



With candles in their hands, children form a human chain in front of the High Court in the city yesterday demanding an end to political crisis in the country. Sylhet Division Development Action Council organised the programme.

**DIABETES DAY TODAY
'50pc patients do not know they have diabetes'**

STAFF CORRESPONDENT

Only 25 percent of total diabetic patients in the country are treated through existing infrastructure and logistics, said the speakers at a press conference yesterday.

They said around 50 percent people even do not know that they have diabetes.

Lack of awareness, health education and proper healthcare system are mainly responsible for this ignorance, they added.

The press conference was organised by Diabetic Association of Bangladesh (Dab) at Birdem hospital in the city on the eve of the World Diabetes Day today.

This year the theme of the day is 'Diabetes care for everyone.'

Dab will hold different programmes in a bid to create awareness about diabetes among the people.

These include free diabetes diagnosis programme from 8:00am to 11:00am in front of the National Press Club and National Museum. Later a discussion meeting on diabetes will be held at Birdem auditorium.

Similar programme will be held in district towns across the country.

Besides, posters and leaflets will be distributed.

An art competition for children will be held on the premises of the Institute of Fine Arts on Friday morning.

The scheduled rally for the day has been postponed due to present political unrest.

Dab Secretary General Prof AK Azad Khan presided over the press conference.

Joint Secretary General Mohammad Saif Uddin, Secretary Ahsanul Kabir, Deputy Director Farid Kabir, Adviser Helaluddin Khan, Dab National Council Member Major General (Retd) Prof AR Khan and Prof Hajera Mahtab were present on the occasion.

One killed in Keraniganj road accident

UNB, Keraniganj

A female employee was killed and two people were injured in a road accident on Mawa Road in Abdullahpur yesterday.

The dead was identified as Baby Akhter, 55, an employee of Dhaka City Corporation. Witnesses said the accident occurred at 9:00am when a truck hit a CNG-run taxi from behind, leaving Baby Akhter dead on the spot and two others, including the taxi driver injured. The victims were going to Dhaka from Shariatpur by the taxi.

'50 lakh suffer from diabetes'

MAHBUBA ZANNAT

Urbanisation and change in lifestyle increase the risk of diabetes while 50 lakh people are already suffering from the disease in the country.

Lack of physical labour and exercise and regular intake of energy-dense fast food and soft drinks tend to increase diabetes.

Those living in urban areas are mostly vulnerable to the disease since they have easy access to transports and can get their daily needs without much physical labour, said the experts on the eve of the World Diabetes Day today.

Mental stress is another reason for urban people's sufferings from diabetes.

Fast food culture also tends to obesity and increases the risk of diabetes.

Already 11.2 percent people aged over 20 in the capital have diabetes, they said.

A survey conducted by Diabetic Association of Bangladesh (Dab) has revealed that 11.2 percent people in urban area and 4.2 percent in rural area were affected by diabetes till 2003.

The rate of diabetes-affected people in urban area was 4 and 6.9 per cent in 1992 and 1996 respectively whereas in rural areas it was 4.3 percent in 1996.

People of some indigenous minority groups and elderly people are also found vulnerable to diabetes.

According to International Diabetic Federation (IDF), the total diabetes patients around the world is now 23 crore. The number will exceed 35 crore within the next 20 years, it reveals.

People in developing and under-

developed countries are more vulnerable to diabetes and 80 percent of total diabetes patients are of those countries.

Lack of awareness, inadequate healthcare service and health education are the main reasons why people in developing countries like Bangladesh suffer more from diabetes.

Almost 50 percent people do not know that they have diabetes. Even if they come to know, a great many of them especially the young and adult remains quite indifferent to the disease as the symptoms are often concealed at primary stages.

The country also lacks adequate logistics, manpower as well as economic support to treat around 50 lakh diabetes patients, said Prof Hajera Mahtab of Diabetic Association of Bangladesh (Dab).

Most of the people with diabetes in Bangladesh belong to Type 2 diabetes and 80 percent of this type is preventable.

In Type 2 diabetes, the body can't produce adequate insulin, which is one of the most important hormones.

"As diabetes is an expensive disease and the expenses tend to increase along with increased

complexities, it is important to be cautious about its prevention," said Major General (Retd) Prof AR Khan of Dab National Council.

Although 5-10 percent of the total expenses in health sector is utilised in controlling diabetes, 75 percent diabetes patients are yet to get treatment, said the experts.

The sufferings of the poor patients with diabetes are more miserable as they can't bear the treatment cost.

The experts suggested physical exercise and avoidance of obesity to prevent diabetes.



Canadian International School, Dhaka celebrates its first anniversary on the school premises recently. Bonnie Meehan, principal of the school, and Begum Dilruba Azam, chairperson of Bangladesh Air Force Ladies Welfare Society, were present at the programme.

Abed briefs Karzai about Brac activities in Afghanistan

Brac Chairperson Fazle Hasan Abed called on Afghan President Hamid Karzai at the President House in Kabul on November 10, says a press release.

Abed briefed Karzai about Brac's development activities in Afghanistan, which include community-based schools for girls, microfinance programme for poverty reduction and basic health services.

Brac, the largest development NGO with over 3,000 staff members currently operating in 24 provinces out of 34, started work in Afghanistan in 2002.

Karzai was surprised at the rate of expansion of Brac programmes and its achievements in such a short period. The president requested Abed to expand Brac work to more areas in his country with its community based schools and immunisation and microfinance programmes.

Deputy Minister for Rural Rehabilitation and Development Asif Rahimi, Brac Deputy Executive Director Aminul Alam, and Country Head of Brac Afghanistan Jalaluddin Ahmed were present on the occasion.

Abed also called on Finance Minister Anwarul Haque Ahady, Education Minister Hanif Atmar and Rural Rehabilitation and Development Minister Ehsan Zia.

He inaugurated the first branch of Brac Afghanistan Bank and left Afghanistan for Canada on November 11 to participate in the Global Microcredit Summit 2006 in Halifax.

CPB team leaves for India

A delegation of Communist Party of Bangladesh (CPB) left for India on November 12 at the invitation of the Communist Party of India (CPI), says a press release.

CPB President Manjurul Ahsan Khan and Presidium Member Syed Abu Zafar Ahmed during the visit on November 14 and 15 will exchange views with the CPI and CPI (M) leaders.

Body recovered

UNB, Keraniganj

Police recovered body of an unidentified young man, aged about 27, from the river Buriganga under South Keraniganj Police Station yesterday.

On information, police rushed to the spot in the morning and sent the body to the hospital morgue for autopsy.