

The African Model

by Gian Stefano Spoto*

Disastrous health-care systems, counterfeit drugs, excessive use of antibiotics, and much more. UGHJ's lens is focused on Africa, where in many countries the situation is beyond imagination.

But what if this continent were the testing ground for solving many of the problems affecting nations of *imperfect prosperity*? In Senegal, for example, researchers are designing innovative architectural structures for facilities that accommodate pregnant women and their children while also striving to develop holistic healthcare policies.

Isn't *One Health*, the very essence of our magazine, precisely about holistic health policies?

It's natural to think that before implementing these methodological advancements,

Africa should first focus on providing basic healthcare services. Especially in rural areas, the concept of healthcare for all – let alone everywhere – is still a distant reality.

One Health also means studying and simultaneously monitoring diseases in both humans and animals. To achieve this, well-organized networks are needed, and some even speculate that controversial cryptocurrencies could serve as a tool to curb the massive stockpiling of medicines.

In such a scenario, how can adequate attention be given to mental health care? In Congo, and across Africa, mental health patients are neglected, often hidden away and isolated without any possibility of external contact or treatment.

And what about individuals with Down syndrome? In many places, they are still seen

as a divine punishment and are therefore even more confined within their homes. In Ethiopia, the *Debora* organization is working to break through the barriers of this deeply entrenched stigma. A major event was organized at the end of 2024 following World Down Syndrome Day the previous year.

Unicamillus supports science education and the dissemination of scientific methods in countries where approaches to healthcare remain largely random.

Africa is a priority – an epicenter of urgent challenges that require action. And, as previously mentioned, it also serves as a testing ground for exposing the contradictions and dysfunctions of our own healthcare systems.

* Gian Stefano Spoto, UGHJ Editor-in-chief.