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OBSESSIVE-COMPULSIVE DISORDER

Learn how to get rid of your obsession

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It is normal to check over homework to be sure it is done right - in fact, it is a good idea. But when Faria does her homework or takes a test, she feels like she has to check each problem over and over. She just wants to make sure her answer is right but as soon as she has checked once, she feels the need to check again, just to be sure. It takes her hours to do homework, and she often does not finish tests because she keeps going back to check previous answers.

There are many other cases like Faria who have some things in common - they all worry that they are going crazy (they are not!). And they all try to hide what they are doing because they are afraid people will think they are weird (they are not!). They all have obsessive-compulsive disorder (often just called OCD), a mental health condition that creates a strong sense of uncertainty, doubt, worry, or fear in a person's mind and triggers rituals like re-checking and re-doing

What is obsessivecompulsive disorder (OCD)?

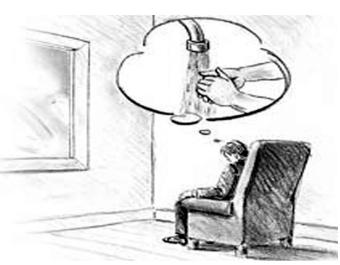
Everyone feels anxiety, fear, uncertainty, or worry at some time. These normal emotions and reactions help people protect themselves, stay safe, and solve problems. Usually these feelings don't last long and don't come too often. But for people with obsessivecompulsive disorder, these feelings are taken to extremes. It is as if the brain's filter for sorting out what is dangerous from what is not dangerous is not working properly. Instead of keeping normal worry in perspective, there is a constant stream of uncertainty, doubt, or fear in the person's mind.

OCD is a type of anxiety disorder. People with OCD become preoccupied with whether something could be harmful, dangerous, wrong, or dirty - or with thoughts about bad stuff that might happen. With OCD, upsetting or scary thoughts or images, called obsessions, pop into a person's mind and are hard to shake.

People with OCD feel strong urges to do certain things repeatedly - called rituals or compulsions in order to banish the scary thoughts, or to try to ward off the bad thing they dread, or to make extra sure that things are safe or clean or right. By doing a ritual, someone with OCD is trying to feel absolutely certain that something bad will not happen.

Sometimes the obsessions and compulsions seem to be related to each other. For example, if a person with OCD has obsessions (worry thoughts) about germs and about getting sick, these might be accompanied by compulsions (urges and behaviors) to wash a lot, clean things, or try not to touch things that might be germy.

But sometimes the compulsions don't seem to have anything to do with the fear a person is trying to banish. Someone with OCD might get the idea that if things aren't arranged just so on a desk, some-



one they love could get sick or die. Many times, the rituals seem odd even to the person with OCD. For this reason, many people with OCD try to hide their symptoms from others

Although people with OCD feel a brief sense of relief when they do a compulsion, the compulsions actually strengthen the OCD thoughts, encouraging them to return. The more someone does the compulsions, the stronger the illness becomes. When OCD is severe, the fear obsessions can be extremely distressing and rituals can take up hours of a person's day. But for someone with OCD resisting the urge to do compulsions can be very difficult.

OCD was thought to be difficult to treat, but now it is a lot easier. Evidence is strong that OCD tends

low blood sugar can lead to dia-

betic coma. Following a regular

eating schedule and meal plan

With an eating plan, you are less

likely to overeat or eat too much of

the wrong foods. Being over-

weight makes it more difficult to

control your blood sugar. It also

increases your risk of many other

medical problems, such as heart

your diabetes: Knowing how

various foods and eating patterns

affect your blood sugar will help

you achieve and maintain better

control of your disease. Ulti-

mately, the motivation you need to

succeed will come from within.

·Maintain greater control of

•Better control your weight:

reduces this risk.

disease and stroke

to run in families. Many people with OCD have one or more family members who also have it or other anxiety disorders. OCD affects people of all ages. It often begins during childhood. Some adults with OCD say their symptoms started when they were kids, but that their condition did not get recognised or treated until they were grown

Diagnosing OCD

OCD is an illness, and having it is not a person's fault, just like having asthma or diabetes is not someone's fault. And like asthma diabetes, or any other illness, OCD can be treated so people can get relief from its symptoms.

But unlike diabetes or other illnesses, you cannot have a lab test or blood test to tell you if you have OCD. Instead, a doctor such as a psychologist or psychiatrist has to ask you questions about obsessions and compulsions. Getting therapy for OCD

For many teens, the thought of going to therapy can be a little scary and overwhelming. A lot of people are so embarrassed by their obsessions and compulsions that they don't even tell their parents and friends about them, never mind a stranger.

But most people find they feel comfortable even relieved after they meet with a therapist once or twice and know what to expect. The therapist will often begin by teaching about OCD and how the therapy works

A type of talk therapy called cognitive-behavioral therapy (CBT) offers specific methods. called exposure and ritual (or response) prevention that work for people with OCD.

CBT helps people to learn to use the power of their own behavior to change their thoughts and feelings for the better. First, a person learns how OCD works how giving in to compulsions makes OCD stronger and how resisting compulsions makes OCD weaker. Exposure therapy and ritual prevention allow someone to face their fears in a safe way, little by little, without doing compulsions. Therapists who treat OCD teach people new ways to react to worries and fear

without doing rituals. This type of therapy actually helps "reset" the brain's mechanisms that trigger obsessions and

compulsions. At first, it can seem hard to stop doing rituals, but eventually people feel safe and stronger about dealing with their obsessions and compulsions.

Overcoming OCD is not a fast or easy process. It takes patience, practice, and hard work. People with OCD usually go to therapy about once or twice a week for a while, then less often as they begin to get better. Sometimes the doctor may also prescribe medications to

help with symptoms. Feeling better can take anywhere from a few months to a few years. For many teens with OCD, the symptoms may get better for a time and then might get worse during stressful events in their lives. But learning how to deal with OCD makes it easier to take care of it if there is a flare-up. Lots of people with OCD find that support groups can help them feel less alone and let them make friends with others who understand and are living with the same challenges.

Having OCD does not mean a person is crazy or that he or she should just be able stop the obsessions and compulsions alone. Going to the doctor when you have flu is not embarrassing, and neither is seeking treatment if you think you have OCD. With help, people can get relief from OCD and have more time and energy to

spend doing things they enjoy.

5.Have it your way: Don't settle

for what comes with your sandwich

avoid special dressings, tartar

Self-care measures for headache relief Nearly everyone experiences stretches or a quick walk may renew your energy for the task

at hand

occasional headaches. But frequent headaches can interfere with our daily life. Aside from over-the-counter or prescription medication, do you wonder what else you can do to stop the pain? The answer may be as simple as

The same lifestyle choices

that promote good health may

reduce the frequency and

severity of headaches. Con-

meals especially breakfast.

types of headaches.

Eat healthy foods: Don't skip

Exercise regularly: Dur-

ing physical activity, our body

releases certain chemicals

that block pain signals to our

up and go to bed at the same

to bed. If you don't fall asleep

or do another quiet activity until

you become drowsy. Keep in

mind that medications that

contain caffeine or other stimu-

lants, including some head-

ache medications, may inter-

fere with sleep.

choices

sider the basics:

make it work.' taking good care of yourself. Let go: Don't worry about Make healthy lifestyle things you cannot control.

Ease muscle tension Muscle tension can trigger headaches. If you are feeling tense, apply heat or ice to

Adjust your attitude: Stay

positive. If you find yourself

thinking, "This can't be done,"

switch gears. Think instead.

"This will be tough. But I can

soothe sore neck and shoulder muscles. Use a heating pad set on low, a hot-water bottle, a warm compress or a hot towel. A hot bath or shower may help, too. If you rather use ice, wrap the ice pack in a cloth to protect your skin.

brain. Choose any exercise Massage also can relieve you enjoy. Walking, swimming muscle tension and someand cycling are often good times headache pain. Gently choices. But it is important to start slowly. Exercising too massage your temples, scalp, vigorously can trigger some neck and shoulders with your fingertips. Or ask someone else to do the honors. Get enough sleep: Wake

Relax

time every day - even on Take time to unwind every day. weekends. Relax before going Try this deep-breathing exerwithin 15 minutes, get up. Read

 Lie down on your back or sit comfortably with your feet flat on the floor.

• Rest one hand on your abdomen and one hand on your chest. This will help you feel the natural movements of your breathing.

Avoid excess caffeine: • Inhale through your nose or Sometimes caffeine helps mouth while pushing out your curb headaches. In fact, many headache medications conabdominal muscles tain caffeine. But heavy daily • Slowly exhale while gently caffeine use more than 600 relaxing your abdomen. milligrams of caffeine a day, or

• Repeat the cycle several times. It also may help to con-

and irritability sciously relax your muscles. Keep stress under conone group at a time. When you

trol are done, sit quietly for a Stress and headaches often minute or two. go hand in hand. To reduce Keep a headache diary stress, try these simple tips:

about four to seven cups of

coffee can cause headaches

Simplify your life: Rather than looking for ways to squeeze more activities or chores into the day, find a way to leave some things out.

Manage your time wisely: Update your to-do list every day - both at work and at home. Delegate what you can and break large projects into manageable chunks. Take a break: If you feel

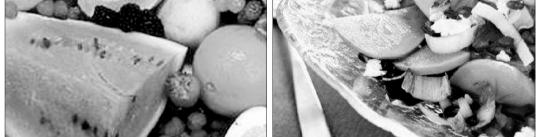
overwhelmed, a few slow

A diary may help you determine what triggers your headaches. Note when your headaches start, what you were doing at the time, how long they last and what, if anything, provides relief. With the help of a headache diary, you may begin to ce patterns in your that may contribute to your headaches. You may also note the benefits of healthy lifestyle changes



STAR HEALTH DESK

2.Choose a healthier side ries. Select grilled or roasted lean sh. Take advantage of healthy meats



DIABETES DIET

Stay motivated by breaking down the barriers

STAR HEALTH CORRESPONDENT

It is easy to arm yourself with diabetes meal plans, exchange lists and food logs. But it's not always so easy to follow the diabetes diet — the same healthy eating plan that can benefit everyone. Sticking to a diabetes diet is one of the most challenging aspects of living with diabetes. The key is to find ways to overcome barriers and to stay motivated

Know the barriers

To maintain your diabetes diet, it helps to identify potential barriers and the means to break through them. Barriers to following your diabetes diet may include:

•Financial issues: Buying lots of fresh fruits and vegetables can be expensive. But keep in mind that you are buying fewer lessnutritious foods. You may also buy less meat. This saves you money.

•Cultural barriers: Food is an expression of culture. But all cuisine can be prepared in healthier ways. You can find diabetic cookbooks that focus on foods from different cultures and ethnicities. These books contain plenty of ideas for making traditional foods healthier. If you have friends with diabetes or know of someone with the condition, ask for cooking tips.

•Family issues: Food is often the center of social and family life. Sometimes family members are

can rise markedly. This may not supportive of the changes you are trying to make. A family memcause you to feel tired and generber may feel rejected if you say no ally crummy. When you follow to his or her special dish. Discuss your diabetes diet, you feel better. your diabetes diet and your diabe-•Decrease your risk of low tes treatment goals with family blood sugar: If you skip meals or members and ask for their supdon't eat the right foods, you may port. Reassure family members that you are not rejecting them ---experience low blood sugar just their unhealthy food choices. (hypoglycemia). Signs and symp-

Let them know that your health toms of low blood sugar include comes first. sweating, shakiness, weakness, •Social pressure: It is hard to dizziness and irritability. Severely

turn down a dessert or snack when it is offered to you. If you are watching football with friends and everyone is drinking beer and eating potato chips, the temptation to join in can be hard to resist. The best way to deal with potentially difficult situations is to anticipate and plan for them. Consider ways you can eat a favorite dish without totally abandoning your diet plan. For example, decide you are going to have pizza at the party, but only one slice. Another option is to bring your own healthier snacks to get-togethers, with enough to share. Think through what you'll eat and drink before you arrive, and stick to your plan. Experience the benefits, stay motivated

The motivation to stick with your diabetes diet will improve as you begin to experience the benefits of your hard work. You will likely:

You have to believe that what you •Feel better: If you eat too are doing matters — and that you much at once, or eat too many are worth it carbohydrates, your blood sugar

Can fast food be part of a weightloss or healthy diet plan? You might not think so. In fact, you might even think that you cannot have a meal that is both quick and healthy. But this is not necessarily so. An occasional stop at a fastfood restaurant can fit into a healthy diet plan. The key is to choose wisely.

1.Keep portion sizes small: If the fast-food restaurant offers several sandwich sizes, pick the smallest or order half a sandwich, if available. Bypass burgers with two or three beef patties, which can pack more than 1,000 calories and 70 grams of fat. Instead, choose a regular- or children's-sized burger. which has about 250 to 300 calories. Also, skip the large serving of french fries or onion rings and ask for a small serving instead. This switch alone saves about 300 calories. Or better yet, select a lower calorie option.

side dishes. For example, instead of french fries choose a side salad with low-fat dressing or a baked or meal. Ask for healthier options potato. Or add a fruit bowl or a fruit and substitutions. For example, and yogurt option to your meal. ask for reduced-fat mayonnaise or Other healthy choices include mustard on your sandwich. Try to apple or orange slices, corn on the

cob, steamed rice, or baked potato

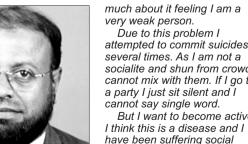
chips

sauce. sour cream and other highcalorie condiments. 3.Go for the greens: Choose a

6.Watch what you drink: Many large entree salad with grilled beverages contain a large number chicken, shrimp or garden vegetables with fat-free or low-fat dressing on the side, rather than regular salad dressing, which can have 300 or more calories per packet. Watch out for high-calorie salads, such as for the day.

4.Opt for arilled items: Fried and breaded foods, such as crispy chicken sandwiches and breaded fish fillets, are high in fat and calo-

6to Your Doctor on Psychiatry



Dear Doctor.

yeats. I always avoid from presentations and I always feel nervous and shy. So I think too

those with deep-fried shells or those topped with breaded chicken or other fried toppings. Also, skip salad extras such as cheese, bacon bits, croutons and fried chips, which quickly increase your calorie count.

of calories. For example, a large soda (32 ounces) has about 400 calories. Instead, order diet soda, water, unsweetened iced tea. sparkling water or mineral water. Also, skip the shakes and other ice-cream drinks, which can contain more than 1.000 calories and all of your saturated fat allotment

You can eat healthy away from home, even at fast-food restaurants. Make wise menu choices and focus on portion control.

your family members, friends and most importantly with your husband. In this situation, your husband's support is most important to overcome this problem.

You need psychotherapy with behavior therapy under the guidance of a psychiatrist. This therapy will help you overcome your problem.

This therapy includes proper counselling, yoga, meditation, process of muscle relaxation other mental exercises. The psychiatrist will train you how to interact with people. Not only psychiatrist but also your husband and other family members should be helpful and cooperate to overcome your trou-

Some anti-anxiety and antidepressant drugs prescribed by a psychiatrist may help you to get rid of this problem. You should consult with a psychiatrist for appropriate guidelines and for proper mode of treatment.

Anti-acid supplement boosts bone mass

Taking potassium citrate, a base. to neutralise the high acidity of typical Western diets can help increase bone mass in postmenopausal women with thinning bones, according to researchers in Switzerland and San Francisco "Our results demonstrate

for the first time that merely by

partially reversing the acidity

of the diet, bone mass

range of increase produced by

common FDA-approved

medicines." Dr Reto Krapf,

from the University of Basel in

high acid levels on bone for-

mation is controversial, but

there is some evidence to

suggest that they are associ-

ated with a drop in bone min-

The effect of continuously

Switzerland, said.

potassium citrate, a base compound that reacts with acid to neutralise it, or potassium chloride daily for 6 to 12 months. The women taking potassium citrate showed significant

161 women with sub-par bone

mineral density who were

randomly assigned to take

increases in BMD at the spine and hip compared with the women given potassium increased rapidly and in chloride amounts that are within the Further studies examining the

effects on fracture rates are needed before potassium citrate can be widely recommended as a treatment for osteoporosis, Krapf noted. "However, given the safety and extremely low cost of this agent, these results should be very encouraging to government agencies regarding funding for future trials," he

eral density. Thus, neutralising high acidity might increase bone mass. The current study involved

Source: Journal of the American Society of Nephrology

added.

Eskayef launches new drugs

Eskayef Bangladesh Ltd has launched two new FDA (Food and Drug Administration of the United States of America) approved drugs in the local market of Bangladesh in the trade name Zatral and Urokit, says a press release.

Zatral is a preparation of alfuzosin hydrochloride extended release tablet which is used in the modern therapy for the symptomatic management of benign prostatic hyperplasia (BEP), a condition that affects the prostate gland in men. As men age, the prostate gland slowly grows bigger, which may restrict the flow of urine and can lead to bothersome symptoms that may interfere with daily life Simple once daily dosing of Zatral

ensures relief from the troublesome symptoms of BEP. Each tablet contains alfuzosin hydrochloride BP 10mg.

Urokit is a preparation of potassium citrate, wax matrix extended release tablet. Urokit prevents and controls formation of kidney stone. specially calcium and uric acid stones. Urokit is formulated with a unique wax delivery system that allows slow and sustained release of medication for convenient dosing and also less gastrointestinal upset, which enhances patient compliance. Each Urokit tablet contains 1080mg potassium citrate USP equivalent to 10mEq potassium.

several times. As I am not a socialite and shun from crowd. I cannot mix with them. If I go to a party I just sit silent and I cannot say single word. But I want to become active I think this is a disease and I have been suffering social phobia Please give me a suggestion

Dr Dewan Abdur Rahim Professor and Head Department of Psychiatry Enam Medical College Sava

I am a married person, over 30

to get rid of my problem. Best regards Farhana Dhaka Answer Yes, this problem is called social phobia. You may feel palpitation, blurring of vision, tremor, and increased frequency of

micturition whenever you interact with people or interrelate with huge people. This can be called fearful anticipation.

You did not mention your details like since when have you been suffering from this problem and about your relationship with

Send health related queries to Your Doctor, Star Health, The Daily Star, 19, Karwan Bazar, Dhaka 1215 or e-mail your problem to starhealth@thedailystar.net