

Series 6: Impacts on The Global Black Lifespan Journey

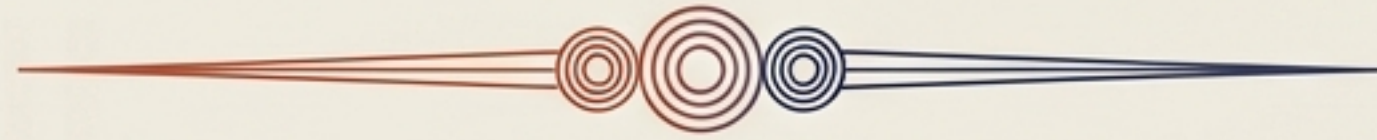
Nigeria: The Hypertension & Maternal Mortality Shield



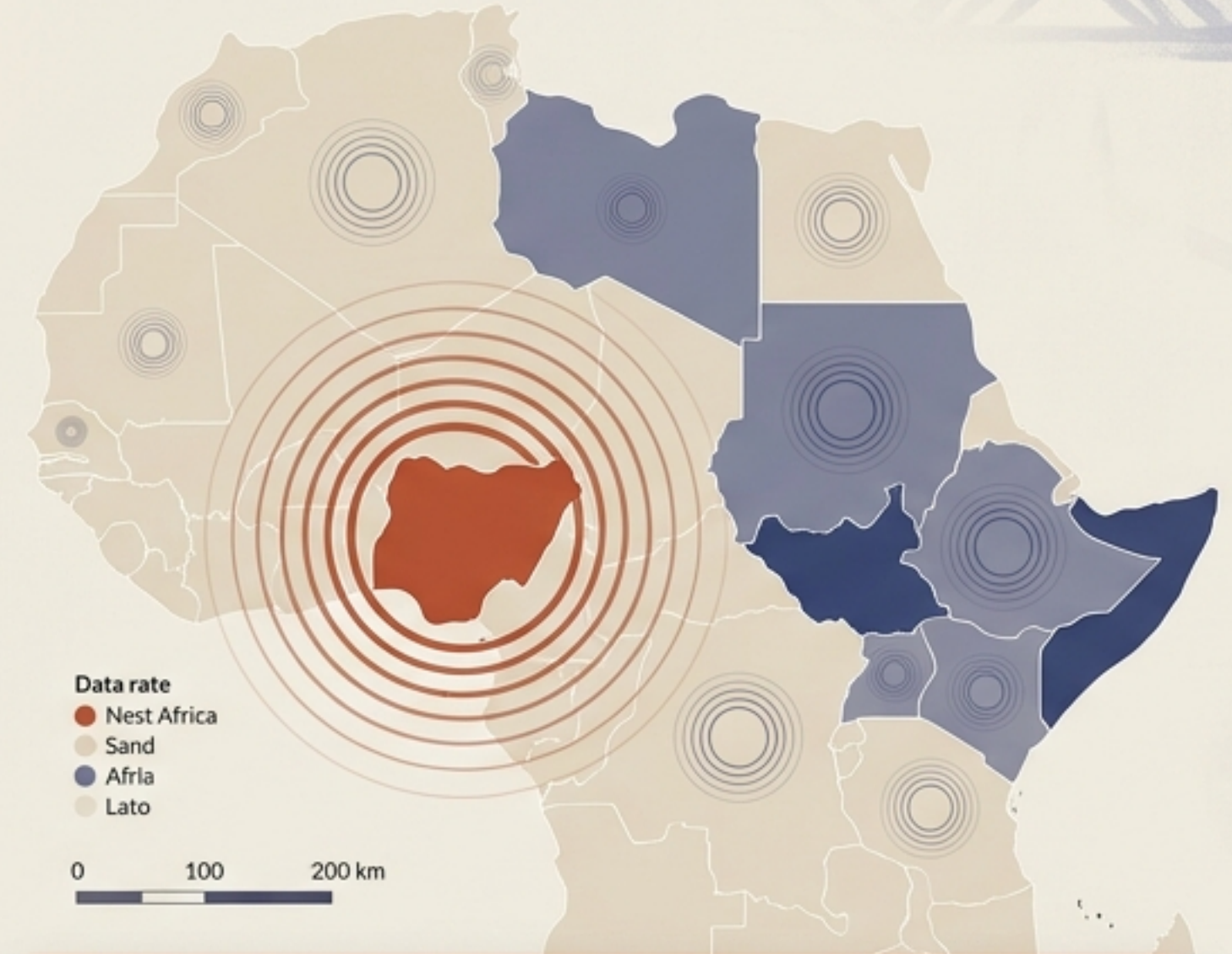
Tracing Black life from birth to 100+ years. Today, we stand guard at the very beginning of life.”

Objective: Transforming clinical disparities into protective, actionable knowledge for Black women and families.

Why We Are Here: The Global Weight of Nigeria.



Nigeria accounts for 29% of all global maternal deaths. This is not just a statistic. It is a lineage interruption. To protect the Global Black Lifespan, we must first secure the Nigerian mother.



The Threat:

Hypertensive Disorders of Pregnancy (HDP) account for **32%** of maternal deaths—surpassing postpartum hemorrhage in many referral hospitals.

The Silent Threat: It Is Not Your Fault, But It Is Your Reality.

Diagnosed
Hypertension (34.8%)

Newly Diagnosed at
Crisis Point (65.2%)

- Prevalence:
28.9% to 38% of
Nigerian women.
- Control Rate in
Primary Care:
Only **6.3%**.

High blood pressure is often symptomless. Waiting for symptoms is waiting too long.

The Danger Zone: The '4th Trimester' Gap



Pregnancy

Birth



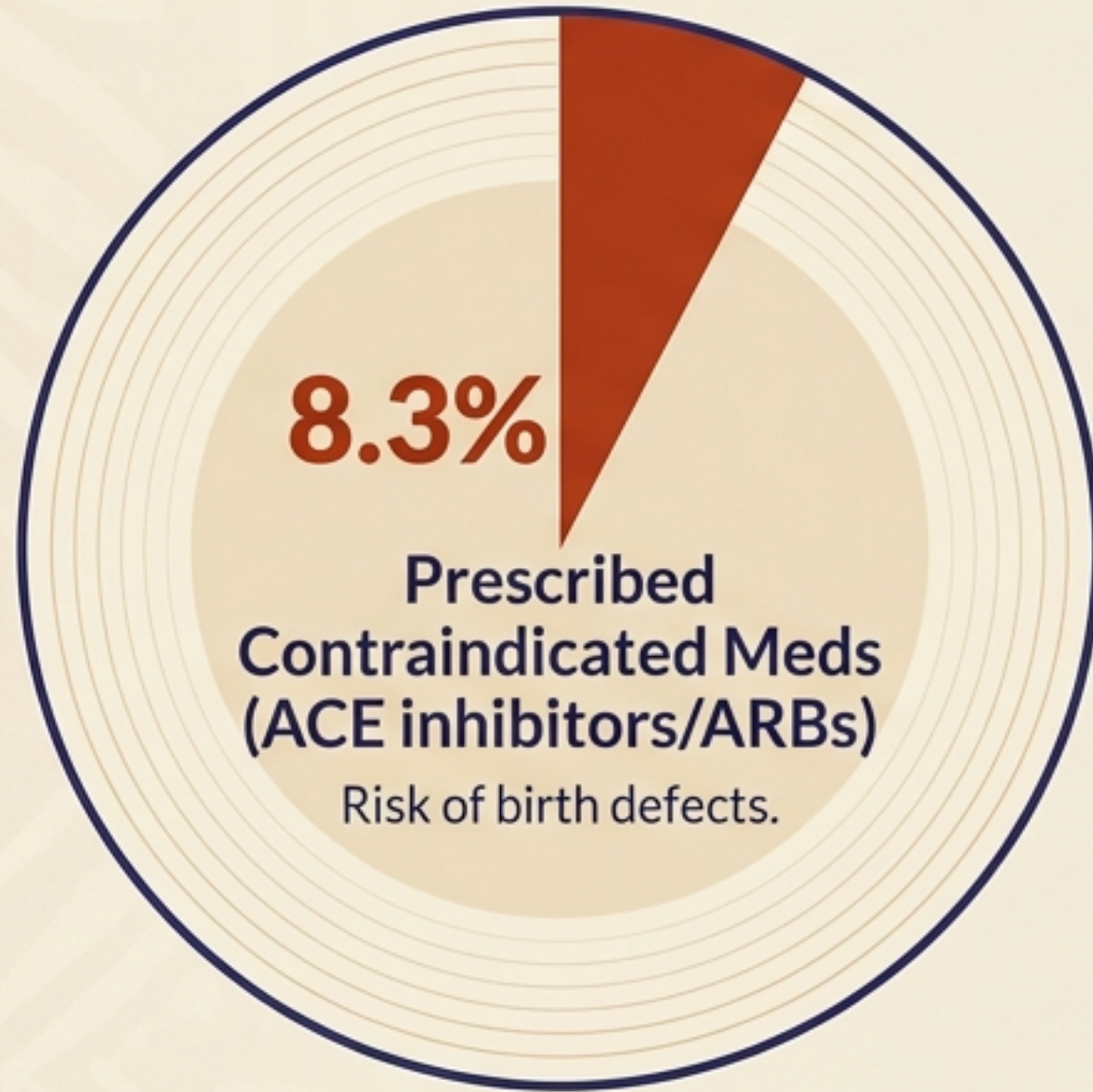
50% of maternal deaths in Sub-Saharan Africa occur here.

Postpartum / 4th Trimester

- **Systemic Barriers**

1. Administrative hurdles.
2. Poor transportation networks.
3. Lost to follow-up (Financial exhaustion).
4. Increased long-term cardiovascular risk (Stroke, Heart Failure).

The Treatment Gap: Are You Receiving Safe Care?



Systemic gaps mean protocols aren't always followed.
You must be your own final safety check.

The Economic Barrier: When Cost Locks the Doors.

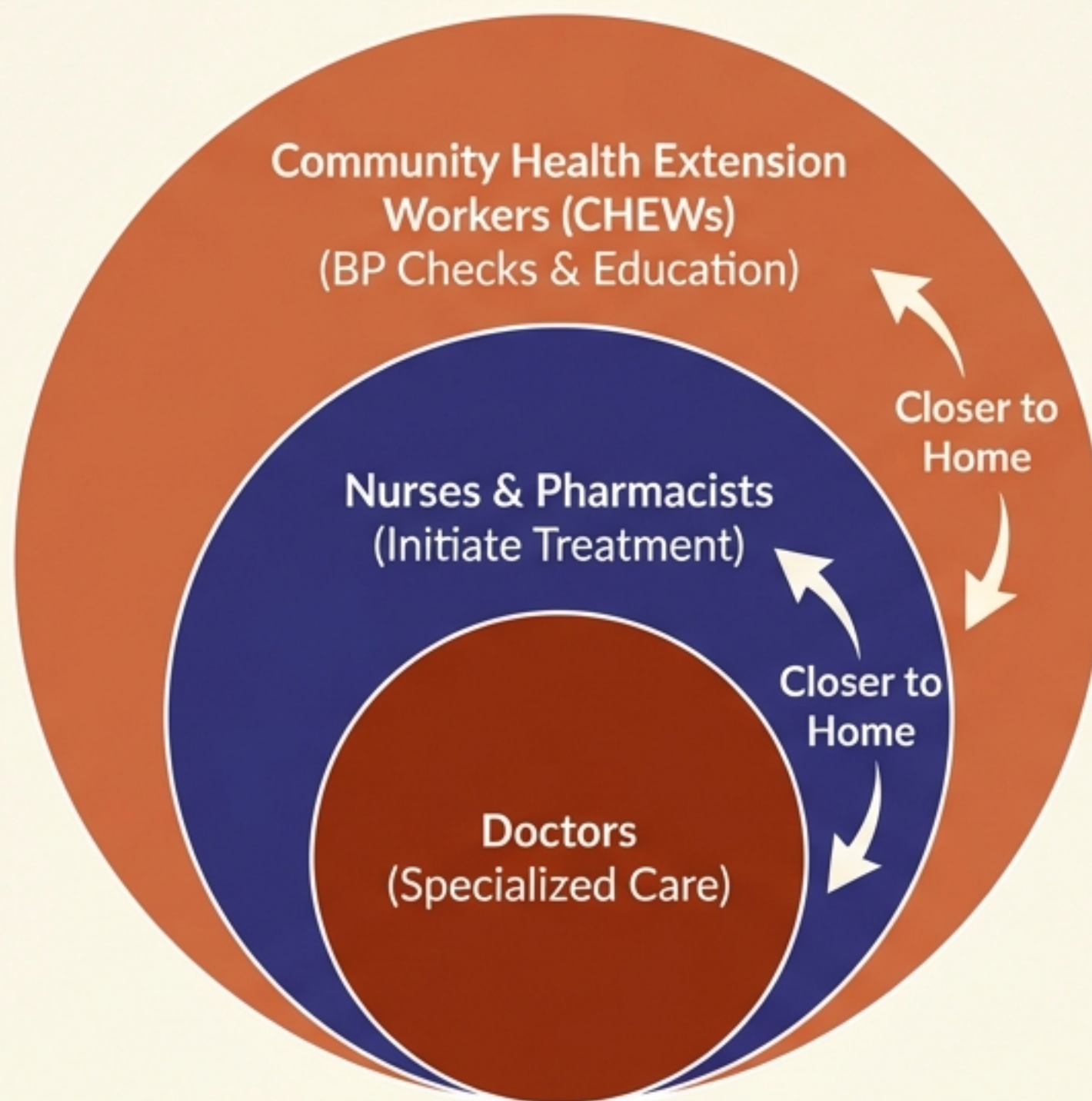


- High out-of-pocket costs are the primary barrier to control.
- Patients detained in hospitals due to unpaid bills.
- Avoiding antenatal/postnatal visits to save money.

Poverty acts as a co-morbidity. But new systems are being built to break this cycle.

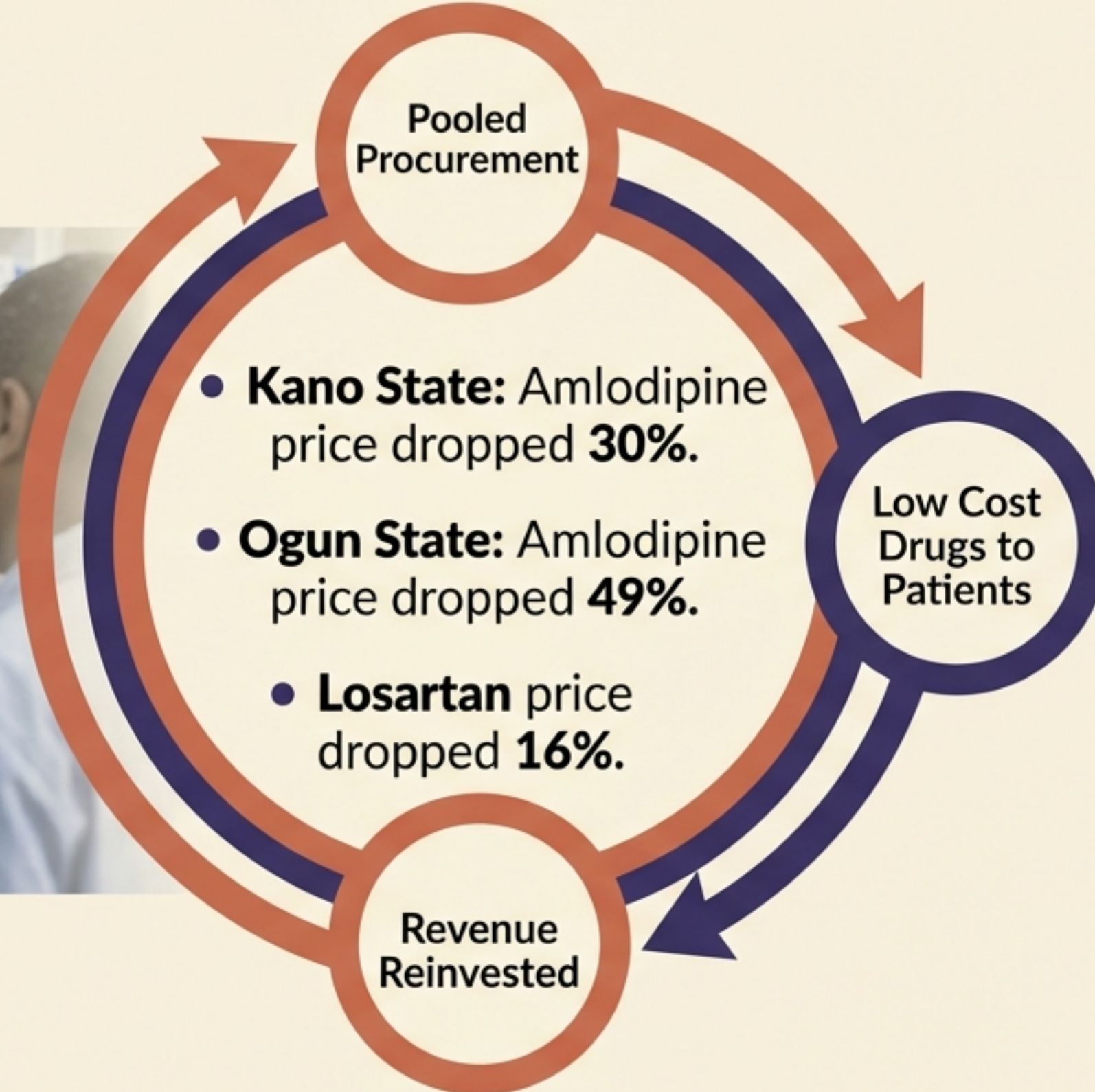
The New Shield: Task-Shifting & The Community Cavalry

Protection Hierarchy



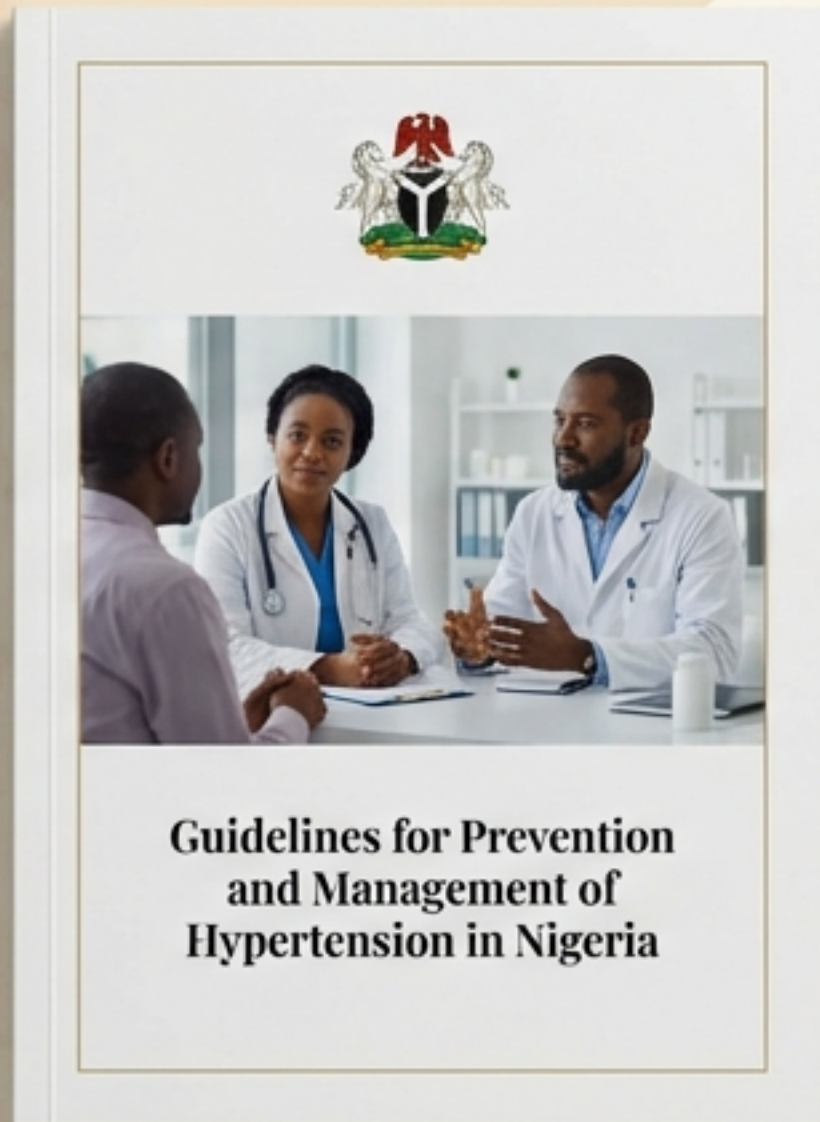
National Guidelines (2023-2028) now empower nurses and CHEWs to treat hypertension. You do not need to wait for a specialist to get protected.

Economic Protection: The Drug Revolving Fund (DRF).



A self-sustaining supply chain. No more 'out of stock' excuses.

Your Policy Shield: The National Guidelines (2023–2028)



Nigeria is the **first country in Africa to endorse a national hypertension treatment guideline** based on the WHO HEARTS technical package.

Protocol: Amlodipine, Losartan, and Hydrochlorothiazide (General Population).

Takeaway: This document is your assurance that the system is organizing to protect you.

The Empowerment Toolkit: Know Your Meds.

SAFE 'GREEN LIGHT' MEDS.

- Labetalol (First line)
- Nifedipine
- Methyldopa
- Hydralazine (Emergency)



CONTRAINDICATED 'RED LIGHT' MEDS.

- ACE Inhibitors (e.g., Lisinopril)
- ARBs (e.g., Losartan)
- Direct Renin Inhibitors

Cause birth defects/kidney failure in fetus.



Prevention: Ask about Low-Dose Aspirin after 12 weeks if high-risk.

You Are The Expert: Home Monitoring.

**Threshold:
140/90
mmHg**

- ① 1. Measure while sitting.
- ② 2. Rest for 5 minutes before checking.
- ③ 3. Keep a written log.
- ④ 4. Don't wait for the next appointment if numbers spike.

Data confirms Home Monitoring is acceptable, appropriate, and feasible.



Your Clinical Script: What to Ask

- ☐ Please check my blood pressure today (even if I feel fine).
- ☐ Am I eligible for low-dose Aspirin to prevent preeclampsia?
- ☐ Are my current medications safe for the baby? (If on ACEIs/ARBs, ask to switch).
- ☐ What is my plan for the 4th Trimester (Postpartum)?

Respectful care is your right. Asking questions is your duty of protection.

Community Resilience: The Outer Circle.



Engaging partners improves postpartum visit attendance.
Create your 'Health Team' at home. Someone else should know your numbers.

The Mosaic: Protecting the Lineage.

3x

West & Central Africa children are 3x more likely to die before age 5.

- Protecting the mother against HDP prevents preterm birth, low birth weight, and neonatal death.



When we protect the mother, we secure the first 100 years of the next generation.

Join the Protection Circle.



1. Subscribe to Afro Mosaic Health Guide Magazine.
2. Follow the ‘Impacts on the Global Black Lifespan Journey’ series.
3. Share this guide with a sister, mother, or community leader.

Knowledge is the first line of defense.