

APRIL-MAY 2024

FEMME EDITION

ESCAPE MAG



**KEMI
SMALLZZ**

Commanding the Airwaves
with Creative Finesse



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Editor's Letter

Welcome to the latest edition of Escape Mag, a celebration of phenomenal women making waves across Africa!

On the cover, we feature Kemi Smallzz, the radio queen with a heart of gold. Her journey from child presenter to beloved on-air personality is nothing short of inspiring. Inside, we delve into the story of the co-ed Outlaws Athletics team, who dominated the Showtime Community Cup with their female athletes leading the charge. Their story is a testament to dedication and shattering stereotypes.

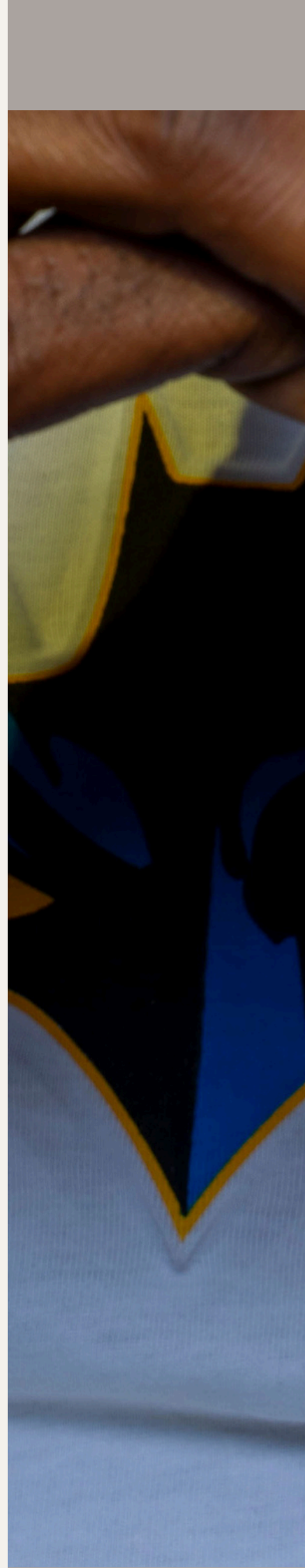
We also spotlight three leading ladies transforming the continent's artistic landscape: the tenacious storyteller Korty EO, the captivating actress Thuso Mbedu, and the powerhouse filmmaker Jade Osiberu. Their creativity and influence are truly remarkable.

In the tech sector, we highlight Odunayo Eweniyi, co-founder of PiggyVest, and Eloho Oname, a champion for female-founded startups. These women are building a brighter future for Africa's tech landscape. Similarly, Ruth Iselema's journey from pharmacy to becoming the "Bitmama" of the African crypto space is an inspiring story of resilience and innovation.

Artist Osaru Obaseki explores themes of history and identity through her unique medium, bringing depth and soul to our pages. For those looking to stay stylish and comfortable this season, we offer tips on embracing the summer sweatsuit style, ensuring you stay cool while rocking the sporty look all summer long.

Get ready to be inspired by the power, talent, and dedication of these incredible women!

Warm regards,
Escape Mag Team





ESCAPE MUSIC

SPOTIFY PLAYLIST



LISTEN NOW



FROM YOUTUBE TO THE SILVER SCREEN: MEET AFRICA'S LEADING LADIES

By Keno French

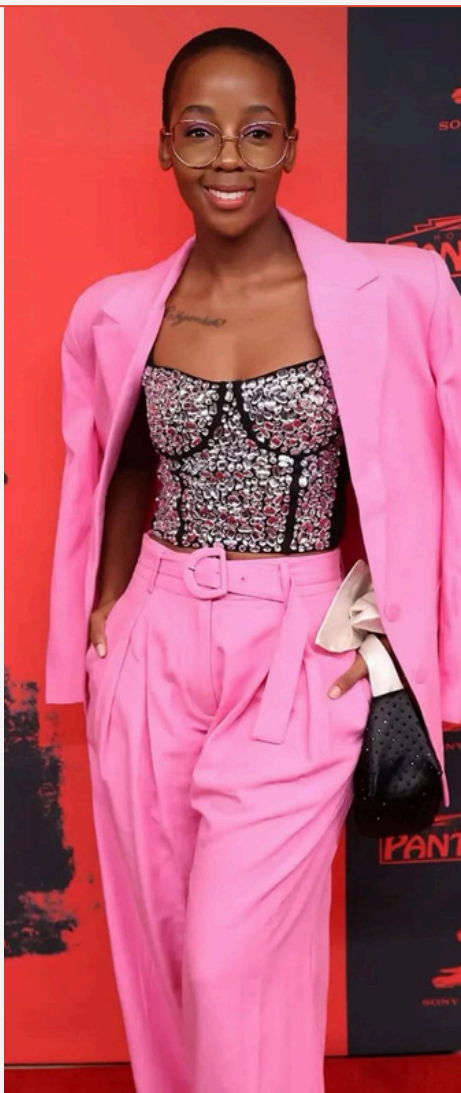


Image source in embedded link

Africa's creative landscape is undergoing a vibrant transformation, and at the helm are a new generation of women breaking boundaries and pushing the continent's artistic expression to new heights. Let's meet three of these leading ladies:



Image source in embedded link

Jade Osiberu: The Nollywood Powerhouse

Award-winning filmmaker Jade Osiberu is a legend in Nollywood. Blockbusters like "Sugar Rush," "Ayinla," and "Gidi Up" have cemented her place as a director to watch. But in 2022, she shattered glass ceilings. Jade co-wrote and directed Amazon Prime's first Nigerian original film, "Gangs of Lagos," which became the year's highest-grossing Nollywood film. This success led to a groundbreaking deal with Amazon Studios, making her the first African talent to secure an overall development deal. Through her company, Greoh Studios, she'll be creating and developing TV shows and movies exclusively for the platform.

These are just a few of the many African women leading the creative charge. With their talent, dedication, and unwavering vision, they are shaping the future of African storytelling and ensuring that the continent's creative voice is heard loud and clear on the global stage.



Thuso Mbedu: A Star on the Rise

Thuso Mbedu, the South African actress who captivated audiences in "The Underground Railroad" and "The Woman King," is more than just a rising star – she's a creative supernova. Her captivating performances have garnered international acclaim, including a coveted spot on the New York Times' Top 10 Best Actors of 2022. But Thuso's ambitions extend beyond Hollywood. This year, she co-created the comic series "Niobe: She-Tribe," proving that her storytelling prowess knows no bounds.

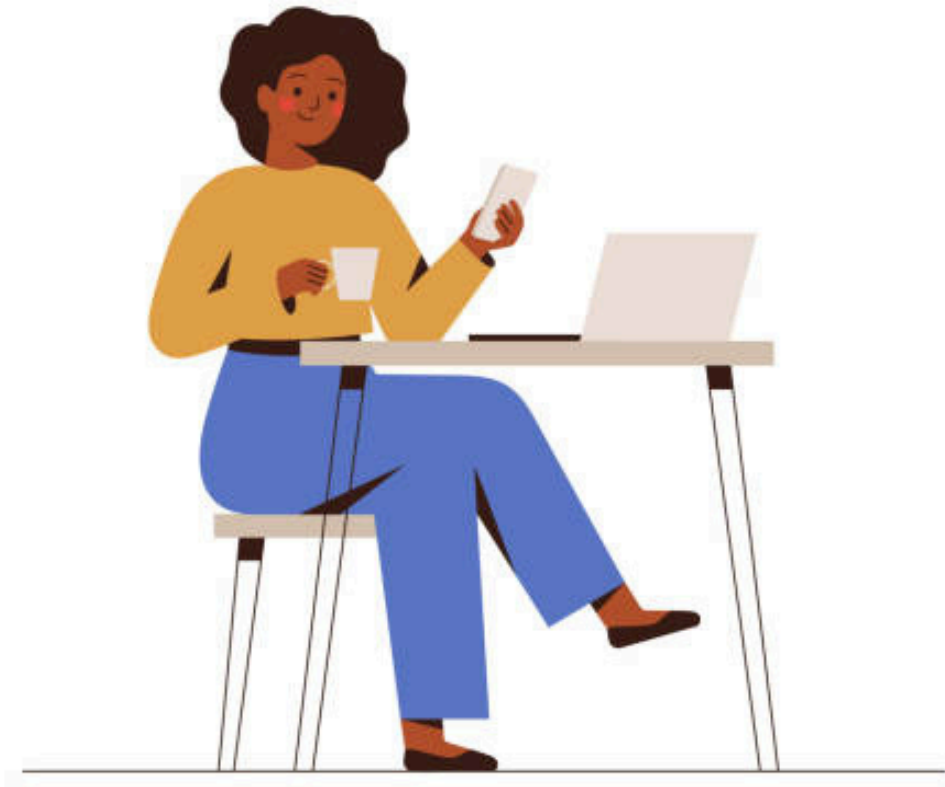


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Korty EO: The Tenacious Storyteller

Eniola Olanrewaju, better known as Korty EO, is a force of nature in the African creator space. This Nigerian powerhouse ditched her tech career in 2019 to launch a wildly successful YouTube channel. Her signature conversational style and captivating storytelling have amassed a loyal following. Korty's "Flow with Korty" features engaging celebrity interviews, while "Love and Lies" delves

into the raw and complex realities of love in Lagos. But Korty's dedication extends far beyond the digital realm. Remember when she camped outside Wizkid's hotel for three days to capture footage for her documentary? Now that's tenacity! A multi-talented artist, model, and graphic designer, Korty continues to redefine what it means to be a creative in Africa.



WOMEN IN TECH

By Keno French

MEET AFRICA'S TECH POWERHOUSES
FORGET THE STEREOTYPE OF THE LONE
TECH BRO. AFRICA'S TECH SCENE IS
BRIMMING WITH BRILLIANT WOMEN
WHO ARE SHAKING THINGS UP. WE
PROFILE THREE OF THESE
POWERHOUSES WHO ARE BUILDING
EMPIRES, INSPIRING OTHERS, AND
PROVING THAT TECH IS NO MAN'S LAND.



Image source in embedded link

Eloho Oname: Investing in Africa's Future, One Startup at a Time

Eloho Oname wears many hats: early-stage investor, champion for gender equality in VC, and partner at TLcom Capital, a prominent African VC firm. But her true passion lies in empowering Africa's next generation of entrepreneurs.

Through First Check Africa, a female-led VC firm she co-founded, Eloho targets businesses across diverse sectors like finance, education, and healthcare. Her focus on female-founded startups reflects her commitment to fostering inclusion within the African investment landscape.

Eloho's vision extends beyond financial backing. She believes in nurturing a thriving ecosystem for African entrepreneurs, paving the way for a brighter future for the continent.



Image source in embedded link

Odunayo Eweniyi: Tech Leader, Financial Guru, Changemaker.

Co-founding PiggyVest, a digital investment platform, Eweniyi empowers Nigerians to manage their finances. This tech leader and activist champions diversity in the industry, particularly for women (co-founding Feminist Coalition). Her achievements include the Forbes Woman Africa Technology Award and Forbes 30 under 30 Technology list. Eweniyi is building wealth and a more equitable future for Africa.



Image source in embedded link

Ruth Iselema's journey from pharmacy student to "Bitmama," a leading figure in African crypto, is a testament to resilience and vision. Introduced to blockchain in 2015, a bad trading experience fueled her passion to create a safe and user-friendly platform. Leaving her comfort zone, she launched Bitmama in Lagos in 2017, empowering individuals across Africa to buy, sell, and manage cryptocurrencies. "Bitmama" is not just building a business, but leveraging technology to solve problems for the future.

Ruth Iselema: From Pharmacy to "Bitmama" - A Crypto Leader in Africa

TEAURA

AFRO-HEAVEN: TEAURA'S MUSICAL ASCENT

WRITTEN BY LOLIYA GREEN
PHOTOGRAPHY BY STYLISH SINNER
MAKEUP BY PENDER ABIGAIL
STYLING - SASSY BY ETTY

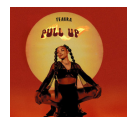
Teaura isn't your typical artist. By day, Oluwatobi Eniola Onitimirin might have been found navigating the world of electrical engineering. But by night, a different kind of electricity crackled – the electricity of music coursing through her veins. This Nigerian-born singer, songwriter, and producer, known as Teaura, is on a mission to create a sonic sanctuary with her unique blend of Afro-RnB, reggae, and soulful melodies, christened "Afro-heaven."





Teaura's journey isn't a straight line from A to B. It's a beautiful tapestry woven with the threads of engineering expertise and an unyielding passion for music. Her degree in Electrical/Electronics Engineering from Bells University of Technology, Ota could have led her down a traditional path. But the music in her soul was too strong to ignore. So, Teaura made a bold decision, trading in circuits for chords and schematics for lyrics.

This leap of faith wasn't about chasing a fleeting dream. Teaura's musical roots run deep. From a young age, singing wasn't just a hobby, it was a love affair. With a voice that channels a "mystical aura," she takes listeners on a captivating journey with her band during her electrifying live performances.





But Teaura's artistry extends beyond the sonic realm. She's a gifted storyteller, weaving tales into her music that draw inspiration from her life, environment, and experiences. Her talent doesn't stop there – she's a dancer and a master of spoken word, a true multi-hyphenate with a vibrant creative spirit.

Her ambition is as vast as her talent. Teaura dreams of using her music to touch billions of lives, one song at a time. Her infectious energy and raw honesty resonate through her music, evident in her new released single "Pull Up." With lyrics like "Send me your Location, Boy you know the way forward, Burst my mind, Imma pull up on you," she lays bare her emotions, a theme woven throughout her work.

This unapologetic honesty is a testament to Teaura's growth. "Pull Up" is inspired by a past relationship, a "Promise and Fail" scenario that left her feeling jaded. But Teaura, the self-proclaimed "Queen T," doesn't wallow. She transforms her experience into a powerful anthem, reclaiming her agency and choosing self-worth above heartache. Her music suggests a transformation – a journey from innocence to empowerment, a "Church Girl-to-Baddie" evolution, on her own terms.

Teaura's story is an inspiration to anyone who has ever dared to dream beyond the expected. It's a testament to the power of following your passion, no matter the path it takes you on. As she continues to carve her space in the Afro-fusion scene, one thing is certain: Teaura's music is more than just entertainment; it's an invitation to a world of "Afro-heaven," a sonic sanctuary waiting to be explored.

OSARU OBASEKI

CARVING A NICHE IN SAND



Image: Berengo Studios

BY TOMI O.

Nigerian artist Osaru Obaseki isn't afraid to get her hands dirty. This multi-disciplinary artist utilizes sand (earth) and acrylic to explore themes of materiality, history, and cultural identity. Her work bridges the gap between ancient and modern, creating a powerful synergy that resonates with viewers.



Image: Berengo Studios

Osaru's artistic journey began in 2017, but her exploration of history goes deeper. She's a "postal girl" for bronze making, reviving the traditional lost-wax method to create contemporary forms. This fusion of old and new reflects her deep interest in colonialism and post-colonialism.

Osaru's talent has garnered recognition beyond Nigeria. She's a fellow of the prestigious ITP program with the British Museum and a member of the British Art Network. Her work has graced the walls of prestigious galleries like Rele, Saboart Advisory, and Amar Singh, amongst others.



Image: Berengo Studios

Image Credit in embedded link

Her artistic journey transcends physical spaces. Collaborations like "Re-entanglement" with the University of Cambridge and "Back to Base" with the Goethe Institute showcase her international reach. Her work has also been featured in major publications like the New York Times and BBC, solidifying her place as a rising star in the global art scene.

Currently, Osaru Obaseki is a resident artist with AKKA Project in Venice, Italy, further expanding her horizons. Through her innovative techniques and thought-provoking themes, Osaru Obaseki is etching her name in the sands of contemporary art.



Image source in embedded link

SOMADINA

THE MUSICIAN MAKING ANTHEMS FOR
FIERCE WOMEN

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Written by Tomi O.

Escape Mag

INSPIRATION FOR SUPERSOMA, THE ANIMATED SERIES:

"I've always loved cartoons since I was a kid," Somadina explains. "Plus, I wanted to create an animation based in Lagos. Everyone around me feels so animated and full of character, I just felt I needed to do that. When I found Rai, the illustrator, everything just clicked."

SUPERPOWERS FOR THE SUPERSOMA CHARACTER:

If Supersoma could add one superpower to her arsenal, it would probably be mind-reading. "Honestly, because I can overthink like crazy, and that would probably make my life a lot less complicated...or not, lol!"

STYLE IN SUPERSOMA AND BEYOND:

Somadina defines style as "mostly about comfortability and swag. You can wear anything, but the way you wear it matters the most. My style is forever evolving – I like what I like. But confidence is the ultimate accessory."

THE MYSTERY OF "Y I WANT U":

With a laugh, Somadina responds, "The song? Hahaha, my songs are dedicated to my future lovers. Amen."





RAI: THE CREATIVE MIND BEHIND SUPERSOMA, THE ANIMATED SERIES: "Rai is the coolest girl in the world," Somadina gushes. "I've met a lot of cool people, but she's just out of this world. Her animations really speak to me. They have a childish demeanour, so at first glance, they seem very playful and lighthearted. But when you dig deeper, you see they can also be really dark, deep, and complex – very much like me, lol. It reminds me of something you'd see on early 2000s MTV."

A COLLABORATION BORN IN LAGOS: Describing their unique collaboration, Somadina reveals, "Rai flew to Nigeria! I think she was 20 when she did that. It was her first time in Africa, even her first time out of the States, so it was a big deal."

We'd never met in person before, kind of like meeting a pen pal. I thought she was really brave for coming out here on her own to meet a random stranger. But it's one of the greatest things anyone has ever done for me. We spent two weeks together just doing random things in Lagos and creating the animation about the city. She even got to meet the real-life people the characters are based on – that was crazy because we'd already been working on them for weeks! Rai hand draws all her animations – it's basically stop-motion, which takes a lot of time. But considering the technique, she works really fast."

AN ANTHEM FOR FEIRY FEMALES: Somadina beams, "'Supersoma' is really a theme song for all the girls with fire in them. It's one of those songs you play to have a good and energized morning. I haven't created anything like that before, so it feels especially special. I'm just really happy I could put that record out. It surprised me and it's great to see all the strong women listening to it. It's timeless."

Kold AF: Championing Equality

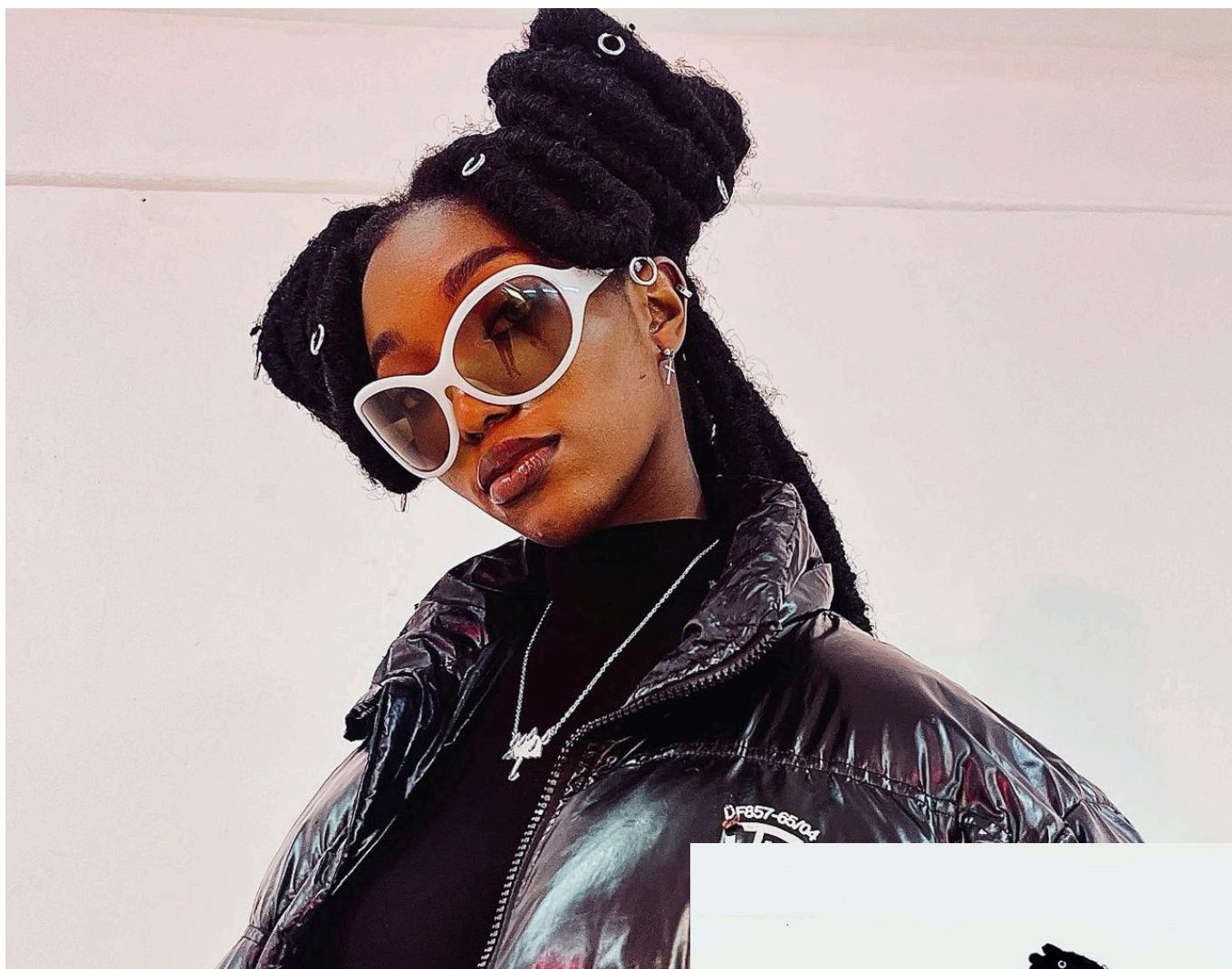


Photo by [Oritsesan Richard](#)

BY KENO FRENCH

Kold AF isn't your average multi-hyphenate. Forget the social media warrior stereotype – Kold AF is a musician and activist who uses her platform to spark meaningful social change. Fighting for equity in human rights, particularly for women, is her driving force.

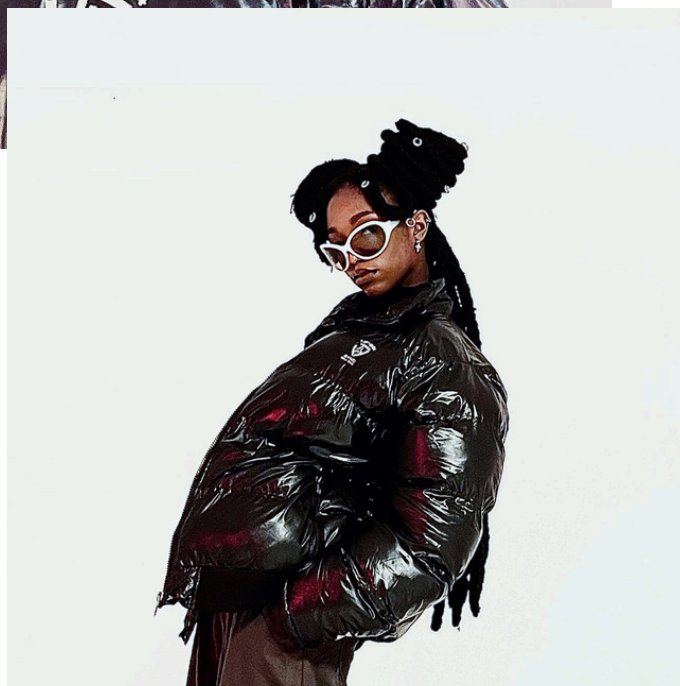


Photo by [Oritsesan Richard](#)



Photo by [Lumigraphy](#).

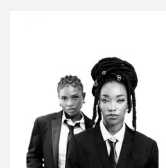
Kold AF understands that feminism is more than just online outrage. It's about creating equal opportunities, and ensuring women have a rightful voice in spaces where they've been historically excluded. She acknowledges that social media, with its potential to distort messages, is a double-edged sword. True feminism, she emphasizes, is about building bridges, not walls.

This nuanced perspective sets Kold AF apart. Her music isn't just catchy – it carries a message of empowerment. She advocates for equality, not animosity. She craves solutions, not just sparking outrage. In a social media landscape saturated with negativity, Kold AF seeks to spark meaningful conversations about women's rights in Nigeria.

The current political climate weighs heavily on her. It's frustrating, she admits, lamenting the citizenry's limited say in government. But Kold AF embodies resilience. Despite the challenges, she remains committed to fighting for a better future. Whether it's through her music, online discussions, community outreach, or simply inspiring others to use their voices, Kold AF is a powerful advocate for change, proving that positive social impact can come in many forms.



Photo by [Lumigraphy](#).



UCHE'S JOURNEY TO BUILDING A BEAUTY EMPIRE

Written by Tomi O.



Image source in embedded link

UCHÉ: MAKEUP ARTIST AND CREATIVE VISIONARY

Uché's artistic journey began at 16 with her first makeup brush. Her passion lies in the transformative power of makeup, allowing her to "create my own reality" and beautify various features like the eyes, nose, jawline, and more. Uché considers herself an embodiment of creativity, stating, "Art is my soul."

DEFINING SUCCESS:

Success for Uché is a multifaceted concept. It encompasses happiness, a strong faith, daily creative fulfillment, the freedom to travel, a luxurious lifestyle, supportive relationships, and financial security.

THRIVING IN A CREATIVE SPACE:

Uché transcends the typical makeup artist role. She sees herself as an artist who gets to share her talents at a prestigious institution like Unilag. Unilag's vibrant community of dreamers and diverse individuals is a perfect fit for Uché's creative spirit. The support she receives from the university community fuels her journey.

BUILDING A BEAUTY EMPIRE:

Uché isn't waiting for the future to become a CEO. She's already the CEO of her own makeup brand, Pinkabelle Cosmetics. While Pinkabelle currently focuses on lip care products, Uché has ambitious plans to expand into a wider range of cosmetics, including blushes, highlighters, lipsticks, powders, and foundations. Stay tuned to see what this creative entrepreneur does next!

PEARLY

THE UNILAG STUDENT WHO DEFINES CREATIVITY THROUGH MUSIC

Written by Tomi O.



Unilag's vibrant campus is not just a place of learning, it's a breeding ground for talents like singer-rapper Pearly.

CREATIVITY IS HER OXYGEN:

For Pearly, singer, rapper, songwriter, and artist, creativity isn't just a concept – it's her lifeblood. She describes it as a blend of "artistry, innovation, and expressiveness," a force that's "omnipotent and lives forever." It's clear that Pearly embodies this creative spirit.

THE POWER OF PERSEVERANCE:

While Pearly's talent shines brightly, it's her resilience that she admires most. This unwavering determination fuels her artistic journey, allowing her to overcome obstacles and keep pushing boundaries.

In December 2023, Pearly also released her debut EP, "Culture Creator," further expanding her fan base.

Image Credit in embedded link

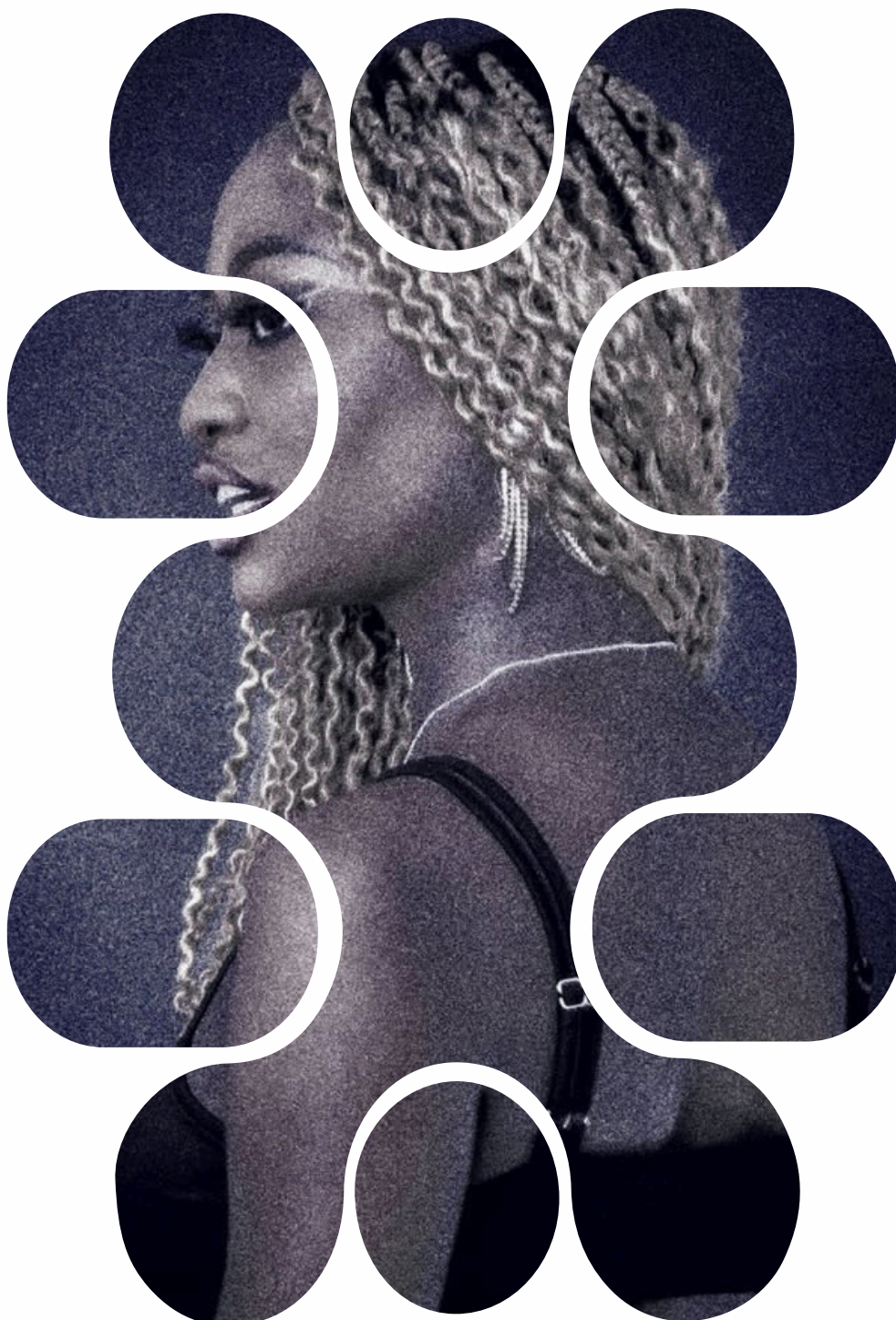


Image Credit in embedded link

PEARLY GANG: MORE THAN JUST FANS

Pearly's community isn't just a collection of listeners; they're her "Pearly Gang," her family, her support system. They're the "pie of the circle that makes her whole," a testament to the deep connection she fosters with her audience.

A DINNER WITH A LEGEND:

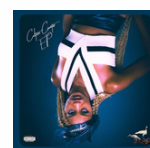
If Pearly could share a meal with any artist, it would be the late Goldie Harvey. Goldie's boldness, confidence, and self-expression deeply influenced Pearly, particularly her ability to express herself authentically. The late Goldie's career was cut short, her legacy continues to inspire, reminding Pearly of the potential she holds.

BALANCING THE SCALES OF EDUCATION AND CREATIVITY:

Being a student at Unilag has broadened Pearly's horizons and provided an invaluable platform to reach a wider audience. This dual role allows her to explore both academic pursuits and her creative passion.

ADVICE FOR FELLOW STUDENT CREATIVES:

Pearly's message to other student creatives is clear: find balance. Dedication to studies is crucial, but nurturing your creative spirit is equally important. After all, creativity is a universal gift, and Pearly encourages her peers to cultivate it alongside their academic endeavors.





KEMI SMALLZZ

By Tomi O.
Photography by Lasalvy



FROM KID PRESENTER TO RADIO QUEEN: THE RISE OF KEMI SMALLZZ

Kemi Smallzz isn't just a name on the Lagos airwaves – it's a force of creative energy. This Nigerian powerhouse is an on-air personality, actress, voice-over artist, and a true creative chameleon. Her journey began at the tender age of 14, where she captivated audiences as a child presenter on shows like "Tales Africa" and "Kiddies Island." This early spark ignited a lifelong passion for entertaining and connecting with others.

A MULTIFACETED TALENT TAKES FLIGHT:

Kemi's career soared beyond children's programming. She honed her skills as a content developer, a testament to her creative vision. Her voice graced the airwaves of CITY 105.1FM, where she hosted the pulsating "Nightlife Radio" show. This versatility extended to the music industry, where she held an A&R position, proving her ability to make waves across the creative spectrum.

“

*You sit still for too long,
you could rust.
- Kemi Smallzz*





THE NIGHT CRUISE CAPTAIN: STEERING LISTENERS THROUGH THE NIGHT

Today, Kemi captains the decks of "The Night Cruise" on the legendary Cool FM 96.9. Her infectious energy and genuine connection with listeners have made her a beloved figure in Nigerian radio. But Kemi is more than just a voice – she's a curator of experiences, weaving together music, conversation, and laughter to create an unforgettable journey for her late-night audience.

A CONVERSATION WITH STING: A FULL-CIRCLE MOMENT

One interview stands out in Kemi's remarkable career – her conversation with the legendary Sting. It was a moment of validation, a reminder of the incredible journey she's taken. The interview wasn't just professional; it was a personal triumph, bringing joy to both her and her father, a longtime Sting fan.



Jujutsu Kaisen Characters

Source: Bandai Namco

A LIFE LESS ORDINARY: ANIME ASPIRATIONS AND COCKTAIL CONFESSIONS

When Kemi steps away from the microphone, her personality continues to shine. Her pick for a life quote? "You sit still for too long, you could rust," a reminder to embrace the ever-evolving nature of life and creativity. Given the chance to be an anime character for a month, Kemi chooses the formidable Gojo Satoru from Jujutsu Kaisen, drawn to his power and enigmatic persona.

For the anime newbie, Kemi recommends the action-packed "Demon Slayer," a testament to her love for stories that balance heart and thrills. And after a long night captivating listeners, her drink of choice? A refreshing blueberry virgin mojito – a cool twist on a classic, just like Kemi herself.

BEYOND THE MICROPHONE: A LIFE FUELED BY CREATIVITY

What truly sets Kemi apart is her insatiable creative spirit. Her answer to what brings her most joy is simple yet profound: "creating and the positive impact I have on people's lives." This desire to connect and inspire shines through in everything she does.

KEMI SMALLZZ: MORE THAN JUST A VOICE

Kemi Smallzz is a living testament to the power of embracing creativity in all its forms. From her early days as a child presenter to her reign on the Lagos airwaves, she has consistently pushed boundaries and redefined what it means to be a creative force. Kemi Smallzz isn't just a voice on the radio – she's a role model, an inspiration, and a reminder that with passion and dedication, anything is possible.



OUTLAWS TAKE THE CROWN: WOMEN SHINE IN SHOWTIME COMMUNITY CUP!

By Loliya Green



The Showtime Community Cup concluded in a thrilling display of athleticism, with the co-ed Outlaws Athletics emerging victorious! This championship win is particularly noteworthy for the strong showing of the Outlaws' female athletes, showcasing their talent and dedication on a grand stage. The Outlaws, led by co-owner Ized Uanikhehi, dominated the season with a philosophy of relentless practice and respect for every opponent. "We go hard every time," emphasized Uanikhehi, "taking every team as a worthy opponent. We're not underestimating anyone." This unwavering commitment, coupled with the talent and hard work of their female players, paved the way for an undefeated season and a well-deserved Community Cup victory.



Priscilla Igbinoba (Youngblood)



Favour Eric (Golden)



Harrison Blessing (Harry Bee), Priscilla Igbinoba (Youngblood) & Favour Eric- (Golden).

While the specifics of the women's contributions during the tournament remain unknown, their impact on the Outlaws' success is undeniable. Their talent, combined with the team's overall strategy and dedication, undoubtedly played a crucial role in securing the championship title. The Showtime Flag Football League, under Commissioner Adebare Adejumo, deserves recognition for its commitment to inclusivity. By fostering a co-ed environment, the league provides a valuable platform for women to showcase their

skills and compete alongside their male counterparts. The Outlaws' victory, spearheaded by their female athletes, serves as a testament to the league's efforts and an inspiration to aspiring female flag football players everywhere. Congratulations to the entire Outlaws team, especially their outstanding female athletes, for their phenomenal season and well-deserved championship title! Let's celebrate the Showtime Flag Football League for creating a space where women can thrive in the exciting world of flag football!



Priscilla Igbinoba

Catches - 16, TDs - 7, Extrapoint TDs - 1

Favour Eric

Catches - 37, Tds - 7, Extrapoint Tds - 3

Harrison Blessing

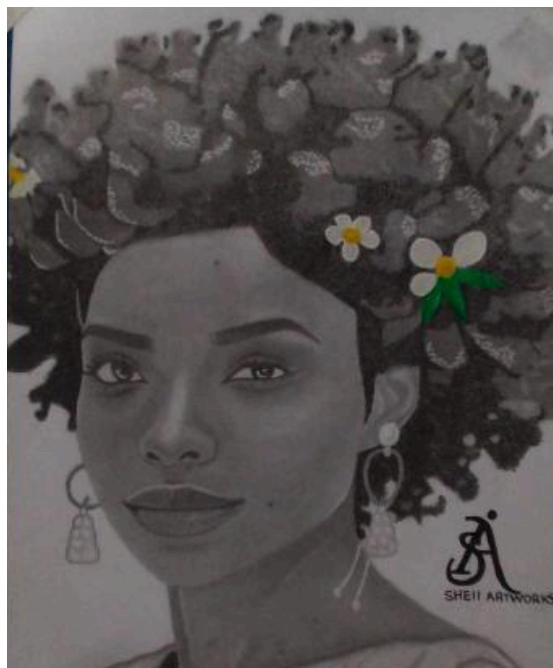
Catches - 17, TDs-4, Extrapoint Tds-4, Pick(6/8)-1

Sheii: The Pencil Prodigy of Lagos

By Loliya Green



Meet Sheii, a Lagos talent whose pencil speaks volumes. Favour Oluwaseyi Ibeh by day, this University of Lagos civil engineering student transforms into "Sheii" by night, wielding a pencil that captures not just faces, but feelings.



Dominican College alumna Sheii's magic lies in detail. Textures whisper, tones dance, and stories unfold through her portraits. Her focus on humans brings their essence alive – a crinkled smile, a hint of worry, a whole mood in one image.

No surprise her social media stardom is on the rise! From collaborations with fellow artists to international commissions, Sheii's talent transcends borders.

Engineering books by day, artistic dreams by night, Sheii proves you can chase both. So next time you see a pencil, remember Sheii – Lagos' rising star sketching stories, one stroke at a time.



Fuel Your Creativity: Foods for the Thriving Woman

By Loliya Green



For the creative woman, a sharp mind and boundless energy are essential tools. But did you know that what you eat can significantly impact your creativity and overall well-being? Here's a quick guide to fuel your creative fire:

Power Up with the Good Stuff:

- **Brain-Boosting Foods:** Fatty fish like salmon and tuna are packed with Omega-3s, essential for cognitive function and memory. Leafy greens like spinach and kale are loaded with vitamins and minerals that support mental clarity.
- **Fruits & Veggies:** Nature's candy! Fruits and vegetables provide antioxidants and essential vitamins that fight fatigue and boost energy levels. Think berries, oranges, peppers, and broccoli.
- **Whole Grains:** Brown rice, quinoa, and whole-wheat bread offer sustained energy release, keeping you focused throughout the day.

MINIMIZE THE CREATIVE KRYPTONITE:

- **Sugar Crash Culprits:** Sugary treats and refined carbohydrates might give you a quick burst of energy, but the inevitable crash can leave you feeling sluggish and uninspired.
- **Processed Foods:** Processed foods often lack essential nutrients and are loaded with unhealthy fats and sodium. These can impair focus and leave you feeling sluggish.
- **Caffeine Overload:** While a cup of coffee can jumpstart your morning, excessive caffeine can lead to anxiety and jitters, hindering creativity. Opt for moderation.

Remember: Hydration is key! Drinking plenty of water keeps your mind sharp and your body functioning optimally.

Embrace a Balanced Plate, Embrace Your Creativity!





BY DR. NKEMJIKA ANDREA OBI

Understanding PCOS and Your Wellbeing

Did you know that Polycystic Ovary Syndrome (PCOS) affects not just your periods, but your overall well-being? If you're experiencing irregular cycles, weight gain, or unwanted hair growth, you might be one of the many women with PCOS. Don't worry, this article will shed light on PCOS, its causes, and how to manage it effectively.



PCOS is a manageable condition. By understanding the symptoms, causes, and treatment options, you can take control of your health and well-being. If you suspect you might have PCOS, don't hesitate to schedule an appointment with your doctor. Remember, you're not alone in this journey – knowledge and support are powerful tools for living your best life with PCOS.

UNDERSTANDING PCOS

PCOS stands for polycystic ovary syndrome. It's a common hormonal imbalance that affects ovulation (egg release) and can lead to the development of small cysts in the ovaries. These hormonal fluctuations can cause a variety of symptoms, including:

- Irregular or absent menstrual periods
- Excessive facial and body hair growth
- Weight gain or difficulty losing weight
- Acne

WHAT CAUSES PCOS?

The exact cause of PCOS remains under investigation, but genetics and insulin resistance are believed to play a role. If you have a family history of PCOS, you're more likely to develop it. Insulin resistance occurs when your body struggles to use insulin effectively, leading to high blood sugar levels. This can further disrupt hormone production in the ovaries.

GETTING DIAGNOSED

Many women might dismiss these symptoms as normal variations. However, if you experience one or more of these symptoms consistently, consulting a healthcare provider is crucial. Diagnosis typically involves a detailed conversation about your medical history, a physical exam, blood tests, and an ultrasound.

LIVING WELL WITH PCOS

There's no cure for PCOS, but there are ways to effectively manage its symptoms and improve your overall health. Here are some key areas to focus on:

- **Dietary Changes:** A low-glycemic index diet can be a game-changer. These foods release sugar slowly, preventing spikes in insulin levels. Focus on whole grains, legumes (beans, lentils), fruits like apples and pears, and healthy fats like nuts and avocados. Vegetables and lean protein are also your allies!
- **Treatment for Infertility:** If you're struggling to conceive due to PCOS, medications can help stimulate ovulation. Discussing these options with your doctor is essential.
- **Mental Health Support:** PCOS can affect your emotional well-being. Don't hesitate to seek support from a therapist or counselor who can provide guidance and tools for managing stress and anxiety. Remember, PCOS doesn't define you. With proper management, you can lead a healthy and fulfilling life.



Sporty Chic

Summer Sweatsuit Style

Sweatpants and sweatshirts – the ultimate comfort duo – might seem out of place in the summer heat. With a few smart choices, you can turn your love for loungewear into a summer staple that's both stylish and practical. Here's how to rock the sporty look all season long.



- **Lightweight Fabrics:** Ditch the fleece! Opt for breathable cotton blends or french terry for a cool, comfy feel.
- **Fit Matters:** Skip baggy styles. Choose slimmer-fit sweatpants with tapered legs for a flattering silhouette.
- **Crop It:** Cropped sweatshirts and sweatpants are your summer saviors. Show some skin for airflow and add a trendy touch. No cropped pieces? Roll up sleeves and sweatpants for a similar look.
- **Color Play:** Embrace summer! Opt for pastels, brights, or classic neutrals like white, grey, or navy.
- **Shoe Swap:** Sneakers are great, but experiment with platform sandals, chunky slides, or even ankle boots for a dressier vibe.
- **Accessorize:** Elevate your look with a statement necklace, layered bracelets, or a cool hat.

Bonus Tip: Denim jacket over your sweatsuit instantly adds polish.
Rock your sporty sweatsuit with confidence and conquer summer in style!

*Written By Keno French
Photography by Ife Ofulue*



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