

VOLUME 41, NUMBER 2  
February 2024

ISSN 0189 - 160X

---

# WAJMJ

---

**WEST AFRICAN JOURNAL OF MEDICINE**

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



**OFFICIAL PUBLICATION OF**  
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*  
WEST AFRICAN COLLEGE OF SURGEONS



[www.wajmed.org](http://www.wajmed.org)



## TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE: <i>Right Ventricular Dysfunction in Hypertension, and the Risk and Remedies of Obstructive Sleep Apnoea among Young Persons - G.E. Erhabor</i>	107
<b>ORIGINAL ARTICLES</b>	
<b>Inflammatory Bowel Disease in Adults – Experience and Challenges in Gastroenterology Practices in Calabar, South-South Nigeria</b>	109
M. Kooffreh-Ada, E. Chukwudike, T. Ugben, A. E. Itam-Eyo, O. Uba-Mgbemena, I. E. Nwa, B. A. Eko, E. I. Effiong, A. J. Omotoso, G. Kajogbola, U. C. Okonkwo, O. E. Ngim, R. Ndoma-Egba	
<b>Burden of Thyroid Dysfunction Among Type 2 Diabetes Mellitus Patients in South East Nigeria with Emphasis on its Prevalence and Pattern of Presentation: A Case-Controlled Study</b>	118
Ezeani Ignatius U, Ogbonna Stanley U	
<b>Effect of Motivational Interviewing on Lifestyle Modification among Patients with Hypertension Attending the Family Medicine Clinics of ISTH, Irrua, Nigeria (Milmaph Study) – A Randomised Control Trial Study Protocol</b>	126
T. I. A. Oseni, A. O. Oku, N. E. Udonwa	
<b>A Review of the Current Management of Intracranial Infections of Neurosurgical Importance</b>	135
Eghosa Morgan, Olowo Samuel, Ezemwenghian Morgan, Edward Poluyi	
<b>Functional Disability and Social Support in Older Patients attending Chief Tony Anenih Geriatrics Center (CTAGC) University College Hospital, Ibadan Southwestern, Nigeria</b>	148
M. O. Olawuyi, F. A. Olaniyan, O. O. Olowookere, A. F. Fagbamigbe	
<b>Pattern of Right Ventricular Changes in Patients with Uncomplicated Systemic Hypertension at a Tertiary Centre in Southwest Nigeria</b>	156
R. K. Moronkola, A. C. Mbakwem, A.O. Ajibare, O. T. Ojo, O. M. Oladimeji, C. Amadi, Folasade Daniel, O. Kushimo	
<b>Morbidity Pattern in the Medical Wards of a Nigerian Teaching Hospital During the COVID-19 Pandemic</b>	163
O. G. Oriaifo1, A. O. Opadeyi, A. O. Isah	
<b>COVID-19 and Activities of Daily Living Among Primary Health Care Workers in Ekiti State, South-West Nigeria</b>	169
A. Adeniran, O. Q. Bakare, E. O. Oluwole, F. C. Chieme, T. Durojaiye, O.Y. Ojo, B. Olujobi, M. M. Ilesanmi	
<b>Infection Prevention and Control: Baseline Knowledge and Practices of TBAs in rural Kano, northwestern Nigeria</b>	175
T. G. Amole, A. K. Ayaba, F. I. Tsigah-Ahmed, R. I. Jalo, U. Bashir, A. L. Adamu, S. M. Abu, F. M. Mahmud, H. S. Galadanci	
<b>Profile and Correlates of Sleep Quality and Obstructive Sleep Apnoea among Young Persons in Ibadan, Southwestern Nigeria</b>	183
S. Oiwoh, O. Adebayo, K. K. Kanmodi, J. Agbogidi, O. F. Ojo., O. Ogunsuji, A. O. Oyabambi, A.P. Wachinou	
<b>Knowledge of Hepatitis B Vaccine and Vaccination Status of Theatre Personnel at ATBUTH, Bauchi</b>	191
K. J. Bwala, M. M. Muhammed, A. Mohammed, Isa Sajo Mienda, H. U. Liman	
<b>Insights into Breast Cancer Knowledge Among Female Adolescents in Delta State, Nigeria: A School-Based Study</b>	197
M. O. Akpo, E. E. Akpo, D. O. Akpo	
<b>Weight Changes in Breast Cancer Survivors in a Nigerian Hospital: Pattern and Correlates</b>	203
S. A. Folorunso, A. A. Abdus-salam, M. A. Jimoh, B. M. Alabi, A. O. Folorunso, J. A. Obadipe	
<b>Selenium Deficiency as a Risk Factor for Peripartum Cardiomyopathy</b>	209
K. M. Karaye, H. Sa'idu, N. A. Ishaq, S. A. Balarabe, B. G. Ahmed, I. Y. Mohammed, A. G. Habib, MY Henein on behalf of Peripartum Cardiomyopathy in Nigeria (PEACE) Registry Investigators	
<b>Residents-as-teachers: A Needs Assessment of Residents' Teaching Skills in the Clinical Setting using Direct Observation of Teaching</b>	215
O.E. Ayodele, J. Blitz	
<b>INDEX TO VOLUME 41, NO. 2, 2024</b>	
Author Index	226
Subject Index	227



### Weight Changes in Breast Cancer Survivors in a Nigerian Hospital: Pattern and Correlates

*Changements de Poids chez les Survivantes du Cancer du Sein dans un Hôpital Nigérian : Modèle et Corrélatifs*

<sup>1</sup>S. A. Folorunso, <sup>2,3\*</sup>A. A. Abdus-salam, <sup>2,3</sup>M. A. Jimoh, <sup>4</sup>B. M. Alabi, <sup>5</sup>A. O. Folorunso, <sup>6</sup>J. A. Obadipe

#### ABSTRACT

**BACKGROUND:** One of the recognized issues faced by cancer survivors is increasing weight. Weight gain has been associated with an increased death rate in cancer survivors. Research on weight gain among breast cancer survivors (BCS) is scarce in Nigeria.

**AIM:** To assess the weight changes and its associated factors in breast cancer survivors (BCS).

**Materials and Methods:** A total of 98 breast cancer survivors attending the Radiation Oncology clinic were recruited. Sociodemographic variables, treatment history, weight at presentation, and present weight were obtained. Patients were then categorized into three groups: weight gain (>5% increase), stable weight (-5 to 5% change), or weight loss (>5% decrease).

**RESULT:** The present mean weight and BMI were significantly higher than at presentation (75.14±17.59 kg vs 76.88±17.42 kg, p<0.0001) and (28.74 ± 6.30 vs 29.42 ± 6.20, < 0.0001) respectively. Only 28 (29.6%) gained weight, 65 (66.3%) maintained stable weight while 5 (5.1%) lost weight. On univariate analysis, older age, living with partners, presence of comorbidity, year of last chemotherapy less than one year, and hormonal therapy use were associated with weight gain. Multivariate analysis revealed that the presence of comorbidities, patients receiving the last chemotherapy less than a year from the time of recruitment, and hormonal therapy were independently associated with weight gain.

**CONCLUSION:** About a quarter of BCS gained weight. Older age, presence of comorbidity, year of last chemotherapy less than one year, and hormonal therapy use were associated with weight gain. The weight of cancer survivors should be monitored regularly during follow-up visits. **WAJM 2024; 41 (2): 203- 208.**

**KEYWORDS:** Weight Changes, Breast Cancer Survivors, Correlates

#### RÉSUMÉ

**CONTEXTE:** L'une des problématiques reconnues rencontrées par les survivantes du cancer est la prise de poids croissante. La prise de poids a été associée à un taux de mortalité accru chez les survivantes du cancer. La recherche sur la prise de poids parmi les survivantes du cancer du sein (SCS) est rare au Nigeria.

**OBJECTIF:** Évaluer les changements de poids et leurs facteurs associés chez les survivantes du cancer du sein (SCS).

**MATÉRIAUX ET MÉTHODES:** Au total, 98 survivantes du cancer du sein fréquentant la clinique d'oncologie radiologique ont été recrutées. Les variables sociodémographiques, l'historique des traitements, le poids à la présentation et le poids actuel ont été obtenus. Les patients ont ensuite été répartis en trois groupes : prise de poids (augmentation >5 %), poids stable (changement de -5 à 5 %) ou perte de poids (diminution >5 %).

**RÉSULTAT:** La moyenne actuelle du poids et de l'IMC étaient significativement plus élevés qu'à la présentation (75,14 ± 17,59 kg contre 76,88 ± 17,42 kg, p < 0,0001) et (28,74 ± 6,30 contre 29,42 ± 6,20, p < 0,0001) respectivement. Seuls 28 (29,57%) ont pris du poids, 65 (66,3%) ont maintenu un poids stable tandis que 5 (5,1%) ont perdu du poids. À l'analyse univariée, l'âge plus avancé, la cohabitation avec un partenaire, la présence de comorbidité, l'année de la dernière chimiothérapie de moins d'un an et l'utilisation de thérapie hormonale étaient associées à une prise de poids. L'analyse multivariée a révélé que la présence de comorbidités, les patientes ayant reçu la dernière chimiothérapie moins d'un an avant le recrutement et la thérapie hormonale étaient indépendamment associées à une prise de poids.

**CONCLUSION:** Environ un quart des survivantes du cancer du sein ont pris du poids. Le poids supplémentaire était associé à un âge plus avancé, à la présence de comorbidités, à la réception de la dernière chimiothérapie moins d'un an auparavant et à l'utilisation d'une thérapie hormonale. Il est donc recommandé de surveiller régulièrement le poids des survivantes du cancer lors des visites de suivi. Cela permettrait d'identifier les changements de poids précocement et de mettre en place des interventions appropriées pour prévenir une prise de poids excessive et ses conséquences néfastes sur la santé des survivantes du cancer.

**WAJM 2024; 41 (2): 203- 208.**

**MOTS CLÉS:** Changements de poids, Survivantes du cancer du sein, Corrélatifs

<sup>1</sup>Department of Radiology Obafemi Awolowo University Teaching Hospitals Complex, Ile Ife, Nigeria

<sup>2</sup>Department of Radiation Oncology, University College Hospital, Ibadan, Nigeria

<sup>3</sup>Department of Radiation Oncology, University of Ibadan, Ibadan, Nigeria

<sup>4</sup>Department of Radiation and Clinical Oncology, Federal Medical Centre, Abeokuta

<sup>5</sup>Department of Chemical Pathology Obafemi Awolowo University Teaching Hospitals Complex, Ile Ife, Nigeria

<sup>6</sup>Department of Biochemistry, College of Medicine, University of Lagos, Lagos

**Corresponding Author:** Dr Abbas Adesina Abdus-salam, Department of Radiation Oncology, University College Hospital, Ibadan Nigeria. Email address: abdusa504@gmail.com