



WELCOME TO OUR

# 2024 Quarter 4 Newsletter

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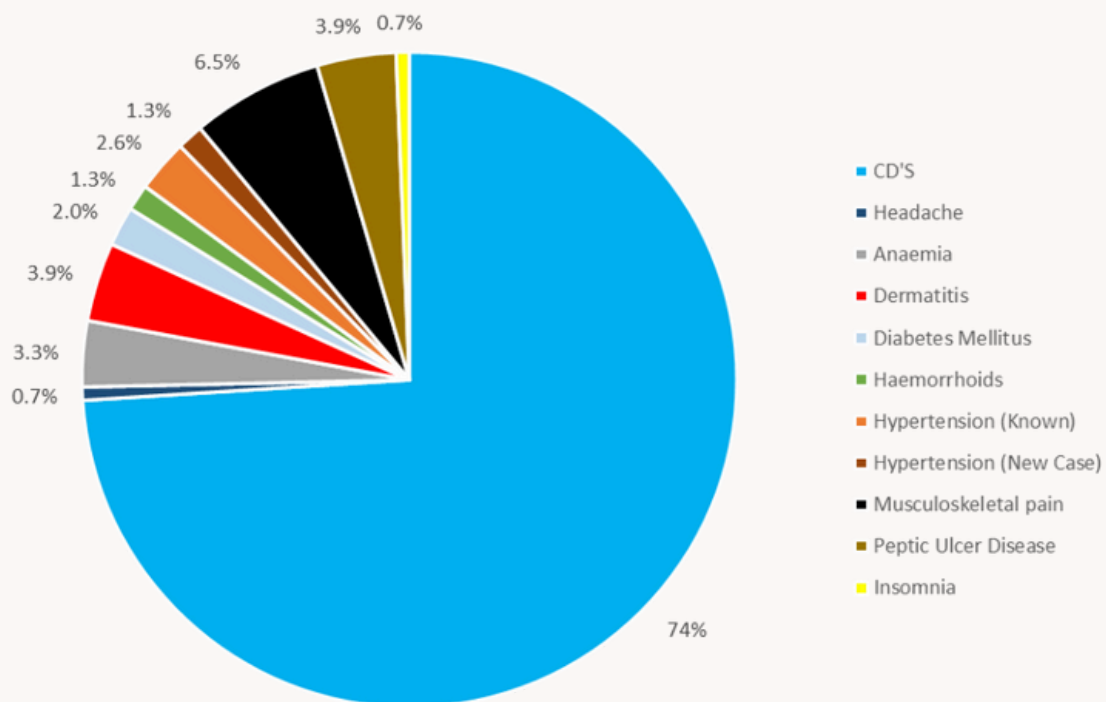


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## Spotlight on Non-Communicable Diseases from IHCC

The WAAF's onsite clinic, International Health Care Centre (IHCC) is widely recognized for its HIV services. Nevertheless, the clinic is always committed to managing a broad spectrum of health conditions and increasingly focusing on managing non-communicable diseases (NCDs). The clinic's last quarter report of 2024 demonstrated this with 26% of new cases being the NCDs (Fig. 1). From chronic conditions like hypertension and diabetes to common issues like musculoskeletal pain and dermatitis, IHCC remains a trusted provider of diverse healthcare services. The quarterly data showcased IHCC's efforts to deliver holistic care beyond HIV management.

Figure 1. Distribution of new cases (last quarter, year 2024).

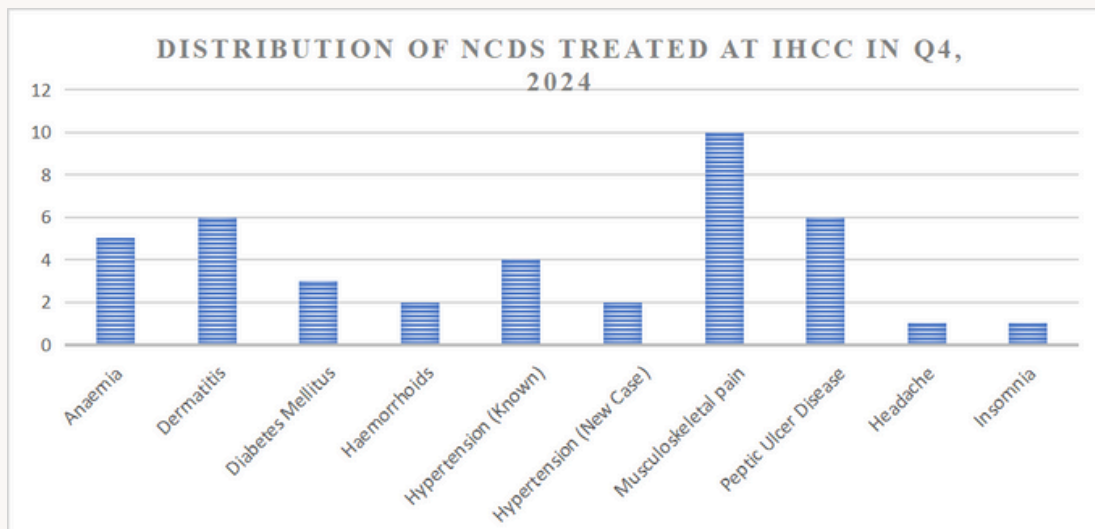


IHCC's ability to manage a diverse array of non-communicable and communicable diseases is a testament to its holistic approach to healthcare. While the clinic remains renowned for its HIV services, the above data reveals its vital role in addressing a broader range of health issues. The focus on non-communicable diseases signals a growing need for comprehensive care that meets the evolving health challenges faced by the community. As IHCC continues to expand its services, it stands as an example of accessible, client-centered healthcare in Ghana.

## Quarter 4 Spotlight on Non-Communicable Diseases from IHCC

- Anaemia and Hypertension (known cases) also featured prominently, with 5 and 4 cases, respectively, underscoring the need for ongoing monitoring and management of chronic conditions.
- Other conditions like Diabetes Mellitus (3 cases), Haemorrhoids (2 cases), and New Hypertension Cases (2 cases) reflect IHCC's role in managing a range of non-communicable but critical conditions that require regular care.
- Finally, Headache and Insomnia, each reported once, represent less common but still important health concerns addressed during this period.

The accompanying graph visually highlights the distribution of these NCDs, with musculoskeletal pain clearly standing out as the most prevalent condition treated at the clinic.



IHCC's ability to manage a diverse array of non-communicable diseases is a testament to its holistic approach to healthcare. While the clinic remains renowned for its HIV services, this data reveals its vital role in addressing a broader range of health issues. The focus on conditions like musculoskeletal pain, dermatitis, and hypertension signals a growing need for comprehensive care that meets the evolving health challenges faced by the community. As IHCC continues to expand its services, it stands as a beacon of accessible, client-centered healthcare in Ghana.

## Methodist Women's Fellowship Uplifts IHCC Clients Living with HIV: A Day of Prayer, Support, and Encouragement



On November 6th the the Methodist Church Ghana Accra North Circuit Women's Fellowship yet again visited the International Health Care Center to extend their support to clients living with HIV. Opening their visit with a strong prayer, praises, and devotion, they moved on to the purpose of their visit, which was to interact with persons living with HIV offering them words of encouragement, as well as providing their contributions of items to support them through their daily struggles. Donated items included money, non-perishable food items, basic personal and toiletry items. As always, those present were extremely grateful for the women's visit and assured the visitors that their continuous visits, prayers and support played an important role in sustaining them through living well with HIV.

The Women's Fellowship assured the clients of their continuous support. This was yet another successful event.



## 2024 World AIDS Day Launch: Embracing the Theme ‘Take the Rights Path’ to Promote HIV Awareness and Prevention



On November 1, 2024, the World AIDS Day was launched in Ghana in a special event that took place at the Accra Mall, with the theme “Take the Right Path.” The event aimed to raise awareness about HIV/AIDS prevention, treatment, and the ongoing fight against stigma, whilst emphasizing Ghana's commitment to reducing HIV/AIDS incidence through education, community engagement, and health service improvements. The launch opened with a candlelight procession, symbolizing unity in the battle against HIV/AIDS. The program, moderated by Dr. Fred Nana Poku, Director of Technical Services at the Ghana AIDS Commission, featured speeches from notable figures, including Dr. Atuahene Kyeremeh, Director General of the Ghana AIDS Commission and Dr. Ayisi Addo, the Program

Manager of the National AIDS Control Program. Dr. Kyeremeh highlighted the importance of outdoor events in raising awareness and urged citizens to remain vigilant and adhere to prescribed HIV treatments, aiming for the elimination of AIDS by 2030. Dr. Ayisi Addo honored those lost to AIDS with a moment of silence, advocating for continued efforts to eliminate the disease. Miss Eunice Ampienyiwa Mensah, Equality and Rights for All Officer from UNAIDS, using the slogan “If it’s not on, it’s not in,” promoted safe practices and acknowledged UNAIDS’ efforts in reducing stigma and supporting the HIV/AIDS response. Attendees were also educated on the history and symbolism of the HIV/AIDS emblem, reinforcing the event’s theme of taking proactive steps toward prevention. WAAF and IHCC’s participation included distributing condoms various informational materials, and actively engaging with attendees sharing experiences of our work, answering questions related to HIV care and correcting misinformation some had. This engagement emphasized our commitment to public health, reinforcing the importance of HIV awareness and prevention and fighting all forms of stigma related to HIV. The event concluded with a celebratory atmosphere and music, marking a successful day of solidarity and renewed dedication to public health.



## WAAF-IHCC Hosts Health Screening for the Community as Part of the 2024 World AIDS Day



In the last week of November, leading to the 2024 World AIDS Day on December 1st, WAAF in partnership with its onsite clinic; International Health Care Centre (IHCC), conducted health screening exercises at the forecourt of its head office in Haatso. These health screenings were part of WAAF and IHCC's contribution towards the 2024 World AIDS Day activities. Health screenings were held daily from 8 am to 1 pm and aimed to raise awareness about critical health issues including HIV and at the same time offer health essential services to the Haatso community.

Participants benefited from HIV testing and counseling, blood pressure monitoring, blood sugar assessments, BodyMass Index (BMI) evaluations, Hepatitis B testing and vaccination. Over the 5 days of the screenings, a total of 116 individuals benefitted with 96 undergoing HIV testing, of which two tested reactive and were both referred to facilities closer to them for further care. 60 people tested for Hepatitis B with six testing positive, all were referred to health facilities for further care, and two of those who tested negative received the first shot of their vaccinations and were scheduled to for the next one.

The screening exercises also provided for educational materials and free condoms to support ongoing HIV prevention efforts, with healthcare professionals ensuring participants were treated with respect and confidentiality. WAAF-IHCC through this initiative, emphasized the importance of regular testing, early detection, proactive health management, and reducing the stigma surrounding HIV/AIDS, thereby creating a supportive environment for all.

## WAAF Joins the GHANET World AIDS Day 2024 Health Walk and Rally to Raise HIV Awareness



The WAAF team on Saturday, 30th November 2024, actively participated in Ghana HIV and AIDS Network (GHANET)'s World AIDS Day Health Walk and AIDS Rally held in Accra. The 10-kilometer walk, which started from Obra Spot near the Kwame Nkrumah circle/Interchange and ended at the Osekan Park, aimed to raise awareness about HIV self-testing, prevention, and reducing stigma. With the 2024 World AIDS Day theme, "Take the Right Path," the walk was also meant to emphasize the ongoing fight against HIV/AIDS and the need for community involvement in achieving the goal of eliminating AIDS by 2030.

With hundreds of participants, including key individuals like Dr. Kyeremeh Atuahene, Director General of the Ghana AIDS Commission, and Dr. Stephen Ayisi Addo, Program Manager of the National AIDS and STI Control Programme, the walk was not only a physical activity but also a platform to promote HIV testing, safe practices, and HIV treatment adherence. Educational materials, condoms and souvenirs were distributed to participants and the public, reinforcing commitment to public health and HIV prevention. Placards and banners were raised to advocate against stigma and discrimination toward persons living with HIV, aligning with WAAF's mission of creating an inclusive society where those affected by HIV and AIDS can live without fear of stigma or prejudice. The rally also served as an opportunity for WAAF to engage with the community and reiterate the importance of regular health check-ups, HIV testing, and the role of early detection in achieving better health outcomes.

## Strengthening HIV Awareness and Support: WAAF's Participation in the 2024 National World AIDS Day Durbar



On December 2, 2024, the Ghana AIDS Commission held a colorful national World AIDS Day celebration in a durbar at the forecourt of the Accra Mall under the theme, “Take the Rights Path: My Health, My Right!” The event brought together healthcare professionals, policymakers, community leaders, and individuals affected and infected by HIV/AIDS to advocate, educate, and engage in dialogue on addressing HIV/AIDS in Ghana.

The program highlighted advancements in HIV treatment, the importance of community engagement, stigma reduction, safe sex practices, and mental health support. Civil Society Organizations (CSOs), including WAAF, exhibited their works, services and resources and provided professional and confidential HIV testing and counseling. Condoms and IE&C Materials were also distributed by the various organizations. At the WAAF's stand, 44 individuals were tested with no positive cases recorded. This all-important event created an interactive space to share knowledge, access resources, and strengthen the collective resolve to fighting the HIV/AIDS epidemic.



# GET IN TOUCH WITH WAAF & IHCC

WAAF and IHCC enjoy servicing the people of Ghana; we continue to ensure our services are available to all and that absolutely no one is left behind. We also enjoy sharing our experiences as we continue our journey in the areas of health in Ghana focusing on HIV, TB and all associated conditions. You can reach us and keep in touch with us via any of the under-listed contact details. We look forward to an exciting year in 2025 and you can follow our work on these same platforms.

## PHYSICAL OFFICE ADDRESSES

### WAAF HEADQUARTERS, GREATER ACCRA

**Address:** Plot 650 Ecomog Road, Haatso, Greater Accra.  
Opposite Benab Oil filling station. The closest station is Haatso Station.

**Contact Numbers:** +233 302 545 054 | +233 243 362 447

**Please direct general inquiries to:** [info@waafweb.org](mailto:info@waafweb.org)

### WAAF WESTERN REGIONAL OFFICE

WAAF Takoradi Office GI18,  
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**Contact number:** 0249354576/ 0245021821/ 0243362447

**Email:** [info@waafweb.org](mailto:info@waafweb.org)

### WAAF ESSIAMA OFFICE

Essiama on top of the Ecobank Building opposite Dukes filling Station

**GPS Address:** WE-0206-7313

**Contact number:** 0553964934/ 0249354576/ 0243362447

**Email:** [info@waafweb.org](mailto:info@waafweb.org)

### WAAF NORTHERN REGIONAL OFFICE

**Address:** Savelugu Municipal Health Directorate

**Contact Number:** 0243675303/ 0243362447

**Email:** [info@waafweb.org](mailto:info@waafweb.org)

### WAAF Ashanti, Bono and Bono East Offices

- **KMA/Atwima Kwamwoma** - Plot No. E7, Daban Pennii, Kumasi Daban

- **Techiman** - TF5564, Diasempa

- **Sunyani** - New Dormaa Extension Pastoral Road Plot No. 188 Ethiopia Junction

- **Obuasi Municipality Community Nyameso** 044 Manganese PTH House No. Ac-116-7735

- **Bonsu** - Beside Kpogas Furnitures- Tech Traffic Light



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