

Breast milk contains about 100 components not found in formula milk and about 80 per cent of the cells in breast milk are macrophages, cells that kill bacteria, fungi and viruses providing natural protection against any foreign attacks

Good Health begins with mother, There is no substitute to her milk

Feeding her baby is a lifetime experience for a woman and there is no substitute for the mother's milk to the child, according to experts studying breast-feeding. Studies show that breast-feeding not only develops a baby into a healthy human being, but also contributes greatly to the mother's own development. In this feature, Starhealth attempts to make the expectant mother understand the various aspects of breast-feeding and its importance.

The more the baby breast-feeds, the more milk your body will produce

Newborns breast feed about every two hours. However, they often breast feed for many reasons other than hunger. Therefore, allow the newborn to breast-feed as often as he or she wishes. Make sure the baby is sucking effectively. Offer both breasts at each feeding.

Your baby's nose may be touching your breast during nursing. Babies' noses are designed to allow air to get in and out in such a case. But if you're concerned that your baby can't breathe easily, you can gently press down on your breast near your baby's nose to give him or her enough room to breathe.

How to find out whether the baby is getting enough milk?

When your baby is hungry he or she begins to nuzzle against your breast, makes sucking motions or begins to cry. If your baby feeds for a very long time (say, 30 minutes on each side), he or she may be having trouble getting enough milk. If this is repeated every time you breast-feed, consult your doctor.

Different babies have different feeding patterns. Many newborns nurse for about 10 minutes to 20 minutes on each breast. Your baby will let you know when he or she is satiated, by letting go of your breast. Most milk is sucked in during the first 5 minutes to 15 minutes of nursing.

Signs that your baby is getting enough milk:

- λ Acts satisfied after each feed.
- λ Gains weight constantly after the first 3 to 7 days after birth.
- λ Passes urine at least 6 to 8

times a day.

λ Passes stool 2 to 5 times a day at first and then may have two or less a day. Stools will be loose at first.

Why mother's milk?

Research spanning many decades and experience of many mothers and babies over the years, have established that breast milk is perfectly suited to nourish infants and protect them from illness. The primary benefit of breast milk is nutritional.

Breast milk contains about 100 components not found in formula milk. It contains just the right amount of fatty acids, lactose, water, and amino acids required for human digestion, development of the brain, and for growth. The mother's natural antibodies against a number of diseases are transferred to the child through breast milk. About 80 per cent of the cells in breast milk are macrophages, cells that kill bacteria, fungi and viruses. A breast-fed baby's digestive tract contains large amounts of a good bacteria *Lactobacillus bifidus*, that prevent the growth of harmful organisms in the body.

No baby is allergic to their mother's milk, although they may have a reaction to something the mother eats. If she avoids it from her diet, the problem will be solved. Also, milk straight from the breast is always sterile, never contaminated by polluted water or dirty bottles, which can cause diarrhea in the infant.

Breast-fed babies are protected from a number of illnesses, including pneumonia, botulism, bronchitis, staphylococcal infections, influenza, ear infections, and German measles often suffered by bottle-fed babies.

Cow's milk contains a different type of protein when compared to breast milk with which infants can have difficulty digesting it. Bottle-fed infants tend to be fatter than breast-fed infants, but not necessarily healthier.

And finally, sucking at the breast helps good jaw development. It's hard work to get milk out of a breast than a bottle, and the exercise strengthens the jaws and encourages the growth of straight, healthy teeth. The baby

at the breast also can control the flow of milk by sucking and stopping. With a bottle, the infant must constantly suck or react to the pressure of the nipple placed in the mouth.

Strong, early bonding of mother and child is another benefit of breast-feeding.

Studies have shown that breast-feeding facilitates the mother's postpartum recovery and lessens the risk of breast cancer. It helps uterus to contract back to normal size after having been stretched during pregnancy. It delays the return of the mother periods. And it helps the mother to develop as emotional and physical bonding with the baby.

What should breast-feeding mothers eat?

Nursing affects a woman's entire lifestyle. A nursing mother with baby-in-tow should eat a balanced diet with plenty of calcium. This means eating fruits and vegetables, whole-grain cereals and bread, eggs, meats or beans, milk and dairy foods like cheese and yogurt. The mother needs to get enough calories and she need to drink plenty of fluids. A balanced diet that includes five servings of milk or dairy products each day will give you enough calcium.

Certain food products are best avoided as these can appear in the milk. Before taking any tablets clarify with your doctor. Smoking should be strictly avoided. Smoking during breast-feeding is harmful for the baby and also decreases the milk secretion.

Medication while breast feeding

Usually, the medicines consumed by a breast-feeding mother do not cause any problem to her baby. Likewise, if a breast-fed baby is given any vaccine or medicines, it will not interfere with feeding. Vaccines such as OPV or BCG will not cause any side effects to breast fed babies.

If you are on any medication take it after breast-feeding the baby.

Problems faced during breast-feeding

One can sight innumerable advantages and benefits of breast-feeding to the mother and the infant. But there are a few inconveniences caused to the feeding mother. In the first few weeks of breast feeding it can be painful and uncomfortable. A woman's nipples may become sore or cracked. She may experience engorgement of breasts due to clogged milk ducts, which can lead to mastitis, and a painful infection of the breast. Though, most nursing problems can be solved with home remedies, mastitis requires immediate medical attention.

There are three most common causes of breast tenderness or soreness:

- λ Breasts that are too full of milk.
- λ Feeding in a wrong position.
- λ Improper sucking by the baby.

The main cause of sore nipples is when the baby doesn't suck properly. If the baby isn't positioned the right way. To take your baby off the breast, first release the suction by putting a finger in the corner of the baby's mouth between the gums and then gently take the baby's mouth away from the breast.

Prevention of sore nipples:

- λ Make sure the baby is sucking in the right way. If the sucking hurts, place your baby in the right position.
- λ Allow the nipples to dry between feedings.
- λ Feed the baby, first with the nipple that is less sore. The baby's sucking may be less vigorous after the first few minutes.
- λ Change nursing positions.
- λ Wash the nipples daily with warm water and dry it properly.
- λ Express milk until the letdown reflex occurs. This will help make the milk more available so the baby sucks less hard.

Mastitis is the inflammation of breast tissue. It can occur due to the cracked nipple or blocked ducts. If left unattended this leads to abscess formation, which may require surgical intervention. Untreated mastitis can cause other infections also which can be very painful. Feeding the baby and thus draining the breasts to prevent breast

engorgement is the best way to prevent it. If any signs of it are noticed, consult your doctor immediately.

Engorged Breasts

In some women, a few days after delivery the milk supply comes on so quickly that the breasts become swollen, hard and sore. This is called engorgement. There is an increased supply of blood and other fluids in the breast as well as milk.

Insufficient supply of Breast milk

This is sometimes a problem in mothers who tend to be under lot of stress and find it hard to relax. A let down reflex is necessary to get the milk supply going, and sometimes this reflex is slow. If there is sufficient supply, the baby tends to demand frequent feeds may continually suck his or her hand and will be slow in gaining weight. Remember there is always some milk present in the breasts.

Storage of breast-milk

Breast milk is sterile when it is directly transferred from breast to mouth. But, there are circumstances when one has to take breast milk out and store it for future use. Cleanliness is the keyword while doing this. Wash the hands thoroughly and the area that may come in contact with the milk while expressing it out. Wash all pump parts and bottles that come in contact with milk with hot water after each use.

Refrigerate milk as soon as possible after pumping, even though, it can be left at room temperature for up to six hours before it begins to break down.

Fresh milk can be stored in refrigerator for up to 72 hours. Milk must be frozen within 24 hours of pumping from the breast.

Never refreeze milk.

Breast-feed and pump frequently because your breasts respond to repeated sucking to produce milk. The more a woman breast-feeds, the more milk she will produce.

source: Internet

Ban on Children's Mobile Phone use - Right away



DR RUBAIUL MURSHED

Use of mobile phones by children has increased sharply in the last few years. Although evidences that radiation poses a health risk is inconclusive, researchers have raised concerns about the possibility of a link with headaches, memory loss, irregular brain activity and brain cancer.

As well as scientists could not dismiss possible links with ailments such as eye cancer and leukemia.

Young children absorb up to 50 per cent more radiation in their brains than adults when they use mobile phones, a recent research has revealed. The results will reinforce calls for parents to limit the use of the phones by schoolchildren throughout the world. Radiation penetrates halfway through the brain of a five-year-old. The penetration falls to 30 per cent for a 10-year-old, compared with just a small area around the ear in an adult.

Dr Om Ghandi, a leading scientist at the University of Utah, carried out this latest research. He also said, "More radiation can go through. Since a child's ear is thinner, the telephone is closer to the head. Therefore, more is able to go past the ear and into the head. All it takes is two millimeters difference." The results suggest international safety tests used to measure the absorption of radiation are inadequate and should be changed to

take account of the size and thickness of a child's skull.

In May 2001 the British Medical Association produced a report called "Mobile Phones and health" which included this statement: "Children are particularly likely to use mobile phones for text messaging..."

Since the handset is normally held near to waist level for this activity, research is necessary into whether mobile phone radiation may effect different parts of the body in different ways, and hence whether there are any additional possible health risks associated with text messaging."

Bangladesh Environment Minister also said at a seminar (last year) that Bangladesh would impose official ban on children's cellular telephone use to protect the young from invisible and deadly radioactive sources. He also said millions of people are getting benefits from modern cellular telephones; but most of the users are unaware that they are getting exposed to invisible non-ionised radiation that invites multiple health hazards. Although Ministry of Health can give a warning immediately that users under 16 should limit calls to essential purposes and keep them as short as possible. Government can also urge the mobile phone companies and importers not to target children in advertising and to print the radiation level on the handset, not just in the packaging, so consumers can judge the risk for themselves. As well as Ministry of Environment can print 'mobile phone safety leaflets' for distribution in the offices, educational institutes and mobile phone shops.

Nature's gift - saves lives



The picture on the top shows a community-based Rainwater harvesting system (RWH) designed and developed by NGO Forum for Drinking Water Supply and Sanitation. The under construction water storage tank was commissioned last week in Khudrakathi village under Babuganj thana in Barisal. About 80 per cent of the hand-pumped tubewells in the village are contaminated by naturally occurring arsenic in the groundwater. There are several people in the village who shows acute arsenic poisoning and many of them complain of regular vomiting, headache, intestinal pains and distaste for food. In last one year three people have reportedly died from the poisoning.

tion of Bangladesh, a partner NGO with technical support from NGO Forum and financial support from DANIDA has built the 40,000 litre capacity tank which collects water from tin-shed roofs set up nearby and connected by a plastic pipe to draw water during rain. Eighty per cent of the cost of the concrete tank was given by DANIDA which the rest was shared by the members of the affected community.

NGO Forum has network of community based organisations and small NGOs through which such mitigation activities has been carried out through its 14 regional offices covering many arsenic affected areas. The second pictures shows some people affected by arsenic poisoning.

INDAB or Integrated Development Associa-

People living with HIV/AIDS to get hospital care

CARE Bangladesh, Gonoshasthya Kendra takes initiative to offer all treatment facilities for the PLWHA

STAR HEALTHDESK

For the first time a hospital has taken initiative to manage, treat and offer counseling for people living with HIV/AIDS (PLWHA) in Bangladesh.

CARE Bangladesh and Gonoshasthya Kendra has taken this commendable initiative to offer all treatment facilities for the PLWHA.

Officially there is no hospital where PLWHA can go and seek treatment or access regular health check up, which is of a significant part of the life of PLWHA.

Gonoshasthya Kendra recently signed an agreement in this regard recently for the cooperation with CARE Bangladesh and has established this facility at the Gonoshasthya Nagar hospitals at Dhaka and Savar where all PLWHA would be able to avail treatment facilities including surgery and delivery free of cost.

"We are very happy to announce this and our intention is to uphold human rights of all people no matter what disease he or she may be suffering from," said Dr Morshed Choudhury, one of the directors of the Gonoshasthya Kendra

(GK) and initiators of the programme.

He said, "To the best of my knowledge no hospital including the government institutions in the country offers treatment for PLWHA. Just because they are suffering from HIV/AIDS it does not mean that they have no right to seek treatment. In fact, many of the PLWHAs seek treatment secretly and it is very unfortunate."

"We would soon ask the government to enlist Anti-Retroviral (ARV) drugs for inclusion in the list of essential drugs. We have also noticed that HIV/AIDS is only confined to 'risk' behaviour groups like truckers and commercial sex workers but what about the general population. They are also exposed but do not perhaps know about the dreadful illness," Dr Morshed added.

In last 20 days GK has treated seven PLWHA including one surgery for removal of tumour and delivery.

Most of the PLWHA are referred by CARE Bangladesh but Ashar Alo, an NGOs for the PLWHA has also sent a few for regular check ups.

All costs for the treatment of the PLWHA would be borne by CARE Bangladesh.

Your daily diet: Take plenty of fibre and avoid cancer, constipation

NUTRITION (I)

To maintain good health it is necessary to change our eating habits and practices. In our medium daily food generally seems healthy although actually it consists of 50 per cent carbohydrates, 40 per cent fat and the remaining protein. We should start by modifying these percentages and consume 70 per cent carbohydrates 50 per cent fat and 15 per cent protein.

An easy way to carry this out would be to: Increase the intake of cereals, fruit, vegetables, grains and bread.

Eat a moderate amount of lean chicken meat (without the skin), animal flesh, fish, egg white, milk and byproducts of same.

Consume in small amounts: butter, margarine, oils, candy, dressings, sugar, and chocolates, egg yolk and sodas.

Do not forget to drink water. Your body requirement is between 1.5 and 2 liters of water per day.

CONSUME MORE FIBER

A health diet must include food rich in fiber.

BUT WHAT IS FIBER?

Fiber is an ingredient found in vegetables, legumes, fruits, nuts, seeds, grains, and whole wheat bread which besides satisfying your hunger helps your digestive system, helps the intestinal evacuations, prevents constipation and hemorrhoids. And the most important is that it has been known to prevent intestinal cancer.

WHAT'S IN SUGAR

Although sugar supplies energy in the form of simple carbohydrates it has no nutritive effect (it adds 4 calories per gram).

In small amounts it betters the taste and texture of nutrients but it must be con-

sumed in small amounts. Do not forget that the majority of bottled and canned foods use sugar as a conservative.

CONSUME MORE CARBOHYDRATE COMPOUNDS

Carbohydrates are a source of energy and your body requires 4.5-gram carbohydrates per kilogram of weight daily.

Dietitians generally suggest that you use carbohydrates compound such as bread, tortilla (bread made from cornmeal), potato, rice and cereal. The general belief is that these foods are fattening. This is not true.

WHAT'S IN SALT?

In the medical world there is an illness that is known as the silent disease: it is the arterial hypertension or high blood pressure which if not controlled could be fatal.

Salt makes our body retain liquids and raises arterial pressure. Use it only in small amounts if you require it.

CONSUME LESS FAT

The principal problem is the excessive fat that people consume. This is related to a great variety of illnesses: cardiovascular, gall bladder, cancer and also brings on overweight and obesity. Each gram of fat consumed is a source of nine calories.

Avoiding fat altogether is not advisable as much as the body requires a certain amount for the synthesis of the essential fat acids and the absorption of vitamins A, D, E and K. Fats must represent between 15 and 20 per cent of the daily calorie intake.

VITAMINS

Vitamins are chemical compounds of organic nature, which are present in minimal amounts in foods and are necessary for life since they are important regulators of many compounds in our body.