

Editor's choice: this December 2020

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We have quite a number of papers in this issue and, honestly, I am lost for choice. None the less a few papers stand out for me.

In the infectious disease section, I was touched by Dr. Ombeva's sharing and reflection of his story: the way he caught Covid-19 from a child he was treating and the child's parents.¹ To me this is the story of the year and epitomizes what I have referred to as *annus horribilis*. Then the Covid-19 vaccine story by Prof. Fikri and colleagues.²

It is followed by a meta-analysis on seasonal flu that is highly relevant given that flu impacts the effects of Covid-19.³

Then follows the attempt by the HIV community to understand the ramifications of the HIV pandemic in Africa despite having lived with it for almost 4 decades now! Hence we have papers on: outcomes on PLHIV in Kenya⁴ CD4 counts,⁵ VMMC and HIV risk in Uganda,⁶ HIV and fungal infection⁷, HIV in Wuhan China⁸ that city that gave Covid-19 to the world; and HIV and primary school teachers.⁹ Then comes dengue,¹⁰ hepatitis B and osteoporosis,¹¹ TB,¹² *H.pylori*,¹³ MDR Staph. aureus,¹⁴ antibiotics in Rwanda,¹⁵ adult pneumonia,¹⁶ *C.parvum*,¹⁷ antimalaria drugs^{18,19} and pulmonary micro-aspiration.²⁰

NCDS: our curse of the century

Even during this Covid-19 pandemic, NCDs are forever with thus: cardio-vascular disease nursing care,²¹ hypertension,²² HIV-exposed infants²³, ECG abnormalities in HIV,²⁴ left ventricular hypertrophy,²⁵ epicardial fat,²⁶ aerobic exercise,²⁷ insulin resistance,²⁸ asthma,²⁹ COPD and sleep,³⁰ e cigarettes,³¹ non- alcoholic liver disease,³² home care,³³ Bilateral paediatric surgery,³⁴ self-harm,³⁵ MRI,³⁶ osteosarcoma risk,³⁷ thyroid³⁸ and gastric esophageal cancer;³⁹ fibromatosis,⁴⁰ prostate cancer,⁴¹ neuro-endocrine tumour,⁴² polycystic ovary and vitamin D deficiency,⁴³ micro RNAs and disease.⁴⁴ all will hopefully make us appreciate the burden and effect of this scourge on our people.

Reproductive and child health issues

In this section we have issues of pregnancy (ectopic,⁴⁵ teenage,⁴⁶) labour,⁴⁷ caesarean section,⁴⁸ gestational age,⁴⁹ home delivery,⁵⁰ postpartum depression,⁵¹ female genital mutilation in the Horn of Africa⁵² and Nigeria,⁵³ menopause and sexuality,⁵⁴ infertility,⁵⁵ hand washing,⁵⁶ anaemia in children in Ethiopia,⁵⁷ and breastfeeding efficacy.⁵⁸

The rest of the papers are on self-medication,⁵⁹ halitosis⁶⁰ and trace elements toxicity.⁶¹

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