

FASTER RECOVERY IN DIARRHOEA

Zinc should be administered with ORS in diarrhoea

DR AZHARUL ISLAM KHAN

Zinc is an essential mineral for human body. It is the second most prevalent mineral in human body after iron. Zinc works as a catalyst for proper functioning of over 300 enzymes and is needed for proper physiological activity.

A healthy normal adult needs about 11-14 mg zinc every day which is available from regular food items. All protein foods contain zinc. Zinc is one of the most important elements that keeps the

immune system functional.

To replenish zinc, we need to eat zinc-rich food everyday. Because zinc is not stored in our body and the excess amount is excreted out. Unfortunately most poor people in our country cannot get the required amount every day. Therefore zinc deficiency is common. This becomes more acute during diarrhoea.

During diarrhoea, our body loses a lot of water and minerals. As a result, the body is dehydrated and deficient in zinc. In our country each year many children die



because of diarrhoea. However, many of them could be saved by simple treatment.

Oral rehydration saline (ORS) and zinc treatment can quickly help bodies to recover. Using zinc along with ORS in the treatment reduces the chance of getting diarrhoea again in the next three months.

Oral saline and Zinc tablets are now available everywhere. The price is within the reach of common people. No prescription is needed for oral saline and Zinc tablets. ORS is discontinued when diarrhoea is cured, but Zinc tablets

need to be continued for ten days at once daily dose.

Take one zinc tablet in a spoon, add appropriate amount of water, then slowly move the spoon. Within one minute the tablet will dissolve that can be easily administered.

At extreme sickness, children may vomit after the administration of Zinc tablet. There is no reason to get worried if vomiting occurs. After two hours when the child is stable, administer another tablet. There is less chance of vomiting for the second time.

Care of teeth for your dearest child

DR K A HASNAT FARZAN

As we know that at the age of 8th-10th months of a child, the deciduous teeth usually start to erupt. Occasionally in some cases the eruption time of deciduous teeth may vary to some extent either earlier or longer. At around of age 2-3 years, eruption of deciduous teeth may be completed.

Most of the parents think, since deciduous teeth is to be replaced by the permanent teeth, care of deciduous teeth is not so necessary.

Here I would like to inform those parents that if they do not care the deciduous teeth properly before they fall down, lots of complications may arise during or after the permanent dentition. Although there is almost all kinds of treatment for those complications are available, a little attention can make you and your dearest child free from hazards.

Actually the structure of deciduous teeth is very



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thin. As a result, bacteria can easily attack them and form carries. At the same time, most of the children like very much to eat sweet and sticky foods those get firmly attached with teeth for long period; carries developing bacteria stay in those sticky foods. This carries develop only due to the lack of proper tooth brushing and care.

The most significant is — the type, position, size and shape of permanent teeth mainly depend on the deciduous teeth. This is why, if deciduous teeth fall down earlier due to carries, trauma etc. or have to be extracted for any reasons, they make some complications that may change the outline of entire face in future. From the aesthetic and functional point of view patients face lots of problems day by day.

On the other hand, untreated carries for long time may be transmitted to the permanent teeth and form various types of infectious conditions which may form severe pain, tender swelling, high fever along with reduce interest to take food and even patient cannot open mouth in some cases. This condition also hampered the structure of permanent teeth.

Solution is very simple and it should be implemented by the parents because, children are not mature enough to do better for themselves. This is why, parents themselves have to brush their child's teeth at least two times daily and wipe up teeth by a soft cotton cloth.

They need to develop a habit of mouth rinse after taking any sweet and sticky foods. Children should carefully be informed that this type of foods should not stay in the mouth and carries producing bacteria become more active with the help of this type of foods.

Your small take-care can give your child disease-free beautiful mouth and healthy teeth.

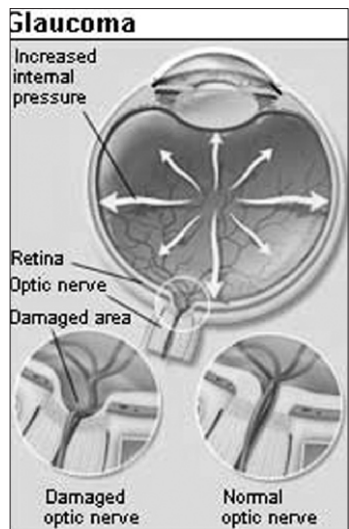
SIMPLE WAYS TO PREVENT GLAUCOMA

Glaucoma risk decreases by lowering blood pressure

The results of a study involving more than 27,000 people with glaucoma suggest that high blood pressure, also known as hypertension, is significantly more common in this group than in those who do not have hypertension, UK researchers report.

They also found that treating hypertension with beta-blocker drugs, but not other types of anti-hypertensive drugs, lowered the risk of glaucoma. Dr Michael J S Langman and colleagues at the University of Birmingham note in their report, published in the British Journal of Ophthalmology, that recent work suggests that hypertension is characterised by increased sodium retention. This in turn, may increase pressure in the eye, a factor in glaucoma.

The researchers also found that hypertension treatment with beta-blocker drugs reduced the risk of a subsequent glaucoma diagnosis



by 23 percent. This was not the case for those with hypertension who were treated with other types

of anti-hypertensive drugs. An increase risk of glaucoma was seen in patients treated with calcium channel antagonist drugs (34 percent), angiotensin converting enzyme inhibitor drugs (16 percent) and steroids (78 percent).

The team concludes that hypertension and glaucoma "tend to be associated and that common mechanisms related to sodium handling are responsible." Antihypertension treatment with steroids and beta blockers, they add, appear to have "important and opposite effects on glaucoma risk."

The findings point at possible simple ways to prevent glaucoma if at-risk groups can be adequately defined.

Source: Ophthalmology

Controversy swirls over a live-saving drug

STAR HEALTH REPORT

Low-molecular-weight heparin (LMWH) is a relatively recent addition to the list of therapies for prophylaxis and treatment of deep venous thrombosis (DVT).

Enoxaparin is an anticoagulant (blood thinner) that prevents the formation of blood clots. This medicine is used following knee or hip replacement surgery and following abdominal surgery in patients at high risk of developing a blood clot. Enoxaparin is also used with aspirin to prevent complications of certain types of

pharmaceutical companies. Whereas slight changes in the composition of a LMWH may change the pharmacological and hence the clinical properties, marketing of the locally manufactured generic by other pharmaceuticals, which is yet to be fully characterised, raised concerns among the patients and cardiologists.

Manufacturing the expensive drug by other companies before complete study is building false impression about the drug among the users, which is actually very potent till date treating and managing the diseases mentioned earlier.

While contacted, Director of Drug Administration told The Daily Star, "As other companies are getting the raw materials from some countries, they (other local pharmaceutical companies) are permitted for marketing the drug here." This raises the question of accountability of our administration in the field of monitoring the quality of drugs in local market.



angina and heart attacks, and with warfarin to treat deep vein thrombosis (a type of blood clot).

LMWHs are obtained from source heparin by depolymerisation leading to a complex mixture of polysaccharides which are manufacturing process dependent.

Enoxaparin is a highly com-

plex product not yet fully characterised. The researcher pharmaceutical company's process results in a complex mixture of polysaccharides (from 2 to 32 saccharides), expressing process-specific chemical 'fingerprints'.

About 30 percent of enoxaparin chains remain to be characterised and probably contain additional fingerprints that may also contribute to the pharmacological (and probably clinical) properties.

The key patent of Enoxaparin is held by Sanofi-Aventis. In the USA, the company won a patent

appeal by a ruling of the US Court Appeals for the Federal Circuit in Washington, DC, that put blocks in the way of several pharmaceutical industries to bring a generic to market. The court also granted a temporary reprieve to the innovator.

But in our country, the drug is also being marketed by some other

Many cardiologists, who prescribe the same drug of different companies informed that they prescribe or administer the drug of patent holding company in case of elite patients considering the safety and efficacy of the drug.

Many doctors are not aware of the condition. In this situation, it is advised to prescribe patent holding company's drug to ensure the efficacy, performance and safety.

hands for several months and it seems to fall asleep very easily. What could cause this? How can I get rid of this problem? Please advise me.

Regards
M Faisal Zishan
Chittagong

Answer
The most common cause of intermittent numbness in hands or fingers is carpal tunnel syndrome. These sensations often occur while holding a book or newspaper or while driving a vehicle. They may also be present on awakening from sleep.

The carpal tunnel is a narrow space on the palm side of your wrist. This tunnel protects a main nerve to your hand (median nerve) and several tendons that bend your fingers. Pressure placed on the nerve causes numbness in hands

and fingers, as well as pain and eventually weakness — all typical signs and symptoms of carpal tunnel syndrome.

Pressure on the median nerve can result from anything that reduces space in the carpal tunnel — from bone spurs to the most common cause, which is swelling or thickening of the lining and lubricating layer (synovium) of the tendons in the carpal tunnel.

The exact cause of such swelling usually cannot be determined. But it may be associated with a variety of conditions and factors, such as diabetes, thyroid disorders, rheumatoid arthritis, fluid retention in pregnancy, and repetitive use or injury.

Doctor may make a diagnosis of carpal tunnel syndrome based on signs and symptoms and a physical examination. Treatment depends on the severity of the condition.

Nutrition Corner

Vegetarian diet: As good as it gets

DR TURIN CHOWDHURY

Around us there is a growing sense of apprehension regarding the foods we take. People are becoming more concerned and conscious about their food habit. This indeed is a very positive sign.

In this era of mechanisation, we are going away from physical labor. Threats like mad cow disease or bird flu are emerging.

On the other, hand the spread of fast food culture, more consumption of instant foods of lower nutrition value due to our busy lifestyle are influencing our health. As we are facing these lifestyle related problems, the issue of vegetarian diet can be considered as a safe alternative to some extent for us.

So what is a vegetarian? The dictionary meaning of vegetarian is someone who does not eat meat or fish. Depending on the degrees to which the individual restrains from taking animal origin food there are several subtypes.

There has always been confusion among the general people about the vegetarian diet. Is it really an option to consider? Being a vegetarian can we get all the nutrients our body needs? Often people think that, being a vegetarian,

with lots of fiber should be eaten in proper proportion for maximum healthiness.

Hence we see that the three major elements of diet can easily be found from the vegetarian diet source. The other desired nutrients for a balanced diet like vitamins, minerals can also be obtained from the vegetarian diet source.

Important protective antioxidant nutrients are found in fresh fruit and vegetables. It is believed that these nutrients play a major role in reducing the risk of chronic diseases such as heart disease, cancer etc.

Medical researchers have found some evidence of health related benefits of the vegetarian diet. Being a vegetarian we can reduce the risk from certain cancers. Incidence of lung and colorectal cancer is lesser in vegetarians. Reduced colorectal cancer risk is associated with increased eating of fiber, vegetables and fruits.

Vegetarianism can decrease the likelihood of heart disease. Vegetarians are likely to have a lower incidence of hypertension than non-vegetarians.

A well-planned vegetarian diet may be useful in the prevention and treatment of renal diseases. Vegetarians have been reported to have



it will be very difficult to fulfill the dietary need of the body, specially the protein. But a vegetarian diet does not mean a diet lacking in protein. There are lots of plant foods also which contain good amount of protein. Good vegetarian protein sources are nuts and seeds, pulses, soya products, cereals, eggs and dairy products.

A well-balanced vegetarian diet will easily supply all the protein and essential amino acids to meet the body needs. Researchers have found that vegetarian diets tend to be lower in total fat.

A research study on a group of French vegetarians found they had a daily intake of 25 percent less fat in comparison to that of non-vegetarians. Vegetable products do not contain cholesterol.

High blood cholesterol is linked with heart diseases. Other essential constituents of a balanced diet are carbohydrates and fiber. Animal products contain no fiber or complex carbohydrate. High-fiber (high-cellulose) vegetable food-stuff is healthy choices for a person's nutritional needs.

Lettuce, broccoli, tomato, banana, all cereals and grains (as for example bread and pasta), potatoes and rice are excellent vegetable source of carbohydrate and fibers. Complex carbohydrate along

lower body mass indices than non-vegetarians, as well as lower rates of death from ischemic heart disease. Vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes.

Those who are habituated to meat product and need to reduce their weight due to overweight problem or any chronic disease can start vegetarian diet as a first step to reduce weight.

Having so many outbreaks of diseases in the meat related industry is pressing us to have a second thought.

But we should also remember that only being a vegetarian does not guarantee high-quality health. Eating a well-balanced diet that makes available all nutrients generally gives platform for healthy living. Regular exercise and an active lifestyle also help regulate our health and fitness. In the long run, we need balanced diet of mixed type, moderate lifestyle and regular physical exercise to achieve the goal of good health.

The writer is on PhD study (on Communicable Disease Epidemiology) in the Faculty of Lifestyle Related Disease, in the Shiga University of Medical Science, E-mail: dr.turin@gmail.com

Correspondence with Star Health

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Dr Abdul Hayee
Head of the Department
Neuromedicine
Sir Salimullah Medical College
and Mitford Hospital, Dhaka

Subject

Dear doctor,
I am 50 years old and working in a private bank. I have been feeling numbness in my

Prof Dr Anwara Begum
Gynaecologist
Former Head of the Dept.
Dhaka Medical College Hospital
Dhaka

Subject

Dear doctor,
I have only one ovary and it is functioning. My other ovary was removed years ago due to complications from an emergency

appendectomy. Now I want to be pregnant. Can I get pregnant without complication?
Regards
Mrs Mita Rahaman
Dhaka

Answer
Yes, it is possible to get pregnant with only one ovary — as long as you still ovulate and have at least one intact fallopian tube.

When one ovary is removed, the remaining ovary usually compensates for the loss. As a result, women with one ovary typically ovulate as frequently as women with two ovaries. No fertility treatment is required to boost the function of remaining ovary.

If you are having trouble getting pregnant, you may want to consider other causes of infertility, such as scarring from your complicated appendectomy (removal of appendix).

If you have been unable to conceive after a long time of unprotected sexual intercourse, consult a doctor for infertility evaluation.