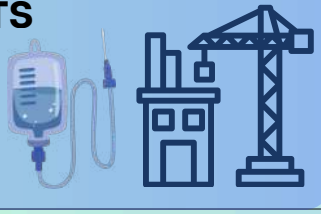
TERUMO

Innovative solutions for blood component technology and pathogen reduction.

Fisher & Paykel HEALTHCARE

Specialized respiratory care and infant warming systems.

CONSUMABLES & PROJECTS



Sudabelt Medical

Quality medical consumables across all healthcare areas we serve.

Turnkey healthcare projects from planning and procurement to completion.