

Prof. Julius Ogen’go urge Kenyans to live responsibly.

Date and time: Tue, 2018-03-20 12:12

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Prof. Julius Alexander Ogen’go, delivered a public lecture at Taifa Hall, Main Campus as he defended his Doctor of Science thesis, in the presence of the University of Nairobi Senate, staff, students and members of the public. The DSC defense was on March, 19, 2017.

Upon successful completion and defense of the higher doctorate, Prof. Ogengo will join four other senior professors who have been able to get that coveted award since the establishment of the University of Nairobi in 1970.

Prof. Lydia Njenga, Director, Graduate School, opined that the award of the higher doctorate for Prof. Julius Ogengo will be the ‘first baby since the establishment of the Graduate School in 2016’.

University of Nairobi Vice-Chancellor, Prof. Peter Mbithi poured tribute to the illustrious career of Prof. Ogengo, a professor of Human Anatomy, from the College of Health Sciences. “Prof. Ogengo did his PhD and finished in 3 years, backed by 13 peer reviewed publications. In 2015, Prof. Ogen’go was awarded Doctor of Medicine and will be getting his Doctor of Science in 2017/2018 Academic year, “he said.

The title of this DSC defense was ‘Insights into and anatomical perspective of Atherosclerosis among Kenyans. Prof. Mbithi revealed that Prof. Ogendo is well published, having 270 articles to his name. He as well have strong international standing as his works get cited by scholars from Poland, Spain, Brazil, Chile, Britain and America among others.

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Published on Vice-Chancellor's Office (<http://vc.uonbi.ac.ke>)

In his lecture, Prof. Ogen'go revealed that Atherosclerosis is an inflammatory wound that burn slowly. Its an old disease that is a common cause of cardiovascular diseases. It's a major cause of heart attack, stroke and leads to morbidity among Kenyans.

Atherosclerosis is associated with risk factors such as highpertention, tobacco smoking, excessive alcohol consumption and malnutrition. According to Prof. Ogeng'o, the study was conducted in various hospitals including Kijabe, Tenwek, Kenyatta National hospital, Lancert Laboratory and Veterinary Laboratory. Other data was obtained from autopsy bodies and cadavers. The findings of his study reveals that the disease is prevalent among those between 50-60 years and no specific gender is spared.

In his conclusion, Prof. Ogen'go urged Kenyans to live responsibly and avoid alcohol, cigarettes, exercise daily. If possible, Kenyans should borrow a leaf from the people of Okinawa in Japan, who avoid salty and sugary foods. Lastly, the audience were told to avoid pollution of the environment.

Going forward, the study will be translated into Kiswahili to help majority of Kenyans to understand the scholarly work. Prof. Ogen'go as well will partner with the industry, carry out interventions and help in influencing health policy.

Expiry Date: Sun, 2019-03-31 12:12

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