

The Beat

Corporate Magazine | October 2022





EDITOR'S NOTE

Dear Colleagues,

Welcome to the first edition of our internal magazine - *The Beat Magazine*.

We shall focus on the new headquarters in Johannesburg in this maiden release. This is a major milestone for Cerba Lancet Africa, as the team is continuously growing and the move provides much better workspace, in addition to being more spacious and modern. The new offices will also allow for fulfilment of the ambitious growth plans for Africa and deliver on the commitment to provide high-quality, cost-effective diagnostic services.

Given that we provide vital diagnostic, monitoring and screening testing from routine to specialised, and esoteric tests through standalone laboratory facilities in partnership with other organisations, we have sections where we highlight activities for the first quarter.

I hope you all enjoy and learn new things and ideas from this edition.

Enjoy the read.



Content

4

Chairman's Statement

The Strides made at Pathologists Lancet Kenya

5

GCEO & MD Statement

New projects at Pathologists Lancet Kenya

18

What's New



16
Lead Story

Why the Joint Venture is important for Kenya and Africa

19

Our Voice

11

Pictorial

Have a glimpse of what everyone has been up to!



6

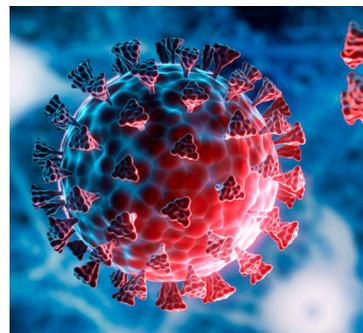
Quarter Updates

Highlights from Institut Cerba Awards and events from the previous quarter.

20

Doc Corner

Opinion pieces from pathologists



22

Press Releases



The strides made at Pathologists Lancet Kenya

I am pleased to write to you in the first edition of *The Beat Magazine*.

We are making significant advances in the execution of our mission of being the leading force in local medical diagnostics in Africa, while offering the highest standards of pathology and biomedical services to patients and medical communities across the continent.

We believe that the path we have taken is proving to be correct. In particular, the idea of opening a new headquarters at 44 Stanley Studio, Milpark in Johannesburg, South Africa, is a major milestone for Cerba Lancet Africa, as we are now ready to deliver on our ambitious growth plans for Africa. This is a key breakthrough as we continue growing, and the move has provided much better workspace that is spacious and modern.

I have been excited by the partnership between Cerba Lancet Africa, IFC and Proparco, through which we are expanding our diagnostic capacity. This partnership has proven to be critical in tackling COVID-19,

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We are consolidating our service offerings and shall be launching two strategic divisions.

which exposed vulnerabilities in health systems across Africa and the need for increased testing and laboratories. The financial support from IFC, a member of the World Bank Group, and Proparco, a subsidiary of Agence Française de Développement (AFD), has reinforced our ability to upgrade our existing diagnostic laboratories as well as expand our footprint into new markets.

This development allows us to continue with the goal of ensuring that we live up to our commitment to deliver high-quality, cost-effective diagnostic services. Our ultimate aim is to develop a customer-centric culture, improved operational efficiencies and continually invest in employees.

We are also consolidating our service offerings and we shall be launching two strategic divisions:

i. Imaging & Radiology Division - This will reinforce our leading diagnostics service provider position.

ii. Corporate Health Service Division - This will offer a full suite of medical services to businesses across a wide range of industries.

This is a call to our management team, pathologists, and partners to continue providing Africa with the best medical diagnostic solutions at world-class standards to improve the quality of life in our communities.



New projects at Pathologists Lancet Kenya

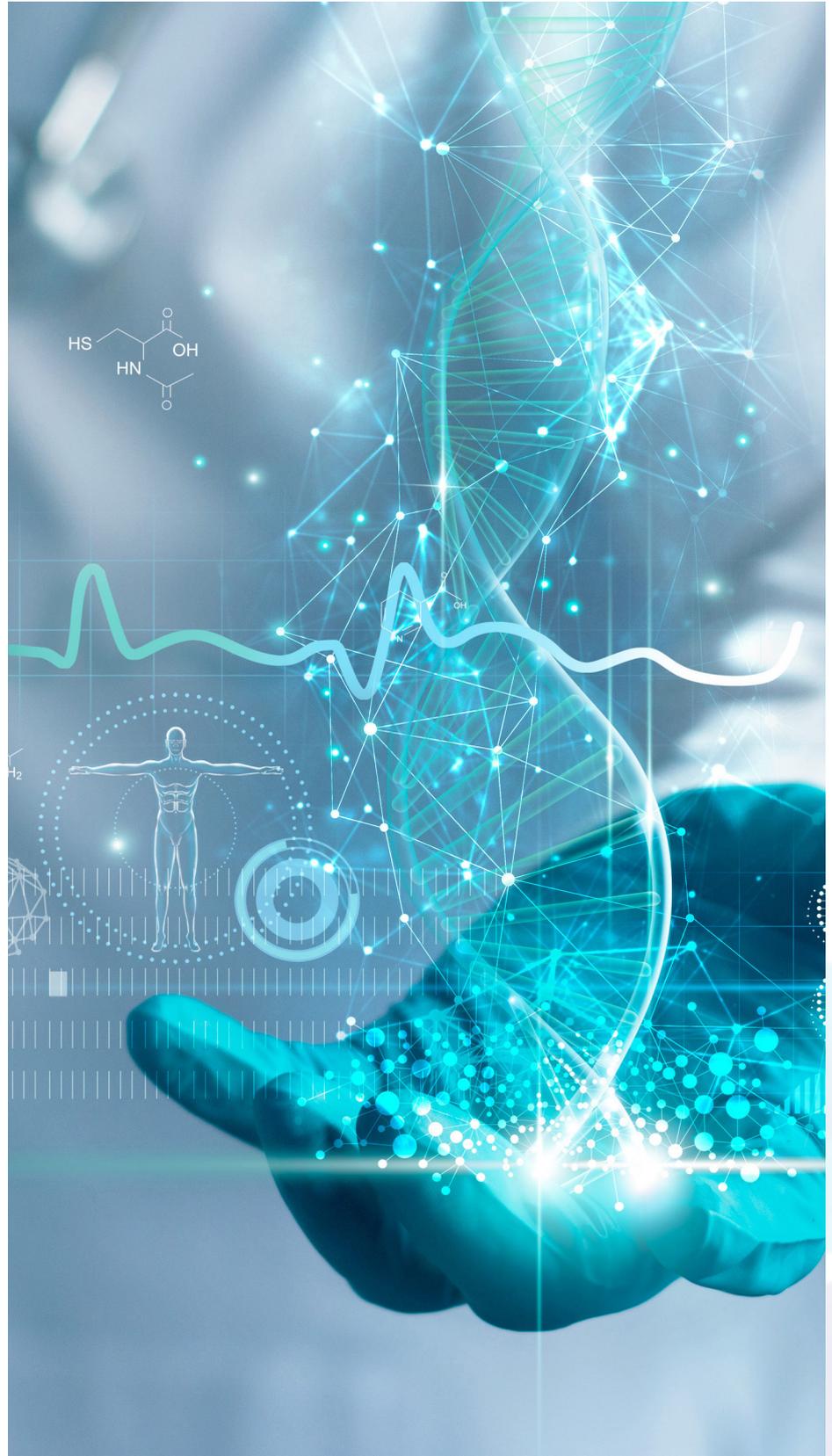
I am delighted to present to you our first edition of *The Beat Magazine*.

In this edition, we highlight the critical role pathology plays in guiding clinical decisions concerning patient diagnosis and treatment. This is key because in developing countries, an estimated 70 percent of diagnoses made are dependent on laboratory test results. It is also important to note that inadequate pathology services result in ineffective treatment programmes due to delayed or inaccurate diagnosis.

As we move forward, we are banking on a strengthened leadership team with deep market knowledge and expertise to drive an uptake of our services across the region. In the coming months, across the region, you will note and/or be called upon to be part of various projects in the organisation aimed at increasing our efficiency, gaining deeper insights into our business, reducing costs to patients and improving on turnaround time. These new projects include developments in IT networks, HR platforms, deployment of new ERP systems, and Transport and Courier platforms among many others. All these projects, once they are successfully deployed, will pivot the organisation to the next growth phase

We have entered into strategic partnerships with several organisations such as Gold Star Kenya and Ponea, which are benefiting hundreds of private health facilities from all over the country. Through such partnerships and many others in the pipeline, facilities and patients under our partners' networks franchise are benefiting from quality, assured and affordable lab tests provided by us.

I am truly excited and energised when I think of our future and what we can all do together for the benefit of our customers and patients, and look forward to making this a reality with you.





Mohamed Jaldesa

Eastern and North Eastern Kenya Regional Technical Manager for Cerba Lancet Africa

Iresa Boru Water Scheme

Programme to give the people of Iresa Boru village a fresh start through provision of a clean water supply

Mohamed Jaldesa, you are one of the winners of the Institut Cerba’s internal call for projects, which aims to support employees’ associative commitments. Can you tell us about your project?

I am one of the founders of the ‘Iresa Boru Water scheme’, which was set up in 2021. As the name suggests, its objective is to provide clean and safe drinking water to the residents of Iresa Boru, a village with 400 households, i.e., about 3,200 inhabitants, located near the border with Somalia and which is regularly affected by major droughts.

Our project has three objectives: To repair the existing Iresa Boru borehole and to construct a new one; to restore the currently non-functional piping system; and to rehabilitate a disused water tank for water storage and distribution.

Why did you get involved in this particular cause?

I live in Iresa Boru and access to water is one of the biggest problems our community faces, my own family included. Residents (especially women and children) have to walk every single day to fetch water, sometimes up to 20km, leaving before dawn and returning around midday, exhausted.

As a first-hand witness to the disastrous consequences that lack of water is having on the community, I could not stand by and do nothing. My first action was to build a water tank in a nearby mosque. I then set up a broader Iresa Boru Water scheme that will be supported by the Institut Cerba, and which now banks on 15 committed volunteers.

How did you react when you heard that you were one of the winners of the call for projects?

When I saw the word “Congratulations” in the introduction of the email informing us of the results of the call for projects, I couldn’t believe it! We had filled out so many funding applications that went unanswered... Receiving a positive response gives us hope and motivates us to continue with our efforts even further.

We will therefore continue with our fundraising and hope that other good news will follow. Iresa Boru is in one of the most remote places in Kenya, and the overall budget for our project is close to Ksh20 million (160,000 euros approximately), a substantial amount of money that we are trying to raise through a range of different channels.

Would you like to share a final word with us?

From the bottom of my heart and on behalf of all the members of Iresa Boru water scheme, I would like to thank the Institut Cerba for selecting our project. It is a new beginning for the residents of Iresa Boru, who are desperately trying to find a solution to the problem of water supply in their area.



As a first-hand witness to the disastrous consequences that lack of water is having on the community, I could not stand by and do nothing.



Humanity First Uganda



Abdu Kiwanuka

Head of the Chemistry Department at
Lancet Laboratories Uganda



A person can regain their sight in just one day through a simple cataract operation; an operation that all too often is beyond the patient's means.

Giving back sight, and life too.

Abdu Kiwanuka, congratulations on receiving this Institut Cerba award! Can you introduce your association to us and explain the project that you are carrying out?

I am a volunteer for Humanity First Uganda. Humanity First is an international aid and development organisation which, as its name suggests, works to protect human life and dignity. It offers help to people in need, regardless of caste, creed, colour or religion.

Since 2018, I have been responsible for the "Gift of Sight" project, which is one of the eight projects run by Humanity First Uganda. Its objective is to provide disadvantaged people with eye care and equipment: Glasses, eye drops, eye exams, but also surgery when necessary. The association finances many cataract operations, which too often are beyond the patient's means. However, this simple operation can enable a blind person to regain their sight overnight. In Uganda, according to the data I have collected, in the rural camps where we run the project, for every 4 people examined, 1 has a cataract.

Was there a particular event that pushed you to embrace this cause?

I don't remember a particular thing that led me to get involved. I have always been very conscious of the high value of human life, and I have always been committed to giving my time and the means I have at my disposal to protect it. And that is exactly what Humanity First is all about, so I have embraced it wholeheartedly!

Although there was no real trigger for me, the life stories I see on a daily basis make me want to keep going. The latest example is a mother of a five-year-old child who regained her sight after two operations and was able to see her child for the first time. I imagine that for these people it's like a rebirth, that a new way of life is offered to them thanks to the care they receive through the organisation.

How did you react when you heard that your project had been selected?



I was extremely proud when I received the email announcing the results. This is the largest donation I have been able to secure locally for the charity. I immediately shared the news with the other Humanity First volunteers. We decided to allocate all the money to the next Gift of Sight campaign, which will be organised in the Masaka region in the west of the country. We expect to receive around 1,000 people from the region and perform 90 cataract operations, and so the prize will cover a good part of the expenses, bearing in mind that a cataract operation carried out as part of our health campaigns costs about Ush240,000 (about 60 euros).

Any final words you would like to share with us?

I would like to thank Institut Cerba for its support. I am very happy to work for a Group that is committed and actively contributing to the preservation of human life.

Pathologists Lancet Kenya recently participated in the following events:

10th All Africa University Games - June 2022 (FASU Games)



Kenyatta University will host the 10th All Africa University games from **6th – 10th June 2022** at the university's main campus. These games will bring together 1,700 student-athletes from various African universities. The participants have been drawn from 13 African countries and are expected to start arriving in Kenya on 4th and 5th June, 2022.

The tournament will run from the **6th to 10th June, 2022**. All teams are expected to leave the Games Village at Kenyatta University on the 11th and 12th June, 2022. Considering the need for a COVID-19 test from their countries of origin, Pathologists Lancet Kenya Laboratories – Kenya will be on location to provide COVID-19 testing services for the athletes.

Pathologists Lancet Kenya will be key in:



Pathologists Lancet Kenya at the Mater Heart Run

- Providing COVID-19 testing for about 500 student-athletes.
- Collection and transportation of samples to the main laboratory for processing.

The Kenya Medical Association (KMA) Conference

The Kenya Medical Association (KMA) is a membership organisation representing Medical and Dental Practitioners registered to practise in Kenya with a twin mission of championing the welfare of doctors and advocating for the provision of quality healthcare for all.

The Association holds scientific conferences every year with different themes based on emerging changes and development in the healthcare industry.

This year's theme: Activating Health Systems Change To Improve Physician Well-Being

Venue : 1st - 4th June at Noble hotel Eldoret

These conferences contribute to the professional development of doctors as well as improving healthcare in general. Scientific papers and research are presented and discussed during the conferences and thereafter policies and resolutions formulated based around the discussions. These conferences have been held without fail for the past 49 years.

On behalf of the Kenya Medical Association (KMA) we invite you to the the 49th KMA Annual Scientific Conference to be held in Eldoret County, Kenya.

The Mater Heart Run

This year's Mater Heart Run was held on 11th June.

Rhino Charge

The Rhino Charge is an annual off-road 4x4 competition held in Kenya in which entrants are required to visit 13 check points (controls) scattered over approximately 100 km² of rough terrain within a 10-hour period.

The event is organised in order to raise funds to support the activities of the Rhino Ark Kenya Charitable Trust, an NGO which works towards a noble cause: The conservation and protections of Kenya's mountain range ecosystems, the so-called "Water Towers".

Pathologists Lancet Kenya will be sponsoring Team BundUfundi Car Number 38 under the leadership of Dr. Avery Patrick (UKStratCom-DMS-DPHC-NYG-CMP) and family, Sean/ Patrick/Kieran Avery. They were the champions of the Rhino Charge 2021.



Rhino Charge



Team 38 in partnership with Pathologists Lancet Kenya

To The Management Team of Pathologists Lancet Kenya,

I am writing to express my sincere gratitude for the very generous donation of Ksh100,000, which was made by Pathologists Lancet Kenya to The Rhino Ark Charitable Trust on account of our team's fundraising for the 2022 Rhino Charge event held on the 3rd of June. Your generosity and foresight in supporting this Kenya conservation charity contributed to us raising a total of Ksh3,052,000 as a team, which was our highest fundraising total for a number of years. This tally earned us a top 10 place in the overall fundraising out of a field of 60 vehicles and helped the event as a whole to raise an incredible Ksh156 million! In these days of heightened concern about the environment, the threat

of climate change, and the ongoing loss of forest cover and biodiversity it feels good to support a charity such as Rhino Ark. It works to support the likes of Kenya Forest Service and Kenya Wildlife Service in protecting Kenya's highland forests, and the essential environmental services they provide to the country in terms of water, air quality, carbon capture, and providing refuge for a vast amount of biodiversity. We very much hope we can count on your support in this fundraising cause once again next year.

The 2022 Rhino Charge was very successful from our team's perspective in more ways than just the fundraising.

This particular event was one of the hardest there has been for a number of years, held in Mosiro in the Rift Valley with teams having to traverse some incredibly harsh

terrain characterised by densely vegetated ancient lava flows, where giant lava boulders abound. Needless to say it was very difficult for teams and their vehicles trying to forge a route across this unforgiving landscape where few vehicle tracks exist. We came to this event as the defending champions from 2021 and we were under significant pressure to defend our title from a host of other very competitive and successful teams.

As you may well already be aware, the Rhino Charge is an unusual motorsport event not only because it raises such remarkable amounts of money for conservation but also because it is not about driving quickly. The winner of this event is the team/vehicle who manage to navigate their car across the landscape to 12 nominated 'control points' in the shortest distance possible. All teams have





10 hours in which to achieve this in a single day and whilst the distances involved are not large (this year the theoretical shortest distance on the course was about 21km) the nature of the terrain means that teams are still pushed to get their cars around within the allotted time. Imagine driving a total of 25km in 10 hours at 2.5km an hour. It would be significantly quicker to walk all the way around! To achieve this distance teams of 6 can use any means possible (driving, winching, sand ladders etc) to get their vehicles around. Good team work and good navigational decisions are key to success.

While we are not by any means strangers to success on this event (prior to this event we had finished top three on 11 occasions since 2004, including three victories) we understand from bitter experience how hard it is to win. Not only do you need to have a fairly flawless day in terms of your navigation and route choice, you also need to avoid breaking your vehicle, manage your time correctly, and enjoy a small amount of luck too.

Despite these challenges we were quietly confident. We picked a sensible route and spent the day driving as relentlessly straight as the terrain allowed. We managed to smash both sides of the windscreen in two separate incidents within 30 mins of starting, which was far from ideal as it meant our driver Sean, my dad, had his

dashboard covered in thorny vegetation debris all day. We ended up losing a lot of time early on in the day forging routes to the first couple of controls, but we then started to catch up whilst still going as straight as possible. The last couple of legs were pivotal in deciding the outcome of the day. Despite being pushed for time we managed to correctly find the only sensible route down a particularly steep lava escarpment, following a cattle trail to get down. Several other prominent teams missed this and got stuck, adding lots of distance in the process, whilst several other key contenders suffered mechanical failures.

In the end we got home to a finishing control with 12 minutes left in hand, having covered 24.7km. We were dusty, exhausted, cut, and

bruised but also extremely happy to finish such a challenging event with such a good distance. We were confident we would be competitive in the final standings.

At the prize-giving the following day we were told we had finished in the top three, but we then had to wait anxiously before once again being crowned as the champions of the event, much to our delight.

We had beaten the team in second place by close to 800 metres, which is fairly comprehensive in Rhino Charge terms. We now become one of only 4 teams to have won the event a total of four times and there is no team in the history of the event who has more podium finishes than us.

For us, the Rhino Charge and the cause it supports is a lifelong passion of ours. We do this event annually as a team of family and close friends on a relatively meagre budget compared with many of the other teams. We are incredibly proud of our achievements both in fundraising terms and in the event itself.

We have no intention of stopping at this point and if anything we are more hungry than ever to come back in 2023 to try and raise even more money and to achieve what no team has done before-a hat trick of victories. It certainly won't be easy though.

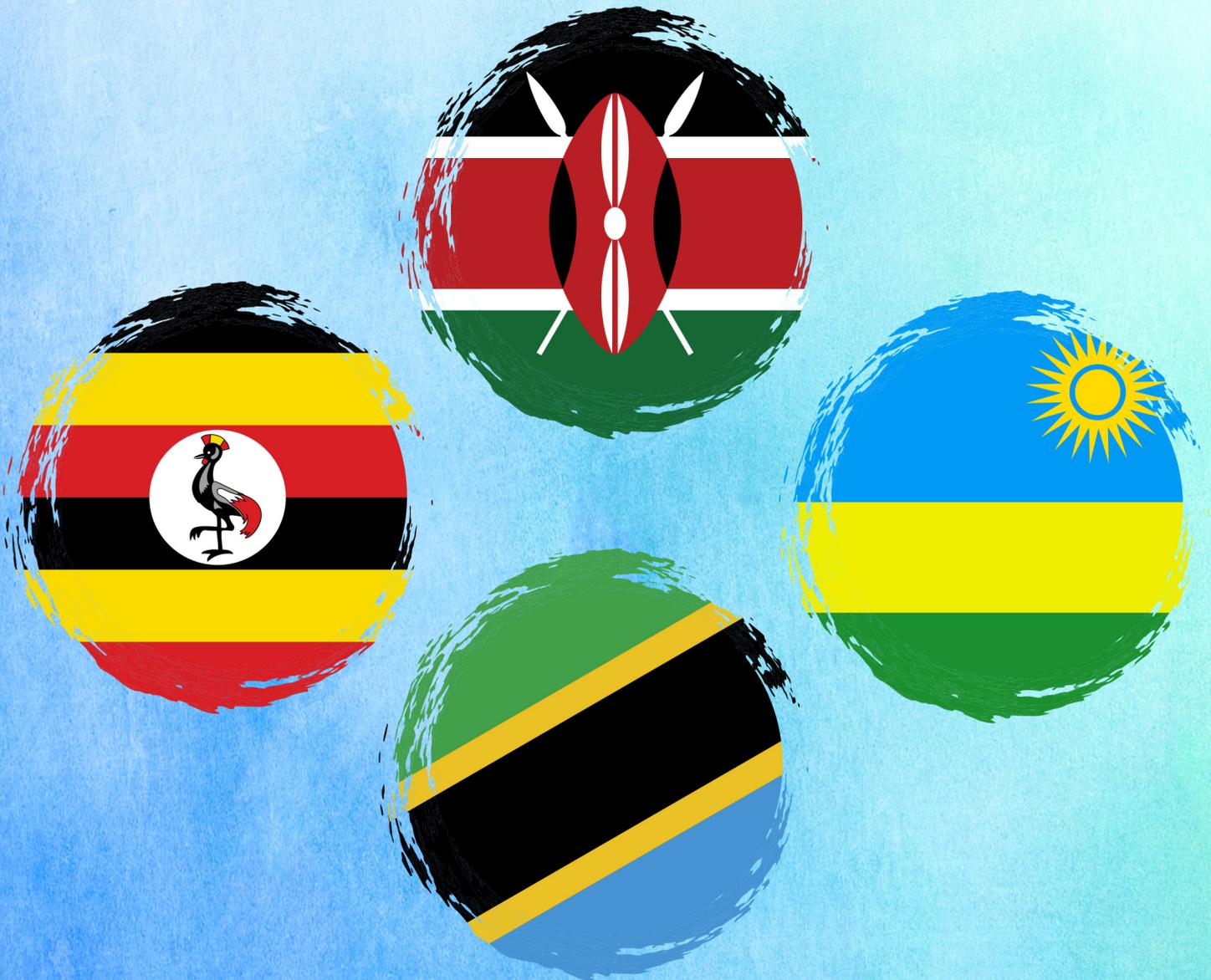
Once again, thank you for your support. Until 2023.....

Very best wishes

Patrick Avery, Team 38 Bundu Fundi



PICTORIAL





Tanzania



Management Retreat with Lancel laboratories Tanzania wider management team January 28th 2022.



We trust in building each other through innovative trainings that spice up work experience. A practical training session at Lancel laboratories Tanzania Limited's Management retreat in January 28th, 2022 to motivate and improve teamwork.



The Bismarck Rock City's Lancel Laboratories Ladies (in Mwanza) commemorating the World's Women's Day in style and taste, March 8th 2022.



Lancel Laboratories' ladies from the region where there is the highest peak in Africa- Kilimanjaro, commemorating International Women's Day on 8th March 2022 by raising awareness on HPV and self-sample collection kit- Evalyn Brush.



Splendid team from Lancel Laboratories Tanzania Regency celebrating international women's day on March 8th 2022.



Lancel laboratories Tanzania Conservation House dress in Kitenge, commemorating International women's day, March 8th 2022.



Lancel Laboratories' HQ ladies celebrating life to come as women and mothers, March 8th 2022.

Rwanda



6th Year anniversary of Lancet Laboratories Rwanda main branch that we celebrated on 4th February 2022.



1st visit of East Africa CEO to Rwanda- At the time of her visit, she met with all staff members present and agreed to pose for a souvenir photo at our front desk of the Main Lab in Kigali.

Kenya



Kericho Lab Team Following two days of KENAS Initial Assessment audit for Pathologists Lancet Kenya on 27th and 28th Jan 2022.



Garissa Branch Lab Team after being recommended for ISO 15189 Accreditation following successful Initial Assessment outcome conducted by KENAS on 31st Jan and 1st Feb 2022

Pathologists Lancet Kenya at Business Daily Top 40 under 40.



Pathologists Lancet Kenya sales team training



SSK- Surgical Society of Kenya



AKMLSO- Association of Kenya Medical Laboratory Scientific Officers



Ladies Fitness Club



KOGS- Kenya Obstetrical and Gynaecological Conference



International Women's Day



KMA- Kenya Medical Association



Pathologists Lancet Kenya couriers



KMA Conference Exhibition



KPA- Kenya Paediatric Association

Uganda

If you look at healthcare today, the focus is on disease. It's not about understanding wellness at all.

If we are to ensure that healthcare remains affordable and widely available for future generations, we need to radically rethink how we provide and manage it - in collaboration with key health system partners - and apply the technology that can help achieve these changes.

Lancet Laboratory in Kabale is located at Bank Lane opposite Stanbic Bank and next to Umeme offices.



At Medicus Health Care, conducting a CME on the topic "Importance of quality in Laboratory". Together with Dr Male William Mutumba MBChB, MMed (PATH), Mak. Dip-For-Clinical Med (Path) CMSA. Consultant Pathologist. Sharing knowledge and inspiration is equally important in our professional spheres.



CME AT Kabale Regional Referral Hospital – Western Uganda 4th March 2022



Conducting a CME at Rushoroza Hospital with our senior consultant Pathologist, Dr Male William Mutumba MBChB, MMed (PATH), Mak. Dip-For-Clinical Med (Path) CMSA. Consultant Pathologist.

Topics were: Cervical Cancer Screening and Immunohistochemistry in tumour diagnosis



Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. Courtesy costs nothing, but buys everything." "Always felt that if a man gives you a solid gold key to his door, he is entitled to the courtesy of a visit." Here with the management of Rugarama Hospital.



you see your doctor regularly, they can detect health conditions or diseases early. Early detection gives you the best chance for getting the right treatment quickly, avoiding any complications. Lancet Laboratories Muyenga is the site for your health issues. www.lancet.co.ug

The first wealth is health, prevention is better than cure, it is better to stop something before it happens instead of having to repair it or deal with its consequences after it has already been done.

We advise, you always do regular check-ups. It can help find potential health issues before they become a problem. When



THE JOINT VENTURE

Why the joint venture is important for Kenya and Africa

Pathology is an essential tool in screening and disease prevention programmes and contributes to the overall health and well-being of communities.

This study of disease (pathology) underpins every aspect of patient care, from diagnostic testing and treatment advice to using cutting-edge genetic technologies and preventing disease. It is also essential for disease detection, surveillance, control and management. In developing countries, it is estimated that almost 70 percent of diagnoses made are dependent on laboratory test results.

In contrast, access to quality-assured laboratory diagnosis has been a challenge in Low and Middle-Income countries (LMICs) resulting in delayed or inaccurate diagnoses and ineffective treatment. Thus, Universal Health Coverage (UHC) cannot be a reality in LMICs if clinicians do not have access to good quality laboratory services as correct treatment starts with a correct diagnosis. It is therefore important for stakeholders in laboratory medicine to come together and lobby for increased investments in laboratory diagnostic services.

Inadequate pathology services result in ineffective treatment programmes due to delayed or inaccurate diagnoses. This affects patient care directly and leads to erroneous estimate of disease rates. The latter results in a compromised ability for healthcare systems to plan for resource allocation, which in turn results in poorer clinical outcomes.

The World Health Organization (WHO) advocates for clinical laboratory testing across all tiers of healthcare systems worldwide. This was partly addressed by the development of an Essential Diagnostic List (EDL) consisting of 122 clinical diagnostic tests. The tests are essential because they meet most of the population's healthcare needs, especially when customised according to regional disease prevalence and resource availability.

The tests also provide a good focus for plans to achieve UHC as they are cost-effective, relevant to public health and are highly utilised. According to WHO, a subset of these tests is especially helpful in supporting primary and first-level referral healthcare in LMICs.

A research article published on April 2022 in PLOS ONE journal - a peer reviewed

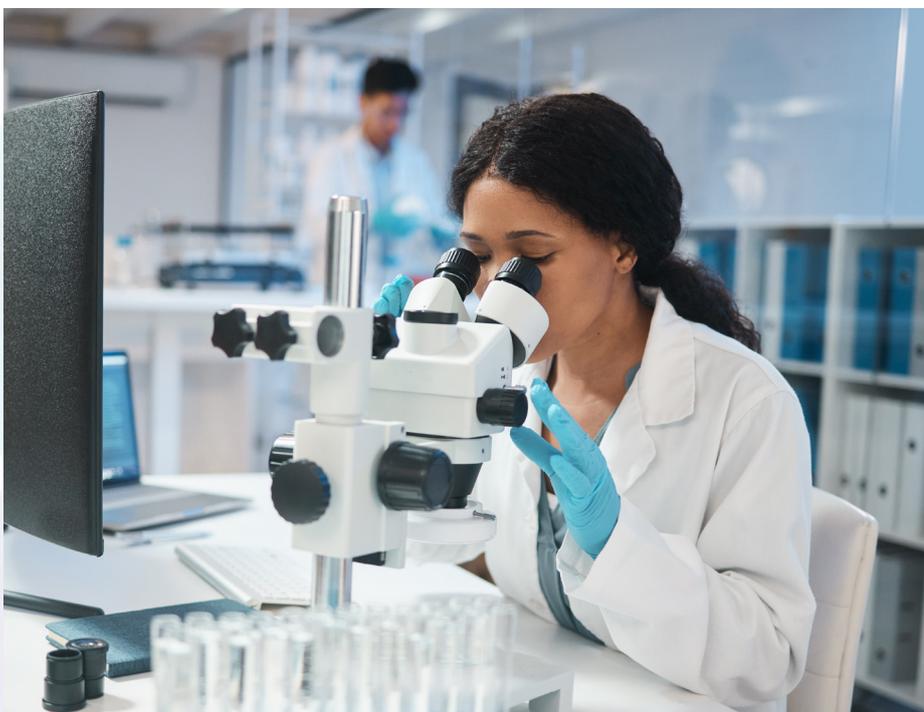


open access scientific journal published by the Public Library of Science, shows that access to laboratory and pathology diagnostic services in LMICs remains a challenge. "Several surveys conducted on



Inadequate pathology services result in ineffective treatment programmes due to delayed or inaccurate diagnoses.

the availability of essential diagnostic tests in LMICs have shown a crucial gap especially in public facilities," it stated. Besides the low test availability, reports have shown a lot





of variations in the scope of essential tests offered across hospital tiers in LMICs.

A study assessing the availability of some essential diagnostic tests within the LMICs observed an overall test availability of 19.1 percent for basic primary care, 49.2 percent for advanced primary care and 68.4 percent among hospitals. Specifically, Kenya recorded a test availability of 55.5 percent across the health facilities sampled in this survey.

“The ability to offer clinical laboratory testing beyond basic diagnostics such as Malaria smears in Kenya is largely concentrated in the public sector at level 4 and 5 facilities (county hospitals). It is to these facilities that patients in need of diagnostic tests would often be referred to from primary care. Therefore, these hospitals are expected to have well-functioning laboratories able to meet diagnostic needs across all ages especially as the country strives to meet the Sustainable Development Goals (SDGs) and provide care for non-communicable diseases (NCDs) and common cancers.”

In order to strengthen the provision of effective, evidence-based healthcare across Africa, Cerba Lancet Africa, a product of a Joint Venture (JV) between a French medical biology company Cerba HealthCare and its

South African counterpart Lancet Laboratories, have been providing internationally-accredited, high quality pathology services for timely and accurate diagnoses of a wide variety of illnesses and their effective management.

Building on their past experiences and expertise, there was a need to expand clinical pathology in Africa and the two entities had the capacity to deploy quality services to the medical community, and are in the process of substantially investing in building a local network of clinical pathology laboratories in the African continent.

“Our common goal is to develop medical services in regions where we are already present and to expand into other countries. We are also planning an ambitious investment programme to offer innovative services in clinical pathology that meet the needs of patients, health professionals and healthcare organisations, alongside businesses across the continent,” said Jérôme Thill, Deputy CEO of Cerba

HealthCare.

Lancet Laboratories CEO Dr. Peter Cole said the broad expertise of both groups - Cerba HealthCare, a leader in clinical pathology in Europe, and Lancet, a leader in clinical pathology in Africa, coupled with the respective knowledge of the African continent across different and complementary territories, is improving the health of African citizens.

Cerba Lancet Africa is managing a network of more than 100 laboratories across 11 African countries including Kenya, with over 1,400 employees serving more than 1.3 million patients annually.

The joint venture has brought about efficiencies, which together with the significant financial muscle, are enhancing operations, and strengthening the reach and diversity of services offered across the continent.

Our common goal is to develop medical services in regions where we are already present and to expand into other countries.



Welcome to the Team

Mr. Rodgers Ariho

New Finance Manager, CLA Uganda

We are pleased to announce the addition of a new SMT member to our CLA Uganda team. **Mr. Rodgers Ariho** who has joined us as **Finance Manager, CLA Uganda**, starting 3rd January 2022.

Mr. Ariho joins Lancet with over 11 years' experience at various finance levels. He holds BSc. (Hons) Degree in Applied Accounting & Finance, various Certifications including ACCA & CPA

He will be overseeing the Finance department.

Join us in welcoming him into CLA Family.

We wish him luck in his career with us.



Khubeibu Asena: How Gogo Boys Football Club has shaped my worldview

Growing up in Kibra, Khubeibu Asena never imagined that one day he would become a professional footballer. While he developed an interest in the sport while still a young boy, playing for a mainstream football club was far from his imagination.

He says his interest in football was sparked by his dad who took him along to watch the EPL matches and from there “Football Chose Him”.

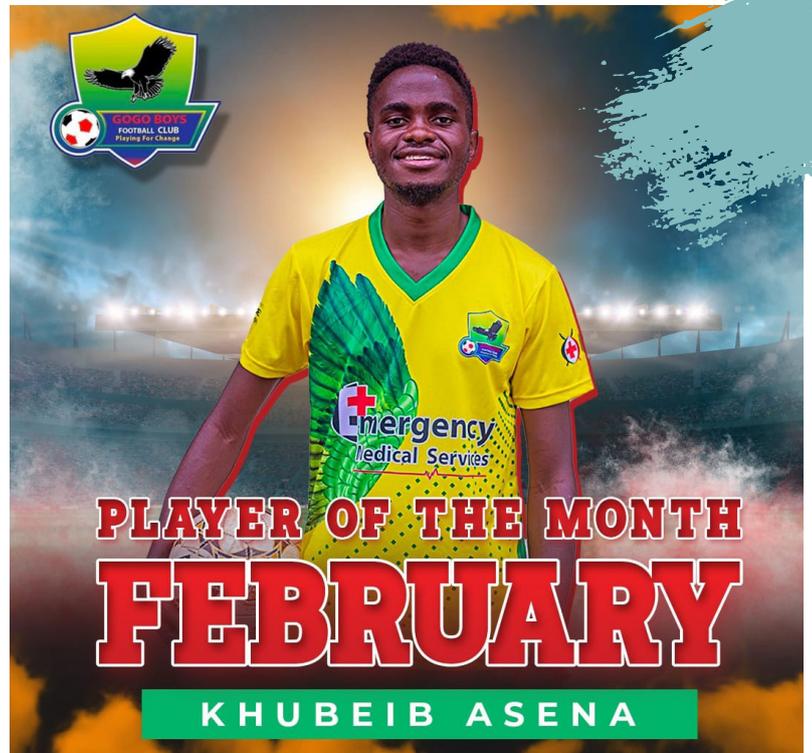
“My love for football is because of my father who played a critical role in my developing an interest in playing the game. While the idea of playing professionally never crossed my mind, I am now more than ever focused on using my skills to grow the game and possibly also play for Kenya Premier League clubs” Asena says.

As a result of the growing interest in football, Asena enrolled in a nearby community club where he played in the midfield position. He continued playing until he was enrolled into the first team to play with some of the established clubs within the estate and in the process won several accolades.

While in high school at Mumias Muslim High School, he got an opportunity to play at a competitive level where he rose to the position of a captain while still in Form 2, making him the youngest captain during the period. Under his captaincy, the team went on to register major wins at the County Inter-School Games for four years running and once qualified for the Regional Games. He also played for his university football team upon joining Jomo Kenyatta University of Agriculture and Technology (JKUAT).

In 2021, Asena joined Pathologists Lancet Kenya in Business Development as a Client Relations Officer. As a young professional, his focus was on building his career and ultimately climbing the corporate ladder. But as fate would have it, destiny had different plans for him. In the course of his duties, he was introduced to Gogo Boys Football Club, the social investment arm of Pathologists Lancet Kenya.

At first, his focus was on keeping fit after a long day of work. After weeks of training with the team, he quickly caught the eye of the then Coach Mr. Tiego who identified



him and gave him a chance to play in the first team. He played his best and assisted the team to get promoted to FKF Division One League during the 2021/2022 season.

“I am proud of our exploits as a club so far. Together with my teammates, we are up to the task and we want to prove our competitors wrong. We look forward to the start of the new season in September and we are focused on winning the title and getting promoted to the FKF Premier League”, he says.

Reminiscing on his biggest takeaways so far on the field, Asena confidently says that his time with Gogo Football Club has taught him valuable lessons, which he continues to practise in

real life. Attributes like teamwork, resilience and humility have come in handy while executing some of the assignments both at work and outside work.

“I consider myself lucky that I have had an opportunity to carry out my day-to-day duties at Pathologists Lancet Kenya while at the same developing my football career. My expectation is that by the end of the day, I will leave a lasting impact both at my workplace and on the field.

I am extremely excited about what the future holds and I look forward to being part of the team’s success story”, he said.

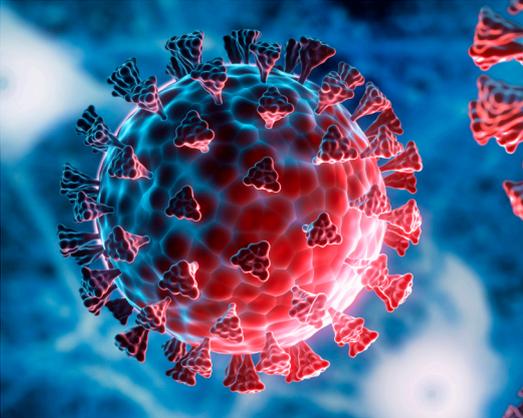


Richard Mbutu a.k.a Richie man

At Pathologists Lancet Kenya, I work in the transport and Logistic department, and being a workaholic (I love what I do). Acro balance is my hobby. It includes combining elements of adagio, hand balancing & mouth balancing techniques. Use the YouTube link below to see what I also did during Pathologists Lancet Kenya’s 8th year anniversary: <https://youtu.be/jteJVA30FqQ>

COVID-19 FAQs

- By Dr. Charles Wahome



1. Which COVID-19 tests are available at Pathologists Lancet Kenya?

The molecular PCR test and the fast antigen test are the two Ministry of Health Kenya-approved COVID-19 diagnostic tests. Pathologists Lancet Kenya has both tests available. If you have an active COVID-19 infection, diagnostic tests can reveal it. The COVID-19 fast antigen test detects the presence of viral protein particles while the molecular PCR test detects the presence of viral genetic material known as Ribonucleic acid (RNA).

2. What measures has Pathologists Lancet Kenya put in place to guarantee the quality of COVID-19 testing?

Pathologists Lancet Kenya has invested heavily in international ISO 15189 accreditation of our facilities all over East Africa. We strive to provide our clients with the highest quality services by having a quality management system that guarantees that the detection technology and testing platforms utilised meet requisite local and international regulatory authority standards of performance.

On August 20, 2020, the Kenya Accreditation Service (KENAS) gave ISO 15189 accreditation to the Pathologists Lancet Kenya COVID-19 PCR test. It was the first laboratory in the country and region to acquire ISO 15189 accreditation for COVID-19 PCR testing. The accreditation provides objective and formal proof that our laboratory operates competently and safely, is patient-focused, and produces COVID-19 PCR test results that can be relied on to meet our clients' demands.

3. What is the benefit of having my COVID-19 test done at an ISO 15189 accredited laboratory?

Accreditation ensures that medical laboratories involved in COVID-19 testing are operating properly. Accreditation of a test in line with ISO 15189 delivers the following benefits:

- demonstrates competence to perform testing;
- guarantees accurate and reliable test results.

Reliable test results strengthen community confidence in test results. In the context of the global health crisis, accreditation of medical laboratories conducting COVID-19 testing is particularly important as it ensures recognition of foreign test results.

Take Charge of your life and get the HPV test

- By Dr. Rabia Mukadam

According to Kenya's Ministry of Health, cervical cancer, the only preventable cancer, is the second most common tumour among Kenyan women, after breast cancer. Every year, at least 4,802 women are diagnosed, with at least 2,451 dying. This is largely because less than 10% of Kenyan women of reproductive age have been screened, leaving them vulnerable to the disease.

What causes cervical cancer?

It is caused by Human papillomavirus (HPV), which is spread through close sexual contact. 80% of sexually active women worldwide will be infected at some point in their lives. The majority of women will clear the infection on their own, but a small percentage will not and will be at risk of getting cancer.

How do I know if I am at risk for cervical cancer?

Most women know about the Pap smear, which looks for abnormal cells that may become cancer or that are

already cancer. However, testing for HPV helps one look for the cause of cervical cancer. The test can be performed on a sample collected by a doctor or clinic sister in the same way that a pap smear test is performed.

Pathologists Lancet Kenya has made testing more private and comfortable for Kenyan women by providing a collecting instrument known as the Evalyn brush. The device allows women to simply swab the inside lining of their vagina, which is subsequently collected by medical personnel or sent to a lab for analysis.

It is recommended that women 30 years and over have a HPV Test:

- If the test is negative, you do not need to test again for 3 - 5 years.
- If the test is positive for HPV-16 or -18, you should see a gynaecologist for further management.
- If the test is positive for HR-HPV other than HPV- 16 or -18, a Pap Smear will help your doctor decide what management is required.

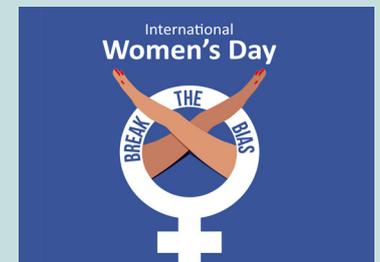
Marking International Women's Day

Operating in the medical sector requires diligence, commitment, and passion. This means that to be a successful doctor it involves sacrifice, especially for women, who due to societal gender biased roles have to juggle domestic responsibilities in addition to having successful careers.

At Pathologists Lancet Kenya, we recognise that women should be represented across the medical workforce, even if there are differences between roles.

Studies such as the one published by Joseph Daniels, Ruth Nduati and Carey Farquhar, have established that female doctors fail to get into specialisations because of a lack of resources. Those who do are mainly motivated by seeing others doing it or have seen or experienced issues that they would want to fix. We seek to tap into this motivation and to provide the right environment for mentorship and knowledge transfer.

Pathologists Lancet Kenya has more than 60% female pathologists, working in a variety of fields, from the field of histopathology to molecular pathology,



leading teams to diagnose and treat diseases that affect patients countrywide. This representation is critical as it encourages more women and girls to pursue science-related fields and understand that their gender does not limit them to pursue any STEM (Science, Technology, Economics and Mathematics) related career.

As we join the world in marking International Women's Day, our commitment is that we will continue to lead in diagnostic services, offering the very best to all patients, with no gender bias. We intend to be at the forefront to #BreakTheBias and join the world with actions in order to level the playing field. Technological innovation and gender inclusivity are central in this pursuit.



Sexually Transmitted Diseases (STD)

- By Dr. Angela Munoko

STDs are diseases that are spread through any form of sexual contact. Sexually active people can be infected regardless of marital status, sexual orientation, or social class. One is considered high risk if:

- You have a new sex partner
- You/your partner have multiple partners
- Your partner is recently treated for STD
- You do not use condoms with a partner you are not exclusive with
- You are a sex worker or engage in sex with sex workers
- Are a teenager or young adult who engages in sexual activity
- Are HIV positive
- Are a man who has sex with men

STD symptoms include vaginal or penile discharge, genital ulcers, pain during urination, and painful sex.

However, the majority of STDs have no signs and symptoms and may have long-term complications if untreated. These complications include infertility, cervical cancer, liver disease (Hepatitis B and C), infection of an unborn child if you are pregnant, and failure of the immune system (HIV).

Testing for STDs may be carried out if you are considered at risk or at a patient's request. It is also recommended that women test routinely for HPV (Human Papillomavirus) infection, which causes cervical cancer.

It is important to get tested together with your partner to prevent passing on the STD to the uninfected partner or re-infection if only one partner is treated.

Talking to your partner about testing for STDs is important for a healthy relationship. When broaching the subject, exercise caution.

STDs can be asymptomatic, you or your partner may be infected without your knowledge; a positive test result does not mean that either of you was unfaithful as the infection may precede the relationship.

Protect yourself from getting an STD through;

- Abstinence
- Vaccination against HPV
- Hepatitis B vaccine
- Fewer sexual partners and frequently testing for STDs
- Mutually monogamous relationships
- Use of a condom - The only contraceptive that prevents the transmission of STDs when used consistently and correctly

Wellness Check Up. What's The Fuss?

- Compiled by Dr Charles M. Ngari, MBChB (UoN), MMed Path (UoN)

"Usipojenga ufa utajenga ukuta"

This Swahili saying teaches us that taking preventive measures ensures that a problem's impact is minimised or avoided altogether.

The World Health Organization (WHO) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity". Wellness is a vital component of an individual's health and well-being, and early detection of any disease could help achieve this goal.

While anyone is eligible for wellness testing, regular screenings are recommended for particular people. For starters, individuals with a strong family history of diseases such as cancer or diabetes, advanced age, high Body Mass Index (BMI), compromised immunity, and exposure to environments that may affect one's health; should have regular health checks, also known as screening tests.

These screening tests can give you and your healthcare provider the information needed to identify health risks and take preventive measures before they become more serious. Such tests include: Self-checks, clinical exams, non-laboratory, and laboratory tests.

Laboratory tests may involve carrying out blood, urine, or stool tests which include glucose, cholesterol, haemoglobin, prostate-specific antigen (for men above the age of 40 years). Women are encouraged to have regular pap smears, with HPV testing where available.

It is important to note that organ-specific tests such as liver and kidney function can also be part of screening; while urine and stool tests look for various infections or abnormal deposits that may mark early disease.

While conducting any of these wellness checks, it is important that children are not left out of this exercise. Involving them at an early age helps them continue with wellness checks as they grow older, which plays a significant role in ensuring they maintain a healthy lifestyle.

It goes without saying that wellness evaluation provides someone with crucial information about their health and empowers them to make positive changes in their lifestyle. One is also able to improve communication between them and their healthcare provider when they both have an understanding of the wellness assessment.

Embrace partnerships for better kidney care

As we mark World Kidney Day, we want to celebrate our valuable partners for their support and contribution in making life with kidney disease more bearable.

Through these partnerships, we can foment actions that ease the pain and cost of living with a kidney disease as well as create better ways of understanding and preventing it.

The National Kidney Foundation estimates that 10% of the population worldwide is affected by chronic kidney disease (CKD), and millions die each year because they do not have access to affordable treatment. In Kenya, estimates from the Kenya Renal Association estimates that 4 million Kenyans are suffering from kidney disease and by the year 2030, the number will have reached 4.8 million.

These grim statistics paint a gloomy

picture that behooves all of us to be seized with the urgency of now if we hope to make a difference and curtail this trend.

Renal Patients Society of Kenya (RPSKe) is a not-for-profit organisation registered in Kenya under the Societies Act. RPSKe aims to promote the welfare of Renal Patients especially diagnosis, treatment, peer support, fellowship, care, and management through advocacy and by engaging and bringing together Renal Patients and stakeholders in Renal Disease Treatment and Management.

RPSKe's activities are inspired by the need to bring to the fore the challenges that Renal disease poses to society, the need for early diagnosis and intervention to prevent the advent of kidney failure, the gaps in Renal disease care and management, and difficulties encountered by those

already in End Stage Renal Disease (ESRD).

Most Renal Patients are either undergoing Dialysis or have been lucky to get a Kidney Transplant, both of which are not cures but treatments to improve a patient's quality of life. Each phase of kidney disease comes with numerous challenges and at a cost that is beyond the means of many patients. RPSKe endeavours to highlight these challenges, to rope in and engage all stakeholders, actors, and well-wishers in enabling kidney patients to fully achieve and live an improved quality of life.

Renal Patients Society of Kenya and Pathologists Lancet Kenya have entered into an agreement in which Pathologists Lancet Kenya has extended a generous discount for the laboratory tests that RPSKe members require regularly as part of treatment and management

of their condition. This discount is available to RPSKe members in all Pathologists Lancet Kenya branches in the country.

We have close working relationships with many organisations such as the Kenya Renal Association (KRA) and Kenya Nephrology Nurses Association (KNNA).

These two associations bring together our healthcare partners and through them, we can interact outside of the constraints of the clinic environment.

Nephromed Dialysis Centre has been a great support to some of the RPSKe members who need assistance in accessing dialysis and post-transplant medication. We have two students on full-time sponsorship for post-transplant drugs in this arrangement.

As we aim to bridge the knowledge gap to better kidney care, remember to do your part and diligently conduct your wellness checks.

Improving Access to Quality Lab Tests among Private Healthcare Providers in Kenya



Gold Star Kenya and Pathologists Lancet Kenya have entered into a strategic partnership that will see over 100 private health facilities linked to Pathologists Lancet Kenya from all over the country. The facilities under Gold Star Kenya Network franchise will benefit from quality assured and affordable lab tests provided by Pathologists Lancet Kenya.

Speaking on behalf of Pathologists Lancet Kenya, Managing Director and CEO Mwendu Musunga said, “One of our key objectives is to increase quality diagnostic care to patients through strategic partnerships, and being part of this healthcare network will ensure patients live healthy lives. We are delighted that with this partnership, we will be able to achieve our goal by increasing accessibility to quality diagnosis to a wider pool of patients.”

In the past, Gold Star Kenya and Pathologists Lancet Kenya have worked together to improve HIV services through quality assured and subsidised HIV testing services including HIV treatment to reduce viral load to undetectable levels.

“We are excited about this partnership and for us, at Gold Star Kenya, multi-sectoral and multi-disciplinary collaboration is the future solution to gaining ground in private health sector quality service delivery. Our widespread Gold Star private sector network of health facilities and medical practitioners and most importantly – the patients (our primary beneficiaries) will now be able to access high-quality and affordable lab tests from a globally reputable and accredited firm,

Pathologists Lancet Kenya,” said Dr. Nyawira Gitahi, Executive Director, Gold Star Kenya.

In the past, the private sector has not had adequate support to address the challenges of quality, high cost of lab tests, infrastructure, and sample referral networking. Over the past year, there has been reduced funding in the supply chain, which has resulted in many patients in both public and private facilities not being able to access viral tests as prescribed in policy guidelines.

Dr. Charles Wahome, Chief Pathologist at Pathologists Lancet Kenya said, “In today’s world, we have innovative ways of testing for diseases such as HIV/Aids. The availability of resources, and expertise have enabled us to advance our offering in different diagnosis and also venture into this partnership. We strongly believe in offering patients quality tests to improve their health. We hope that with this partnership, we will continue to do so with the added pool of patients to our portfolio.”

This collaboration will improve access to ISO 15189 accredited laboratory services covering HIV related tests (Viral Load), antenatal care profile, among many other tests. This will positively impact the quality of diagnosis and access to safe healthcare services in the private sector.

Gold Star Kenya is a leading local Kenyan NGO implementing quality sustainable community health and development programmes that cover reproductive, maternal, child, and adolescent health; HIV/TB, NCD, and nutrition.

Lancet Laboratories and Cerba HealthCare Announce Joint Venture to Boost Evidence-Based Healthcare in Africa

Medical laboratory services provider Lancet Laboratories, which operates in Kenya and 14 other African countries and its leading counterpart in Europe Cerba HealthCare are announcing a joint venture (JV) to strengthen provision of effective, evidence-based healthcare across Africa.

Through the newly-formed Cerba Lancet Africa, the JV will serve millions of health professionals and patients across Africa, providing internationally-accredited and high-quality pathology services to ensure timely, accurate diagnosis of a wide variety of illnesses and their effective management.

Cerba Lancet Africa will now manage a network of more than 100 ISO-accredited laboratories previously owned by Lancet across 11 African countries including Kenya with over 1,400 employees serving more than 1.3 million patients a year, and generating over \$40 million (approx. Ksh5 billion) in turnover in 2018. This makes the JV - Cerba Lancet Africa – the leading force in specialised medical laboratory services in sub-Saharan Africa.

Specifically, the JV covers operations in Kenya, Tanzania, Uganda, Rwanda, Botswana, Ghana, Mozambique, Nigeria, Swaziland, Zambia and Zimbabwe. However, Lancet’s operations in the Republic of South Africa, where its headquarters is based, will not be part of the JV. Lancet’s brand will be retained in all countries where Lancet Group of Laboratories are already operating, including in Kenya where it is incorporated as Pathologists Lancet Kenya (Pathologists Lancet Kenya) and operates 38 labs and service points across the country, with Lancet Uganda, Tanzania and Rwanda as Pathologists Lancet Kenya’s subsidiaries. The Competition Authority of Kenya (CAK) in December 2018, through an official letter to Pathologists Lancet Kenya, approved the JV deal between Cerba Healthcare and

Lancet Laboratories to take over the latter’s shares in Pathologists Lancet Kenya as the transaction met the threshold for exclusion specified in the Mergers Threshold Guidelines under the CAK Act.

The legal notice from CAK is expected to be published in the Kenya Gazette that is due to be printed in the coming days.

Cerba Lancet Africa plans significant investments to enhance availability of its crucial services across the continent including French-speaking sub-Saharan African countries where Lancet Group of Laboratories didn’t have any significant presence.

With headquarters in Paris, France and over 6,300 employees, Cerba Healthcare operates a network of laboratories and technical facilities across Europe — mainly in France, Belgium, Luxembourg and Italy — that serve more than 50 countries in Europe, Africa and Middle East. It also operates a central lab testing for clinical trials for pharmaceutical and biotech industries and for diagnostic trials as well as veterinary and genetics.

For over 30 years, Cerba HealthCare has provided specialised laboratory services to healthcare professionals and institutions in more than 15 countries in Africa, particularly French-Speaking ones, from its specialised medical labs in Europe, conducting more than 600,000 pathology tests each year and delivering the majority of results within 48 hours.

Cerba HealthCare has also had a long-standing relationship with Lancet Laboratories for over 20 years, through the jointly-owned and run clinical trials laboratory in South Africa under BARC-RSA, a Johannesburg-based company.

Building on its past experience and this partnership of experts, convinced of the needs and potential to expand clinical pathology in Africa and its capacity to deploy a quality service to

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the medical community, Cerba HealthCare has decided to invest substantially to build a local network of clinical pathology laboratories in the African continent.

The complementarity of our medical expertise, sound knowledge of the medical communities in the different countries and deployment of large industrial facilities, both partners aspire to become leading players in Africa.

“Our common goal is to develop medical services in regions where we are already present and to expand into other countries. Alongside our partner Lancel Laboratories, we are also planning an ambitious investment programme to offer innovative services in clinical pathology that meet the needs of patients, health professionals and healthcare organisations, alongside businesses across the continent,” says Jérôme Thill, Deputy Chief Executive Officer of Cerba HealthCare.

Dr Peter Cole, CEO of Lancel Laboratories said: “The broad expertise of both our groups, Cerba HealthCare, a leader in clinical pathology in Europe, and Lancel, a leader in clinical pathology in South Africa, coupled with our respective knowledge of the African continent across very different and complementary territories, will be real strengths for our joint venture. We are delighted to partner with Cerba HealthCare and are looking forward to expanding our efforts together and working to improve the health of African citizens”.

Dr Ahmed Kalebi, Group Managing Director/CEO of Pathologists Lancel Kenya and the Lancel Group of Laboratories in East Africa encompassing Uganda, Tanzania and Rwanda has welcomed the changes from the Cerba Lancel Africa JV stating that, “The entry of Cerba Healthcare from Europe with their extensive experience of operating as an international corporate business brings on board new expected efficiencies, which together with their significant financial muscle, will enhance our operations, strengthen our reach and diversify our service offering across the region.”

Cerba Lancel Africa Moving to New Headquarters to Deliver Ambitious Growth Plans for Africa



Johannesburg – March 2022 - Cerba Lancel Africa, the leading clinical pathology and medical diagnosis network in Africa, officially opened its new headquarter at 44 Stanley Studio, Milpark, Johannesburg. This is a major milestone for Cerba Lancel Africa, as the team is continuously growing and the move provides a much better workspace, as well as being more spacious and modern.

The new offices will also allow Cerba Lancel Africa to fulfil its ambitious growth plans for Africa and the commitment to delivering high-quality, cost-effective diagnosis services. To this end, the team will focus on developing a customer-centric culture, improved operational efficiencies and continually investing in employees, with the help of the new ERP system. “We are improving on our entire ecosystem to allow our teams to generate high-quality

diagnostics and guide medical decision-making that will better serve our end customers,” said Matthieu Gogué, Corporate General Manager & COO, Cerba Lancel Africa.

Cerba Lancel Africa is gearing up to add value to its African business partners by building a dedicated team. Key supporting and back-office functions, such as HR, supply chain, IT, finance, and marketing are laying the groundwork to standardise and align processes and improve workflow and communications within the entire network.

Cerba Lancel Africa will also consolidate its service offerings by launching two strategic divisions this year: Radiology, which will reinforce its leading diagnostics service provider position, and a Corporate Health Services division, which will offer a full suite of

medical services to businesses across a wide range of industries.

“The new structure should allow Cerba Lancel Africa to better serve our increasing number of customers across the African continent. They can count on the support and the engagement of its shareholders, Cerba Lancel Africa and Lancel Laboratories, to assist in the delivery of the long-term and sustainable strategy,” said Jérôme Thill, Deputy Chief Executive Officer of Cerba HealthCare.



Stéphane Carré, VP International and CEO Cerba Lancel Africa, who frequently visited the team since the creation of the Joint Venture in 2019, commended them for “being part of such an incredible journey and having achieved so much in such a short time. Their enthusiasm combined with the potential of the new organisation is a winning recipe for our growth across the African continent,” he said.



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