ANPA PULSE

THE OFFICIAL NEWSLETTER OF THE
ASSOCIATION OF NIGERIAN PHYSICIANS IN THE AMERICAS

VOLUME 1 • ISSUE 11

MONDAY, AUGUST 17, 2026

11

BETTER TOGETHER

ONE ANPA • ONE MISSION • GLOBAL IMPACT

BETTER TOGETHER

THE POWER OF THE HEALTHCARE TEAM

ADVANCED PRACTICE • ALLIED HEALTH
INNOVATION • SERVICE

> Every profession brings expertise. Every member brings value. Together, we strengthen ANPA.

PRESIDENTIAL THEME

The Presidency of Dr. Gertie Chimeka Anyanwoke, 2026–2028: Building One ANPA



EVERY PROFESSION • EVERY MEMBER

APP & ALLIED HEALTH CORNER

Your Story. Your Expertise. Your ANPA.



APP SPOTLIGHT

Dr. Kevin Udo, DNP, CRNA

Anesthesia • Global Health • Service



INNOVATOR SPOTLIGHT

Dr. Fred Tega, MD, FAAP

From Pediatric Practice to Innovation

CHAPTERS IN MOTION

CHICAGO/NW INDIANA

Welcomes New Leadership

COMMUNITY IMPACT



ANPA Georgia Takes on Sickle Cell

BUILDING ONE ANPA



OUR FIRST QUARTERLY LEADERSHIP MEETING

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PRESIDENT'S CORNER

EVERY MEMBER. EVERY PROFESSION. ONE ANPA.

From the President

Dr. Gertie Chimeka Anyanwoke, MD, MBA, FIDSA, FACP



Dear ANPA Family,

Healthcare has never been the work of one profession.

Every day, excellent patient care is delivered through teams — physicians, dentists, podiatrists, chiropractors, nurses, advanced practice providers, pharmacists, therapists, scientists, public-health professionals and many others bringing their expertise together around one shared purpose: improving lives.

ANPA is strengthened by that same diversity of knowledge, experience and service.

As we continue **Building One ANPA,** I want every member of our organization to see a place where their professional contribution is recognized, where their expertise can be shared, and where their accomplishments can inspire others.

That is why, beginning with this edition of **ANPA Pulse,** we are creating a dedicated space for our Advanced Practice Provider and Allied Health colleagues to tell their stories.

We want to hear about your research, publications, awards, innovations, professional milestones, community service and the lessons you have learned throughout your careers.

But this is about more than recognition.

ANPA possesses an extraordinary reservoir of healthcare knowledge. When we connect that knowledge across disciplines, we strengthen our ability to educate communities, mentor the next generation, improve healthcare delivery and contribute meaningfully to health in Nigeria, the Americas and beyond.

Our differences in training do not diminish our collective strength. **They expand it.**

> **There is room for every skill.**
> **There is value in every contribution.**
> **And there is work for all of us to do.**

We are better when we work together.

ANPA — Better Together!

With gratitude,

Dr. Gertie Chimeka Anyanwoke

President

Association of Nigerian Physicians in the Americas

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MONDAY, AUGUST 17, 2026



APP & ALLIED HEALTH CORNER

WE'RE ALL ON THE SAME BUS

Different professions. Shared purpose. One ANPA.

A dedicated space for ANPA's Advanced Practice Provider and Allied Health community

> *"Different disciplines. Different expertise. One destination. We are building One ANPA—together."*

ANPA is strongest when all of us have a seat on the journey.

Physicians, dentists, podiatrists and chiropractors serve alongside advanced practice providers and our many allied health colleagues—nurses, pharmacists, CRNAs, nurse practitioners, physician assistants, therapists and other healthcare professionals whose expertise strengthens the work we do.

We may come from different disciplines, but we are traveling in the same direction: toward better health, stronger communities, greater service and greater impact.

That is why, beginning with this issue of ANPA Pulse, we are creating a dedicated APP & Allied Health Corner—a place for our Associate Members to be seen, heard, celebrated and connected.

YOUR STORY. YOUR EXPERTISE. YOUR ANPA.

WE WANT TO HEAR FROM YOU

Share your:

Publications • Research • Awards • Promotions • Innovations
Global Health Work • Community Service • Mentorship • Professional Milestones

What do you know that the rest of ANPA should know?

Your expertise can help educate our members and communities and strengthen ANPA's work in the Americas, Nigeria and beyond.

Have an accomplishment or a story to share? We want to hear from you.

Your expertise matters. Your story matters. You are part of the ANPA story.

MEET DR. BIMPE "BEBE" ADENUSI



DR. BIMPE "BEBE" ADENUSI

PhD, CRNA, APRN, CNE, FAANA, FNAP, FAAN

Associate Professor, Thomas Jefferson University

ANPA Member | APP Subcommittee Chair

HELPING BUILD THE APP COMMUNITY

Dr. Bimpe "Bebe" Adenusi is helping create a stronger space for ANPA's Advanced Practice Provider and Allied Health members to connect, collaborate, share opportunities and contribute their expertise to ANPA's mission.

CONNECT WITH THE APP COMMUNITY
Join the ANPA APP Subcommittee WhatsApp Group

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VOLUME 1 • ISSUE 11
MONDAY, AUGUST 17, 2026



APP SPOTLIGHT

DR. KEVIN UDO

DNP, CRNA

TAKING EXPERTISE BEYOND THE OPERATING ROOM

- ADVANCED PRACTICE
- ANESTHESIA
- GLOBAL HEALTH
- SERVICE

Dr. Kevin Udo is a Certified Registered Nurse Anesthetist whose professional journey demonstrates the contribution advanced practice clinicians can make across clinical care, education, scholarship, philanthropy and humanitarian service.

Dr. Udo began his nurse anesthesia career in 2023 and currently practices as an independent contractor, providing anesthesia services across diverse clinical settings.

Beyond clinical practice, he is committed to scholarship, education, philanthropy and service, with contributions to healthcare literature and initiatives aimed at improving access to care.

SERVING THROUGH ANPA

Dr. Udo's involvement with ANPA, particularly through surgical medical missions in Nigeria under the UFF umbrella, allows him to combine his professional expertise with humanitarian service.

His contributions extend beyond the delivery of anesthesia. He participates through clinical care, education, mentorship, volunteerism, donations and the sharing of professional knowledge.

Those experiences have strengthened his understanding of global health.

DR. UDO ON SERVICE

MORE THAN GIVING: WHAT PHILANTHROPY MEANS TO ME

"Philanthropy is not only about financial giving; to me, it is also represented in my commitment to grassroots youth sports programs that target health, safety, nutrition, education and career development, among others."

THE POWER OF THE TEAM

Complex surgical care is never the work of one individual.

Surgeons, anesthesia professionals, nurses and other members of the perioperative team bring specialized expertise together around one patient and one shared goal.

When that teamwork is combined with education, mentorship and capacity building, its impact can continue long after a medical mission ends.

"Global health extends beyond providing care—it involves building relationships, strengthening healthcare capacity, sharing knowledge, and creating sustainable impact."

— DR. KEVIN UDO

ANPA CELEBRATES

ANPA celebrates Dr. Kevin Udo and the many Advanced Practice Providers and Allied Health professionals whose expertise, service and commitment strengthen our collective mission.



DR. KEVIN UDO

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INNOVATOR SPOTLIGHT

FROM THE EXAM ROOM TO INNOVATION

ANPA Georgia Member Dr. Fred Tega Launches DocVites



FRED TEGA, MD, FAAP
BOARD-CERTIFIED PEDIATRICIAN

Sometimes innovation begins with a question encountered repeatedly in everyday clinical practice.

For Dr. Fred Tega, that question emerged from years of caring for children and talking with parents about nutrition and supplementation.

He found himself asking why there wasn't a children's supplement he could recommend to parents with the confidence he wanted as a pediatrician.

Eventually, he decided to build one.

FROM QUESTION TO SOLUTION

After months of development, testing and refinement, Dr. Tega launched the presale of DocVites, a pediatric multivitamin venture he formulated drawing on his experience as a pediatrician.

In announcing the venture, Dr. Tega described his goal simply: to develop a product whose ingredients and formulation he could confidently stand behind.

His journey illustrates something larger—the potential for clinicians to identify problems through everyday patient care and translate those observations into new solutions.



DOCVITES • PEDIATRIC NUTRITION INNOVATION

ANPA INNOVATOR SPOTLIGHT

INNOVATOR SPOTLIGHT

Celebrating ANPA members translating professional expertise into solutions.

With this edition, ANPA Pulse introduces another recurring feature.

FUTURE FEATURES MAY INCLUDE INNOVATIONS IN:

- MEDICINE
- TECHNOLOGY
- RESEARCH
- DIGITAL HEALTH
- MEDICAL DEVICES
- HEALTHCARE DELIVERY
- ENTREPRENEURSHIP
- GLOBAL HEALTH

Congratulations to Dr. Fred Tega on taking an idea from the exam room into entrepreneurship.

Member recognition does not constitute ANPA endorsement of a commercial product.

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ANPA CHICAGO / NW INDIANA

A New Chapter of Leadership

ANPA congratulates the Chicago/NW Indiana Chapter as it welcomes its new executive leadership.

NEW EXECUTIVE LEADERSHIP



Dr. Uchenna Osayimwen

CHAIR-ELECT



Dr. Reginald Ebirim

TREASURER



Dr. Dimeji Williams

SECRETARY



Dr. Chijoke Onyenwenyi

PRO



Dr. Ochuko Ogbon

SOCIAL SECRETARY

LEADERSHIP & TRANSITION



Dr. Kenneth Soyemi

CHAIR



Dr. Deji Gbotosho

IMMEDIATE PAST CHAIR

- **Dr. Emeka Ezike** — RETURNING OFFICER

FROM THE PRESIDENT

Wow! Wow!! Wow!!! Congratulations to all the new EXCO!

A huge THANK YOU to the outgoing EXCO! Thank you for hosting and giving us beautiful memories of the ANPA Convention 2026 in Chicago!

Dr. Gertie Chimeka Anyanwoke
ANPA PRESIDENT

A NEW CHAPTER OF LEADERSHIP

Leadership transitions are part of the strength and continuity of every ANPA chapter.

Congratulations to the incoming team, and thank you to those who have served.

ANPA CHICAGO / NW INDIANA

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ASSOCIATION OF NIGERIAN PHYSICIANS IN THE AMERICAS
VOLUME 1 • ISSUE 11
MONDAY, AUGUST 17, 2026

PAGE 7 — COMMUNITY IMPACT

ANPA GEORGIA STANDS WITH THE SICKLE CELL COMMUNITY

2026 Sickle Cell Awareness Event

ANPA Georgia will join the Sickle Cell Foundation of Georgia for this year's Sickle Cell 5K Road Race/Walk.



ANPA GEORGIA • SICKLE CELL ADVOCACY IN ACTION

SAVE THE DATE

SATURDAY, SEPTEMBER 5, 2026

9:00 AM–12:00 PM

2757 East Point Street
Atlanta, GA 30344

JOIN THE ANPA GEORGIA GROUP

Members registering for the event can select ANPA Georgia under the event's Social Groups.

Wear your ANPA T-shirt and come ready to represent!

SELECT "ANPA GEORGIA" WHEN YOU REGISTER

REGISTRATION

AGES 18+	$45
AGES 7–17	$35
AGES 6 & UNDER	FREE

WALK. RUN. SUPPORT. MAKE A DIFFERENCE.

This chapter activity reflects ANPA's broader commitment to awareness, advocacy and action around sickle cell disease.

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VOLUME 1 • ISSUE 11
MONDAY, AUGUST 17, 2026

ACROSS ANPA

CHAPTERS IN MOTION

Culture, community, service and celebration across ANPA.

AUGUST • SEPTEMBER • OCTOBER 2026

4 CHAPTERS • ONE ANPA



ANPA NORTHERN CALIFORNIA

Jollof Social

AUGUST 30, 2026 — 12:30 PM • 9JAGrills • Oakland, California

Members and families welcome.

ANPA CAROLINAS

Community Health Fair

SEPTEMBER 26, 2026 — 11:00 AM–3:00 PM • First Church Charlotte

Planned services include blood-pressure and diabetes screening, cholesterol and BMI checks, dental, vision and lung-health services, mental-wellness resources, mammography by appointment, family activities and cultural performances.



ANPA NEW JERSEY

Biennial Gala

SEPTEMBER 26, 2026

7:00 PM • The Mansion • Mountain Lakes, New Jersey

ANPA MIDDLE TENNESSEE/NASHVILLE

2026 Nigeria Independence Day Celebration

SATURDAY, OCTOBER 3, 2026 — 2:00–7:00 PM

Lee Victory Recreation Park • Shelter 3
100 Sam Ridley Pkwy E • Smyrna, TN 37167

An Afternoon of Culture, Community & Celebration

Great Food • Music • Entertainment • Dance • Games • Family Fun

Bring your family and friends!



CHAPTERS IN MOTION

ANPA chapters are more than professional networks. They are communities where members serve together, build friendships, celebrate heritage and create lasting connections.

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BUILDING ONE ANPA

OUR FIRST QUARTERLY LEADERSHIP MEETING

AUGUST 15–22, 2026

THE ASYNCHRONOUS LEADERSHIP FORMAT

ANPA's inaugural Quarterly Leadership Meeting introduces a new approach to organizational engagement.

Rather than attempting to compress every report, discussion and decision into a single long meeting, ANPA leaders will have an entire week to engage thoughtfully with the organization's work.

HOW IT WORKS

1 OPEN
Opening Zoom Session

Leadership comes together to establish priorities, expectations and the work ahead.

2 ENGAGE
Asynchronous Leadership Week

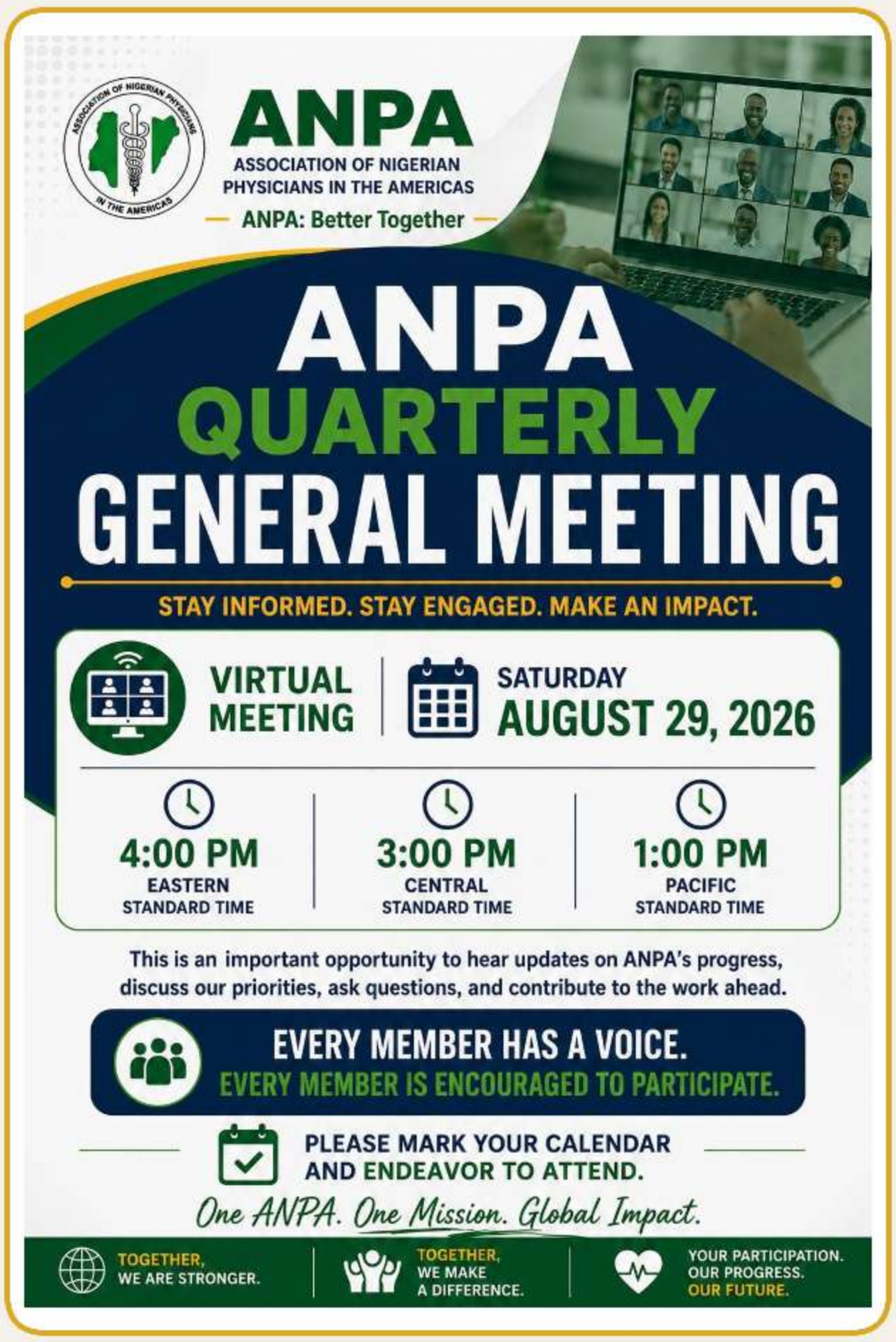
Reports, questions, ideas and discussions take place through structured leadership channels.

3 COLLABORATE
Cross-Leadership Engagement

Chapter Chairs, Committee Chairs, Task Force Chairs, Program Leads, Board members, BNEC, EXCO and other leaders have opportunities to engage one another's work.

4 CLOSE
Closing Zoom Session

Key discussions, decisions, action items and next steps are brought together.



QUARTERLY GENERAL MEETING

Every member has a voice.

EVERY MEMBER IS ENCOURAGED TO PARTICIPATE.

WHY THIS APPROACH?

- **More participation.** Leaders can contribute around demanding professional schedules.
- **More thoughtful discussion.** Participants have time to review reports before responding.
- **Greater visibility.** Leadership groups gain better understanding of what others across ANPA are doing.
- **Better documentation.** Ideas, recommendations and decisions can be captured systematically.
- **Stronger accountability.** Action items can be clearly assigned and followed.

THE GOAL

**Stronger connection.
Shared direction.
Focused delivery.**

This is another step toward

Building One ANPA.

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THE OFFICIAL NEWSLETTER OF THE
ASSOCIATION OF NIGERIAN PHYSICIANS IN THE AMERICAS

VOLUME 1 • ISSUE 11
MONDAY, AUGUST 17, 2026

PAGE 10 • BACK COVER

ISSUE 11 • FINAL WORD

YOUR MEMBERSHIP. YOUR ANPA.

MEMBERSHIP • CONNECTION • IMPACT

TREASURER'S CORNER

MEMBERSHIP • STEWARDSHIP



Dr. Oranu Ibekie
ANPA NATIONAL TREASURER

ANPA membership is valid for one year from the month in which membership dues are paid.

Members are encouraged to keep their membership current and renew promptly when due.

Your membership helps support the programs, infrastructure and activities that allow ANPA to serve members, communities and the organization's broader mission.

STAY ACTIVE
Renew • Participate • Volunteer • Engage • Invite a Colleague

Chapter financial stewardship and timely reporting remain important components of organizational accountability.

SPONSOR SPOTLIGHT

LAKESHORE CANCER CENTER
SCREENING • TESTING • TREATMENT
We Care

LAKESHORE CANCER CENTER

Nigeria's first operational facility solely dedicated to cancer prevention and treatment. Its specialist team provides screening, diagnostics, treatment and consultation.

LAKESHORECANCERCENTER.ORG

NATIONAL CALENDAR

DATES GROUPED BY MONTH FOR QUICK REFERENCE

AUGUST 2026

15–22
ANPA Quarterly Leadership Meeting

22
ANPA New York Back-to-School Community Outreach

30 — 12:30 PM
ANPA Northern California Jollof Social
9JAGrills • Oakland, California
Members and families welcome.

SEPTEMBER 2026

5
ANPA Georgia Sickle Cell 5K Road Race/Walk

26 — 7:00 PM
ANPA New Jersey Biennial Gala
The Mansion • Mountain Lakes, New Jersey

26 — 11:00 AM–3:00 PM
ANPA Carolinas Community Health Fair
First Church Charlotte
Planned services include blood-pressure and diabetes screening, cholesterol and BMI checks, dental, vision and lung-health services, mental-wellness resources, mammography by appointment, family activities and cultural performances.

OCT-NOV 2026

OCT 3 — 2:00–7:00 PM
ANPA Middle Tennessee/Nashville 2026 Nigeria Independence Day Celebration
Lee Victory Recreation Park • Shelter 3 • 100 Sam Ridley Pkwy E • Smyrna, TN 37167
An Afternoon of Culture, Community & Celebration
Great Food • Music • Entertainment • Dance • Games • Family Fun
Bring your family and friends!

NOV 12–15
ANPA Winter Meeting: Leadership & Governance
San Antonio, Texas

LOOK AHEAD 2027

JUNE 23–26
33rd ANPA Annual Scientific Convention & General Assembly
New Orleans, Louisiana
REGISTER & BOOK YOUR ROOM TODAY AT awm@anpa.org
Registration & Room Booking information coming soon...

CONNECT WITH ANPA

Website: anpa.org
Email: info@anpa.org

ANPA — BETTER TOGETHER!

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VOLUNTEER • GET INVOLVED
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ANPA CHAPTERS ARE COMMUNITIES OF SERVICE, CONNECTION AND SHARED PURPOSE.