

HEALTH Record

764 graduate from MOH's Nursing Assistant Hybrid Training Programme

**US\$22M One Health Project
signed with World Bank**

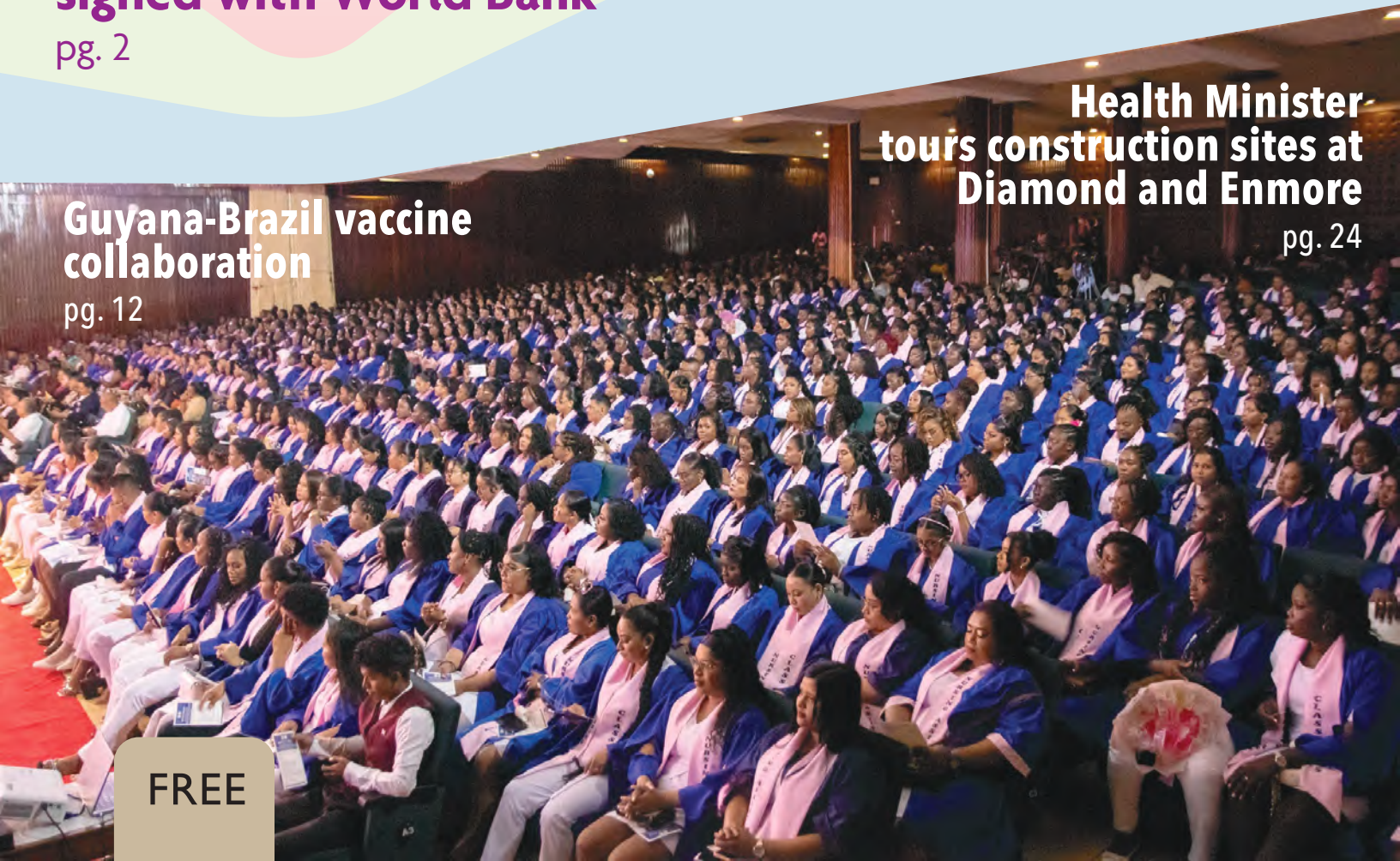
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HEALTH Record

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The Graduating class of the Nursing Assistant Hybrid Training Programme.

764 graduate from MOH's Nursing Assistant Hybrid Training Programme

A total of 764 individuals proudly graduated from the Health Science Education Nursing Assistant Hybrid Training Programme of the Ministry of Health (MOH) on April 16, marking a significant milestone in the development of Guyana's healthcare workforce.

The Nursing Assistant Hybrid Training Programme is one of several innovative training initiatives under the Ministry's Hybrid Approach to Health Education, which blends both theoretical and practical learning to ensure students are well-equipped for service in the health sector.

The theory component of the programme is delivered virtually, allowing greater flexibility and accessibility for students across the country. This is complemented by in-person tutorial sessions that provide additional support and reinforcement for each course module.

To bridge the gap between knowledge and application, students undergo Practical and Clinical Training in state-of-the-art

simulation laboratories established in multiple regions. These labs offer hands-on experience in realistic medical settings, preparing graduates for real-world healthcare environments.

Minister of Health, Hon Dr Frank Anthony, during his remarks at the graduation ceremony, extended heartfelt congratulations to the graduates, commending them for their commitment and perseverance throughout the programme. He also praised the training team for their dedication in nurturing the next generation of healthcare professionals.

Dr Anthony emphasised that the healthcare sector offers numerous opportunities for growth and specialisation, particularly for nurses seeking to expand their careers.

"The Health Sciences Training Division currently offers more than 20 different training programmes, including medex training, pharmacy assistant courses, pharmacist training and many more," he said.

The Minister added that the successful graduation of this latest cohort is a testament to the Ministry's ongoing efforts to close healthcare gaps and strengthen the quality of care delivery across Guyana.

The hybrid approach not only broadens access to healthcare education, but also strengthens regional capacity by enabling students to train within their own communities. It reflects the Ministry's commitment to decentralised training, human resource development and health system resilience.



Minister of Health, Hon Dr Frank Anthony, delivering remarks at the Nursing Assistant Hybrid Training Programme graduation ceremony on April 16.

US\$22M One Health Project signed with World Bank

-as Guyana takes proactive approach to respond to health emergencies



Officials at the signing of the US\$22M One Health Project.

Senior Minister in the Office of the President with Responsibility for Finance and the Public Service, Hon Dr Ashni Singh, and World Bank Resident Representative, Ms Diletta Doretti, on April 2 signed a US\$22M (US\$7M loan from the World Bank and US\$15M grant from the Pandemic Fund) One Health Project that will see the strengthening of Guyana's capacity to prevent, prepare for and respond to health emergencies.

Speaking during the signing, Dr Singh said the signing ceremony was truly historic and that since the Government assumed office in 2020, during the COVID-19 pandemic, the Office of the President recognised the importance of protecting the people of Guyana and found a very responsive partner in the World

Bank, which helped the country to successfully navigate that period leading to Guyana now bring recognised as an outstanding example in the global community. This has led to Guyana being invited to serve on the board of the Pandemic Fund.

"The Guyana example has been cited on multiple occasions and the project checks every box, for example, the project illustrates the use of World Bank funding to leverage additional resources, such as the grant now received from the Pandemic Fund," said the Finance Minister.

"Additionally, it is a project that is fully aligned with national priorities addressing actions that emerged from the Government's Action Plan for pandemic

preparedness," he said.

The Minister reiterated that Office of the President recognises how important it is to improve the lives of Guyanese in the shortest possible time and, in particular, investment in health and education, which are at the top of Government's policy agenda.

Dr Jaime Saavedra, Director of Human Development for Latin America and the Caribbean of the World Bank, who witnessed the signing, said the World Bank remains fully committed to assisting Guyana, adding that the project reflects the strong commitment of the Government to enhanced health resilience. He said the move is also an excellent example of regional and global leadership.

"This phrase of One Health puts together this interconnectedness between human, animal and environmental health and it reminds us that a threat to one of them eventually results in a threat to all," he said. "I think this is strong leadership of the country to bring together public health, veterinary science and environmental management, or everything at the same time sets a very strong example."

Minister of Health, Hon Dr Frank Anthony, who was also present at the signing ceremony, expressed appreciation to the World Bank for its assistance and flexibility, noting that the Government recognized that the country must prepare for future pandemics, as he alluded to work done during the COVID-19 pandemic.

“Going forward we recognized that we have to be prepared for future pandemics and, to be prepared, one of the things we have been looking at is how to get to readiness. We have been able to do an assessment, and we have been doing it regularly since 2022, so that we could examine gaps we have in our response system,” he said.

“We are one of the few countries, maybe the only country in the Americas, that did a joint external evaluation of how we respond to pandemics and, based on those findings, we have been able to put together a plan. That plan is what we want to use these resources for to be able to fill those gaps,” Dr Anthony explained.

MOH, McMaster University host workshop on quality improvement, patient safety leadership



Participants at the two-day workshop on quality improvement and patient safety leadership for healthcare professionals.

The Ministry of Health (MOH), in collaboration with Canada's McMaster University, on April 2 launched a two-day workshop on quality improvement and patient safety leadership for healthcare professionals in Guyana.

Facilitated by Dr Steve Arora and Dr April Kam, both from McMaster University, and Dr Wimsome Scott, Director of the Neonatal Intensive Care Unit (NICU) at the Georgetown Public Hospital Corporation (GPHC), the interactive session was aimed at equipping healthcare leaders with the necessary tools to drive

positive change, enhance patient care, and strengthen safety protocols.

At the launch, the Minister of Health, Hon Dr Frank Anthony, emphasised the importance of fostering a culture of quality improvement, stating that without teaching, the same mistakes would be repeated. He stressed the need to adopt protocols, guidelines and checklists that simplify the work and ultimately benefit those seeking care.

The Minister underscored the need for continuous training and

leadership in healthcare, adding that each healthcare professional has the opportunity to lead and improve.

Dr Anthony also outlined Guyana's commitment to achieving international healthcare standards.

“We are working towards improving the quality of our institutions through partnerships with global accreditation bodies like the Joint Commission International (JCI). Our goal is to ensure that new hospitals meet global benchmarks and deliver

high-quality healthcare,” he said. Meanwhile, Dr Kam highlighted the crucial role of frontline healthcare providers in transforming patient care. “You’re not just improving systems; you’re saving lives. We are creating a healthcare environment where frontline providers like yourselves feel empowered, where patients feel safe, and where communities place their trust,” she said.

She also noted that the establishment of new hospitals presents an opportunity to implement best practices, enhance patient experiences and drive meaningful change.

Among those in attendance were Dr Navin Rambaran, Chairman of the Medical Council of Guyana and Director of Medical and Professional Services at GPHC; Dr Narine Singh, Chief Medical Officer; and other senior officials.

Leadership is about responsibility, ownership

-President Ali, at opening of UG’s College of Medical Sciences Building

His Excellency President Dr Irfaan Ali and Minister of Health, Hon Dr Frank Anthony, joined senior Government officials, faculty members, students and

international partners on April 1 at the grand opening of the new College of Medical Sciences Building (formerly known as the Faculty of Health Sciences) at the University of Guyana (UG), Turkeyen Campus.

This transformative project, a collaborative effort between the Ministry of Health, Ministry of Education, Ministry of Finance, the World Bank, and the University of Guyana, is set to enhance medical education and research in Guyana.

The state-of-the-art facility will accommodate approximately 200 students and features cutting-edge laboratories for anatomy, bio-chemistry, histopathology, haematology and a dedicated research laboratory.

During his address, President Ali underscored the importance of visionary leadership in advancing Guyana’s healthcare and education sectors. He highlighted the resilience of his Government in ensuring the completion of this project despite past delays.

“When I assumed office, I asked all ministers to review the status of key projects, and to my astonishment, this building had not yet started. Despite the challenges posed by COVID-19, we remained committed and prioritised its completion, while simultaneously strengthening our national healthcare response,” President Ali said.

The Minister of Health echoed similar sentiments, emphasising the Government’s dedication to developing world-class healthcare professionals. “With this facility, we are expanding medical education beyond Georgetown.

The New Amsterdam Hospital has been designated a teaching hospital, and the School of Nursing is now in Regions Two (Pomeroon-Supenaam), Six (East Berbice-Corentyne) and Ten (Upper Demerara-Upper Berbice)” Minister Anthony explained.

The Minister added that the Ministry has 3,000 students currently enrolled in the Nursing and Assistive Nursing Programme on the Coursera platform, an American global online course provider.

Dr Anthony said international partners and institutions such as Coursera and Mount Sinai Health Systems, also U.S.-based, will further elevate the training opportunities available to students.

The opening of the New College of Medical Sciences Building represents a major milestone in the Government’s commitment to strengthening Guyana’s healthcare system through education, innovation and strategic partnerships. With the integration of new technologies, including robotics and artificial intelligence in medical training, Guyana is poised to become a leader in modern healthcare education within the Caribbean and beyond.



The College of Medical Sciences Building, UG Turkeyen Campus.

Gov't kickstarts \$100k newborn cash grant distribution in Region Ten



Ms Paula Peters, resident of Region Ten (Upper Demerara-Upper Berbice)

The Government of Guyana launched its \$100,000 Newborn Cash Grant initiative in Region Ten (Upper Demerara-Upper Berbice) on April 3, seeking to provide parents with the financial support they need to ensure their child's wholesome development.

One resident, Ms Paula Peters, said the grant will allow her to do something extraordinary for her baby daughter.

"I said I would do something nice for my baby because it is her money, never mind she can't spend it herself," Ms Peters said.

Another resident, Mr Ramrattan Naraine, said he is pleased that the Government is looking out for even the babies. He said he would allow his wife to make the decisions on how to spend the grant for their

baby.

"I feel happy!" the father exclaimed. "It's very good and I would like to say thanks to the Government. It will all go towards the child."

Minister of Public Works, Hon Bishop Juan Edghill, who spearheaded the distribution exercise at the Linden Hospital Complex, said the Government intends to make sure "these babies are well-equipped" to benefit from the shared prosperity of Guyana.

"Every one of them must grow up with that hope and with that sparkle in their eyes knowing that they will be able to get employment. We are transforming Guyana so that, in 15 or 20 years from now, they will be young men and young women who will do

great things for Guyana," he said. Minister Edghill noted that there should be an acknowledgement of the Government's carefully thought-out approach to caring for Guyana's children. "I join with you to celebrate life, to celebrate motherhood, to celebrate family, and we must join together to celebrate Government's care and development and bringing prosperity to all the people of Guyana," the Minister stated.

Regional Health Officer and Chief Executive Officer of the Linden Hospital Complex, Dr Gregory Harris, also expressed thanks on behalf of the parents of the 164 babies who were successfully delivered at the hospital since January 2025.

The \$100,000 Newborn Cash Grant is estimated to cost the treasury some \$1.3 billion annually. Over the last few weeks, Government Ministers have fanned out across the various administrative regions to ensure the smooth rollout of the initiative.



Mr Ramrattan Naraine, resident of Region Ten

New Annai District Hospital commissioned

Marking a significant milestone in the transformation of healthcare delivery in Guyana's hinterland, Minister of Health, Hon Dr Frank Anthony, on April 25 officially commissioned the new Annai District Hospital in Region Nine (Upper Takutu-Upper Essequibo).

The hospital is now fully equipped and staffed to deliver a comprehensive range of medical services, including outpatient care, inpatient services, accident and emergency treatment, maternal and child health, non-communicable disease management, laboratory and diagnostic testing, pharmacy services, general surgery, internal medicine, pediatrics, obstetrics and gynecology, dental care, and radiology services (X-ray and ultrasound).

During a community ceremony, Dr Anthony emphasised the Government's commitment to ensuring equitable access to quality healthcare across the nation.



The Annai District Hospital, which was once Annai Health Centre.

"Today is a day of celebration," the Minister said. "What began as a modest health centre has now evolved into a full-fledged District Hospital, equipped with a state-of-the-art surgical theatre, enhanced laboratory services, advanced imaging technologies, and modern staff accommodations."

The facility, representing a \$236M investment, forms part of a broader \$450M regional initiative to upgrade healthcare infrastructure throughout Region Nine. This includes the provision of four new ambulances and several all-terrain vehicles (ATVs) to boost emergency medical response in remote areas.

Additional developments across the region include the deployment of cutting-edge diagnostic tools. These feature a new digital x-ray system and a mammography unit

at Lethem Hospital, as well as AI-assisted malaria detection technology introduced in collaboration with Harvard University.

"These advancements mean residents no longer have to cross-borders in search of healthcare," Dr Anthony said. "We are now seeing patients coming to us because the quality of care in Region Nine has significantly improved."

The Ministry of Health also used the occasion to encourage greater participation in the nationwide Human Papillomavirus (HPV) vaccination campaign, now expanded to include women up to age 45. The initiative is a key part of the Government's strategy to reduce cervical cancer, the second leading cause of cancer-related deaths among women in Guyana. "Progress is not just a concept, it's action," said Dr Anthony. "We are not only talking about transformation; we are delivering it."

Also present at the recommissioning were Dr Cerdel Mc Watt, Regional Health Officer (RHO); Bryan Allicock, Regional Chairman; and Mr Micheal Gouveia, Hinterland Coordinator for Regional Health Services.



Healthcare workers of the new Annai District Hospital in Region Nine (Upper Takutu-Upper Essequibo) cut the ribbon for the official opening of the facility.

43M mammogram machine commissioned at Lethem Regional Hospital

Minister of Health, Hon Dr Frank Anthony, on April 25 commissioned a state-of-the-art mammogram machine at the Lethem Regional Hospital, in

Region Nine (Upper Takutu-Upper Essequibo), marking a significant step in expanding breast cancer screening services across the sparsely populated hinterland region.

The Siemens mammogram machine, acquired at an approximate cost of \$43M, is renowned for its exceptional depth resolution and diagnostic accuracy, making it one of the most advanced systems globally.

During a community engagement with residents, Dr Anthony emphasised that breast cancer remains the leading cause of death among women in Guyana. He underscored the importance of early screening as a critical measure in the prevention and

effective management of the disease.

Previously, the Georgetown Public Hospital Corporation (GPHC) was the only public health facility offering mammography services. With this addition, residents now have improved access to early breast cancer detection, reducing the need to travel long distances for screenings.

To date, the Health Minister has commissioned similar machines at the Linden Hospital Complex in Region Ten (Upper Demerara-Upper Berbice), the New Amsterdam Regional Hospital in Region Six (East Berbice-Corentyne), and the Public Hospital Suddie in Region Two (Pomeroon-Supenaam).



Minister of Health, Hon Dr Frank Anthony, interacts with staff of the Lethem Regional Hospital during the official commissioning of the mammogram machine.

New Health Post recommissioned at Aranaputa

-as Health Minister reaffirms commitment to regional health transformation

The Ministry of Health on April 25 recommissioned the newly rehabilitated Health Post in Aranaputa, Annai Sub-District, Region Nine (Upper Takutu-Upper Essequibo).

The upgraded facility, which underwent major rehabilitation and furnishing, represents a \$12.5M investment aimed at improving health care delivery in the hinterland regions. The facility will now provide improved services including general outpatient, maternal child health services and chronic disease management.

The Aranaputa Health Post, one of 62 facilities across the region, previously operated in an outdated structure. Following extensive consultations and assessments, \$10M was allocated for comprehensive repairs, with an additional \$2.5M investment in high-quality furnishings and equipment.

"Across the region, we are seeing significant development, not just in health, but in many sectors," said Minister of Health, Hon Dr Frank

Anthony. "This upgraded facility is a clear example of how we are prioritising the well-being of our communities."

The Minister emphasised the Government's commitment to continuous infrastructure improvement, ensuring that all facilities meet high standards of care. He acknowledged the growing demand for resources in the region, a sign of the increasing expansion of healthcare services.

"We're not only focused on buildings," the Minister said. "We're investing in people. More training opportunities are now available locally for community health workers, nursing assistants, microscopists, pharmacy assistants and others. This allows us to train and employ more people, faster."

Previously, healthcare personnel had to travel to Georgetown for training, limiting the number of trainees. Today, regional training centers can accommodate up to 50 people per batch, rapidly expanding the skilled workforce.

In addition, the Ministry has recently signed a new agreement to offer specialised nursing courses in areas such as critical care and cardiac care. "Our goal is to create clear career paths, allowing our young professionals to grow within the health system," the Minister said.

He urged residents to visit their local health facilities and take full advantage of the expanded and improved services now available.

Meanwhile, Ms Odessa Rodrigues, a resident of Aranaputa, expressed her appreciation to the Government for the recent upgrades to the community's Health Post. "Now, when I visit the Health Post, I can sit comfortably while waiting to see the doctor. The previous building was very old," she pointed out.

The recommissioning ceremony was attended by Dr Cerdel McWatt, Regional Health Officer (RHO) for Region Nine; Mr Bryan Allicock, Regional Chairman; and Mr Michael Gouveia, Hinterland Coordinator for Regional Health Services.



The newly renovated \$12.5M Aranaputa Health Post in Aranaputa, Annai Sub-District, Region Nine (Upper Takutu-Upper Essequibo).



Minister of Health, Hon Dr Frank Anthony, is joined by regional officials and residents for the ceremonial cutting of the ribbon for the recommissioning of the Aranaputa Health Post.

History in the making at Annai District

For the first time ever, life-changing surgeries are being performed at the newly commissioned Annai District Hospital in Region Nine (Upper Takutu-Upper Essequibo).

Formerly known as the Annai Health Centre, this upgraded facility was officially commissioned on April 25 by Minister of Health, Hon Dr Frank Anthony.

A dedicated team of specialist doctors from Georgetown was on site following the commissioning, conducting a range of procedures, including hernia repairs,

cholecystectomies, hysterectomies, appendectomies, bilateral tubal ligations, lump and bump removals, and cesarean sections.

The surgical theatre was constructed and equipped at a total cost of \$76M. This milestone represents a major advancement in expanding access to specialised healthcare services across hinterland communities in Guyana.



A resident of Toka Village was the first patient to be operated on at the newly commissioned Annai District Hospital.



The surgical team from Georgetown at work at the Annai District Hospital Operating Theatre in Region Nine (Upper Takutu-Upper Essequibo).

New ambulances to boost emergency services in Region Nine

Minister of Health, Hon Dr Frank Anthony officially handed over four fully equipped ambulances to the Regional Health Officer of Region Nine (Upper Takutu-Upper Essequibo), Dr Cerdel McWatt, on April 25, significantly strengthening emergency medical services in the hinterland region.

The new ambulances, valued at \$18M each, will be strategically deployed in Annai, Karasabai, Sand Creek and Yupukari. This distribution is aimed at enhancing emergency response capabilities, reducing response times and expanding access to critical care across remote communities.

During the handover ceremony, Minister Anthony reiterated the Government's commitment to improving healthcare services in the hinterland. "When you asked, we listened, and today, we delivered," he said. "This ambulance, valued at \$18M, is here to stay and serve the people of this sub-region."

The provision of the new units fulfils a promise made by the Minister during a previous visit to

the Annai District Hospital. Each unit is outfitted with advanced medical equipment and is specially designed to navigate the challenging terrain and vast distances typical of the hinterland.

The move has been widely welcomed by residents, many of whom recall the difficulties previously faced in accessing care at the Lethem Regional Hospital.



Three of the four ambulances that were handed over to the health authorities in Region Nine.

14M new drug bond commissioned in Region 9

The Ministry of Health on April 26 commissioned a \$14M new drug bond in Region Nine (Upper Takutu-Upper Essequibo).

Situated in Lethem, the new drug bond is centrally located to serve as the primary distribution hub for medical supplies across Region Nine, including remotely sparsely populated hinterland communities. The facility boasts modern storage solutions, including climate-controlled environments, to maintain the efficacy of temperature-sensitive medications.

With its advanced logistics systems, the drug bond will streamline the supply chain, reducing delays and ensuring that health centres are consistently stocked with necessary pharmaceuticals.

The commissioning of this drug bond aligns with ongoing efforts to upgrade healthcare facilities in Region Nine, including the establishment of new health centres and the expansion of existing ones.

While in the region, Minister of Health, Hon Dr Frank Anthony, disclosed that the new drug bond, forms part of a broader \$450M regional initiative to upgrade healthcare infrastructure throughout Region Nine.

He emphasised the Government's commitment to equitable healthcare access, saying, "This new drug bond is a testament to our dedication to providing quality healthcare services to all regions, especially those in remote areas."

Meanwhile, Dr Cerdel McWatt, Regional Health Officer for Region Nine, said the building was constructed to improve healthcare delivery in the region, ensuring timely access to essential medications and medical supplies for residents.

The newly constructed \$14M drug bond in Lethem, Region Nine.



Minister of Health, Hon Dr Frank Anthony, and other regional officials at the ribbon cutting ceremony for the new drug bond in Region Nine (Upper Takutu-Upper Essequibo).

Guyana, Brazil deepen health collaboration with vaccine drive

By Shabana Shaw

The Governments of Guyana and Brazil, in collaboration with the Pan American Health Organization/World Health Organization (PAHO/WHO), launched Vaccination Week in the Americas on April 26 with a cross-border vaccination campaign.

Hosted jointly by the Municipality of Bonfim, Brazil and the town of Lethem, Region Nine (Upper Takutu-Upper Essequibo), this initiative marks the third such collaboration between the two neighbouring countries in the past five years. The campaign ran from April 26 to May 3, under the theme, “Your Decision Makes a Difference.”

The effort aims to enhance immunisation coverage and strengthen regional strategies for disease prevention, with a focus on protecting vulnerable populations from vaccine-preventable illnesses.



Mayor of Bonfim Municipality, Brazil, Mr Romualdo Feitosa Silva, delivering remarks at the cross-border vaccination campaign.

Guyana currently offers a comprehensive immunisation programme that includes vaccines against Hepatitis B, Rotavirus, Poliomyelitis, Pneumococcal Infections, Tetanus, Haemophilus Influenza, Diphtheria and Measles-Mumps-Rubella (MMR), among others.

Speaking at the launch, Minister of Health, Hon Dr Frank Anthony, expressed gratitude to all stakeholders and emphasised the importance of sustained vaccination efforts in the region.

“We have heard a lot about the importance of vaccines, and if we are still not convinced, then we risk making our efforts in vain. The evidence is clear, vaccination saves lives,” the Minister said.

While the campaign focuses on all antigens, particular focus is being given to three key vaccines: MMR, yellow fever and Human Papillomavirus (HPV).

Minister Anthony noted that Guyana has achieved significant progress, with national MMR and yellow fever coverage, both at 99 per cent. Region Nine stands out with 100 per cent MMR coverage and 97 per cent for yellow fever.

Special emphasis was also placed on the HPV vaccine, which plays a crucial role in preventing cervical cancer. Guyana has increased national HPV coverage from 17 per cent to 58 per cent, with Region Nine already surpassing the WHO’s 90 per cent target at an impressive 92 per cent.

The Minister also announced plans to transition from the quadrivalent to the nine-valent HPV vaccine in 2025, which will offer broader protection. “This is a bold step forward in preventing HPV-related diseases, and we are grateful for the support from our international partners,” he added.

With rising measles outbreaks in several parts of the world, Dr Anthony said there is an urgent need to boost vaccination coverage. Recent data shows a concerning decline in routine immunisations in some regions, often linked to misinformation or limited access to accurate health information.

“Vaccination remains one of the most effective tools in preventing the spread of measles. Therefore, we must continue engaging our communities to ensure they understand the importance of immunisation, not just for individual protection, but for public health as a whole,” said Dr Anthony.

The Minister underscored the importance of collaborative action between jurisdictions, particularly for travellers crossing borders. *“Initiatives like this are essential. It’s not enough to act within our borders. By working together, we can ensure that people travelling between our countries are protected and informed,”* he said. Dr Anthony also used the opportunity to highlight broader health collaborations between Guyana and Brazil, including efforts in digital health, infectious and non-communicable diseases and capacity-building.



A section of the gathering at the cross-border vaccination campaign in Bonfim, Brazil.

Joint projects address diseases such as scabies, tuberculosis, human immunodeficiency virus (HIV) and malaria, while the development of a Chikungunya vaccine is currently underway in Brazil.

A notable partnership between Guyana, PAHO and Brazil has facilitated training for over 1,700 future nurses through a hybrid programme developed with the University of São Paulo in Brazil, aimed at boosting human resource capacity in the public health sector.

Improvements in health infrastructure were also spotlighted, particularly in Region Nine. Investments of approximately US\$25M are underway to upgrade the Lethem Regional Hospital, including the addition of an Intensive Care Unit (ICU), emergency services and advanced diagnostic capabilities such as computed tomography (CT) scans. The hospital is also being positioned to serve as a teaching facility, with potential partnerships with Brazilian medical institutions.

"The future of health care in our region is brighter when we work together," the Minister added. "This vaccination initiative is just

the beginning of what we can achieve."

Meanwhile, the Mayor of Bonfim Municipality, Mr Romualdo Feitosa Silva, welcomed the gathering with a message of unity and shared purpose, celebrating the campaign as a symbol of strong cooperation between neighbouring nations.

"This is an extremely important event that highlights our mutual commitment to the health and well-being of our people," the Mayor said.

The vaccination campaign, he noted, will cover communities in Bonfim and surrounding areas, aiming to reach populations across-borders with equitable and accessible immunisation services.

"We are committed to supporting and strengthening actions that ensure everyone has access to vaccination," he stated.

The Mayor stressed that vaccination is not only an act of individual protection, but a gesture of collective responsibility and love. "Each dose administered brings us closer to a safer and healthier future for our communities," he said.

Mayor Feitosa Silva concluded with a call to action, inviting everyone to participate in the campaign and spread the message of immunisation as a shared civic duty. *"Together, through unity and collaboration, we are building a healthier future for all,"* he said.

Also, in attendance as part of the Guyanese delegation were Dr Kim Eva Dickson, PAHO/WHO Country Representative for Guyana; Mr Bryan Allicock, Regional Chairman of Region Nine; Dr Cerdel McWatt, Regional Health Officer (RHO); and Dr Ertenisa Hamilton, Director of Family and Primary Health Care Services. They were joined by other senior officials from the Ministry of Health and the PAHO/WHO Guyana Office.



Minister of Health, Hon Dr Frank Anthony, speaking at the launch of the cross-border vaccination campaign with Brazil.



MOH, World Bank discuss strengthening of healthcare systems

Minister of Health, Hon Dr Frank Anthony, hosted a high-level meeting with Dr Jaime Saavedra, Human Development Director for Latin America and the Caribbean at the World Bank, along with his team, at his office on Brickdam, Georgetown. The meeting was held on April 2.

The discussions centred on strengthening healthcare systems, enhancing public health initiatives, and deepening collaboration between the Government of Guyana and the World Bank.

Accompanying the Minister were Chief Medical Officer, Dr Narine Singh, and Epidemiologist and Focal Point for International Health Regulations (IHR), Dr Anand Persaud.

Their participation underscored the Government's commitment to bolstering healthcare infrastructure, improving public health strategies and expanding access to quality medical services.



Minister of Health, Hon Dr Frank Anthony (right), with Dr Jaime Saavedra, Human Development Director for Latin America and the Caribbean at the World Bank (centre), at his office on Brickdam, Georgetown.

MOH, PAHO observe World Health Day 2025 with focus on community in Region Five



The Ministry of Health (MOH), in collaboration with the Pan American Health Organisation (PAHO), hosted a commemorative ceremony on April 7 at the Rosignol Health Centre in Region Five (Mahaica-Berbice) to mark World Health Day 2025.

The event brought together regional health officials, medical professionals, representatives from PAHO, community leaders and residents in recognition of this year's observance under the theme: "Healthy beginnings, hopeful futures."

The event highlighted the fundamental right to access quality healthcare services and the importance of equity in health systems.

Delivering the feature address, Minister of Health, Hon Dr Frank Anthony, emphasised the Government's continued commitment to strengthening primary healthcare and ensuring that every citizen, regardless of location or socioeconomic status, can access the health services they need.

The Minister also underscored several key health initiatives currently being implemented nationwide. These include the Universal Health Voucher Programme, the Newborn Cash Grant, and ongoing voucher programmes that support free eye testing and the provision of

spectacles, as well as cervical cancer screening.

Dr Anthony noted the critical importance of early screening for prostate cancer, pointing out that early detection can significantly improve treatment outcomes and save lives.

PAHO representative to Guyana Country Office, Dr Kim Eva Dickson, also delivered remarks, underscoring the significance of regional partnerships in building resilient health systems, especially in rural and underserved communities.

Dr Dickson stated that PAHO and the World Health Organisation (WHO) renew their commitment to working with Governments to support maternal and newborn services through quality investment. She urged citizens to work together to build healthy and hopeful futures.

As part of the celebration, the Rosignol Health Centre showcased some of its ongoing initiatives, including community outreach programmes, chronic disease prevention efforts and maternal and child health services.

Participants were given access to free health screenings and educational materials on healthy living.



Minister of Health, Hon Dr Frank Anthony, with staff of the Ministry of Health and officials from the Pan American Health Organisation (PAHO).



HON. DR. FRANK C. S. ANTHONY, M.D., M.P.
MINISTER *of* HEALTH

World Health Day 2025 Message from the Minister of Health

On this World Health Day 2025, Guyana joins the international community in observing the theme: “Accelerating Progress to Improve Maternal and Neonatal Health and Survival.” As a government, we continue to prioritise the health and well-being of our nation, fully recognising the vital importance of maternal and child health.

According to the World Health Organization (WHO), nearly 300,000 women lose their lives each year due to complications related to pregnancy or childbirth. In addition, over 2 million infants die within their first month of life, and another 2 million are stillborn. Unfortunately, current trends show that four out of five countries are not on track to meet the targets for improving maternal survival by 2030.

In Guyana, the Ministry of Health has taken significant steps over the past four years to enhance women’s and children’s long-term health and well-being. Every mother and child deserves access to quality healthcare services that ensure safe pregnancies, healthy deliveries, and the best possible start in life.

We are encouraged by the progress made thus far. Over the past five years, the country has made significant strides in reducing maternal deaths due to postpartum haemorrhage (PPH), with a notable decrease from 23 cases in 2019 to 14 cases in 2024. This reduction results from concerted efforts and strategic interventions across the public healthcare sector. Key initiatives contributing to this success include the widespread implementation of the Zero Deaths by Haemorrhage training programme for healthcare workers in partnership with the Pan American Health Organization/World Health Organisation (PAHO/WHO).

Additionally, we have enhanced healthcare infrastructure by equipping all hospitals with Pneumatic Anti-Shock Garments and establishing blood banks at regional hospitals, ensuring a steady and reliable blood supply. Emergency care capacity has been further strengthened by creating dedicated operating theatres nationwide designed to address complications swiftly. Furthermore, we have deployed obstetricians to nine of the ten administrative regions, ensuring expert care is available across all urban and rural areas. These measures, along with improved access to healthcare services, have collectively contributed to the reduction in maternal mortality from postpartum haemorrhage.

In August 2022, I had the privilege of joining His Excellency Dr. Mohamed Irfaan Ali, President of the Cooperative Republic of Guyana, to turn the sod for the construction of the EUR 149 million Maternal and Paediatric Hospital at Goedverwaghting, Region Four. This state-of-the-art facility, scheduled to open next year, will focus on maternal and child health, offering specialised services such as prenatal and postnatal care, safe childbirth, and paediatric services. With 256 beds, the hospital will feature modern surgical theatres, laboratories, and imaging suites (including CT scans, X-rays, and MRI equipment), ensuring world-class care for women and children.

The new hospitals under construction will feature modern birthing suites and dedicated prenatal and post-natal wings. These facilities will provide a comprehensive and specialised environment for mothers and infants, ensuring the highest standards of care.

Over the last few years, the Ministry of Health has invested in decentralising neonatal care. We have nine fully equipped with Neonatal Intensive Care Units (NICUs). These modern facilities have vital life-saving equipment such as ventilators, incubators, pulse oximeters, and heart monitors. Such advancements guarantee that infants facing critical health issues, like low birth weight or prematurity, receive the specialised care they need.

In the hinterland regions, we have added Maternal Waiting Homes. These facilities, strategically located within hospital compounds, provide a safe and supportive environment for pregnant women at risk of complications. By offering women the opportunity to stay closer to healthcare facilities, we ensure they have timely access to care and the ability to receive critical interventions if complications arise during labour. In addition to the Maternal Waiting Homes, we established 81 telemedicine sites across the hinterland regions. These sites enable Community Health Workers (CHWs) to conduct ultrasounds on pregnant women with the support of Obstetricians and Gynaecologists based at regional hospitals. Through this technology, women in remote communities can now receive specialised care.

The Ministry has placed significant emphasis on training and the continuous professional development of healthcare providers. Through local and international collaborations, doctors, midwives, and nurses have received comprehensive training in prenatal care, safe delivery practices, and postnatal support via Continued Medical Education (CMEs) and specialised programmes. Noteworthy achievements include the training of 187 midwives between 2020 and 2024. Currently, an additional 123 midwives are undergoing training and are scheduled to graduate from the Ministry's Midwifery Programme in May of this year.

In addition to enhancing healthcare services, the Government of Guyana is dedicated to directly supporting families through the Newborn Cash Grant Initiative. This initiative offers \$100,000 to every newborn, with over 2,000 families already benefiting from the grant.

These initiatives form part of a comprehensive approach to enhancing maternal and child health in Guyana, with the ultimate goal of reducing mortality rates and fostering healthier families. The Ministry is committed to strengthening our health systems, improving training for healthcare providers, and expanding access to essential services. We will continue to develop policies aimed at enhancing maternal and child health, focusing on issues such as reproductive health rights and healthcare access. Public health campaigns will persist in raising awareness of the significance of regular check-ups, vaccinations, mental health, and maternal nutrition, all of which play critical roles in improving maternal and child health outcomes.

On this World Health Day, I urge all families, communities, and healthcare professionals to prioritise maternal and child health. By working together, we can ensure that every mother and child in Guyana has the opportunity to thrive.

Hon. Dr. Frank C. S. Anthony, MP
Minister of Health

Health Minister distributes Newborn Cash Grants to Region Five moms

-at World Health Day Activity

Minister of Health, Hon Dr Frank Anthony distributed 40 newborn cash grants to mothers during a ceremony held on April 7 at the Rosignol Health Centre, Region Five (Mahaica-Berbice). The event coincided with the observance of World Health Day 2025.

The Newborn Cash Grant initiative, launched by His Excellency President Dr Irfaan Ali on March 8, provides a significant financial support of \$100,000 to the parents of every newborn.

The programme is a key component of the Government's efforts to ensure a healthy start for every child, reinforcing a hopeful future for families across the country.

Speaking at the event, Minister Anthony emphasised the importance of taking full

advantage of the free health services available throughout Guyana. He urged families to remain actively engaged with the healthcare system, particularly during the critical early stages of a child's development.

"This support will go a long way in helping families give their babies the best start in life," Minister Anthony said. He highlighted the broader significance of the initiative, stressing that, while many countries face significant challenges in providing access to basic healthcare, Guyana is fortunate to offer comprehensive, no-cost maternal and child health services to its citizens.

"Women and children in some countries do not have access to doctors or care. We are blessed to have such services available right

here in Guyana," said Dr Anthony. The Newborn Cash Grant programme is part of the Government's broader efforts to improve health outcomes and provide essential support to families from the earliest stages of life.



Minister of Health, Hon Dr Frank Anthony, presents a Newborn Cash Grant to a mother as part of the Government's ongoing support for maternal and child health, in celebration of World Health Day 2025.

George Subraj Foundation donates \$209M to enhance cardiac care

His Excellency President Dr Irfaan Ali, together with Minister of Health, Hon Dr Frank Anthony, on April 7 unveiled the Guyana Global Cardiology Initiative, a transformative partnership between Northwell Health, a U.S.-based non-profit health network, and the George Subraj Family Foundation, a local charitable organization founded in the memory of philanthropist Mr George Subraj.

The collaboration aims to

significantly enhance cardiac care services across Guyana through targeted investments in research, training and healthcare infrastructure.

During a media briefing at the Marriott Hotel, in Kingston, Georgetown, President Ali announced that the George Subraj Foundation has committed \$209M to support a national cardiac care initiative. This substantial investment will be directed towards research, training and the

improvement of cardiovascular care delivery across the country.

The President emphasised the urgency and significance of this initiative, describing cardiovascular disease (CVD) as a "national emergency" in Guyana, where heart disease accounts for over 70 per cent of the nation's disease burden. He said the country's mortality rate from CVD remains one of the highest in the Americas.

"In our vision, we are not building to be second. We are building to be first," President Ali said. "This partnership with Northwell Health and the George Subraj Foundation is a monumental step toward establishing a world-class healthcare system that prioritizes the health and well-being of all Guyanese."

Minister Anthony echoed the President's sentiments, highlighting the tangible progress made since the partnership began in 2021. He noted that, in just a few years, the collaboration has led to the upgrade of nursing programs, the establishment of specialised surgical teams and opportunities for healthcare workers to undertake observerships abroad, thereby enhancing their skills and expertise.

"From conducting just 39 cardiac surgeries in 2019, we have expanded to nearly 600 procedures

in the last year alone," the Health Minister said. "This partnership has already brought about transformative changes to cardiac care in Guyana, and we are committed to further improving our services."

Dr Anthony also underscored the importance of the partnership in treating complex cases, such as burn victims from the Mahdia tragedy, who were provided care at Northwell Health due to the limitations of local capacity. He referred to the growing collaboration as a reliable and evolving alliance that continues to meet the country's medical needs.

He said there has been critical progress in organ transplantation, with the George Subraj Foundation's initial support for Guyana's first renal transplant, paving the way for the establishment of transplant legislation, a national transplant

agency and the future prospect of deceased-donor organ transplants.

The event was attended by key figures, including Dr Eric Cioe-Peña, Vice President for the Centre for Global Health at Northwell Health; Dr Rajiv Jauhar, Vice Chairman of Northwell Health; Mr Robbie Rambarran, Chief Executive Officer of the Georgetown Public Hospital Corporation (GPHC); and Ms Nicole Theriot, United States Ambassador to Guyana.



His Excellency President Dr Irfaan Ali and Minister of Health, Hon Dr Frank Anthony, join members of the George Subraj family, representatives of Northwell Health, and other key stakeholders during the launch of the Guyana Global Cardiology Initiative.

Health Minister distributes Health Care vouchers to Ithaca residents

Minister of Health, Hon Dr Frank Anthony, visited the Ithaca Health Centre in Region Five (Mahaica-Berbice) on April 8 to distribute Universal Health, Eye Testing, Spectacles and Cervical Cancer Screening vouchers to residents.

The Minister encouraged everyone to take advantage of these vouchers, emphasising the importance of early screening for better health outcomes. He highlighted that early detection can prevent serious complications and aid in the management of various conditions.

The Universal Healthcare

vouchers, valued at \$10,000, are available to all Guyanese, both adults and children. They cover a range of laboratory (blood) tests at participating private health facilities.

Residents under 18 and those 50 and over are eligible for the \$2,000 Eye Testing vouchers. Should spectacles be required, an additional \$15,000 voucher is available to assist with eyewear costs.

The Cervical Cancer Screening vouchers are available for women aged 21 to 65 and these help with screenings at participating optical and laboratories across the country.

To learn which agencies accept these vouchers, recipients can simply scan the QR code located on the back.

"We urge all eligible individuals to visit their nearest health centre and access these valuable health resources," said the Minister.



Hon. Dr Frank Anthony, engages with residents at the Ithaca Health Centre in Region Five during the distribution of Health Care vouchers in the community.

Health Minister calls for early diagnosis during Autism Awareness Walk

Minister of Health, Hon Dr Frank Anthony, participated in an Autism Awareness Walk on April 7 at the National Park in Thomas Lands, Georgetown.

Despite early morning rain, a strong turnout of participants gathered to raise awareness and advocate for greater support and inclusion of individuals living with autism.

Minister Anthony praised the resilience of the autism community and emphasised the critical importance of early diagnosis,

timely intervention and parental education.

"In the public sector, we have recognised that autism is an underserved area. As a result, we have been working diligently to develop national guidelines and policies to enhance early diagnosis and care for children with autism," he said.

Minister Anthony acknowledged the pioneering work of local organisations such as SameirUniquely Me and others, highlighting the group's efforts as a

model that could be shared with other countries in the region.

"What SameirUniquely Me has established is a best practice that can serve as an example for our neighbours," he said.

Additionally, the Minister reflected on the significant contributions of the late Dr Hardat Persaud, who played a pivotal role in supporting the organisation's early initiatives. He extended sincere gratitude to the leadership of Sameir Uniquely Me for their efforts in honouring Dr Persaud's enduring legacy.



Minister of Health, Hon Dr Frank Anthony and participants during the Autism Awareness Walk.

Health Minister receives courtesy call from Bangladesh's Non-Resident High Commissioner

Minister of Health, Hon Dr Frank Anthony, on April 16 received a courtesy call from His Excellency Mr Asad Alam Siam, who is the recently appointed Non-Resident High Commissioner of Bangladesh to Guyana.

The meeting, held at the Ministry of Health, Brickdam, Georgetown, provided an opportunity for both officials to discuss areas of mutual interest, including potential collaboration in healthcare

development between the two countries.



Hon Dr Frank Anthony, engages in discussion with H.E. Mr Asad Alam Siam, Non-Resident High Commissioner of Bangladesh to Guyana, during a courtesy call at the Ministry of Health, Brickdam, Georgetown.

Life experiences are powerful tools for education, awareness

-Minister Anthony tells participants at World Haemophilia Day Walk

Minister of Health, Hon Dr Frank Anthony, on April 13 participated in a health walk organised by the Guyana Haemophilia Society, commencing at the Bank of Guyana and culminating at the Kingston Bandstand, Georgetown, where participants gathered for a closing ceremony.

The walk was held in observance of World Haemophilia Day under the global theme, "Women and Girls Bleed too."

Addressing the gathering of health professionals, patients, advocates and stakeholders, Dr Anthony reaffirmed the Government of Guyana's commitment to improving care, access and awareness for individuals living with haemophilia and other rare blood disorders.

Among the many participants was Head of the Guyana Haemophilia Society, Mr Laurence Baksh, and Haematologist at the Georgetown Public Hospital Corporation (GPHC), Dr Kamela Bemal.

Reflecting on past engagements, the Minister acknowledged the dedicated efforts of advocates who have championed the cause of haemophilia patients.

"Years ago, when Laurence and Dr Bemal first shared the challenges facing persons with haemophilia, we made a commitment, not just to raise awareness, but to actively work toward improving their lives," the Minister said.

This year's World Haemophilia Day theme focuses on women and girls, an often-overlooked demographic in the context of bleeding disorders. While haemophilia more commonly affects males, the Minister emphasised the importance of educating women, who are often carriers and can experience symptoms such as prolonged bleeding.

"We must implement educational programs to help women recognise when symptoms are abnormal and encourage early medical consultation," he said.



Minister of Health, Hon Dr Frank Anthony, participating in the World Haemophilia Day Walk on April 13.

Guyana has already passed legislation to support innovative medical research and therapies, inviting pharmaceutical companies and research institutions to explore collaboration opportunities within the country.

"We have received expressions of interest, and we're optimistic that Guyana will become a hub for research and possibly manufacturing of advanced therapies," said Dr Anthony.

Commending the efforts of local advocates, the Minister emphasised the importance of community engagement in raising awareness. He encouraged patients and families to share their personal stories to help others identify potential symptoms early.

WORLD HAEMOPHILIA DAY

Diet Is Key in Managing Diabetes – Part 2

Understanding Good and Bad Fats, Portion Size Control and Calculating Your Glycaemic Levels

By Shabana Shaw

Fats play a very important role in a human's body; hence they must be included in their correct portion size in your diet. Nutritionist Abigail Caleb Senior Technical Officer - Food Security and Nutrition at the Caribbean Public Health Agency (CARPHA) explains that fats are nutrients / nourishing substances required by the body to fulfil a wide range of functions and form part of the body structure.

"Fats provide cushion and protect all the organs of our body; they provide warmth, carry and store the fat-soluble vitamins (A, D, E, and K) around the body and provide important chemicals the body needs for its functions (e.g. hormones), among others," she said.

However, fats play a complex role in the management of diabetes. Eating too much fat can lead to the body taking in more calories than it otherwise needs which can result in weight gain which can affect a patient's diabetes control. The three different types of fat are unsaturated, saturated and trans.

Good Fats - Unsaturated Fatty Acids

According to Caleb, unsaturated fatty acids, categorised as monounsaturated and polyunsaturated come in the form of liquids even when refrigerated. They are found mostly in plant sources (vegetable oils) and fish and may improve insulin control.

"Unsaturated fats are found in olive oil, peanut oil, canola or rapeseed oil, avocado pear, flaxseed, wheat germ, nuts & seeds - walnut, soybeans and fishes, especially salmon, sardines, trout, herring, mackerel, anchovies, tuna," she stated.

Bad Fats – Saturated Fatty Acids

Saturated fatty acids are the 'hard' fats which are found in foods from animals (high in red meat), except for coconut and palm oils. High intake of saturated fats may increase insulin resistance and increase one's risk of cardiovascular (heart) disease.

"Full cream dairy products (milk, butter, cheese, cream; red meats (pork, beef, lamb), meat fat (bacon, chicken skin, pork fat); coconut oils and milk; lard; ghee; and mayonnaise contains high amounts of saturated fats," the Nutritionist counselled while emphasising that most junk and fast foods contain this type of fat.

Trans Fatty Acids

Trans-fatty acids are made artificially by adding hydrogen which aids in giving processed foods a longer shelf life. They are known for being low in nutritional value and negatively affect cholesterol levels by increasing 'bad cholesterol' and decreasing the 'good cholesterol'.

"This is the most unhealthy and dangerous type of fat which can lead to elevated increased risk for cardiovascular (heart) diseases and poor glycaemic (blood sugar) control," she warned.

Trans fats are commonly found in margarine (hard), vegetable shortening and commercial baked products and fast and junk foods.

Therefore, persons living with diabetes should avoid foods that contain trans-fatty and avoid consumption of simple sugars (sugar, honey, molasses, syrup, jam, jelly, chocolate, sweets, candies, pastries, cakes, pies, cookies, carbonated drinks, packets juices mixes and fruits canned with sugar).

On one hand, healthy fats can play a beneficial role in managing diabetes by stabilising blood sugar levels and contributing good heart health once consumed in small to moderate amounts. On the other hand, unhealthy fats can cause a spike in blood sugar levels and increase a person's risk of heart disease.

It should be noted that a overconsumption of any type of fat/high fat diet worsens blood glucose/ sugar control and increases the risk of (type 2) diabetes and cardiovascular (heart) diseases.

Understanding Glyceamic Index (GI)

The Glyceamic Index (GI) is the ranking of foods based on their effect on blood sugar levels. Caleb clarified that GI is measured by how slowly or quickly carbohydrate (carbs)--containing foods are digested and increase blood glucose/ sugar levels over a period of time, usually 2 hours.

"It is best to control total carbohydrate intake, that is, balancing among the carbohydrate content categories - high carbs, moderate carbs, low carb and zero carb foods," she expanded.

Foods with a high GI are rapidly digested and absorbed, leading to a swift increase in blood sugar while low GI foods are digested more slowly, resulting in a gradual rise in blood sugar levels.

High GI Foods:

- Some Fruits:** mango, banana, avocado
- Some Vegetables:** ripe tomatoes, carrots, beetroot
- Ground Provision:** sweet potato, cassava, boiled and baked potato
- Shellfish:** shrimp, prawn, lobster, squid
- All Sugary Foods, for example:** white bread, rice cakes, bagels, cakes, doughnuts, croissants and most packaged breakfast cereals and instant oatmeal

"These foods should be eaten in moderation or temporarily avoided (with the exception of sugar foods which should be avoided at all times) if complications arise or if there is poor control of blood glucose/ sugar levels as they tend to elevate blood glucose/ sugar levels more than other foods," the Nutritionist advised.

However, it is more effective to eat a variety of foods from the Caribbean Six Food Groups while controlling the total carbohydrate intake of the diet, she added.

Low GI Foods:

- Fruits:** apples, berries, oranges, lemons, grapefruit
- Vegetables:** green leafy vegetables (callaloo, pakchoi, spinach, lettuce, cabbage), ochroes, christophene/ chocho, eggplant/ baigan, squash, bell peppers. broccoli, carrots, cauliflower
- Legumes:** lentils, black beans, chickpeas, kidney beans
- Meat and Seafood:** chicken, turkey, duck, all fishes especially tuna, salmon, mackerel, sardines
- Whole grains and seeds:** quinoa, oats, barley, chia seeds, flax seeds

IMPORTANT NOTE: To ensure you eat a low GI diet, choose whole grains over refined grains, fish and skinless poultry over red meats, incorporate lots of vegetables with moderate consumption of fruits and add legumes and nuts as a source of protein.

Portion Size Guidelines

Portion size refers to the amount of food served in one meal and is crucial in maintaining a healthy diet and overall health.

Caleb explained that when food is placed onto a 9-inch plate, one should divide the plate into four equal parts.

Here is a breakdown of how you can maintain portion control.

¼ for starches (provision, rice, pasta, flour products, etc)

¼ for protein (fish, chicken, peas & beans, etc.)

¼ for cooked vegetables (carrots, okra, cabbage, etc.)

¼ for raw vegetables (lettuce, cucumber, tomato, etc.)

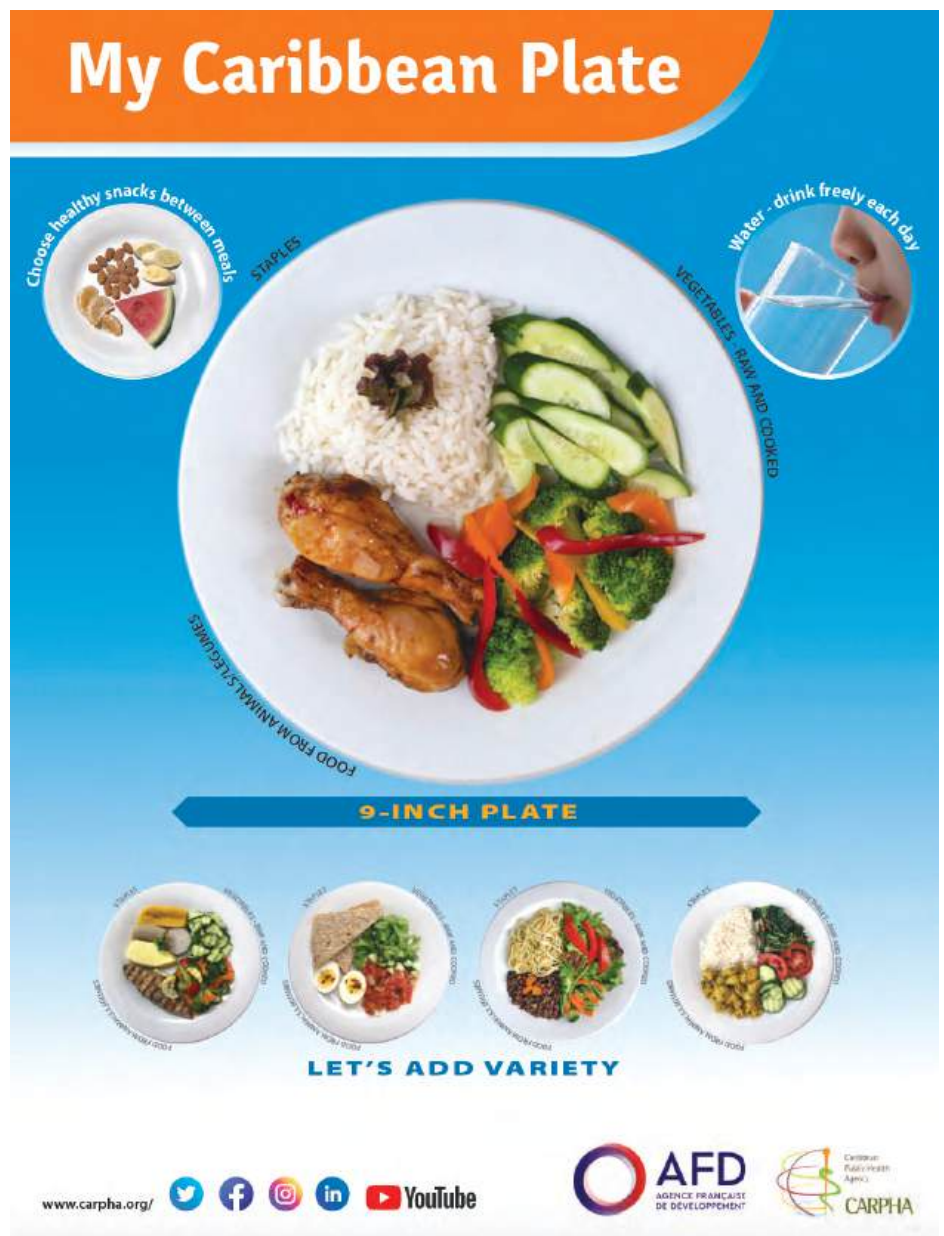
Caleb recommends that the largest meal(s) should be had at the time of day when the diabetic is more active, and more likely to avoid blood glucose/sugar spikes.

She also emphasised that maintaining a consistent meal schedule and avoiding skipping meals can be beneficial for blood sugar management.

“This will help maintain blood glucose/sugar levels steady throughout the day, avoiding spikes and dips that create an incessant feeling of hunger and can lead to hypoglycaemia (abnormally low blood glucose/sugar levels) which if not adequately treated may result in a coma,” the Nutritionist cautioned.

Persons living with diabetes should avoid unhealthy foods and drinks (high in fats, sugar and sodium salt). It is important that you work closely with a registered dietitian or nutritionist for personalised dietary advice on how to pair healthy fats with meals.

Limiting processed foods is one way of reducing the consumption of unhealthy fats, sodium/ salt and added sugars. Mindful eating in a consistent manner and the appropriate portion size is also key in managing diabetes.



Health Minister in talks with EU Ambassador on pharma reform

Minister of Health, Hon Dr Frank Anthony, hosted a high-level meeting on April 15 with the European Union (EU) Ambassador to Guyana, Mr René Van Nes, at the Ministry's Brickdam office, Georgetown.

The meeting served as the official introduction of the newly appointed Pharmaceutical Regulatory Expert under the EU Twinning Project. Discussions centred on the next strategic steps in the ongoing collaboration with

the Lithuanian Regulatory Agency through the EU Twinning Project, which aims to strengthen pharmaceutical regulatory systems in Guyana.

Additionally, the meeting explored potential avenues for a new initiative focused on technology transfer within the health sector. Also in attendance were Dr Kim Eva Dickson, Pan American Health Organisation/World Health Organisation (PAHO/WHO) Representative to Guyana, along

with other senior officials from the Ministry of Health and international cooperation agencies.



Minister of Health, Hon Dr Frank Anthony, during the high-level meeting on April 15 with the European Union (EU) Ambassador to Guyana, Mr René Van Nes, at the Ministry's Brickdam office, Georgetown.

Health Minister highlights private sector role in job growth at Enmore Job Fair

Minister of Health, Hon Dr Frank Anthony, on April 17 attended the V-Chart Services Guyana Job Fair hosted at the Enmore Call Centre, East Coast Demerara.

While delivering remarks at the event, Minister Anthony

applauded V-Chart Services for launching this important initiative aimed at creating employment opportunities for community members. He highlighted the significance of job creation efforts and commended V-Chart's commitment to community development.

The Minister also expressed appreciation for the collaborative work being done with residents and conveyed optimism about the company's potential for future expansion.

Also present at the event were several notable officials, including Dr Ashni Singh, Senior Minister in the Office of the President with responsibility for Finance and the Public Service; Mr Vinyak Shankar, Chief Executive Officer of V-Chart Services Guyana; and Dr Peter Ramsaroop, Chief Investment Officer and Agency Head of the

Guyana Office for Investment (GO-Invest). Their presence signified strong Government and private sector support for employment initiatives.

The event provided an avenue for job seekers to explore career opportunities and for V-Chart to connect directly with local talent, reinforcing the company's role in national development through employment and investment.



Officials at a ribbon cutting ceremony for V-Chart Services Guyana, located at Enmore, East Coast Demerara.

Health Minister tours construction site of Enmore Regional Hospital

Minister of Health, Hon Dr Frank Anthony, on April 17 visited the Enmore Regional Hospital construction site, East Coast Demerara as part of a follow-up evaluation to assess the facility's ongoing work progress.

An important step has been taken to improve the nation's healthcare system with the establishment of this hospital. Residents of Enmore and the surrounding areas will have better access to healthcare once the facility is completed by

the end of this year.

The Ministry of Health remains dedicated to enhancing healthcare services across Guyana.



Health Minister visits Diamond Regional Hospital construction site

Minister of Health, Hon Dr Frank Anthony, conducted a site visit of the ongoing construction for the Diamond Regional Hospital, East

Bank Demerara on April 18.

This modern facility, expected to be commissioned shortly, will

significantly expand healthcare access and services for communities along the East Bank of Demerara.



Health Minister engages PAHO Consultant women's health issues

Minister of Health, Hon Dr Frank Anthony, on April 22 received a courtesy call from the Pan American Health Organization/World Health Organization (PAHO/WHO) Consultant, Ms Cecilia Delany, following which they held discussions on the evaluation of the

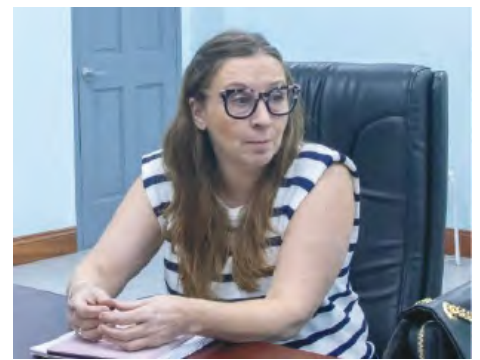
Canadian-funded health project focused on improving the health of women and adolescent girls in situations of vulnerability.

The meeting provided an opportunity to assess progress, share insights and explore ways to further strengthen the project's

impact on the country's healthcare system. Also present were Chief Medical Officer, Dr Narine Singh; Director of Primary Healthcare Services, Dr Ertenisa Hamilton; PAHO/WHO Representative, Dr Kim Eva Dickson; and other senior health officials.



Minister of Health, Hon Dr Frank Anthony, engages in discussions with Pan American Health Organization/World Health Organization (PAHO/WHO) Consultant, Ms Cecilia Delany, along with other officials from the Ministry and PAHO/WHO.



PAHO/WHO Consultant, Ms Cecilia Delany.

Ministry of Health, Suriname Blood Bank strengthen ties

Minister of Health, Hon Dr Frank Anthony, on April 24 welcomed Director of the Suriname Blood Bank, Mr Glenn Winjaarde, for a courtesy visit at the Ministry's Brickdam Headquarters, Georgetown.

The meeting focused on fostering collaboration and exploring areas of mutual interest in the field of blood transfusion services.

Also in attendance were Dr Pedro Lewis, Director of the National Blood Transfusion Services (NBTS) of Guyana, and Mr Finck Vincent, representing the Surinamese delegation.

The meeting reflects the ongoing commitment of both Guyana and Suriname to improving public health outcomes through collaboration and innovation in healthcare.

Minister of Health Hon Dr Frank Anthony engages in dialogue on areas of mutual interest with Mr Glenn Winjaarde, Director of the Suriname Blood Bank, Dr Pedro Lewis, Director of the National Blood Transfusion Services (NBTS) of Guyana, and Mr Finck Vincent, representing the Surinamese delegation.



Local doctors benefit from session with Apollo Hospital Group

A Continued Medical Education (CME) session was held on April 24 at the Pegasus Corporate Suites in Kingston, Georgetown, bringing together several local physicians and a delegation from the Apollo Hospitals Group, based in India.

The event was hosted in collaboration with the Ministry of Health and the Human Organ and Tissue Transplant Agency, Human Organ and Tissue Transplant Agency, which is part of Ontario Health in Canada.

The visiting delegation, led by Professor Anupam Sibal, an internationally renowned Paediatric Gastroenterologist and Group Medical Director of Apollo Hospitals, who is in Guyana for high-level discussions with the Ministry of Health, aimed at exploring strategic healthcare

partnerships.

Minister of Health, Hon Dr Frank Anthony, addressed attendees during the session and expressed sincere gratitude to the Apollo Hospitals delegation for their commitment to supporting medical education and healthcare development in Guyana.

He emphasized the Ministry's eagerness to deepen bilateral engagement with Apollo Hospitals Group as part of Guyana's ongoing efforts to enhance healthcare delivery and medical expertise across the country.

"The Apollo team's commitment to clinical excellence and compassionate patient care aligns closely with our vision for Guyana's healthcare future," the Minister said. He recounted his

recent visit to India, where he toured Apollo's facilities and attended the Apollo Patient Safety Conference, gaining insight into the group's global impact.

The Minister praised Apollo's long-standing commitment to patient follow-up, sharing a personal anecdote of post-treatment care coordination for a Guyanese patient. "That kind of care, even from across continents, is exactly what our health system strives for," said Dr Anthony.

This visit sets the stage for enhanced cooperation in specialised medical training, clinical services and institutional development between Guyana and India.

MOH hosts training on diversity, equality

The Ministry of Health (MOH), in collaboration with the Ethnic Relations Commission (ERC), hosted an engaging training session on diversity, equality and inclusion on April 10 in the Ministry's conference room on Brickdam, Georgetown.

This initiative forms part of the Ministry's ongoing commitment to fostering a more inclusive, respectful and equitable workplace environment for all employees.

Among those in attendance were Human Resources Manager, MsTamica Noel; Principal

Personnel Officer, Mr Mohan Ramrattan; and members of the ERC team who facilitated meaningful discussions and shared valuable insights on promoting unity and embracing diversity in the public sector.



Health Ministry celebrates Administrative Professionals Day

The Ministry of Health commemorated Administrative Professionals Day on April 25 with a small ceremony in appreciation of its dedicated administrative staff. Tokens of appreciation were distributed as a gesture of gratitude for their hard work and commitment.

Permanent Secretary, Mr Malcolm Watkins, in brief remarks thanked the administrative team and the coordinators of the event. He noted that the Ministry is working to redefine the role of personnel, moving beyond traditional human resource management to incorporate a more human-centred approach.

"We're aiming to go beyond just processing paperwork or responding with sharp, impersonal answers. It's about adding a human element to the department," Mr Watkins said. "We truly appreciate the efforts of our staff who are helping to raise the bar and improve service across the Ministry."

Human Resources Manager, Ms Tamica Noel, also shared words of encouragement with the staff, reminding them of the value they bring to their roles. "Always ensure that whatever you are doing, you are giving the best of you, and don't settle for less," she said.

The Ministry remains committed to fostering a supportive and empowering work environment where all staff, especially those in administrative roles, feel valued and recognised.



Health Ministry celebrates Easter with staff

The Ministry of Health (MOH) ushered in the Easter season on April 17 with a vibrant celebration that brought together staff and leadership for a day of worship, cultural expression and community spirit.

A special worship service was held at the Ministry's compound, where staff gathered for moments of reflection, gratitude and renewal, embracing the true essence of Easter: hope, unity and new beginnings.

The celebration continued with a lively Easter Hat Show, where employees showcased their creativity and festive flair. The day concluded with a kite distribution activity, adding a joyful touch to the occasion.

Minister of Health, Hon Dr Frank Anthony, delivered brief, but inspiring remarks, encouraging unity, compassion and continued collaboration among staff.



Strengthening ties through wellness

-as Guyana, India hosts early morning yoga session

The Ministry of Health, in collaboration with the High Commission of India, hosted a vibrant early morning yoga session on April 27 at the National Park, Georgetown. The event was organised as part of ongoing efforts to promote physical wellness, mental health and the benefits of holistic living among Guyanese citizens.

The session also served to highlight the strong cultural and diplomatic ties between Guyana and India, particularly through the shared

appreciation for yoga as a global practice of health and unity.

Present at the event were Minister of Health, Hon Dr Frank Anthony; Indian High Commissioner to Guyana, Dr Amit Telang; and other senior officials from the Ministry of Health and the Indian High Commission. The participants engaged in a series of guided yoga exercises, focusing on breathing techniques, stretching, mindfulness and relaxation.

As part of the activity, the Ministry

of Health reaffirmed its commitment to supporting initiatives that encourage healthy lifestyles and expressed gratitude to the High Commission of India for its continued partnership.



Participants engaged in relaxing yoga exercises.

Health Minister talks up cancer prevention at Rotaract medical outreach

Minister of Health, Hon Dr Frank Anthony, delivered the featured address at a medical outreach hosted by the Rotaract Club of the University of Guyana (UG), reinforcing the Ministry's commitment to cancer prevention and early detection across the country.

Addressing an audience of young leaders, medical professionals and key partners, Dr Anthony emphasised the crucial role young people play in advancing health education and community outreach. The event was held on April 27 at the Indian Monument Garden, Georgetown.

The Minister shared significant updates on national initiatives aimed at combating some of the

most prevalent cancers affecting Guyanese citizens, including cervical, breast and prostate cancers.

The Minister highlighted the success of the Ministry's human papillomavirus (HPV) testing and vaccination campaign, noting that over 12,000 women were tested nationwide in 2023. He also announced that Guyana will soon introduce the nine-valent HPV vaccine through a new partnership with Merck Pharmaceuticals, an American multinational pharmaceutical company headquartered in New Jersey, enhancing the country's efforts to eliminate cervical cancer.

"We want you to be ambassadors in the fight against cervical cancer,

Together, we can envision a future where cervical cancer is no longer a threat to our people," he said.

Dr Frank Anthony outlined the expansion of breast cancer screening services, with the addition of four new mammography machines across the regions, and stressed the importance of regular prostate cancer screenings for men, supported by the Ministry's expanded Prostate-Specific Antigen (PSA) testing programme.

The event underscored the importance of partnerships between Government agencies, youth organisations and health stakeholders to create a healthier Guyana through education, vaccination and early screening.

Health Minister engages PAHO, int'l experts on antimicrobial resistance



Minister of Health, Hon Dr Frank Anthony, along with representatives of the PAHO/WHO Antimicrobial Resistance (AMR) Laboratory Assessment and Capacity Building Mission during a meeting to strengthen Guyana's AMR response.

Minister of Health, Hon Dr Frank Anthony, recently held a high-level meeting with the Pan American Health Organisation/World Health Organisation (PAHO/WHO) Antimicrobial Resistance (AMR) Laboratory Assessment and Capacity Building Mission. The engagement focused on strengthening Guyana's response to the growing challenge

of antimicrobial resistance through improved laboratory capacity, surveillance and coordinated action.

The visiting delegation included Mr Marcelo Galas, Technical Officer for Antimicrobial Resistance Surveillance, PAHO; Dr Grisel Rodriguez, International Consultant on Antimicrobial

Resistance, PAHO; and Mr Josh Adam, Regional AMR Project Lead, International Directorate in the Department of Health and Social Care (DHSC), U.K.

During the meeting, Dr Anthony reaffirmed Guyana's commitment to addressing antimicrobial resistance as a critical public health priority and welcomed the technical support and expertise offered by PAHO and its international partners.

The team's mission includes laboratory assessments and capacity-building initiatives aimed at enhancing national surveillance systems and strengthening laboratory diagnostics related to AMR.

Among those present at the meeting were PAHO/WHO Representative to Guyana, Dr Kim Ava Dickson, and other senior health officials.

Health Minister joins Foulis Elim Pentecostal Church for Good Friday service

Minister of Health, Hon Dr Frank Anthony, joined the congregation of the Foulis Elim Pentecostal Church, East Coast Demerara for a special Good Friday service held on April 18.

The Minister's presence was warmly welcomed by church leaders and members alike, as they gathered to reflect on the profound meaning of the day within the Christian faith.

The service was filled with heartfelt worship, scripture readings and a powerful sermon focusing on the sacrifice and love exemplified in the crucifixion of Jesus Christ.

Good Friday marks a solemn yet hopeful moment for Christians worldwide and the observance served as a reminder of faith's enduring power to unite and uplift.



Minister of Health, Hon Dr Frank Anthony, at the Foulis Elim Pentecostal Church, East Coast Demerara on April 18.