FOOD AND DRUGS AUTHORITY
FDA GHANA
Your Well-being, Our Priority.

Surveillance Digest

@fda.gov.gh Volume 1

EDITORIAL

As the regulatory agency responsible for ensuring the safety, efficacy, and quality of food and drugs in our country, we are committed to keeping you informed and ensuring that the people of Ghana have access to safe products. Substandard and falsified products continue to pose a threat to public health and safety, as well as the economy.

The FDA has taken several steps to combat this menace, including strengthening its regulatory framework, enhancing market surveillance activities, and engaging in several public education and awareness campaigns. Additionally, FDA with support from relevant agencies has conducted investigations and Intelligence activities that have led to arrests and prosecutions.

Recent activities of the FDA's enforcement directorate have yielded results. In 2024 alone, the directorate conducted over 300 inspections and seized thousands of substandard and falsified products. These products included drugs, medical devices, cosmetics, and food products that posed serious risks to public health.

We therefore urge the public to be vigilant when purchasing food, cosmetics, household chemicals and drug products and to always look out for the FDA's registration numbers and logos. We also encourage all stakeholders to collaborate with us in ensuring that products available in the market meet regulatory requirements.

Thank you for your continued support and we look forward to keeping you informed about our activities.
Welcome to the inaugural edition of surveillance digest!

With over 300 inspections and the ceasure of thousands of unsafe falsified and substandard medicines in 2024, we are bolstering our regulatory framework, market surveillance, and public awareness campaigns to uphold the integrity of our markets and safeguard lives.

DR. DELESE DARKO
CHIEF EXECUTIVE OFFICER

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FDA ADVANCES IN PHARMACEUTICAL TRACEABILITY IN GHANA

Regulators and Pharmaceutical industry leaders and representatives

The Food and Drugs Authority (FDA) of Ghana continues in its effort in enhancing pharmaceutical safety through the development of a robust traceability system. The FDA has hosted series of meetings with key stakeholders to review the pharmaceutical traceability draft, incorporated relevant suggestions into the draft guidelines, and made crucial recommendations to facilitate the implementation of the final traceability framework.

In an effort to keep stakeholders informed the FDA has introduced the traceability. This initiative, backed by the United States Agency for International Development (USAID) and the Promoting the Quality Medicines Plus (PQM+) program, highlights the FDA's commitment to safeguarding the public against substandard and falsified medicines. The traceability system is expected to transform the pharmaceutical supply chain by ensuring authenticity, preventing counterfeits, and enabling swift recalls of defective products.

The review sessions of the traceability brought together representatives from the Pharmaceutical Manufacturers Association of Ghana, the Pharmaceutical Importers and Wholesalers Association, the World Health Organization (WHO), the United States Pharmacopeia (USP), and other stakeholders.

"This meeting demonstrates the FDA's commitment to inclusivity and transparency in developing policies that affect public health," said Mr. Philip Glikpo, Head of the Local Medicines Registration Unit at the FDA. "By incorporating stakeholder feedback, we are ensuring that the guidelines are not only practical but also widely accepted by the industry."

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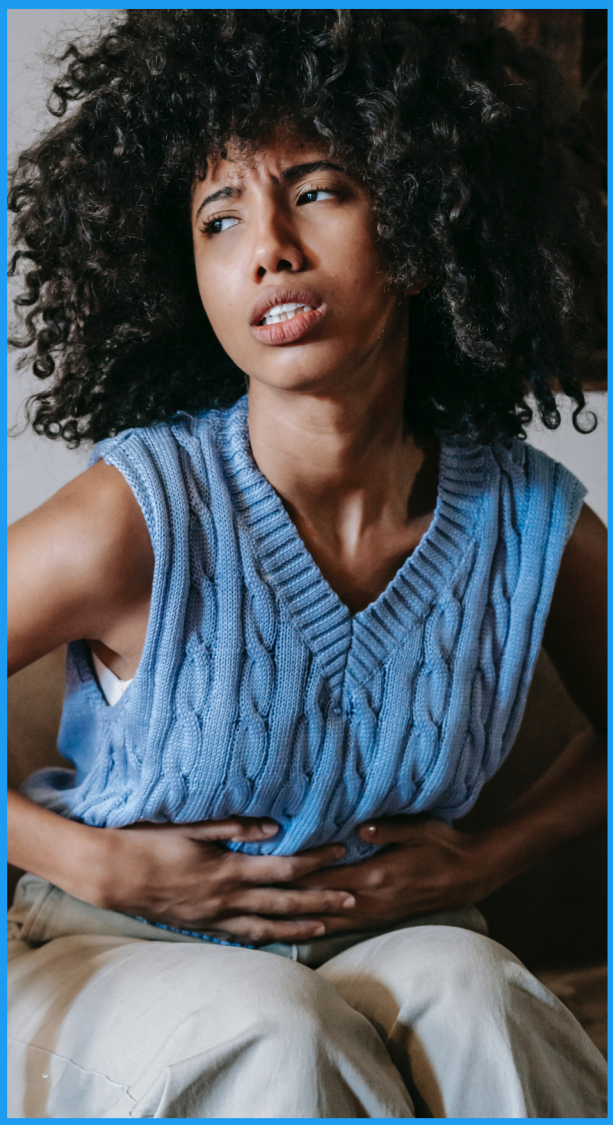
False Cures

Uncovering the Risks of Substandard and Falsified Medicines



Substandard and falsified medicines are a global health problem that affects both developed and developing countries. In Ghana, the prevalence of substandard and falsified medicines is a major public health concern, as it poses significant risks and dangers to the health and safety of the population.

Substandard medicines are those that do not meet the quality standards set by regulatory authorities. They may contain incorrect or insufficient amounts of active ingredients, be contaminated with harmful substances, or contain expired or otherwise degraded ingredients. Falsified medicines, on the other hand, are deliberately mislabeled, with false information about their composition, source, or history.

Both substandard and falsified medicines often reach patients through informal channels, such as unauthorized vendors or online marketplaces. Unfortunately, these medicines are often not easily distinguishable from legitimate ones, making it difficult for patients to determine if they are taking a safe and effective medication or not.

The consequences of taking substandard and falsified medicines can be devastating. In some cases, they may not treat the intended condition, leading to the progression of the disease or the development of new health problems. In other cases, they may contain harmful substances that can cause serious side effects or interact with other medications, leading to serious health consequences.

As part of its mandate to ensure safety, quality, and efficacy of medicines, the FDA continues to embark on inspections and regular sampling and testing of medicines and take regulatory actions against manufacturers and importers who are not abiding by FDA rules and regulations.

As FDA intensifies its public education and sensitization exercises to rid the market of substandard and falsified medicines, stakeholders need to be vigilant, purchase medicines from licensed pharmacies and chemical shops, verify the authenticity of medicines using smartphone apps such as Med Safety App, report suspected substandard and falsified drugs to the appropriate authorities such as healthcare providers or the FDA and look out for FDA endorsements on locally manufactured drugs.

FDA ADVANCES IN PHARMACEUTICAL TRACEABILITY IN GHANA

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FDA's Vision for Pharmaceutical Safety

The initiative to establish a pharmaceutical traceability system is part of a broader strategy to address the growing problem of counterfeit medicines in Ghana. During the initial engagement, FDA CEO Dr. Delese Mimi Darko emphasized the scale of the challenge.

"Despite our extensive efforts to combat substandard and falsified medical products, the war is far from over," she said. "The production and trafficking of these counterfeit medicines remain a multi-billion-dollar industry. To address this, we need a system that provides full visibility and tracking of pharmaceutical products throughout the supply chain."

Dr. Darko added that the traceability system would support Ghana's standing as a WHO Maturity Level 3 regulatory agency and a Level 4 leader in pharmacovigilance and laboratory operations—positions that place Ghana among a select few in the WHO African region.

The finalized guideline will pave the way for a pilot program where notices will be issued to solicit voluntary participation from wholesalers, distributors, importers, and manufacturers. Participants in the pilot phase will help test the system's effectiveness before nationwide implementation.

The FDA's pharmaceutical traceability guideline, developed in collaboration with PQM+, USAID and other health organizations, is poised to enhance patient safety by strengthening our supply chain systems, and ensuring every medicine in Ghana is authentic and safe.

Stakeholders reviewing the traceability guidelines

Concerns

During the engagements, some stakeholders raised concerns about the potential for punitive measures under FDA's post-market surveillance (PMS) activities during the pilot phase. Addressing these concerns, Mrs. Jennifer Bonnah, Head of the Intelligence Department at the FDA, reassured stakeholders that the pilot will focus solely on metrics related to the traceability system and not on regulatory enforcement.
"The piloting phase is not about penalizing participants. Instead, it's an opportunity to refine the system for everyone's benefit," she said.

The Human Element of Traceability

The importance of the traceability system was echoed by Dr. Richmond Adusa-Poku, an executive member of the Pharmaceutical Society of Ghana.

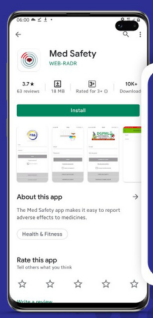
"The consumer is king. We and our families could be patients one day, so even if we are selfish, we want to ensure that the medications we take are of good quality. A system that monitors and validates pharmaceutical products is one we must embrace," Adusa-Poku said passionately.

As the FDA moves closer to implementing this groundbreaking initiative, the message remains clear: collaboration is key. Stakeholders, partners, and the public must work together to protect the health and well-being of all Ghanaians.

Report Side Effects of Health Products to the FDA

Download the
Med Safety App

HOW TO GET THE MED SAFETY APP



Download the Med Safety App from the Apple App Store or the Google Play Store

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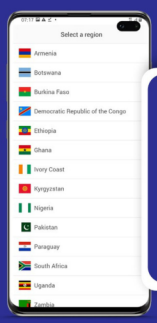

Select "**Ghana**" as region

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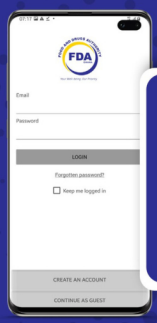

Create an account by filling in the details required

03

- Submit reports on adverse reactions even while offline
- View and submit updates to previously submitted reports.
- See immediate acceptance of your reports.
- Create a "watch list" of medications
- Receive Personalized News & Alerts

Report issues with medicines (including herbal), vaccines, blood and blood products, cosmetics, medical devices and household chemical agents.

0551 112 224/5 | 0308 250 070 drug.safety@fda.gov.gh

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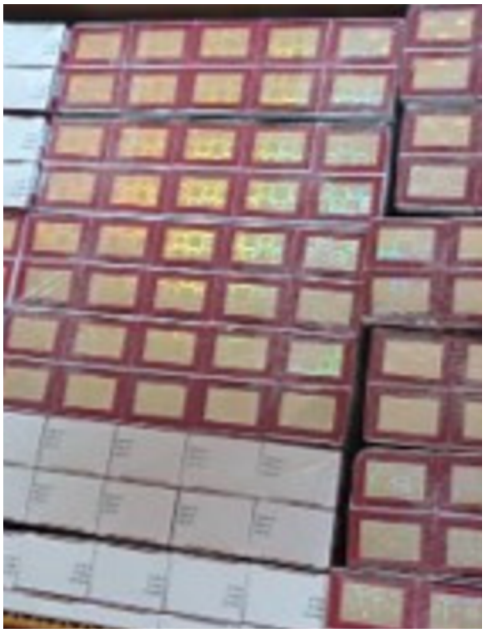
FDA & GHANA POST Collaborate to Strengthen Courier Services for Medical Products





Imported substandard medicines confiscated by the FDA

At the second quarter Inter-Agency Meeting in August 2024, Ms. Gloria Asum-Kwarteng, Head of the Export Control Department at the Center for Import and Export Control, presented key updates on the control and regulation of medical products through courier services in Ghana. The presentation outlined common product classifications frequently encountered at courier centers, such as cosmetics, food supplements, drugs, and diagnostic kits.

The FDA has intensified efforts to curb the importation of unregistered pharmaceuticals and non-compliant goods. With a permanent FDA workstation at Ghana Post HQ and key partnerships in place, public safety is at the forefront of this transformative initiative.

She highlighted several common non-compliances observed during inspections at various courier centers, including unregistered products, inappropriate packaging, and misleading labeling. Specific incidents, such as the importation of large quantities of unregistered pharmaceuticals and products not labeled in English were noted.

It was noted that, challenges in monitoring these activities stem from the decentralized nature of courier service collection points and the involvement of multiple informal individuals in the import and export process.

However, significant progress has been made, particularly with Ghana Post, where a Memorandum of Understanding (MOU) has been signed with the FDA. This MOU allows for a permanent FDA workstation at Ghana Post HQ in Accra, aiming to improve oversight and ensure compliance with export regulations.

The presentation concluded with several recommendations to enhance compliance and public safety. These include intensifying public education on the requirements for FDA-regulated products, continuous stakeholder engagement, and strict enforcement of regulations against the importation of unregistered products. Sustained collaboration with the Customs Division of the Ghana Revenue Authority is also crucial for meeting export requirements regularly.

The FDA's efforts in collaboration with Ghana Post and other courier services emphasizes the importance of regulatory compliance to protect public health and safety in Ghana.

For more information on import and export regulations, visit the FDA's official website at www.fdaghana.gov.gh.

MONITORING YOUR WELL-BEING

The work of the Enforcement Directorate

From routine market inspections to tracking adverse events, the FDA's enforcement directorate is tirelessly protecting public health. By ensuring products meet safety and quality standards, the team plays a critical role in protecting consumers and addressing risks in Ghana's food and drug markets.

Enforcement plays an integral role in the activities of the FDA by ensuring that the Authority achieves its mandate. Thus, the team conducts routine inspections of markets, manufacturing facilities, testing laboratories, and other sites involved in the production and distribution of products. These inspections help to ensure that products are being made and handled according to FDA regulations and that they meet the required standards for safety and quality.

The directorate is responsible for monitoring and regulating foods, drugs, medical devices, cosmetics, and household chemical products that are already on the market. The enforcement unit is made of 3 departments who work as a team to ensure that products remain safe and effective for their intended uses, and to identify and address any potential safety issues or risks.

Secondly, they also review product labelling, including packaging, inserts, and other materials, to ensure that they are accurate and complete and that they provide clear information about potential risks and benefits.

Thirdly, the team investigates and tracks report of adverse events, such as unexpected or serious side effects, that are associated with products already on the market. They use this information to identify safety issues and take appropriate action, such as issuing safety alerts or recalls.

Additionally, the team analyses data from a variety of sources, including clinical trials and post-market surveillance, to identify trends and potential safety issues with medical products.

Through collaboration with other regulatory agencies, industry associations, and international organizations, the FDA is able to share information and best practices related to market surveillance and also provide education and training to industry stakeholders and the public by promoting consumer awareness and understanding of the importance of product safety and quality.

Intelligence Department

The department is responsible for gathering, analyzing, and disseminating information related to potential risks, threats, and emerging issues in the food and drug industry.

They work together with various stakeholders, both locally and internationally, to collect intelligence and identify trends that may impact public health. This unit plays a vital role in providing timely and true information to support decision-making and strategic planning within the Enforcement Directorate.

Investigations Department

They are tasked with conducting investigations into suspected violations of FDA regulated products with information gathered by the Intelligence Unit. They gather evidence, engage witnesses, and collaborate with law enforcement agencies to build cases against individuals or entities involved in activities such as product counterfeiting, illegal importation, contamination, or misbranding.

Operations Department

The department focuses on coordinating and implementing enforcement actions to address regulatory violations. They work together with other units within the Enforcement Directorate to carry out inspections, seize substandard or counterfeit products, enforce compliance with regulations and impose penalties, fines, and other sanctions in accordance with the Public Health Act 2012 (Act 851) where necessary. The Operations Unit also collaborates with customs authorities, border control agencies, and other stakeholders to prevent the entry of unsafe or illegal products into the market.

Working together, these units ensure that products remain safe and effective for their intended use. This information can then be used by the operations unit to take appropriate action, such as issuing safety alerts, recalls, or taking legal action against manufacturers or distributors who violate the rules.

IDENTIFYING & ADDRESSING SAFETY RISKS

A Q&A with experts on ensuring product efficacy

Q: What are some of the most common safety issues or risks that the market surveillance team has identified in products?

A: Sale of unregistered products with no or substandard active ingredients, ointments, the influx of medicines with no English labels, Hydroquinone - containing cosmetics, products with tampered dates (baked beans and mayonnaise) on the market and sale of unregistered aphrodisiacs on the market.

Q: How does the market surveillance team decide when to issue a safety alert or recall for a product?

A:
- When results of samples of the products taken during surveillance for analysis at the FDA laboratory fail to comply with specifications.
- When there is an international or national alert from relevant local and foreign agencies.
- When the product is not registered with the FDA.

Q: What are some of the biggest challenges that the market surveillance team faces in regulating products?

A:
- Inadequate knowledge of the populace on the activities of the Authority which contributes to persons flouting FDA regulations.

- Inadequate knowledge of the populace on safety alerts, falsified products, and other non-compliances such as the prohibition of the sale of products with prohibited substances.
- Social media and internet sales and unapproved advertisement of regulated products especially by social media influencers and celebrities.

Q: What resources or tools does the market surveillance team use to monitor and regulate products effectively?

A: The appropriate tools are developed based on which approach will be suitable to carry out a task given. Among these tools include the following but not limited to; Forms, Truescan, Camera, etc.

Q: How does the market surveillance team assess the safety and effectiveness of products that are already on the market?

A:
- Through physical examination to check for non-compliances such as registration statuses, expiry dates, labelling infractions, dents, rusts etc.
- Sampling of products and analyzing them at the laboratory

Q: Can you provide an example of a recent safety issue that the market surveillance team identified and how it was addressed?

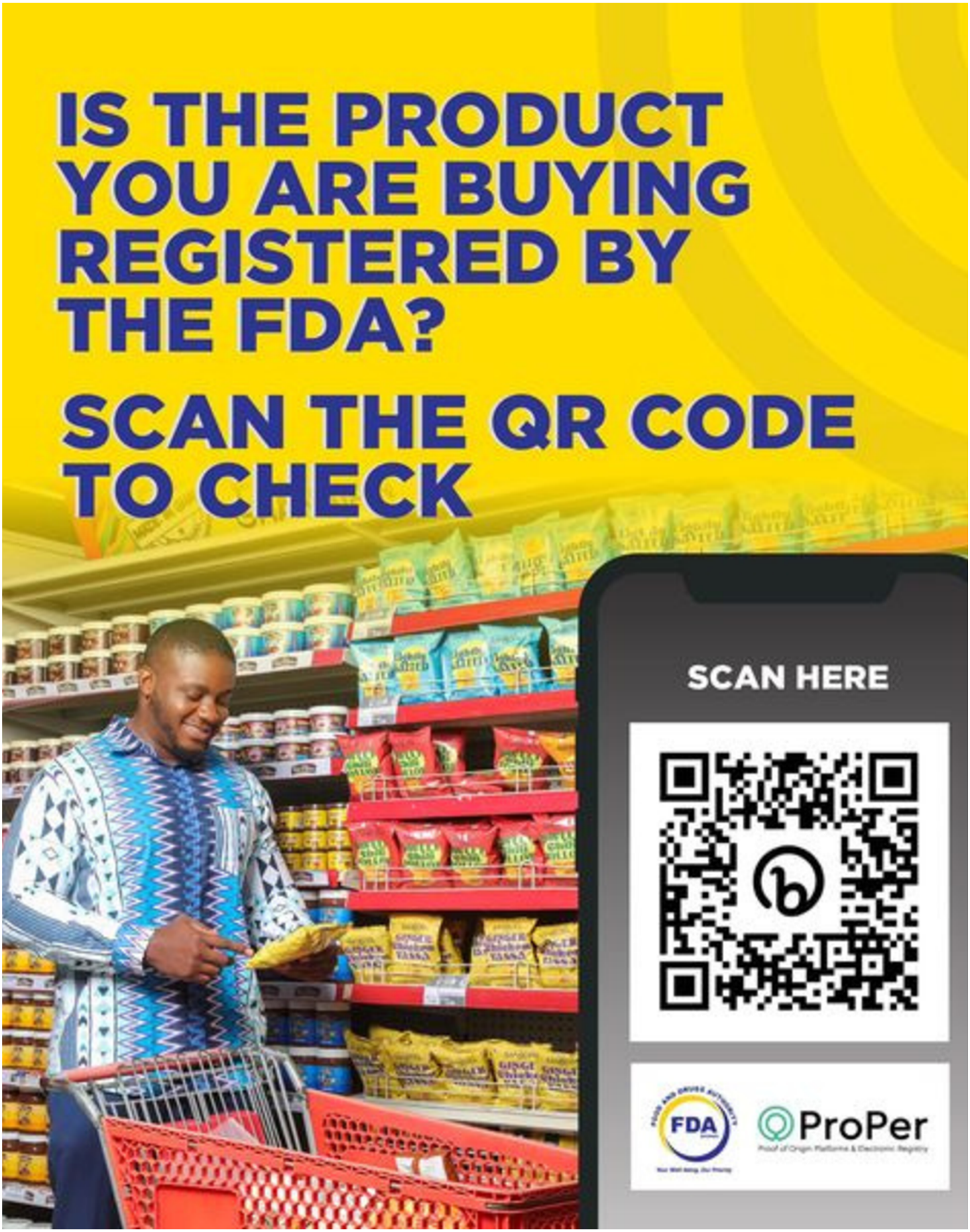
A: "Combiart tablets (Artemether/Lumefantrine 20/120) on the market." The Authority identified the drug in the Northern region through its market surveillance activities. An investigation report from the manufacturer proved that the product was falsified hence the department initiated a market surveillance activity after press alert was issued by the Authority. The information was shared with the World Health Organisation (WHO) for onward sharing with other countries and regulatory authorities.

SF WORD SCRAMBLE

- RETTIEUNCOF
- ATHEHL
- MYCAPRHA
- AFD
- DLELEBALMSI
- EFSA
- NMINOCATDETA
- ERCU
- KIRS
- DSRNAASTUBD

STRENGTHENING SYNERGY

Quarterly engagements with key institutional allies—Judicial Services, EOCO, NACOB, Customs Control, Pharmacy Council, and more—reinforce inter-agency collaboration in support of FDA's regulatory mandate.

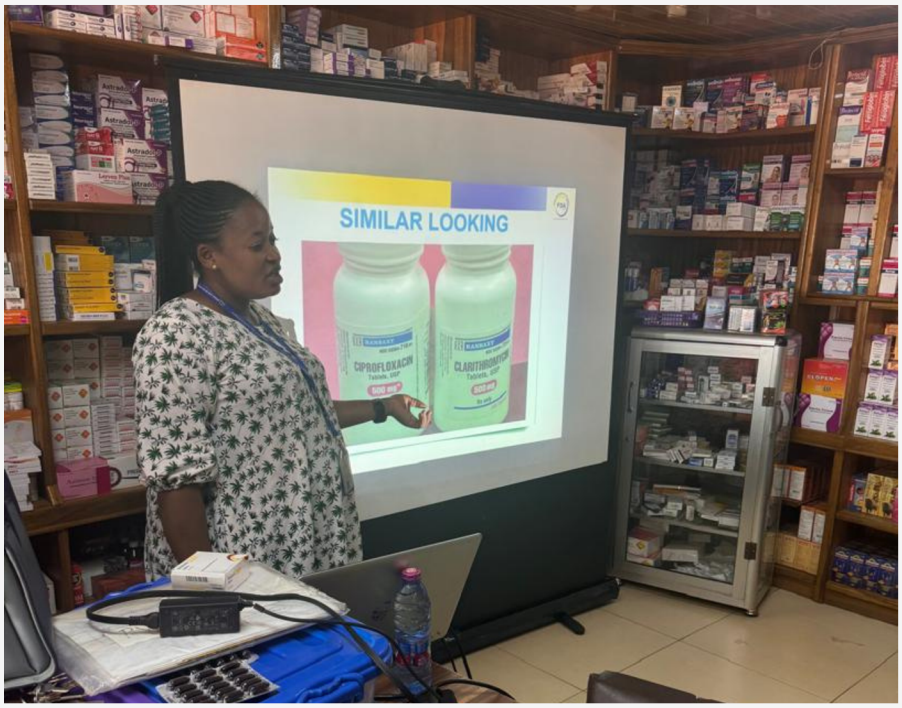

IS THE PRODUCT YOU ARE BUYING REGISTERED BY THE FDA?
SCAN THE QR CODE TO CHECK
SCAN HERE
FDA
ProPer

REGIONAL ENFORCEMENT ACTIVITIES

A LOOK AT THE REGIONS

Market surveillance in provision and OTC shops in Swedru

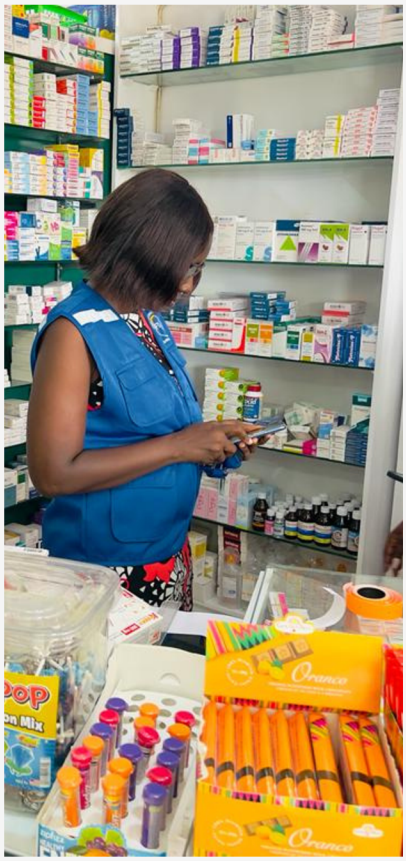
Inspections of Second Cycle Institutions in the Bongo District



Pharmacovigilance sensitization lectures at BC Bencyn and Bachh pharmacies in Navrongo

Market surveillance in chemical shops in the Bolgatanga East District

Stakeholders engagement with Over-the-Counter Medicine Sellers on FDA mandate.



Market surveillance in OTC pharmacy shops in Greater Accra Region

Officers embark on Market Surveillance in Chemical and Provision shops in Zuarungu in the Bolgatanga East District.

Pharmacovigilance Training at Kwatire Government Hospital in Sunyani West Municipality of Bono Region.

ENFORCEMENT DIRECTORATE ACTIVITIES

FDA CRACKS DOWN ON UNREGISTERED PRODUCTS

The crackdown on several Chinese-owned shops uncovered food, drugs, and medical devices that put public health at risk. Mislabeled drugs, medical devices and unregistered food products were seized during the inspection.

The FDA's Intelligence team recently inspected several Chinese-owned shops in Accra, including Panda Mart, Jia Hua, Huang Jiayi, and Royal Fortune Supermarket, all located in the Osu district. This operation was part of a routine follow-up triggered by drug-related alerts within the area.

The crackdown on several Chinese-owned shops uncovered food, drugs, and medical devices that put public health at risk. Mislabeled drugs, medical devices and unregistered food products were seized during the inspection.

During the inspection, the team uncovered a significant number of unregistered and inappropriately labeled food products, drugs and medical devices, including condoms. These unregulated items were promptly seized as they pose serious risks to public health.

Unregistered products may lack the rigorous testing and quality checks required by the FDA, potentially containing harmful substances, incorrect dosages, or contaminants that could lead to severe health issues.

The FDA invited the shop owners for a formal engagement to educate them on regulatory requirements and compliance measures. Depending on the outcome of these discussions, the shops could face sanctions, including fines or stricter penalties for repeat offenses.

The discovery of unregulated products highlights the importance of FDA-approved items in safeguarding public health. Medical devices like condoms, for instance, play a crucial role in preventing sexually transmitted infections (STIs) and unplanned pregnancies. Substandard products could lead to increased rates of STIs, including HIV/AIDS, and other reproductive health issues.

The FDA remains committed to protecting public health and ensuring the safety of products within the country's supply chain through proactive enforcement and public education efforts.

DISPOSE OF YOUR UNWANTED MEDICATIONS SAFELY?

Find a local Take-Back Center around you to safely dispose of your unwanted medications.

Check www.fdaghana.gov.gh

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TBUM

Safe Way to Dispose Of Unwanted Medications

FDA AND PARTNERS

A team from the 'Blood Train' of Paul Ehrlich Institute, Germany on a three-day working visit as part of the collaboration with FDA to strengthen blood regulation in Ghana.

A four-member EU team led by Tim Dolan paid a familiarization visit to the FDA to discuss EU-GIZ co-financed vaccine related activities. which includes construction of ISO Class 7 with eight background cleanrooms.

The Executives of CIPLA Pharmaceuticals on a courtesy call to explore avenues for collaboration to enhance the efficiency of service delivery.

The FDA hosted delegations from the National Control Laboratory of the Democratic Republic of Congo, (DCQ) for a five-day capacity-building study visit aimed at enhancing their knowledge in Microbiology and Medical device testing.

The FDA signed an MoU with Nathan Associates, Ghana Branch (Ghana Trade and Investment - GTI) to provide the FDA with technical and financial support for inspections, surveillance, upscaling of the laboratories, accreditation for some of the Regional offices and to help with an automated system that provides quick response during emergencies.

A delegation of nine members from the Pharmacy Council and Food and Drugs Services Nigeria paid a courtesy visit to the FDA, as part of a study visit in Ghana to learn about the Ghana National Electronic Pharmacy Platform.

NEWS AROUND THE WORLD

Gang Busted for Selling Falsified Xanax Pills on the Dark Web

Falsified Xanax pills discovered in Tipton and Wolverhampton

Fake Xanax pills worth over £4 million flooded the dark web, endangering lives in the UK and US. The West Midlands gang produced these medicines in unsanitary sheds and garages, fueling overdoses and fatalities.

According to a BBC report, a gang based in the West Midlands, UK, was recently convicted for producing and selling falsified Xanax pills worth over £4 million on the dark web.
The operation, led by Brian Pitts and Katie Harlow, involved manufacturing falsified pills in garden sheds and garages, with the proceeds laundered through cryptocurrency.

The gang's activities were exposed following a five-year international investigation, leading to multiple arrests and convictions. The pills were dangerously potent, contributing to a rise in drug-related health issues in the UK and US.

Xanax is a powerful tranquilizer used to treat anxiety and panic attacks. It is not available on the NHS but can be obtained in the UK through a private prescription.

Jenny Josephs, for the prosecution, said the group had worked together to make and supply fake versions, using chemical powder and pressing them into tablets using drug presses bought lawfully from a company in Oxfordshire.

Pill-making machines set up in garages and garden sheds where the falsified pills were produced.

The distribution of these pills, which contained Alprazolam, posed significant risks, leading to overdoses and fatalities, particularly among young people. Authorities are calling for tighter controls and better regulation to combat the growing black market for such dangerous substances.

Industry and Legal Response:

Pharmaceutical giant Pfizer, whose trademark was infringed, played a crucial role in the investigation. The company emphasized the need for vigilance in preventing such criminal activities to protect public health.

This case highlights the ongoing battle against counterfeit medicines and the devastating impact they can have on communities worldwide.

Source: https://www.bbc.com/news/articles/c3ggdew76gzo

BATTLING THE GLOBAL SURGE IN FALSIFIED MEDICINES

Counterfeit medicine trafficking has become one of the world's fastest-growing criminal enterprises, with the global market estimated to be worth between $200 billion and $432 billion annually.

Counterfeit-medicine trafficking is one of the world's fastest-growing criminal enterprises. Keystone-SDA

To the naked eye, the two pills of the anti-diabetic medicine Janumet look identical. They are both embossed with the number "577" in the same font and size. Only when Stéphanie Beer, a forensic scientist at the pharmaceutical group MSD, puts them under a 3D macroscope do the miniscule differences appear. On one pill, the number "577" is etched at a marginally shallower depth than on a genuine tablet produced at an MSD factory.

"To laypeople, counterfeit medicines are often indistinguishable from the originals," Beer said during a media tour of MSD's forensics lab in Schachen, southwest of Zurich. "Without putting the original next to it, it's hard to see that it is a fake."

These fake drugs pose severe risks to public health, particularly in developing countries where up to 70% of medicines are estimated to be counterfeit. Despite increased detection measures in Europe, the rise of online pharmacies has made it easier for counterfeit drugs to reach consumers worldwide. Coordinated international efforts are urgently needed to combat this escalating threat.

Key Challenges:

Difficulty in distinguishing falsified medicines from genuine ones without advanced forensic tools.
A significant portion of the counterfeit drug supply originates from countries like India, Turkey, Ukraine, and Egypt.

These medicines range from lifestyle drugs like Viagra to essential medications such as cancer therapies, and even vaccines. Authorities are increasingly finding falsified antibiotics and pain medication, such as fentanyl, as well as weight-loss drugs like Ozempic. Some contain harmful chemicals. Others lack any active ingredient or have the wrong dosage, which can have dangerous and even deadly effects on patients.

The EU's Falsified Medicines Directive mandates stringent security measures, including serialization and verification systems for medicines sold in Europe.

Interpol and national agencies are actively working to shut down illegal online pharmacies.
Pharmaceutical companies are investing in advanced technologies, such as blockchain and portable scanners, to help identify and prevent counterfeit medicines.

Global Impact:

The World Health Organization (WHO) estimates that fake medicines result in over 500,000 deaths annually.

The challenge remains significant in regions with limited resources for monitoring and enforcement.
The battle against counterfeit medicines is far from over, and a stronger, more coordinated international response is essential to protect public health worldwide.

Source: https://www.swissinfo.ch/eng/multinational-companies/battling-the-rising-tide-of-fake-medicine/82564543

STRESS-PROOF YOUR LIFE: 10 EASY WAYS TO FIND BALANCE AND BLISS

"Sometimes the most productive thing you can do is relax." – Mark Black

Practice deep breathing

Take slow, deep breaths to calm your body and mind. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.

Engage in physical activity

Exercise releases endorphins, which are natural stress-fighting chemicals in the body. Take a brisk walk, do a quick workout, or engage in any physical activity you enjoy.

Practice mindfulness or meditation

Take a few minutes to focus on the present moment and clear your mind of worries. Mindfulness and meditation can help reduce stress and promote relaxation.

Connect with others

Reach out to friends, family, or loved ones for support and conversation. Sharing your feelings and experiences with others can help alleviate stress.

Listen to calming music

Relaxing music can have a soothing effect on your mind and body. Create a playlist of your favorite calming tunes to listen to when you're feeling stressed.

Take Breaks

Schedule regular breaks throughout the day to rest and recharge. Step away from your work or responsibilities and engage in a pleasurable activity, such as reading a book or taking a short walk.

Practice Self-care

Take care of yourself by engaging in activities that bring you joy and relaxation. This could include taking a bath, practicing a hobby, or enjoying a favorite treat.

Get enough sleep

Prioritize quality sleep to help your body and mind recover from stress. Establish a relaxing bedtime routine and create a comfortable sleep environment.

Avoid excessive caffeine and alcohol

While caffeine and alcohol may provide temporary relief, excessive consumption can increase stress and anxiety. Moderation is key.

Prioritize and organize

Break down tasks into manageable steps and prioritize them based on importance. Having a clear plan and organized approach can help reduce feelings of overwhelm and stress.

Remember, everyone responds to stress differently so it's important to find what works best for you when managing it. Experiment with different techniques and strategies to discover what helps you relax and restore balance in your life.

Did You Know?

It is an offense under the Public Health Act, 2012, Act 851, to manufacture, import, export, sell or advertise any FDA regulated products which have not been duly registered with the FDA.

Thank you for reading Surveillance Digest.

Reviews from our readers will help us to improve.
Got feedback? We would love to hear it.
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