

Editorial

Sixteen Years of Tropical Journal of Nephrology

Current members of the Editorial Board of Tropical Journal of Nephrology are delighted to take on the responsibility of managing the affairs of the Journal to achieve the aim of the Association as stated in the first editorial: ‘to receive the scientific nod and attain lofty heights’. But to achieve this, ‘we must be prepared to make the fruits of our own research endeavors readily available to nurture it’. Despite the challenges that we face, we are happy to receive quality manuscripts from abroad and from our members who have consistently found the Journal worthy of patronage.

We thank Professor Olugbenga Awobusuyi and the Editorial Team for working tirelessly to improve the lot of this Journal.

The theme for this year’s World Kidney Day, *Living Well with Kidney Disease*, finds fitting advocates in nephrologists from many countries who syndicated their perspective in many nephrology Journals. Kalantar-Zadeh, *et al*, outline the solutions to hardships that patients and their care givers grapple with. These include ‘focus on life participation’, ‘patient empowerment, partnership and paradigm shift towards a strengths-based approach to care’. Chronic kidney disease patients should be adequately educated and empowered to have control over decisions they judge best for themselves.

The Nigerian Hypertension Society has provided an updated information for patients’ care in their *Guidelines for the Management of Hypertension in Nigeria 2020*. The guidelines are based on current evidence from clinical trials and systematic reviews published in the last few years. The guidelines, published in this issue of the Journal, emphasize the use of thiazide and thiazide-like diuretics and calcium channel blockers for single or dual-medicine therapy.

Other original articles and a review published in this issue have examined issues pertinent to nephrology practice in Nigeria.

Samuel Ajayi
Editor