



IN COLLABORATION WITH
PRESENTS



MEDICAL WOMEN'S
ASSOCIATION OF
NIGERIA (MWAN
LAGOS STATE BRANCH)

THIS IS A CME EVENT



GLOBAL AFRICA WOMEN IN MEDICINE — SUMMIT 2025 —

 March 8, 2025.  Lagos Ikeja, Nigeria

THEME:

EMPOWERING THE NEXT
GENERATION WOMAN IN MEDICINE

Powered by the Excellence in Medicine Ladies Network

■ NATIONAL ANTHEM

**Nigeria we hail thee,
Our own dear native land,
Though tribe and tongue may differ,
In brotherhood, we stand,
Nigerians all, and proud to serve
Our sovereign Motherland.
Our flag shall be a symbol.
That truth and justice reign,
In peace or battle, honour'd,
And this we count as gain,
To hand on to our children
A banner without stain.
O God of all creation,
Grant this our one request,
Help us to build a nation
Where no man is oppressed,
And so with peace and plenty
Nigeria may be blessed.**



PROGRAM CONTENT

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■ ABOUT THE GAWIM SUMMIT



In 2020, I envisioned the GAWIM Summit as a powerful gathering of distinguished healthcare professionals, educators, innovators, and leaders from across the global African medical community. It's a space where we engage in critical discussions about the realities women face in medicine, where vital conversations about women in medicine spark meaningful change, and where mentorship, networking, inspiration empowers women at every step of their professional journey.

Another key component of GAWIM is the annual recognition of outstanding female healthcare professionals shaping medicine in Africa. This prestigious award in various categories will honor those who through innovative solutions, technological advancements, and expanded research opportunities are solving critical health challenges and improving health outcomes, while paving the way for the next generation. We will also celebrate accomplished physicians who have made significant strides in their career, in healthcare, and in their service to humanity.



EIM LADIES NETWORK AND THE ROAD TO GAWIM 2025

■ WELCOME TO THE GAWIM SUMMIT 2025

Meet The Host



Dr. Olajumoke Ladapo-Osinuga

Convener, GAWIM Summit
and EIM Ladies Network

My journey in medicine has been driven by a passion for patient care, a commitment to advancing medical knowledge, and a deep desire to empower others, particularly women in medicine. My clinical foundation was built during my medical school training at the University of Ibadan and further reinforced with two residency trainings across two continents and finally becoming board certified in family medicine.

Beyond the clinics, I've always been drawn to research, where I contributed to studies on breast and cervical cancer, menopause and malaria in pregnancy. I pursued a Master in Public Health from the University of Alabama in Birmingham, USA, and the prestigious Sparkman Global Health Fellowship. These experiences instilled in me the importance of evidence-based practice and the pursuit of innovative medical solutions necessary for addressing critical public health challenges in Africa. My passion extends beyond research, global health, and even clinical medicine. This is because at some point in this ambitious career journey, I became isolated and burnt out and began searching for support and encouragement online. However existing support groups didn't address my reality as a Nigerian female doctor with an African residency training background. I found myself constantly bringing my own chair to tables where I didn't quite belong. As a Nigerian female doctor, my story—my African residency, my migrant journey, my career aspirations—was unique. So, I built my own table, crafted from fine African Mahogany, and invited ambitious, like-minded African physicians to join me, creating a community where we truly belong, so that together, we can explore, discuss and connect based on issues that affect us as African physician migrants needing support to practice abroad. I could also equip younger colleagues with the tools I acquired and teach them how to pursue their goals intentionally. I launched the Excellence in Medicine Ladies Network (EIM) in 2020, actively seeking opportunities to empower young African women in medicine. Since then, I've been privileged to connect with remarkable female physicians who share their inspiring journeys and offer invaluable mentoring. I've also met countless ambitious medical students and graduates needing direction on navigating their unique journeys in medicine. I'm honored to serve as the bridge connecting these

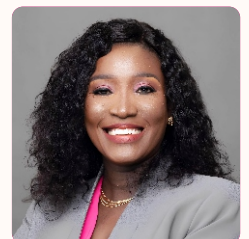
EIM leverages on my close to 20 years of global medical experience in diverse environments and from a lifetime immersed in medicine—as the daughter, wife, sister, and in-law of dedicated physicians to support the medical journey of any ambitious woman in medicine. This unique perspective, combined with my unwavering commitment to women's empowerment and medical education reform has been a powerful tool for our success as a leading global network, and the journey has just begun.

EIM is now a leading global network dedicated to supporting these women at every stage of their careers, from medical school to leadership positions. Here, we provide resources, opportunities, support, and most importantly, mentorship, to help them overcome the unique barriers they face in personal growth, career advancement, and achieving global impact. Our vision is to equip these physicians to not only excel in their careers but also to provide sustainable healthcare solutions for Africa through community impact and economic development, thereby building lasting legacies in their profession.

This aligns with the UN Sustainable Development Goals (SDGs) 3, 5, 8, & 10, which emphasize good health and well-being, gender equality and women's empowerment, inclusive and decent work opportunities, and reduced inequalities within and across countries by eliminating discriminatory practices based on social determinants like age or migration status.

In my personal life, when I'm not spending time with family, I serve in my local church or at community events. I'm married to a trained Gynecologist/ Obstetrician practicing hospitalist and we have 3 amazing children.

*Dr. Olajumoke
Ladapo-Osinuga*



Meet The Chairperson



Chairperson – Prof. Ibiyemi Ibilola Olatunji-Bello mni NPOM

**Vice Chancellor,
Lagos State University**

She obtained a Postgraduate Diploma in Theology from the Bible College of the Redeemed Christian Church of God in the year 2001 and a Postgraduate Diploma in Education PGDE from Lagos State University in 2018. In the year 2012, Professor Olatunji-Bello attended Course 34 of the National Institute for Policy and Strategic Studies Kuru, the highest policy advisory body of the Federal Government, as a nominee of the National Universities Commission NUC where she was awarded the certificate as a Member of the National Institute (MNI).

She was awarded a fellowship of the Physiological Society UK in the year 2017, which was shortly followed by the Fellowship award of the Physiological Society of Nigeria. She was appointed a Fellow of the Society for Environmental Toxicology and Pollution Mitigation in the year 2019. In August 2022, she was honored with an Honorary Fellowship of the Nigeria Psychology Association (NPA) and in January 2023, she was elected a Fellow of the Society of Educational Administrators of Nigeria (FSEA). Also in 2023, she was conferred with a Fellow of the National Labour Institute, and in the same year, she was conferred with a Fellow of the Society for Peace Studies and Practice (FSPSP).

She is the winner of the National Productivity Order of Merit (NPOM) Award conferred by the former President of the Federal Republic of Nigeria, Muhammadu Buhari, in May 2023.

An astute academic, Professor Olatunji-Bello rose through the ranks from Assistant Lecturer (1988 to 1991) to Lecturer II (1991 to 1996), Lecturer I (1996 to 1999), Senior Lecturer (1999 to 2005) and Associate Professor (2005 to October 1, 2007), all in the College of Medicine of the University of Lagos, Idiaraba. She assumed duty as the First Professor of Physiology at Lagos State University College of Medicine on the 2nd of October, 2007.

Prof. Ibiyemi Olatunji-Bello has held several professional and administrative positions both at UNILAG and Lagos State University (LASU). Until she was elected the First female Deputy Vice Chancellor of the Lagos State University (LASU).



Dr. Funmi Ige

Dr. Funmi Ige is a distinguished Nigerian physician, consultant anaesthetist, and healthcare administrator known for her leadership and community service, particularly through her involvement with the Medical Women's Association of Nigeria (MWAN) – Lagos State Chapter.

She serves as the Head of the Anaesthesia Department at General Hospital, Ifako Ijaiye, where she brings extensive clinical expertise and administrative acumen to improve patient care.

Dr. Ige has held key executive positions within MWAN Lagos. For instance, she has served as Secretary (2013–2015) and was the LOC Chairperson for the 21st Biennial Conference. Her work with MWAN highlights her commitment to advancing the interests of female medical doctors and promoting public health initiatives.

She earned her first degree in Biochemistry (B.Sc. (Hons) Biochemistry) from Lagos State University, Ojo. She furthered her education by obtaining a Master's degree (M.Sc.) in Biochemistry from the College of Medicine, University of Lagos, Idiaraba.

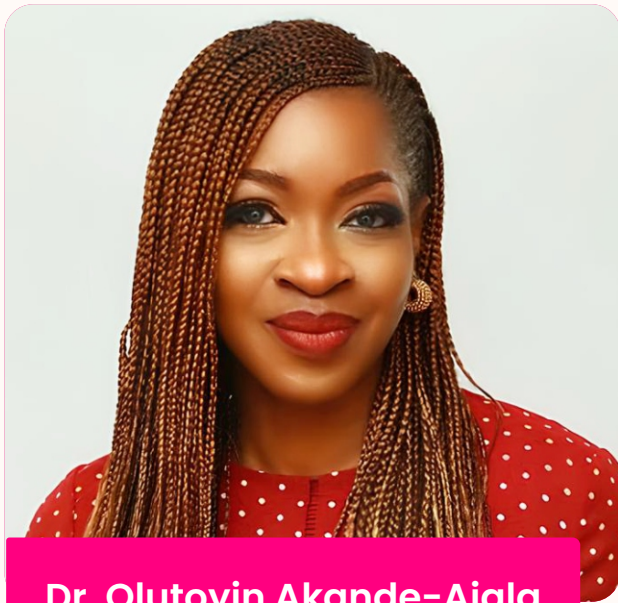
Dr. Ige is a product of the College of Medicine, University of Lagos (class of 1998) and the University College Hospital, Ibadan (2007), which provided her with a strong clinical foundation. Additionally, she holds an Advanced Professional Diploma in Hospital Management and Administration as well as qualifications in Leadership in Management and Health from the University of Washington. These credentials underpin her dual expertise in medicine and healthcare management.

She is an ordained deaconess in the Baptist denomination, Dr. Ige has been actively involved in her church community. She chairs the Medical Committee of Shalom Baptist Church Akowonjo, a role she has fulfilled since 2002. Her service extends to coordinating medical screening programs and outreach activities in partnership with community-based organizations, faith-based groups, and non-governmental organizations.

She is passionate about teaching and mentoring hence she dedicates time to counsel and support younger professionals, while also engaging in manuscript editing and acting as a master of ceremonies (MC) at various events. Guided by her personal motto, "Offer a Helping Hand," Dr. Ige is committed to using her skills to make a positive difference in the lives of others.

Dr. Funmi Ige's career exemplifies a blend of clinical excellence, leadership in healthcare management, and a deep commitment to community service, making her a respected figure in Nigeria's medical and social landscape.

■ Keynote Speaker



Dr. Olutoyin Akande-Ajala

Dr. OluToyin Akande-Ajala is the Chairperson/Chief Executive Officer of JBS Elderly Health & Wellbeing Foundation Africa, an organization that focuses on enhancing the care and quality of life of underprivileged older persons in Nigeria/Africa.

She is also the MD/Founder of JBS GERONTOLOGY CENTER & JBS Medicare Services, a leader in Geriatric Healthcare, and a specialist in Elderly Healthcare.

It is currently the only Geriatrician-led private healthcare service in Nigeria.

She graduated from Medical School in Ibadan, Nigeria, in 1991 and did her house job at the University College Hospital, Ibadan, before moving to the UK to complete her specialist training in Geriatric and General Medicine and a UK-certified Consultant Geriatrician currently working in the UK's National Health Service.

She has, over the past 20 years, acquired a vast amount of experience and expertise in the management of all geriatric medicine conditions, including Dementia.

She is passionate about mentoring younger medical professionals and has participated in several mentoring schemes. She participates in the supervision and training of junior doctors and medical students in her current role. She is a notable speaker on Dementia prevention and has been featured on several radio and international TV programs.

In 2017, she was appointed as a Visiting Consultant Geriatrician at the CTA Geriatric Center, UCH, Ibadan by the Honorable Minister of Health. Her expertise lies in geriatric medicine & Dementia management and the promotion of healthy aging.

Dr Ajala is the editor of "Age Gracefully Digest" a quarterly e-newsletter on Healthy Aging. She is the convener of "The Healthier Aging Conference" which is held annually.

As an avid traveler, she has numerous posts on travel and lifestyle. She has visited 78 countries and 7 continents, putting her in the top 0.02% of the world. She is married to a consultant obstetrician/gynecologist and is a mother of 4 children, one of them an aspiring medical doctor.

PROGRAMME

1. Master Class on Mental Health and Wellness Check-In – **Dr. Nwife Akhator-Eneka**, Consultant Psychiatrist.
2. Registration, Networking, Red carpet Interviews.
3. Introduction.
4. Welcome Address – **Dr. Olajumoke Ladapo** Convener, *GAWIM Leadership Summit*.
5. Opening Remarks – **Prof. Ibiyemi Olatunji Bello**, mni, NPOM, Vice Chancellor, Lagos State University. *GAWIM Summit Chairperson*.
6. The Journey and Destination to empowering women in medicine – **Dr. Funmi Ige**, President of the Medical Women Association of Nigeria, Lagos State branch.
7. Empowerment lessons (to accelerate action) for the next generation woman in medicine– **Dr. OluToyin Akande-Ajala**, CEO, JBS Medicare Services.
8. **Panel discussion 1: African Women in Surgery Leading the Way;**
 - i. **Dr. Chichi Menakaya**, Trauma and Orthopaedics Surgeon
 - ii. **Dr. Miriam Mutebi**, Breast surgeon Oncologist and president of PAWAS, a pan African surgery mentoring session **Dr. Cedar Ekanem**, (surgical resident), Moderator
9. Mentoring Session 1: Reinventing the Woman in medicine– Accelerating Action for Innovation and Relevance in a Changing world – **Dr. Moni Adanijo**, Consultant Cardiologist.
10. *Tea Break*
12. Mentoring Session 2: Ready to Accelerate? Strategic actions in the Business of Medicine: Preparation, Positioning and Pivoting – **Dr. Olayemi Dawodu**, MD/CEO Cerba Lancet.
13. Mentoring Session 3: Professional development for Women in Medicine; Unleashing potential. Accelerate Action – **Dr. Moyosore Makinde**, Consultant Family and lifestyle medicine.
14. **Panel discussion 2: Personal development for empowerment; Sharing experiences to thrive and develop self mastery as an early career women in medicine.**

Dr. Toni Adeyemi, Consultant Public Health Physician
Dr. Sola Pitan, MD/CEO Orile Agege GH
Dr. Toyin Asaolu, Consultant Gastroenterologist
15. **Panel discussion 3: Young doctors forum discussion.**

Dr. Busayo Awolola: Public Health Professional SRHR, Founder and Author / **Dr. Ibiyemi Somefun**, MWAN Lagos Young Doctors Forum Coordinator / **Dr. Odunola Olabintan**, Founder, Team Lead, The Health City / **Dr. Doreen Ogbu**, Digital Creator.
16. Launch of GAWIM Leadership Training Programme – **Dr. Lola Adeyemi**, CEO Mentoring her, COO Magna Carta Health.
17. Vote of Thanks.
18. Presentation of Awards/Closing Remarks: **Prof. Ibiyemi Olatunji Bello**, mni, NPOM, Vice Chancellor, Lagos State University. *GAWIM Summit Chairperson*.

Meet our Speakers



GAWIM Summit 2025 Speakers



Dr. Monisola Adanijo is a consultant cardiologist who passionately emphasizes preventive cardiology as a first-line response to reduce cardiovascular diseases in Sub-Saharan Africa.

She was the pioneer cardiologist for the first TeleElectrocardiogram project in Nigeria and West Africa and helped contribute to good health and well-being, a Sustainable Development Goal (SDG3) of the United Nations. A former HOD in the Department of Internal Medicine, she excelled in academia before transitioning into entrepreneurship and practice.

She is a Fellow, of the National Postgraduate College of Nigeria, a Member Nigerian Cardiac Society, a Member Hypertension Society of Nigeria, a Member American College of Physicians, and an International Associate, of the American College of Cardiology.



Dr. Olayemi Dawodu is the CEO of CERBA LANCET, a leading ISO 15189 accredited laboratory network in Nigeria that offers a comprehensive range of diagnostic services to patients and doctors across Nigeria and Africa, currently sits on the Board of Directors of Cerba Lancet Nigeria, a prestigious company she joined in February 2015 and has risen to the rank of CEO through her hard work and dedication. #BossLadyDoc

She holds an M.B.B.S from the College of Medicine, University of Lagos, as well as fellowships in Pathology and Laboratory Medicine from the National Postgraduate Medical College of Nigeria and West African College of Physicians respectively.

She is passionate about contributing to the healthcare sector through the dedicated delivery of excellent pathology services and leadership. As an avid researcher, she has publications in both local and international journals. She serves as a member of the Accreditation Advisory Committee for the Nigerian National Accreditation System. She is a sitting member of the "Health as a Business" Committee of the Nigeria Economic Summit Group and also a member of the Institute of Directors of Nigeria. She is a WIMBIZ Mentor and is also a member of the prestigious female-only Angel Investors club in Africa called "Rising Tide Africa" interested in promoting female entrepreneurs with seed investments. A quintessential dancing queen and bonafide life of the party when she gets out socially; she's a devoted mom, wife, sister, and friend.

GAWIM Summit 2025 Speakers



Dr. Olutoyin Ireliola Asaolu is a graduate of the College of Medicine (MBBS), University of Ilorin. She had her internship and residency training at the Federal Teaching Hospital Ido-Ekiti and the Lagos University Teaching Hospital, respectively. She is a member of the West African College of Physicians.

Dr Asaolu is a two-time recipient of the World Gastroenterology Organization (WGO) training scholarship, the South Africa Gastroenterology Foundation training, and the United European Gastroenterology Week (UEGW) international scholarship. Before joining Lagoon Hospitals, she worked as a consultant gastroenterologist and a lecturer at the University of Gitwe in Rwanda.



Dr. Miriam Mutebi is a Consultant Breast Surgical Oncologist and Assistant Professor in the Department of Surgery at the Aga Khan University Hospital in Nairobi, Kenya. She is also a clinical epidemiologist and health systems researcher with a research focus on understanding barriers to access for women with cancers in Sub-Saharan Africa and designing interventions to mitigate those barriers.

Dr Mutebi is also the Vice-President of East Africa of the African Organization for Research and Training in Cancer (AORTIC), Chairperson for the Kenya Society of Hematology and Oncology (KESHO), and on the Board of Directors of the Union for International Cancer Control (UICC).



Dr. Oluwatoni Adeyemi (MBBS, MPH, MScPH, MWACP, FMCPH) is currently the Senior Special Assistant (SSA) to the Lagos State Government on Health.

She is a distinguished Consultant Public Health Physician with the Lagos State University Teaching Hospital Ikeja (LASUTH) and an associate lecturer at the Lagos State University College of Medicine (LASUCOM). She has over seventeen years of expertise in community-oriented public health programs and research.

Dr. Adeyemi is a Mandela Washington Fellow of the public management track and an alumnus of the Maxwell School of Citizenship and Public Affairs, Syracuse University, New York.

GAWIM Summit 2025 Speakers



Dr. Lola Adeyemi is an Ivy League-trained public health physician, entrepreneur, and passionate advocate for health equity and leadership. She is currently the SA to the HMSE. She has a deep understanding of the healthcare industry and a commitment to making healthcare more accessible and equitable for all. Dr. Adeyemi has founded several successful ventures that prioritize patient-centered care and community engagement.

Dr. Adeyemi is also an accomplished researcher with expertise in the clinical trial and pharmaceutical industry. Dr. Adeyemi is known for her innovative approaches to patient care and her commitment to staying up-to-date with the latest advances in medical technology and clinical research.



Dr. Sola Pitan is a Medical Director and CEO Orile Agege General Hospital (OAGH), Lagos. He has a background in public health and clinical work and has held several leadership roles in the Lagos State health system.

Dr Sola has many qualifications in health policy and management.

He is a member of the American Public Health Association, American Evaluation Association, and the Association of Public Health Physicians of Nigeria In his years, he has worked as a research scientist at the U.S. Centers for Disease Control and Prevention (CDC), served as the Senior Special Assistant to the Lagos State Governor on Health Matters and previously served as the Deputy Director of Medical Services of the Lagos State Health Service Commission.



Dr. Oore Makinde is a Consultant Family Physician and Lifestyle Medicine Physician certified by the International Board of Lifestyle Medicine and affiliated with the Society of Lifestyle Medicine of Nigeria.

Presently, she is a consultant at the Lagos State University Teaching Hospital, where she is involved in resident doctors training and heads the lifestyle medicine & wellness unit.

Dr Makinde is a member of the Nigerian Medical Association (NMA), the Society of Family Physicians of Nigeria (SOFPON), the World Organization of Family Doctors (WONCA) and the immediate past General Secretary for the WONCA Working Party on Women & Family Medicine (WWPWFM) Africa region and the current National President of the Society of Lifestyle Medicine of Nigeria (SOLONG). She is also a member of the World Sleep Society.

GAWIM Summit 2025 Speakers



Dr. Chichi Anne-Menakaya, MBBS MSc FRCS (Chinyelu Uchechukwu Anne-Menakaya) is a Nigerian trauma and orthopedic surgeon based in the United Kingdom. She is the founder of the Annomo Health concierge service, which brings together doctors and hospitals to the awareness of patients.

Dr Menakaya, through a non-profit organization, Okwuí Mask Scheme, based in the United Kingdom and Nigeria, empowers victims of domestic violence. She is also the founder of Okwuís_Frocentric, a fashion line with African ideas. She has won notable awards such as the UK Trauma and Orthopedic Women Trailblazer for International Women's Day 2021 and the prestigious WJ Little Prize for Trauma Orthopaedics at the Royal National Orthopaedic Hospital 2022. Her special interest is bone health, especially concerning active aging toward independent elderly living. Chichi has won awards for her contributions to the growth of trauma and orthopedic research internationally with over 20 cited publications and 30 international presentations.

In her spare time, she is a motivational speaker, an advocate for gender-based violence and active living. She is an avid reader and loves to travel.

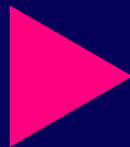


Dr. Nwife Akhator-Eneka MBBS, MRCPsych, FWACP (Psych), Dip IBLM/BSLM is a consultant child and adolescent psychiatrist with more than 10 years of extensive experience in mental health care delivery.

She holds a Bachelor of Medicine, and Bachelor of Surgery (MBBS) degree and is a Fellow of the West African College of Physicians (FWACP) in Psychiatry. Additionally, she is a member of the Royal College of Psychiatrists (MRCPsych) and has earned a diploma from the International Board of Lifestyle Medicine/British Society of Lifestyle Medicine (Dip IBLM/BSLM).

One of Dr. Akhator-Eneka's notable areas of focus is her special interest in the lifestyle approach to managing mental health disorders. Her passion lies in exploring therapeutic interventions that go beyond conventional methods, incorporating lifestyle modifications into the treatment plans for improved holistic well-being.

Meet our Panelists



GAWIM Summit 2025 Panelists



Dr. Awolola Busayo is a Public Health Professional and Program Manager with experience in Research and Social Development.

She holds a BSc degree in Human Physiology and an MBBS (Bachelor of Medicine; Bachelor of Surgery) Degree from Bowen University, Nigeria.

She is currently enrolled for her master's degree at the Bloomberg School of Public Health at Johns Hopkins University.

She is the Founder and Team Lead of the WEDFORUM, where she has led projects focused on sexual and reproductive health and rights, menstrual health and hygiene, mental health, and literacy, impacting over 5700 children, adolescents, and women since 2018.



Dr. Doreen Ogbu holds an MBBS degree from the College of Medicine, University of Lagos. She's passionate about advancing reproductive health education and improving African women's wellness.

Beyond medicine, she's a Digital creator and storyteller. She shares stories through her content that empower women to flourish in every area of their lives.

She's also a personal Brand Strategist & Manager (founder of Lemon Digital), helping individuals elevate their online presence with purpose-driven strategies. She has built a thriving online community of thousands across multiple platforms.



Dr. Ibiyemi Somefun is the Young Doctors' Forum Coordinator of the Medical Womens Association of Nigeria Lagos branch.

She is currently in anesthesia residency training and she describes herself as innovative and astute. She has interests in medicine, academics, public health, capacity building, business and management.

She is happily married.

GAWIM Summit 2025 Panelists



Dr. Odunola Olabitan is a medical doctor and social entrepreneur whose work focuses on Preventive Health, She is a Tedx Speaker with years of experience in Advocacy, Health Media and Communication. Odunola is a recipient of the first ever Ekiti Youth Outstanding Award “Omoluabi Awards” – Healthcare services category, presented by the Ekiti State Government in 2021, she is a 2022 nominee of The Future Awards Africa for the prize for Health & Wellness and she is a 2022 recipient of the prestigious Royal African Youth Leadership (RAYLF) Award. She graduated from the Ekiti state university with her Bachelor of Medicine, Bachelor of Surgery (MBBS), in 2022. Dr. Odunola is vested in Advocacy, Media and Health Tech, particularly the application of Artificial Intelligence in healthcare.

She is the founder of the Health City, a tech-enabled social enterprise whose work focuses on preventive health services and education. Through their website thehealthcityonline.com, they provide health education and services for Adolescents and Young People in order to reduce the incidence and prevalence of chronic non communicable and infectious diseases. Her biggest dream is to “leave the world better than she met it”.



Dr. Oluwadunsin Oluwaseyitan Adesopo earned her Bachelor of Medicine and Surgery from the esteemed College of Health Sciences Ile Ife. Dr. Oluwadunsin is widely recognized for her advocacy in sexual and reproductive health rights.

As a fellow of the United Nations Millennium Fellowship she has facilitated important discussions on racism and access to reproductive health and has spoken at various events, both virtual and in-person, addressing sexual health issues. In addition to her medical profession, Dr. Oluwadunsin is a health and lifestyle content creator, a video editor, and an aspiring cinematographer.

She is committed to educating the public about health and lifestyle topics through various social media platforms and hosts an Instagram live series called “20circle,” where she discusses life in your twenties. She was also among the first pional Fellow class of 2021, and her commitment to women’s health has inspired her to pursue a career in Obstetrics and Gynecology.



Motajo Mosinmiloluwa
GAWIM SUMMIT Student Coordinator

I describe myself as a highly motivated, high-achieving, and goal-focused 5th-year medical student at Obafemi Awolowo University with a passion for growth, personal development, and making a meaningful impact that will outlive me.

This is pursued by actively volunteering for medical outreaches, campaigns, and advocacy initiatives. I am a collaborator, team player, and an advocate for SDG 3, 5, and 10. I am also a Millennium Fellowship Alumni who partnered with the UN in carrying out a social impact project “MINDSCAPE” that empowered underserved adolescents with the right knowledge in combating mental health-related issues. My future career plans is in Internal Medicine, where I seek to change lives one patient at a time by ministering life to their spirit, soul, and body. Being part of EIM has been a pivotal moment in my journey, surrounding me with like-minded women who are trailblazers in the medical field.

I’m proud to be part of a supportive community that empowers me to reach new heights.



FREE
VIRTUAL
EVENT

Excellence in Medicine Ladies Network

Invites you to join us as we celebrate

INTERNATIONAL WOMEN'S DAY

Theme:

Accelerate Action

March 8th, 2025.

1pm to 4pm EST

Venue: Online Event

SPEAKERS & PANELISTS



DR. JUMOKE
ADEDYOIN

DR. BUNMI
AKINKUGBE

DR. YINKA
LADAPO

DR. SEUN
ADELEKAN

DR. JEJE
LADELE

DR. JOVITA
ORUWARI

TIME: CST 12 NOON | EST 1PM | GMT 6PM | WAT 7PM

REGISTRATION IS REQUIRED.

<http://bit.ly/GAWIMINTERNATIONAL>



JOIN US AGAIN FOR OUR **EXCLUSIVE WELLNESS**
& LIFESTYLE RETREAT FOR FEMALE DOCTORS

Elevate Wellness **2.0**

3 days of wellness, rejuvenation, and lifestyle activities

Date: June 27-29th, 2025

VENUE:

**Marriott Myrtle Beach
Resort and Spa at Grande
Dunes, South Carolina.**

Register Using the Link

bit.ly/Lifestyleandwellnessretreat

PLEASE BOOK YOUR
HOTEL ROOMS NOW AS
RATES ARE INCREASING.



For further information, send an email to
eimladiesnetwork@gmail.com

ANTICIPATE

SPONSOR A YOUNG DOCTOR

Good day everyone. I request your assistance, not just as a physician, but as a passionate advocate for the future of women in medicine.

For years, I've witnessed the incredible talent and dedication of female doctors, yet I've also seen the unique barriers they face: sexism, isolation, burnout, and the struggle to balance demanding careers with personal lives. African female doctors also lack of access to:

Mentorship: Guidance from experienced professionals to navigate complex career paths.

Educational Resources: Opportunities to enhance skills and knowledge.

Support Networks: Communities that foster connection and reduce feelings of isolation.

Financial Assistance: Scholarships and resources to overcome financial obstacles.

Mental health and wellness opportunities: Safe, confidential and accessible

These empowerment resources are critically needed, yet their current inaccessibility creates a significant barrier. I've experienced these challenges myself, and I know firsthand the power of mentorship and community in overcoming them.

That's why I created EIM. It's more than just a network; it's a lifeline. It's a space where young African female physicians can find their voice, build their confidence, and pursue their dreams without feeling alone.

Imagine a young medical student, brilliant and driven, but unsure how to navigate the complex healthcare system in her country. Imagine a talented resident, facing systemic biases, who needs guidance to reach her full potential.

Imagine a seasoned physician, eager to mentor the next generation but lacking the platform to do so.





SPONSOR A YOUNG DOCTOR

This is where we come in. Through EIM, we provide:

Mentorship: Connecting experienced physicians with aspiring doctors, offering guidance and support.

Education: Providing resources and training to address the unique challenges women face.

Community: Creating a supportive network where women can connect, share experiences, and find strength in solidarity.

Scholarships and Resources: Helping to remove financial barriers to education and professional development.

Annual Awards: Recognizing and celebrating the incredible work of female doctors within the African medical community.

GAWIM Summit: A place to convene, discuss, and create solutions.

We've seen the impact firsthand. We've seen young doctors gain the confidence to pursue their passions, and we've seen seasoned physicians find renewed purpose in mentoring. But we can't do this alone.

Today, I ask you to join us. Your generous contribution will directly support:

1. Expanding our mentorship programs.
2. Providing more scholarships and resources.
3. Growing our community and reaching more women.
4. Ensuring the GAWIM Summit continues to be a powerful platform for change.
5. The annual awards that highlight and celebrate the great work of these women.

By investing in EIM, you're not just donating money; you're investing in the future of healthcare. You're empowering a generation of female physicians to break down barriers, transform lives, and shape the future of medicine in Africa.

Together, we can create a world where every young African female physician has the opportunity to thrive.

Thank you.

Dr. Jummy.

Lead Mentor and Coach.

EIM IN PICTURES



Meet The Team



GAWIM Summit 2025 Team



Dr Adewunmi Tobiloba (Chairperson, GAWIM planning committee, Coordinator EIM Ladies Network Nigeria Team).

Dr. Oluwatobiloba Adewunmi MWACP, MBBS, B.Sc Physiology Medical Doctor & Senior Registrar, Family Medicine Department, Federal Medical Centre Abeokuta Alumni, Bowen University Iwo, Osun State. Dedicated to delivering exceptional patient care and empowering communities, Dr. Adewunmi is a passionate advocate for purposeful living, leadership, and medical excellence.

A committed Christian and servant leader, Dr. Adewunmi volunteers for medical missions and outreaches, inspiring others through her faith and expertise.



Dr. Cedar Ekanem (Co-chair, GAWIM planning committee)

Dr. Cedar Ekanem is a resident doctor in the Department of Obstetrics and Gynaecology, University of Benin Teaching Hospital, and the current recipient of the Makonjumi Young Gynecologist Award 2024 awarded by the Society of Obstetricians and Gynaecologists of Nigeria.

She is also privileged to be the co-host of the Global African Women in Medicine Summit. An epoch-making event and transforming event. She is passionate about women's health and reproductive needs and finds fulfillment in women's health issues, which I have done at various groups and platforms over the years



Dr. Aarinola Olaiya-Olatunji is an Internal Medicine Resident in the United Kingdom. She gained prominence for her exceptional academic achievements at Obafemi Awolowo University (OAU), Ile-Ife, Nigeria, where she graduated with 12 distinctions and received 17 academic prizes, breaking a 28-year record in the university's College of Medicine. Dr. Aarinola also contributes to medical literature and recently co-authored an article titled "Declining Bedside Teaching: The Need for African Medical Institutions to Adopt a Structured Approach," published in the Journal of Public Health in Africa.

Dr. Aarinola Olaiya currently serves as the Director of the Personal and Professional Development Hub at the Excellence in Medicine Network. In this role, she leads initiatives focused on personal growth and lifestyle for women in medicine. She is happily married and a new mom to a doting son. She writes about motherhood, her journey as an early-career immigrant doctor, and personal development topics. You can check her writing at www.aarinolaolaiya.com.

GAWIM Summit 2025 Team



Dr. Oyepeju Folashade Abioye, MD, MSc, is an Internal Medicine Resident Physician at Allegheny Health Network in Pittsburgh, Pennsylvania, USA, with a passion for advancing equitable cancer care. She earned her medical degree from Bowen University, Nigeria and an MSc in Epidemiology & Biostatistics from University of the Witwatersrand in South Africa.

Dr. Oyepeju Folashade Abioye, MD, Msc, Is an Internal Medicine Resident Physician at Allegheny Health Network in Pittsburgh, Pennsylvania, USA, with a passion for advancing equitable cancer care. She earned her medical degree from Bowen University, Nigeria and an MSc in Epidemiology & Biostatistics from University of the Witwatersrand in South Africa. Dr. Abioye has contributed to several publications focusing on cancer health disparities, with innovative strategies in the works to bridge the gap in cancer access & care for vulnerable patients. Her clinical and research interests converge around cancer survivorship among marginalized populations, diversity and inclusion in clinical oncology trials, and the impact of social determinants of health on cancer outcomes. Dr. Abioye harnesses her exceptional organizational and communication skills as the Coordinator of EIM's Administrative Hub. She diligently oversees various activities, including setting the tone for the month through EIM's monthly newsletters, managing the SPEC, and handling the technical backend of virtual activities and hangouts. In addition to her administrative role, Dr. Abioye is a talented creative writer who has contributed to medical blogs, including the Annals of Internal Medicine. She is happily married and enjoys life with her active son.



Dr. Acham Rhoda Oheji is a dedicated, resilient, and goal-oriented Resident Doctor in the Department of Radiology at the Federal Medical Centre, Abeokuta. She is deeply passionate about family life, healthcare, and making a meaningful impact in her community. For Dr. Oheji, joining the Excellence in Medicine Ladies Network (EIM) was nothing short of divine timing. Over the past four years, EIM has been a tremendous blessing, offering her a platform to connect with remarkable, goal-driven lady doctors.

She describes her journey with EIM as a "roller coaster of achievements," a testament to God's love and guidance in her life. Dr. Oheji channels her love for writing as the Coordinator of EIM's Creative Writing Team. She oversees roles such as updating the website with articles, short stories, and notable events like the GAWIM Summit.

She also contributes to EIM's social media pages, bringing creativity and insight to the network's online presence.



Dr. Karen Ubabuike is a dedicated medical doctor with a deep passion for service, personal development, wellness, and fashion. She is committed to lifelong learning and staying at the forefront of new ideas and innovations in healthcare.

With a keen interest in health technology, she is always exploring ways to bridge the gap between medicine and digital advancements to improve patient outcomes and healthcare accessibility.

Beyond her clinical expertise, Karen is a firm believer in holistic well-being, both for herself and the communities she serves. She values gratitude as a core principle, recognizing the power of appreciation in fostering resilience, joy, and meaningful connections. She is also passionate about drawing inspiration from her journey and the people who have supported her along the way. Dr. Karen has actively volunteered with several organizations, dedicating her time and skills to initiatives that promote health, education, and community development.

GAWIM Summit 2025 Team



Dr. Busayo Awolola is a Public Health Professional and Program Manager with experience in Research and Social Development.

She holds a BSc degree in Human Physiology and an MBBS (Bachelor of Medicine; Bachelor of Surgery) Degree from Bowen University, Nigeria.

She is currently enrolled for her master's degree at the Bloomberg School of Public Health at Johns Hopkins University.

She is the Founder and Team Lead of the WEDFORUM, where she has led projects focused on sexual and reproductive health and rights, menstrual health and hygiene, mental health, and literacy, impacting over 5700 children, adolescents, and women since 2018.



Babatunde Sunday O. is a seasoned Brand and Visual Designer with a passion for technology and years of experience collaborating with renowned brands and organizations worldwide, including EPRGlobal, Nigerian Institution of Civil Engineers (N.I.C.E), and various musical artists.

Being recognized for his outstanding contributions, he was honored with the prestigious FOYA Global Award for "Mediapreneur" of the year 2023, celebrated in Kenya. Babatunde has garnered multiple design certifications, such as Logotype Design for Brand Identity from "Steve Wolf Domestika," and the Programmers' Hub Certificate of Appreciation from "Tech Fest 2024," among others.

As the Team Lead at TMedia Design, a creative agency dedicated to enhancing brands' visual identities.



Adewale Jeremiah Adeleye ANIPR, is an Associate Member of Nigeria Institute of Public Relations (ANIPR). A Graduate of Peace Studies and Conflict Resolutions at the National Open University of Nigeria.

A Graduate of Professional Course in Public Relations from the Business Education Examination Council (B.E.E.C), Lagos State.

He Studied Journalism at the National Broadcast Academy (Federal Radio Corporation of Nigeria), Lagos State.

He's also the Founder, The Success Ambassadors Foundation (TSAF-Africa), Head Strategist, Future Matters Concept.

The Convener of the Annual life-transforming Conference for In-school and Out-of-School youths tagged "Beyond Secondary Education; What's Next?" (B.S.E.W.N) for over ten years.

■ **THE WHOLESOME WOMAN**

**A thriving woman, a lady doctor
One who is so intentional and impactful
A blessed wife, a present mother
She is really diligent and dutiful.**

**An excellent career she pursues
Building herself in ways beyond her dreams
Not snoozing, not leaving out the cues
She makes giant strides and records wins.**

**A beautiful home, a happy family
She tends to those she holds dear
And even as they live happily
Her work and business still excel**

**Her creator she worships
And accrues all to Him
For she knows He has made flourish
All that she has and is.**

Poem by Dr. Acham Rhoda (Registrar Radiology)



■ Getting rid of the “I can't” mentality



There is so much potential hidden in us that our lifetime would not be enough to explore. However, most people tend to throw in the towel before they have even allowed themselves to try.

Just like one can always be on the defensive when confronted for wrongs done, having the “I can't” attitude is being on the defensive against ourselves without even hearing what we have to say first, without giving us a chance.

Recently, I went to make my hair at the salon and my stylist who I knew was able to achieve that style, refused to try. He kept insisting that he wouldn't be able to do it even though I knew and believed he could.

After much persuasion, he agreed to attempt and it resulted in a beautiful outcome.

Sadly, many of us have this same attitude towards other areas of our lives.

We have to be our greatest cheerleaders

We have to tell ourselves that WE CAN over and over again until we get rid of that feeling of inadequacy.

IF YOU DON'T BELIEVE IN YOURSELF, WHO WILL?

We have to get rid of the “I CAN'T” attitude.

By Dr. Acham Rhoda (Registrar of Radiology)



Sisi Doctor

Tell Sisi Doctor, "You're top notch"
When they ask you to take it down a notch
Tell them "Not your business, just sit back and watch"
Watch me closely, watch me bloom
Watch me become everything and anything while you brood

Tell Sisi alakada "You dey try oh"
"Na only you waka?" That's just them whining
"Don't mind her, she's not even that fine."
Yet you are the on at the King's table, chatting and dining
Sharing Ideas that men call divine


So, let's not forget to tell Awelewa daughter of Akanke
"Te ra mo se, time waits for no man"
Tell her that her dream awaits her wonderland
Tell her it's not going to be easy so she must take a stand
Take a stand against disappointment and chauvinists because
they'll try to take her back
Back into their little boxes with old labels
covered in dust and webs.

Awelewa, look for her!
Do you see her?
She looks just like you
on the same journey with bends and loops
Your sister and comrade, together you'll make a troop

In our Stilettoes let's make an entrance,
Our confidence and beauty putting them in a trance
For divided we may fall,
But together we will stand,
So, Sisi Doctor, let's take a stand!

Written by Dr. Deborah Adegoke





It's rare to find a clan of women independently focused on their future yet aware enough to reach out to their fellow women. Not connected by blood but by energy to pursue a brighter future.

At a point in my life where I needed support, this clan of ambitious women showed up at the right time, gently pulling my exhausted self back on track with compassion, no judgement in their voice.

Physicians! Mothers! Sisters! A safe warm supportive community where I can relax yet pushed beyond myself to reach my full potential. My clan. My pride.

Excellence in medicine women physicians Network

By Dr. Oluwafolakemi Makinwa

Goodwill Message

FROM THE CHAIRPERSON



With each passing day, evidence continues to abound that the Excellence in Medicine (EIM) Ladies Network founded through the visionary leadership of Dr Olajumoke Osinuga, is growing into global centre of excellence for the support of women in medicine. The year-round activities designed to equip the next generation of Global Africa female physicians with skills required to provide sustainable healthcare solutions for Africans supports this position.

One of such activities is this year's Global Africa Women in Medicine Summit, which I am proud to Chair. On behalf of the management, staff and students of Lagos State University, I congratulate Dr Olajumoke Ladapo, Convener and the entire members of the EIM Network on the hosting of the Global Africa Women in Medicine Summit.

This summit is a testament to the vision, resilience, and dedication of the Excellence in Medicine (EIM) Ladies Network, and I am thrilled to congratulate the network for its unwavering commitment to empowering women in the medical field. Since its inception in 2018, the EIM Ladies Network has steadily built a solid reputation as a beacon of mentorship, support, and opportunity for early-career female physicians across Africa and I am excited to be a part of this latest effort, the GAWIM Summit, scheduled to hold on the 8th of March 2025.

As we come together to celebrate the International Women's Day 2025 theme, "Accelerate Action," we recognize the power of collective effort and the need for urgent change. This summit is a call to action to not only address the existing gender disparities within the medical field but to also advocate for equal opportunities, supportive policies, and the recognition of the essential contributions of women in medicine.

Through our presentations, mentorship panels, and breakout sessions, we aim to foster an environment of collaboration, education, and empowerment. Together, we can continue to break barriers, amplify our voices, and pave the way for the next generation of women physicians who will provide sustainable healthcare solutions for Africa and beyond.

I join other well-wishers to celebrate the progress we have made towards a more inclusive and equitable future for women in medicine as I am incredibly excited to be part of this momentous occasion.

Here's to the future of women in medicine!

Thank you.

Professor Ibiyemi Ibilola
OLATUNJI-BELLO, mni, NPOM
Vice Chancellor,
Lagos State University.

Goodwill Message

FROM THE KEYNOTE SPEAKER



Congratulations to the organizers, speakers, and participants of the Global Africa Women in Medicine Conference, taking place on March 8th in Lagos!

This remarkable event is a celebration of the strength, intelligence, and dedication of women in medicine across Africa. It is a platform that not only highlights the invaluable contributions of female medical professionals but also fosters collaboration, knowledge-sharing, and innovation in healthcare.

As we gather to honor the incredible women shaping the future of medicine, may this conference serve as a catalyst for empowerment, mentorship, and transformative change. Your dedication to improving healthcare systems and patient outcomes is truly inspiring, and your impact extends far beyond the walls of hospitals and research institutions.

To every woman breaking barriers and redefining excellence in the medical field—your work is seen, your voice is heard, and your efforts are deeply appreciated. May this event be filled with insightful discussions, meaningful connections, and renewed passion for the journey ahead.

Wishing you all a successful and memorable conference!

**Dr OluToyin Akande-Ajala
MD/CEO JBS
Gerontology Centre**

AWARDEES

The Chief . Dr. Mrs Elizabeth Awoliyi prestigious award recognizes a leader committed to advancing gender equity in medicine and creating opportunities for women in medicine to thrive.

Dr. Eleanor Nwadinobi's journey is that of a dedicated trailblazer in women's health advocacy and human rights, especially her relentless fight against gender-based violence. She has broken significant barriers by becoming the first Nigerian president of the Medical Women's International Association, a global organization that champions the health and rights of women and girls, thus setting a powerful precedent for Nigerian and African women in international medical advocacy. Dr. Nwadinobi's career uniquely blends medicine with activism; as she has dedicated her life to advocating against rape, female genital mutilation (FGM), and other harmful traditional practices. Through her tireless work with various human rights organizations and as president of the Windows Development Organization, she has been instrumental in policy advocacy and driving crucial legislative reforms. A key example of her profound impact is her pivotal role in the Every Woman Treaty's steering committee, which successfully pushed for the inclusion of punishments for harmful traditional practices within Nigeria's Violence Against Persons Prohibition Act. This achievement demonstrates her unwavering commitment to driving systemic change that protects and empowers women. Her work has yielded tangible, lasting impacts on policy, healthcare, and gender justice, firmly establishing her as a true pioneer in her field in Nigeria and globally. She is recognized for her notable distinction and significant achievement as the first Nigerian MWIA president.

Professor Oyinade Olurin Prestigious award recognizes a pioneer for her significant impact in medical sciences, her innovative solutions to Africa's health issues and her dedication to advancing technology and research, creating opportunities for the next generation of researchers.

This pioneer is the esteemed Professor Hadiza Shehu Galadanci who stands as a true trailblazer in maternal health, obstetrics, and gynecology, not only in Nigeria but across the globe. As the first female obstetrician and professor from Kano State, she boldly broke gender barriers in a traditionally male-dominated field, effectively paving the way for future female medical professionals in Northern Nigeria. Her pioneering contributions to obstetric outcomes are undeniable, as she has significantly improved maternal health policies and practices through rigorous research and dedicated advocacy, resulting in a demonstrable reduction in maternal and neonatal mortality. Furthermore, her leadership in health research and policy is exemplified by her role as director of the Africa Center of Excellence for Population Health and Policy, where she is spearheading cutting-edge research aimed at shaping robust healthcare systems throughout Africa. Her global influence in maternal health is evident in her involvement with initiatives like AlignMNH, supported by the Bill & Melinda Gates Foundation and USAID, showcasing her significant impact on global maternal and newborn health initiatives. With an impressive academic background, including an MBBS, FWACS, MRCOG, FRCOG, MSc in Reproductive Health, and a diploma from LSHTM, she has set a high standard for medical education and professional growth. Her international recognition and awards, notably being named a Heroine of Health (2023) and one of TIME Magazine's 100 Most Influential People in Health (2024), underscore her groundbreaking work. She is trailblazing in maternal health, medical education, and policy influence, making a lasting and profound impact on healthcare in Nigeria and globally.

AWARDEES

Dr. Stella Adadevoh Heroes award for an exemplary and visionary leader in medicine whose selflessness and commitment to systemic change in improving the overall healthcare landscape and continues to inspire future generations of healthcare professionals in their commitment to service.

Dr. Pamela Ajayi is the distinguished recipient of this prestigious award. She is a true healthcare hero in Nigeria, a leader whose vision and determination has transformed the landscape of medical services. She is a true powerhouse, serving as the President of the Healthcare Federation of Nigeria (HFN), where she tirelessly champions innovative strategies to ensure healthcare is more accessible and efficient for all Nigerians. As the Founder of PathCare Laboratories Nigeria (now Synlab Nigeria), a pioneering internationally accredited clinical and medical laboratory in West Africa, she has revolutionized diagnostic services, establishing the gold standard for reliability in the region. Her dynamic leadership has propelled Synlab Nigeria to create a vast national and regional footprint, becoming a leading provider of pathology services in numerous states across Nigeria. She also holds the esteemed position of Chairman of Bridge Clinic Fertility Center, Nigeria. With a deep passion for public health awareness, Dr. Ajayi created the highly educational and popular weekly radio program, "Doctors on Air," where she empowers millions of listeners with essential healthcare knowledge. Her exceptional work has been recognized with prestigious accolades, including the Nigerian Women of Achievement Award and the African Business Woman of the Year. Demonstrating her commitment beyond healthcare, her passion for the environment led her to establish The Dawn Project, a non-profit organization dedicated to advocating for sustainable development in the country, showcasing her vision for a greener future and her profound commitment to creating a harmonious balance between human progress and environmental preservation. Her ongoing contributions to healthcare infrastructure, advocacy, and advancement, and her pioneering leadership roles are a testament to her unwavering commitment to enhancing healthcare access, quality, and sustainability. Dr. Pamela Ajayi embodies the spirit of selfless dedication to the well-being of others, solidifying her status as a hero within the Nigerian healthcare landscape.

The Excellence in Medicine distinguished lifetime achievement award recognizes an exceptional woman in medicine who has demonstrated unparalleled excellence and dedication throughout their career. This honor is a testament to their extraordinary contributions and lasting impact in medicine.

Professor Juliana Obontu Taiwo's legacy is a testament to the power of dedicated service in shaping the landscape of dental public health in Nigeria. Her career is a testament to the transformative power of dedication, resilience and vision. For more than 30 years, she dedicated her life to improving the oral health of African communities, and retired as a distinguished Professor of Community Dentistry at the University of Ibadan. Through her dedication, she has inspired generations of dental professionals, instilling in them a deep commitment to public service. Her leadership within the university and professional organizations has been instrumental in advancing dental education and practice. Professor Taiwo's contributions extend far beyond the clinic but also the community. Her involvement in esteemed organizations like the IADR and the Postgraduate Medical Colleges Of Nigeria and Ghana underscores her dedication to fostering collaboration and advancing knowledge on a global scale. Her legacy is one of unwavering commitment to community well-being, academic excellence, and the advancement of dental public health. She has left an indelible mark on Nigeria's healthcare landscape. She didn't just practice dentistry; she redefined it, extending its reach to those who needed it most. She didn't just teach; she inspired, leaving behind a legacy of dedicated professionals committed to serving their communities. Today, we honor Professor Juliana Taiwo, an elder in medicine, a distinguished amazon and an inspiration to us all.

EIM NEWSLETTER

Empowering African Female Medical Doctors: Unlocking Excellence in Medicine

African female medical doctors face unique challenges that hinder their growth and success. Despite their dedication and hard work, they encounter obstacles such as limited mentorship opportunities, inadequate support systems, and biases that threaten to undermine their confidence and aspirations.

The Excellence in Medicine Ladies Network provides a supportive community, resources, and mentorship opportunities tailored to African female medical doctors.

A Comprehensive Approach to Empowerment

The Excellence in Medicine Ladies Network offers a holistic approach to empowerment, recognizing that African female medical doctors require more than just professional support. The organization's comprehensive program includes:

- **Mentorship:** 1:1 guidance from experienced medical doctors who understand the unique challenges faced by African female medical doctors.
- **Residency and Research Opportunities:** Exclusive resources and guidance to navigate residency and research programs.
- **Check-in Sessions and Accountability:** Regular check-in sessions and a supportive community that encourages accountability and helps members stay on track with their goals.
- **Empowerment and Support:** Fostering a sense of community and connection among members, reminding them that they are more than just doctors.

A Global Community with Local Roots

With branches in Nigeria, the USA, Canada and the UK, the Excellence in Medicine Ladies Network offers a unique blend of global perspective and local support. Members can connect with like-minded women from diverse backgrounds and specialties, tapping into a wealth of knowledge, experience, and encouragement.



SCAN ME

Scan to join the network



OUR SPONSORS



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Appreciation

The resounding success of our Global Africa Women in Medicine Summit is a testament to the collective power of vision, collaboration, and unwavering support. Your support played an indispensable role in making this transformative event a reality. You didn't just provide financial support; you invested in a movement that will transcend through the healthcare landscape for generations to come.

To our esteemed sponsors and partners: Your generous contributions were the bedrock upon which this summit was built. Your commitment to gender equity and leadership development within the medical field is truly commendable. Your partnership amplified our reach, ensuring that the summit's message resonated far and wide.

Together, we created a space where women in medicine felt seen, heard, and celebrated. We provided them with the tools, resources, and inspiration to break barriers, shatter glass ceilings, and lead with confidence.

The stories shared, the connections forged, and the knowledge gained at the summit will undoubtedly fuel positive change within the medical community. We are confident that the seeds of empowerment planted during this event will blossom into a future where women in medicine thrive and lead with unwavering strength.

You have empowered us to accelerate action and your belief in our mission has made a tangible difference in the lives of countless women, and we are honored to have you as our allies. We look forward to future partnerships so we can continue to create opportunities for meaningful dialogue, knowledge sharing, and networking, fostering an environment where women could connect, inspire, and empower one another.



Thank you for empowering women in medicine. Thank you for making a difference.

- GAWIM planning committee
- Special guests, our speakers and panelists
- Close friends and family
- Our friends and colleagues in the diaspora
- Lakeshore Cancer Center, Lagos, Nigeria
- JBS Gerontology Center Lagos, Nigeria
- Medical Women's Association of Nigeria (MWAN) Lagos State branch
- Partners and collaborators
- Sponsor a young lady doctor community
- Excellence in Medicine (EIM) community
- Our Media and Creative Team
- Volunteers



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e-mail: info@lakeshorecancercenter.org
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Dear Founders and Members of the EXCELLENCE IN MEDICINE LADIES NETWORK,

We at Lakeshore Cancer Center are thrilled to be participating in the GAWIM (Global African Women in Medicine) Summit on March 8, 2025, in Lagos, Nigeria. We want to express our appreciation for this opportunity and commend you all for your incredible contributions to empowering women in medicine.

The summit theme, "Empowering the Next Generation Woman in Medicine," resonates deeply with our mission at Lakeshore. We are committed to mentoring and sharing experiences that serve as valuable teachable moments. Our involvement in initiatives such as [insert specific initiative or program] highlights our dedication to fostering the next generation of women leaders in healthcare.

The lineup of distinguished speakers and engaging activities promises a successful and impactful event for all. We encourage attendees to visit our booth during the summit, where we would love to connect, share insights, and explore opportunities for collaboration.

On behalf of Lakeshore Cancer Center, thank you once again for the invitation. We eagerly look forward to the summit.

Best regards,

Dr. Oge Ilegbune

HOW TO GIVE YOURSELF A BREAST EXAM

BREAST CANCER SCREENING GUIDELINES:

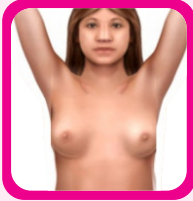
- MONTHLY SELF-BREAST EXAMINATION (ALL WOMEN 20 YRS AND ABOVE)
- ANNUAL CLINICAL BREAST EXAMINATION (ALL WOMEN 20 YRS AND ABOVE)
- ANNUAL SCREENING MAMMOGRAM (WOMEN AGED 40 YRS AND ABOVE)
EARLIER IF POSITIVE FAMILY/GENETIC HISTORY

SEE YOUR HEALTH CARE PROVIDER SOONER FOR ANY ABNORMALITY



STEP 1:

STAND BEFORE A MIRROR AND INSPECT BOTH BREASTS FOR ANYTHING UNUSUAL E.G. DISCHARGE FROM THE NIPPLES, PUCKERING AND DIMPLING.



STEP 2:

CLASP HANDS BEHIND YOUR HEAD AND PRESS YOUR HANDS FORWARD.



STEP 3:

PRESS HANDS FIRMLY ON HIPS AND BOW SLIGHTLY AS YOU PULL YOUR SHOULDERS AND ELBOW FORWARD.



STEP 4:

RAISE YOUR RIGHT ARM AND USE THE FLAT PART OF THE THREE MIDDLE FINGERS OF YOUR RIGHT HAND (NOT THE TIPS) TO PRESS YOUR BREAST IN SMALL CIRCLES, STARTING FROM THE OUTER EDGE AND GRADUALLY WORKING TOWARDS THE NIPPLE. FEEL FOR ANY UNUSUAL LUMP IN THE AREA BETWEEN THE BREAST AND THE ARMPIT.



STEP 5:

GENTLY SQUEEZE EACH NIPPLE AND LOOK FOR A DISCHARGE. REPEAT ALL THESE STEPS IN RIGHT BREAST.



STEP 6:

REPEAT STEPS 4 AND 5 WHILE LYING ON YOUR BACK WITH YOUR ARM OVER YOUR HEAD. PRESS YOUR BREAST IN THE SAME CIRCULAR MOTION DESCRIBED EARLIER.

HOW TO GIVE YOURSELF A BREAST EXAM

BREAST CANCER SCREENING GUIDELINES:

- MONTHLY SELF-BREAST EXAMINATION (ALL WOMEN 20 YRS AND ABOVE)
- ANNUAL CLINICAL BREAST EXAMINATION (ALL WOMEN 20 YRS AND ABOVE)
- ANNUAL SCREENING MAMMOGRAM (WOMEN AGED 40 YRS AND ABOVE)
EARLIER IF POSITIVE FAMILY/GENETIC HISTORY

SEE YOUR HEALTH CARE PROVIDER SOONER FOR ANY ABNORMALITY



STEP 1:
STAND BEFORE A MIRROR AND INSPECT BOTH BREASTS FOR ANYTHING UNUSUAL E.G. DISCHARGE FROM THE NIPPLES, PUCKERING AND DIMPLING.



STEP 2:
CLASP HANDS BEHIND YOUR HEAD AND PRESS YOUR HANDS FORWARD.



STEP 3:
PRESS HANDS FIRMLY ON HIPS AND BOW SLIGHTLY AS YOU PULL YOUR SHOULDERS AND ELBOW FORWARD.



STEP 4:
RAISE YOUR LEFT ARM AND USE THE FLAT PART OF THE THREE MIDDLE FINGERS OF YOUR RIGHT HAND (NOT THE TIPS) TO PRESS YOUR BREAST IN SMALL CIRCLES, STARTING FROM THE OUTER EDGE AND GRADUALLY WORKING TOWARDS THE NIPPLE. FEEL FOR ANY UNUSUAL LUMP IN THE AREA BETWEEN THE BREAST AND THE ARMPIT.



STEP 5:
GENTLY SQUEEZE EACH NIPPLE AND LOOK FOR A DISCHARGE. REPEAT ALL THESE STEPS IN RIGHT BREAST.



STEP 6:
REPEAT STEPS 4 AND 5 WHILE LYING ON YOUR BACK WITH YOUR ARM OVER YOUR HEAD. PRESS YOUR BREAST IN THE SAME CIRCULAR MOTION DESCRIBED EARLIER.



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Tel: 0800 971 5000, 0809 972 5000, 0702 500 7751

Email: info@lakeshorecancercenter.org
 Website: www.lakeshorecancercenter.org



Thank you For Attending

The GAWIM SUMMIT 2025

See you at GAWIMSUMMIT2026

Register here:

<https://bit.ly/GAWIMSUMMIT2026>



SCAN ME



Global Africa Women in Medicine Summit



womeninmedicineafrica



Global Africa Women in Medicine Summit



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womeninmedicineafrica



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