

NOVEMBER 2025

Monthly Newsletter



EIM NETWORK

30-Days Gratitude Challenge

NOVEMBER 2025

The 30-day gratitude challenge is here

🌸 Join our **#ExcellentLadyDocs Gratitude Challenge!** 🌸

To participate, simply share a gratitude post : it could be an IG story, reel, post, WhatsApp status, LinkedIn update, or TikTok video. Remember to tag us **@excellentlydocs**

Don't forget to use these hashtags:

- 🌟 **#ExcellentLadyDocs**
- 🌟 **#EIMGratitudeChallenge**
- 🌟 **#ELDocsGratitudeChallenge**
- 🌟 **#Healingthroughgratitude**

We'll repost your tag and might even collaborate with you! 🌟

🎁 Bonus: **There is a special gift for anyone who completes a 30-day gratitude streak!**

Tag a friend who needs to join this beautiful challenge. Let's spread positivity and heal through gratitude together. ❤️

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Pancreatic Cancer Does not Discriminate: Shine the Light and Spread Awareness.

DR.OPEYEMI ODETUNDE

When 36-year-old Ada from Lagos first felt a dull ache in her back, she brushed it off as stress from juggling work, family, and church commitments. Across the globe in London, 70-year-old Mr. Blues for the umpteenth time dismissed persistent stomach discomfort as a normal sign of ageing. Weeks later, both would receive the life-altering news: pancreatic cancer.



Pancreatic Cancer Does not Discriminate:
Shine the Light.

These stories remind us of a sobering reality: pancreatic cancer does not discriminate. It does not care about age, gender, location, or lifestyle. This is why raising awareness is vital. Spreading knowledge about pancreatic cancer symptoms, risk factors, and early detection can save lives worldwide.

Hidden,small but mighty

The pancreas is a small organ hidden deep in the abdomen, responsible for digestion and blood sugar regulation. When cancer develops in this organ, it often progresses silently.

7 Steps to Reduce Your Risk for Pancreatic Cancer

-  **1 Know the Symptoms**
-  **2 Make Healthy Food Choices**
-  **3 Get Moving**
-  **4 Limit Alcohol**
-  **5 Don't Use Tobacco Products**
-  **6 Be Mindful of Your Weight**
-  **7 Learn Your Family History and Get an Annual Check-up**

According to the World Health Organization(2022), more than 470,000 people die from pancreatic cancer globally each year, making it one of the deadliest cancers in the world.

Pancreatic cancer is notoriously hard to detect early. Early symptoms like unexplained weight loss, fatigue, abdominal or back pain, and yellowing of the skin or eyes (jaundice) are often mistaken for minor health issues.

Pancreatic cancer is notoriously hard to detect early. Early symptoms like unexplained weight loss, fatigue, abdominal or back pain, and yellowing of the skin or eyes (jaundice) are often mistaken for minor health issues.

This delay in diagnosis is a key reason why pancreatic cancer survival rates remain low worldwide.

Why Awareness?

From Lagos to Tokyo, New York to Nairobi, pancreatic cancer can affect anyone.

Globally, pancreatic cancer awareness campaigns are critical. Educating people about the signs and symptoms empowers them to seek help early.

The mantra is simple but powerful: shine the light on pancreatic cancer, because when we do, we save lives.

Even those with no obvious risk factors: **non-smokers, healthy weight, no family history, can develop pancreatic cancer. Smoking, obesity, type 2 diabetes, and chronic pancreatitis increase the risk, but no one is fully immune.** Thus awareness, education, and vigilance are essential for everyone.

Pancreatic Cancer Symptoms

Understanding the early warning signs of pancreatic cancer can make all the difference.

Common symptoms include:

- Persistent back or upper abdominal pain
- Unexplained weight loss
- Yellowing of the skin or eyes (jaundice) Itchy skin or light-colored stools
- Sudden onset or difficulty controlling diabetes

There is hope, but you have to be early

The treatment landscape is clear: surgical removal of the tumor is the only potentially curative option, but only a small fraction of patients are eligible at diagnosis.

Chemotherapy, radiation, and palliative care remain essential for many patients.

Despite the challenges, hope exists. Worldwide research is advancing rapidly.

Scientists are exploring: early detection methods, molecular markers, immunotherapies, and gene-based treatments.



Awareness campaigns and fundraising efforts play a key role in supporting this research. Every donation, shared story, or awareness initiative contributes to progress

How can I join the awareness train?

Pancreatic cancer awareness is a global responsibility. No matter where you live: Nigeria, the United States, Japan, or Brazil, you can make a difference:

1. **Learn the facts:** Educate yourself and your community about pancreatic cancer, risk factors, and symptoms.

2. **Talk about it:** Share stories on social media, in schools, workplaces, and community groups.

Use hashtags like #PancreaticCancerAwareness to reach a global audience.

3. **Support research and advocacy:** Donate to organizations fighting pancreatic cancer, participate in awareness events, or volunteer.

4. **Encourage healthy living:**

Avoid smoking, maintain a healthy weight, and monitor diabetes. While these do not guarantee prevention, they reduce risk.

5. **Seek medical attention early:**

Persistent, unexplained symptoms should never be ignored.

Early detection improves treatment outcomes significantly.

Pancreatic cancer may be silent, yet it is aggressive and fatal, so, we cannot afford to be silent. Every shared story, every purple ribbon, every awareness campaign is a beacon of hope.

Pancreatic cancer does not discriminate, neither does hope, knowledge, and the global community's determination to fight it.

By spreading awareness, supporting research, and recognizing early symptoms, we can change the narrative.

Together, we can shine the light on pancreatic cancer, save lives, and offer hope to millions around the world.

Are you willing to shine the Light?

So often, the human mind becomes absorbed in the weight of past hurts, personal inadequacies, mistakes, and failures. These experiences, though part of life's journey, can quietly condition the heart to dwell in dissatisfaction with the present.

Over time, this mindset may give rise to subtle bitterness, lingering sadness, and even ingratitude. It becomes tempting to justify every reason not to be thankful; reasons that appear rational but, in truth, only sustain a cycle of discontent and emotional fatigue.

As the year 2025 gradually draws to a close, this season presents an opportunity for deep reflection. As lady doctors of the Excellence in Medicine Network, it is natural to look back on the year and evaluate our personal and professional journeys. Yet, such reflection should not focus solely on unmet expectations: the career goals deferred, the opportunities missed, or even the loved ones and relationships we may have lost along the way.

Instead, let the lens of reflection shift toward the quiet yet profound blessings that often go unnoticed: the gift of health and strength, growth in our professions, the warmth of family and friends, and the privilege of meaningful, strategic relationships. Let gratitude move beyond the realm of unanswered prayers and extend to the countless mercies we receive daily, often without thought or request.

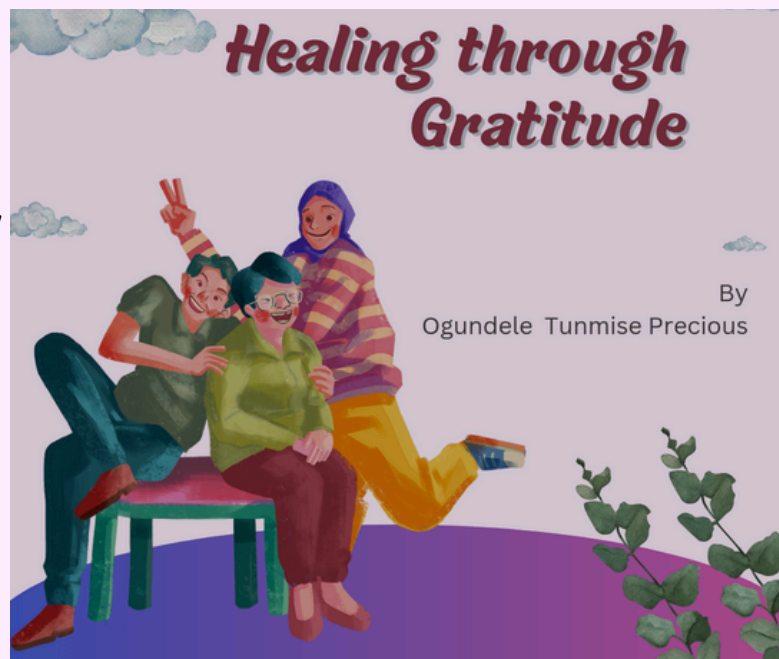
Gratitude, however, is not limited to thankfulness toward God alone. It is also an inner act of healing: choosing to forgive oneself for past mistakes, releasing the weight of disappointments, and learning to celebrate both great and small victories.

In Dr. Jumoke Ladapo's words: the goal post may change, the goal does not. And sometimes, the ability to put the ball on the spot and give it another kick is the gratitude we need in that moment.

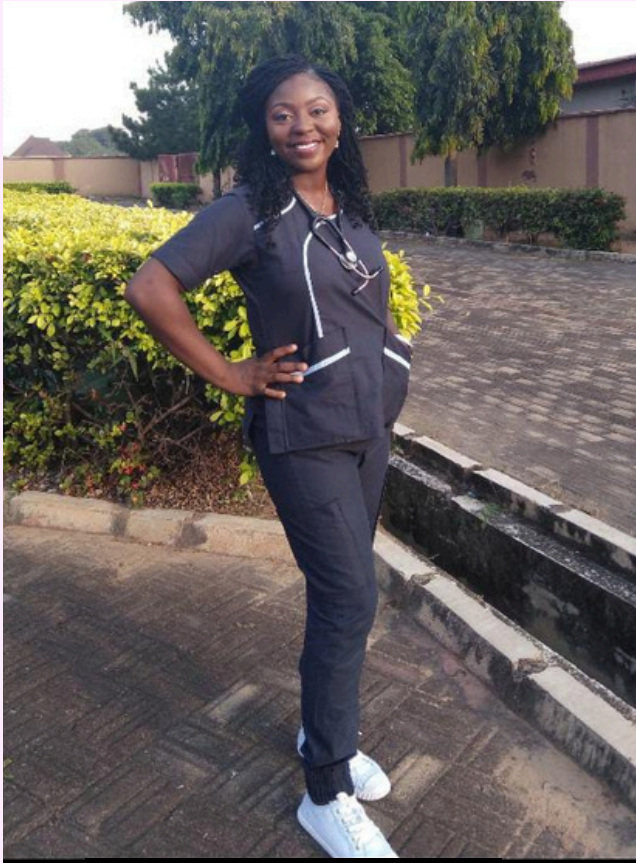
Also, it is expressed through appreciation for the people who color our lives: our parents, friends, colleagues, mentors, and all who contribute to our journey in visible and invisible ways.

As we intentionally cultivate gratitude, especially in this reflective month of November, we awaken our minds to a deeper awareness of how far we have come. We begin to see the milestones achieved, the resilience built through challenges, and the unique strength that defines each of us.

Gratitude, in its truest form, becomes a pathway to healing: a reminder that even amid imperfection, there is beauty, growth, and grace.



By Ogundele Tunmise Precious



Dr. Rhoda ACHAM

SPEC DOCTOR of the MONTH

"THE SAME FORCE THAT PUSHES ME IS THE SAME THAT KEEPS ME GOING AND I HAVE NEVER REGRETTED BEING A DOCTOR FOR ONCE."

The FORCE BEHIND EDITORIAL TEAM

1. Who is Dr Rhoda outside medicine/ the hospital?

Outside medicine, Rhoda is a lover of God, a wife, a mother, a sister, a daughter, a friend, a writer, a singer and a song writer.

2. When did you join EIM and how has it impacted your life?

I joined EIM in 2020 and I can say she (EIM) has brought so much light, clarity and direction into my life. I joined at one of the lowest points in my life and that has been a turning point and a reference point to many things that make sense in my life right now.

3. You coordinate the research and writing team. What inspired you, and how has your experience/journey been so far?

My greatest inspiration has been Dr Jummy. I have always loved to write and speak, but the journey in medical school had made me forget that there was that part of me.

Meeting Dr Jummy shone the light on aspects of my life that I had forgotten existed. I began writing again; I even had a blog with lots of beautiful posts. To strengthen me in that regard, she made me write for EIM website blog which was later transformed into a full-fledged editorial team for EIM with me coordinating.

The journey has been a beautiful experience, working with great minds to keep the blog alive and carry out other editorial functions. It gives me great joy to do this.

4. What inspired you to choose medicine, and what has kept you motivated over the years?

Frankly speaking, there has been a force pushing and nudging me in this direction. I never wanted to be a science student talk more of study medicine, but something keeps leading me on and easing my path. It has been a wonder and I would choose medicine a million times over if I could go back 14 years. The same force that pushes me is the same that keeps me going and I have never regretted being a doctor for once.

5. How do you balance patient care with personal well-being and your passions, especially during stressful periods?

To be honest, I struggle on many occasions to balance it all. I am mostly stressed but I love the care given to patients and how it makes them feel. However, I am learning to be my first patient, to care for myself and loved ones and not allow other aspects of my life to suffer.

6. What challenges have you faced as a female doctor, and how did you overcome them?

Funny instances come to mind like being called a 'nurse', patients asking to see the 'real doctor' because they don't believe you are one, patients expressly refusing your care and asking for a male instead, etc.

In all these, I remind myself of my worth and the effort, time and commitment it took me to get here, so I do not let these deter me from doing my work with all dedication and focus because I know who I am.

7. How do you think the role of women in medicine has evolved since you started practicing?

I have seen a lot of women in medicine go into specialties where women dared not before, and they are thriving. We now bear much responsibility and are at the helm of affairs. Women are no longer held back by excuses but thrive through the difficulties to peaks that seem unreal, yet their families and children do not suffer. It's a new level of super power.

"WOMEN ARE NO LONGER HELD BACK BY EXCUSES BUT THRIVE THROUGH THE DIFFICULTIES TO PEAKS THAT SEEM UNREAL, YET THEIR FAMILIES AND CHILDREN DO NOT SUFFER. IT'S A NEW LEVEL OF SUPER POWER."

8. What advice would you give to young female medical students or doctors just starting out?

I would say, do not limit yourself. You can do it all and do it excellently. Do not create restrictions in your mind because as a man (woman in this case) thinketh, so is (s)he.

9. Who or what inspires you the most in your personal or professional life?

God. I am in awe of His wonder. In medicine, I cannot help but marvel at the precision of His creation, and how a millimetre can make so much difference. In life, I just want to fulfill His purpose for creating me that when I stand before those pearly gates one day, I will hear, 'Well done good and faithful servant.'

10. How do you unwind or take care of your mental health after a long day?

Most times, I watch movies: happy movies with happy endings. I used to love horror movies but for years now I have deliberately stayed away from them and focused on peaceful, happy movies that keep me smiling ear to ear. I also listen to music and converse with loved ones.

11. What's one message or life lesson you'd like to leave with every female doctor reading this?

What is worth doing, is worth doing well. Give it your best if you have decided to do it.

By DIJA YUSUFU PAPKA



FUN CORNER

by

Opeyemi Precious Salako

Laugh Lounge 😊 – Relatable Moments in Medicine 😊

When You Know You're a Female Med Pro...

- ★ You have a PhD in balancing takeaway food on ward rounds 🍱
- ★ You can switch from “Yes, ma” to “Yes, ma’am” depending on who’s talking 😊
- ★ Your hair has seen more masks and caps than salon days.
- ★ You’ve said “I’ll rest after this call” ... since 2019.

🙌 Moral of the story: You’re not just surviving — you’re mastering controlled chaos with style.



Things only Medical Students can relate to:

- 🌹 You wear your stethoscope like a medal of honor, even if you not used it in a week.
- 🌻 Your clinical bag weighs more than your entire self-esteem during ward rounds.
- 🌹 The hunger/sleep that comes upon you after anatomy dissection.
- 🌻 Consultants love to ask the one question you didn't revise.

The Recharge Section

In 1975, **Sylvester Stallone** was a broke, struggling actor. He had written the script for a boxing movie called **Rocky**, and after a difficult negotiation, he was given the green light to star in it, but with a tiny budget and a brutal schedule: the entire film had to be shot in just **28 days**.

Starting in November, Stallone and his small crew raced against the clock, filming on the real, gritty streets of Philadelphia. They had no time for luxury—just intense focus.

Rocky went on to be released the following year, becoming a massive hit, and winning the **Academy Award for Best Picture**.

The Takeaway: Stallone created an Oscar-winning masterpiece in less time than the single month of November. The calendar might say 60 days, but your potential for focused, life-changing action is only limited by your will. Don't start pushing all your goals to 2026 yet. Something powerful and life-changing can still be achieved in 2025. **Start your own sprint now!**



Guess the diagnosis

Instruction: The combination of the emojis point to a medical diagnosis.

For example :

- 🤧💧👁️ = Conjunctivitis
- 📄🍰👤➡️📄📺 = Diabetes Mellitus

Now you are to guess the remaining using the combinatuin of the emojis, just like the examples above. **Record all your answers and send them via a WhatsApp DM to :**

+2348028584920

🤧🔪🤧➡️💊 = ?

💔👤👤 = ?

🍕🍷➡️👤➡️💊 = ?

💀📄⚡ = ?

🧠🔥🤪 = ?

TIP: Winner Gets a special gift

Win In 2026

WITH DR. JUMMY'S

12 MONTHS OF ACCOUNTABILITY AND MENTORSHIP

WITH THIS MENTORSHIP, YOU STAND TO GAIN

Career & Professional Growth

- Road maps, SMARTER goals, vision board sessions
- Accountability, feedback & one-on-one coaching

Community & Support

- Monthly mastermind sessions & empowering encouragement
- Sisterhood, affirming community & mentorship

Wellness & Lifestyle

- Fun hangouts, wellness support, and balanced living



DATE:
JANUARY -
DECEMBER
2026



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Thank you for reading!