WHAT I LEARNED FROM A MISSION TRIP TO NIGERIA

Robert T. Brodell, MD
Professor and Chair, Department of Dermatology
Professor, Department of Pathology
University of Mississippi Medical Center
Jackson, Mississippi
Instructor in Dermatology
University of Mississippi Medical Center
Rochester, New York
There are no relevant disclosures
SERIES #1

PATIENTS IN NIGERIA HAVE THE SAME PROBLEMS WE SEE IN AFRICAN-AMERICANS.....BUT WORSE DUE TO ACCESS TO CARE ISSUES
AN 8 YEAR-OLD BOY PRESENTED WITH ITCHING, SCALING AND HAIR LOSS OF THE SCALP
THE PATIENT KNEW WHAT CONDITION THEY HAD.....
OKPUISHIENEGO! (IQBO)
TAKE HOME MESSAGES:

• PUS DOES NOT EQUAL BACTERIAL INFECTION
• THE PATIENT RESPONDED QUICKLY TO GRISEOFULVIN 20MG/KG/DAY (TWICE FDA RECOMMENDED DOSE)
• KETOCONAZOLE SHAMPOO CAN BE USED AS ADJUNCTIVE THERAPY
AN 12 YEAR-OLD BOY PRESENTED WITH SORENESS AND BLISTERING OF THE SKIN PRODUCED BY MOSQUITO BITES FROM ONE WEEK AGO
TAKE HOME MESSAGES:

• YES, THE PATIENT HAD MOSQUITO BITES....BUT, NOW THERE IS HONEY COLORED CRUSTING-BULLOUS IMPETIGO
AN 48 YEAR-OLD woman PRESENTED WITH a lesion on the nose
TAKE HOME MESSAGE:

• With an n= 27 million....and equatorial sun....and work outdoors....basal cell carcinoma can occur in black patients
ACCESS IS CORRELATED WITH SEVERITY OF DISEASE

• ENUGU PROVENCE: 1 DERMATOLOGIST AND 1 DERMATOLOGY RESIDENT FOR 27 MILLION CITIZENS

• MISSION ACCOMPLISHED: WE SAW 1000 PATIENTS MANY IN RURAL AREAS WHERE NO ACCESS
SERIES #2

PATIENTS IN NIGERIA CAN HAVE VEXING PROBLEMS.....BUT THEY CAN BE SORTED OUT
A 45 YEAR OLD WOMEN HAD A 30 YEAR HISTORY OF TUMORS; A 20 YEAR HISTORY OF HAIR LOSS AND DEPIGMENTATION; A FOUR LESION HISTORY OF LESIONS ON THE FOREARMS AND DORSAL HANDS
TAKE HOME MESSAGES:

• OVER A LIFE-TIME, UNRELATED DISEASES CAN BE SEEN IN THE SAME PATIENTS

• SOMETIMES "UNRELATED" DISEASES ARE RELATED!
SERIES #3

IATROGENIC DISEASE OCCURS IN NIGERIA, TOO!
A 48 YEAR-OLD WOMEN PRESENTS WITH A “RASH” ON THE BREASTS AND ABDOMEN DESPITE TREATMENT FOR 10 YEARS
And, hydroquinone is widely used.....
TAKE HOME MESSAGES:

• WHEN IN OTHER COUNTRIES THE MEDICATIONS ABUSED MAY BE DIFFERENT THAN IN THE US
• STILL, WE CAN RECOGNIZE THEM!
SERIES #4

SOME DISEASES IN FOREIGN COUNTRIES MAY BE UNIQUE TO YOUR EXPERIENCE!
A 30 YEAR-OLD man PRESENTS WITH a two week history of “bumps” over the face, trunk and extremities
What is your diagnosis?

A) Coccidiomycosis
B) Molluscum contagiosum in an immunocompromised host
C) Monkey Pox
D) Smallpox
E) Varicella in an immunocompromised host
Key APPROCHES

1) Supportive care
2) Smallpox vaccination is preventative
TAKE HOME MESSAGES:

• SOME DISEASES ARE ENDEMIC IN ONLY CERTAIN AREAS OF THE WORLD... BUT, OUTBREAK IN MIDWESTERN STATES

A 50 YEAR-OLD man PRESENTed WITH hundreds of bumps over the trunk and extremities
TAKE HOME MESSAGES:

• Diagnostic tricks work in Africa, too!
Despite the hurdles faced...

- Almost 1000 patients helped
- 2 state-owned hospitals
- 2 very successful community outreaches
- Learned a lot
- Impacted some good dermatology knowledge
- Assisted with a nationwide disease scare
- Several new friends and colleagues
TAKE HOME MESSAGES:

• Mission medicine experiences may be the most memorable medical experiences of your life