

## **Innovative treatment ideas and harnessing local resources for better health**

This issue of the journal features a report on the cardiovascular benefit of angiotensin converting enzyme inhibitors (ACE-I) in the management of pulmonary hypertension in individuals with sickle cell disease by Okeahialam and colleagues. The researchers utilized echocardiography to study peak tricuspid regurgitant velocity and pulmonary artery pressure parameters in 35 individuals over a 3-month period. They noted significant reduction in these parameters. The low dose of the medication used did not cause hypotension but lowered the indices of pulmonary hypertension without any significant side effects, at least in the short time of the study. The possible use of ACE-I for pulmonary hypertension had been reported earlier in laboratory animals. Although innovative in humans, more studies are needed on this therapeutic application as well as other potential benefits of ACE-I in haemoglobinopathy before widespread use is recommended. The safety profile must also receive due consideration. Another paper served in this issue, on the same condition, is by Akingbola and Ogundeji who reported that bone pain crises, haemolytic crises, malaria and septicaemia were the main reasons for these patients seeking medical attention in emergency situations, with avascular necrosis being the most frequent complication. It is envisaged that with the persistent attention to unravelling all the challenges of haemoglobinopathy, the individuals affected will enjoy better quality of life.

Ethnopharmacy should be an area of interest for researchers in low- and middle-income countries because of the abundance of fauna and untapped resources. In this issue, the antioxidant and anticancer potentials of the aqueous extract of the baobab tree fruit pulp were elegantly investigated by Odunola and colleagues against various oxidative systems *in vitro* and, at high concentration, on human oral cancer cell line. Using gas chromatography-mass spectrum analysis, they identified 7 bioactive chemical compounds, which should be studied separately to identify the key active compounds. Another paper reported that coconut water has the potential to reverse gonadal damage induced by doxorubicin for cancer treatment. The same coconut water had been noted to improve cognitive performance in anecdotal reports, amongst other benefits. The stage should be set for drug development from the active components. This calls for collaboration between the various scientists in Pharmacy, Clinical Pharmacology, Internal Medicine and Oncology. The era of scientists working in silos is over and multidisciplinary approach is the way out for better translation and implementation of research findings. The Nigerian Institute for Medical Research (NIMR), Nigerian Institute for Pharmaceutical Research and Development (NIPRID) and National Agency for Food and Drug Administration and Control (NAFDAC) should also play active roles in these collaborative endeavours for harnessing local resources for better health.

The sixteen papers and the two case reports in this issue of the journal highlight the fact that there is no poverty of ideas among our researchers despite resource limitations and infrastructural challenges. Deliberate efforts are being made to bring out the best in medical research for knowledge advancement, improvement in health outcomes, information and relevance. These will culminate in overall improved health status in Africa.

**A. Ogunniyi**  
*Editor-in-Chief*