

# Table of Contents

**Volume 12    Number 8**

**August 2020**

## **An Antibacterial Wound Dressing Based on GS-SF Composite Scaffold**

Q. F. Jiang, P. Chen, B. Gao.....915

## **Can Traditional Breathing Methods Reduce Stress?**

T. Morisawa, M. Watanabe, H. Mori, K. Nishijo, K. Tomita, K. Kawamura, J. Sato, N. Mandai.....923

## **A Literature Review regarding Cervical Cancer Prevention Targeting Junior and Senior High School Students**

T. Nakamura, A. Sasaki.....932

## **An Efficient and Enjoyable Way for Physical Fitness Development among Women at Midlife**

O. Ezra, S. Tsuk, A. Eliakim, Y. Meckel.....943

## **Intrigues and Challenges Associated with COVID-19 Pandemic in Nigeria**

K. O. Akinyemi, C. O. Fakorede, A. A. A. Anjorin, R. O. Abegunrin,  
O. Adunmo, S. O. Ajoseh, F. M. Akinkunmi.....954

## **Midwifery Students' Confidence in New-Born Care at Completion of Training in Selected Midwifery Schools in Zambia. A Multicentric Study: A Case of Zambia**

B. N. Sianchapa, M. Zulu, C. Kwaleyela, M. C. Maimbolwa.....972

## **Instability of Nucleic Acids in Airborne Microorganisms under Far Infrared Radiation**

E.-J. Li, J. Lu, S.-M. Dong, M.-Z. Zhang, S. Cen, L.-J. Li, W.-H. Huang.....998

## **Experience of Drug Abusers Participating in Community-Based Drug Rehabilitation Services Provided by the Counselling Centres for Psychotropic Substance Abusers (CCPSAs) in Hong Kong**

M. M. H. Tiu, C. K. M. Fung, W. Y. Fung, Y. Y. Lai, C. M. Tse, T. H. Wong,  
T. K. Wong, W. Y. Wong, M. S. Wu, K. M. Yeung, L. T. Yeung, Y. Y. Yu.....1008

## **Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative Stress**

X. Sofra, S. Badami.....1029

**Factors Associated with Tobacco Use among Community Dwelling  
Older Adults in Jos South, Nigeria**

K. M. Okonoda, B. O. James, Y. T. Maigari, C. N. Nwoga, C. G. Piwuna, E. A. Envuladu.....1049

**The Importance of Systemic Balance in Safeguarding Health: A Randomized  
Double-Blind Clinical Trial on VLDL, Triglycerides, Free T3, Leptin,  
Ghrelin, Cortisol and Visceral Adipose Tissue**

X. Sofra.....1067