



Change your lifestyle in 2007

The biggest problem in the world today is not probably war or natural calamities, but 'Today's lifestyle'.

Newly conducted studies reveal that more than ever before, people are now searching for greater meaning in their lives. Modern lifestyles are full of stress, tension and competition; lack of physical activity and unhealthy diet are the two other factors that contribute a lot to our illnesses.

We, 'the medical professionals' are more oriented with 'Illness prescriptions' rather than 'Wellness prescriptions'. We are ignoring the fact that each and every day an unhealthy lifestyle is causing more and more modern degenerative diseases like anxiety, depression, diabetes, obesity, joint problems, gastro-intestinal illnesses, cardiac problems, cancer, AIDS and so on which also results due to lack of moral and safety compliance.

You may not change this world but you can certainly change your life. Here are three tips to start a new lifestyle in 2007.

1 Try to change your usual, everyday negative personality and believe sincerely that this is a very important subject in your life. People who get upset by negative events are twice as likely to develop dementia as their calmer counterparts.

For centuries, medical practitioners have kept in mind that the type of an individual's personality can affect one's life. Although heredity is an important factor but one's surrounding environment is also important for developing one's personality. This could comprise of politeness, civility and could also help to compromise attitude or timidity, annoyance, hostility, aggressiveness and egotism.

As soon as you can control your ego, then peace and contentment will come as a natural consequence. Lots of our agonies are causes of this egoism.

In our everyday dealings, 'ego' means 'Amitto' in Bangla and 'I' or 'Mine' in English. Ego is like a wall between you and tranquility. As soon as one is caught in the 'I/Mine' disorder, it is the beginning of a lot of agonies and pains in day to day life.

Anger is a short type of madness which makes one not only untamed but also weak in the long run.

We have read that, 'The weak can never forgive; forgiveness is the attribute of the strong'. In fact, the above mentioned factors are all chemical and electrical activities in the cells of our brains.

2 Step back, take a deep breath and organise yourself this year to cut nervous tensions. Disorganised people face more problems in tackling tough decisions and tasks. Ask yourself 'What are your immediate and long term goals, and where do these projects fit in?' If you do not have a vision, your mission with all good intentions might lose the way.

At the outset, you need to be organised about getting organised. Designate some time or an entire day to make it practical. Organising stuff you use everyday will give you a sense of cleanliness and a sense of accomplishment and the incentive you need to keep going. Once you get organised you actually have more time for more plans and activities. But some people are disorganised because they want to be perfectionists and they often end up with the worst confusions because they think if they can't attain their assignment supremely, it is not worth doing at all.

3 The best physicians are Dr Diet, Dr Patience and Dr Quiet.

Diet cures more than doctors can; it has a huge power both on body and mind. Avoid all sorts of fizzy drinks and junk food. Milk could be 'the drink' as well as 'the food' in everyday diet. According to Hippocrates, 'Let food be your medicine, medicine be your food'. From time to time it has been said that 'a handful of patience is worth more than a bucketful of brains'.

The most awful difficulties are the best opportunities. And please keep in mind that 'A man slips with his tongue more than with his feet'.

Last but not least, do not ignore to contact graduate consistent medical practitioners in sustaining medical troubles.

Steroid overuse is harmful

PROF DR M AMJAD HOSSIAN

Steroids (usually corticosteroids) are powerful drugs which can improve symptoms and provoke incredible results. There are potential consequences to their use though. The power of corticosteroids should not be feared, but must be respected. **Serious side effects**

Steroids can lead to serious side effects, including liver cancer, kidney disease and bad acne.

For men, steroids can shrink testicles, lower sperm count, raise prostate cancer risk and cause infertility and baldness. For women, they can cause facial hair growth, male-pattern baldness,

menstrual problems and a deeper voice. They can stunt the growth of adolescents.

Researchers also have seen among steroid abusers extreme mood swings, impulsiveness, depression, paranoid jealousy, extreme irritability, delusions and impaired judgment.

The potent effect of corticosteroids can result in serious side effects which mimic Cushing's disease, a malfunction of the adrenal glands resulting in an overproduction of cortisol. The list of potential side effects is long and includes increased appetite and weight gain, deposits of fat in chest, face, upper back, and stomach, water and salt retention leading to swelling and edema, high blood pressure, diabetes, black

and blue marks, slowed healing of wounds, osteoporosis, cataracts, acne, muscle weakness, thinning of the skin, increased susceptibility to infection, stomach ulcers, increased sweating, mood swings, psychological problems such as depression, adrenal suppression and crisis.

Ways to cope with the adverse effects

Side effects can be minimised by following doctor's orders and keeping to the lowest dose possible. It is also important to avoid self regulation of the dosage, either by adding more or stopping the medication without a schedule.

When used as a short-term treatment, prednisone is usually

prescribed at a moderate dose and reduced or "tapered" over a one or two week period. The purpose is to achieve a sudden improvement in symptoms. Long-term therapy is usually reserved for severe cases of rheumatoid arthritis or related diseases.

High-dose steroids are given occasionally for the most rare, most severe cases of inflammatory disease. In such cases the steroids are "tapered" as soon as possible. To reduce potential side effects, the lowest dose of corticosteroid possible, still yielding a positive impact, should be given.

Corticosteroids: How do I stop taking the drugs? Corticosteroids must be gradually

reduced so as to permit the adrenal glands to resume natural cortisol production. Eliminating doses too quickly can result in adrenal crisis (a life-threatening state caused by insufficient levels of cortisol).

In cases where corticosteroids were taken in low doses for long periods of time, tapering can continue for months or years. When steroids are taken for shorter periods of time, tapering is more rapid and decreases in dosage can be larger.

Another possible complication to coming off steroids is steroid withdrawal syndrome, or rebound effect, which is the body's exaggerated response to removal of the drug. Rebound effect can result in

fever, muscle pain, and joint pain making it hard for the physician to differentiate between withdrawal symptoms and a flare of the disease itself.

The bottom line Steroids have a wide variety of use which provide immense benefit to the patients. But exploiting this advantage can be dangerous in some cases.

So the drug should be used rationally after the prescription of a physician. And the physicians should be responsible enough about the use of the drug.

The writer is a Professor and Head, Department of Orthopaedics and Trauma Surgery of Dhaka Medical College Hospital, Dhaka.

Healthy eating tips for coming Eid-ul-Azha

MD RAJIB HOSSAIN

Tomorrow is Eid-ul-Azha, one of the biggest festivals of Muslims. It is time for religious celebrations, parties, family get-togethers and bulging bellies.

Eid-ul-Azha is marked with celebrations that include lots of food specially with high protein intake. For some persons, the day can also mean enjoying too much meat, sweetmeats, desserts and drinks. But excessive intake of meat and sweetmeats may force many to rush to hospitals following diarrhoea, vomiting, cardiac ail-

ments, gastric discomfort, increased acidity, abdominal cramp, constipation and high level of sugars in the blood circulation. With a little know-how and vigilance, you can get as much enjoyment during Eid without feeling guilty or unhealthy. There are strategies to help you get through the Eid holidays without having to put your healthy-eating habits on hold.

Quality not quantity Your favourite calorie-laden foods do not have to be completely off limits this time. Make an effort to enjoy them in smaller portions. The taste is usually enough to

satisfy a craving without overindulging. To help eat smaller portions, choose a salad plate instead of a dinner plate and serve yourself.

Snack strategy To prevent overeating during the Eid holidays, do not skip meals and arrive at an event on an empty stomach. This means eating meals at regular times throughout the day and having a light snack between meals in order to keep blood sugar levels consistent.

Healthy foods first When serving yourself at a buffet or dinner party, fill up on healthy

foods first. That means taking fatty and spicy or smoked food less and more of salad, fruits other healthy dishes. This is an easy strategy to reduce your intake of rich foods, and by round two you will not be as hungry and will be less likely to reach for the unhealthy fare.

Plan ahead If you attend a get-together where food is served, take a low-calorie dish to share. That way you can partake in the event and know there is at least one healthy dish you can enjoy.

Focus on activity, not on food Start your own family traditions by planning get-togethers around activities, instead of meals. While a meal is quickly forgotten, a fun event will be remembered for years to come. Tobogganing, skating or playing a game as the focus of a get-together will take the emphasis off food and will burn calories.

Choose wisely Most of the dishes celebrating Eid al-Azha focus on the sacrificial meat, such as cow, goat and sheep. Prepare these special dishes with low-fat sauces to keep the calories at a minimum. Use traditional spices to add extra flavour without adding extra fat.

Home care If someone becomes sick, it is really tough to get a doctor on Eid day. For this reason you can take some over the counter drugs at your home for emergency. Oral saline is well known to all used in diarrhoea. In case of baby, zinc tablet should also be administered along with saline. Antacid is another useful drug to neutralise gastric acid. Take these medicine at your home. But seek medical help when the condition becomes deteriorate.

To avoid disappointment from unrealistic goals this time, focuses on taking taste without overeating. By setting yourself realistic goals instead of an all-out ban on Eid indulgences, you are also ready to feel better about the holidays of Eid once they have ended. Do not forget the importance of exercise. Regardless of how you celebrate, healthy eating habits combined with physical activity can help you to celebrate the Eid holidays feeling the best.



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Take calorie free liquid The calories in alcoholic beverages can quickly add up. To avoid unnecessary liquid calories, drink plenty of water and also avoid other carbonated soft drinks. Alternate every alcoholic drink with a glass of water if you are alcoholic. If hot beverages are your vice, tea is the a good option.

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effect was a reduction in pain intensity," Kerns informed. "This is good news for persons with pain and for providers who struggle to find effective and sustained approaches for reducing unnecessary pain and suffering of the lower back."

The finding of an actual drop in pain with psychological therapy is also somewhat surprising, the researchers note, because traditionally the goal of psychological therapy for chronic back pain was not to reduce the pain but to help patients learn to live with it more successfully.

Kerns hopes to "get the word out" that psychological treatments are effective and cost-effective for people who suffer chronic low back pain. "We need to specifically target health care system administrators and third-party payers to try to engage them in a more productive dialogue about the importance of these interventions," Kerns said.

Source: Health Psychology

MEDICAL UPDATE

Psychological treatments ease low back pain

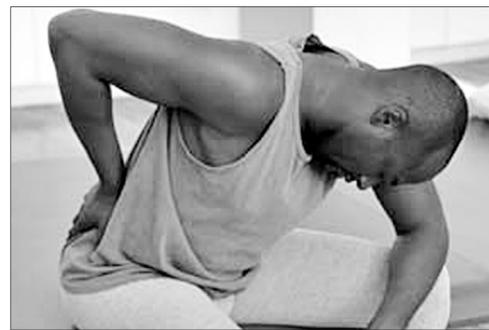
Pooled results from 22 clinical trials show that psychological interventions help individuals with chronic low back pain experience less actual pain, less pain-related interference with daily living, less depression and work-related disability, and greater health-related quality of life.

Dr Robert D Kerns, who led the analysis, told "The data across randomised, controlled studies are consistent." Psychological interventions for chronic low back pain elicit "positive results."

Kerns, of the VA Connecticut Healthcare System in West Haven and colleagues limited their pooled analysis to studies involving adults with low back pain not related to cancer for at least three months. Most of the study subjects had suffered with low back pain for much longer - 7-1/2 years on average.

In the overall analysis, psychological treatments - namely, behavioral and cognitive-behavioral therapies; self-regulatory therapies such as hypnosis, biofeedback and relaxation; and supportive counseling - either alone or as part of a multidisciplinary approach proved superior to no treatment or "treatment as usual."

"The largest and most consistent



the patient will suffer for a long period of time. At the same time, because of excessive or repeated acid secretion, ulcer may form in any part of the gastro-intestinal tract.

The most significant thing is - due to repeated acidity, vomiting or acidic vapor, some extent of erosion may be seen in both upper and lower dentition.

During the time of sleep, especially at night, this gastric juice or vapor occupy the oral cavity and due to its acidic nature erosion may develop on the tooth surface day by day.

If it is left untreated, color of teeth may be changed to brownish yellow after certain period of time and the patient may develop slowly very stubbing pain. It becomes severe rapidly. In this situation, when patient take any cold, hot or sweet food/drink or bite any type of hard food, instantly pain starts.

This pain spreads throughout the affected (inner) side of the mouth. In that case pulpitis may develop

and those erosive teeth may break down mostly due to excessive erosion.

Severe ulcerative gingivitis and periodontal disease may developed as well as may form other irritating lesions all over the oral mucosa and tongue.

Solution is very simple, but belated or improper treatment may result in severe complications even like cancer.

First of all, consult with a gastroenterologist as well as with a dentist. Then necessary investigations should be done to explore the actual condition. In that case endoscopy, an (OPG) orthomomogram or may do an x-ray along with other investigations.

Treatment's success rate is high, but patient should take proper treatment in right time following doctor's advice very carefully for the best result.

The writer is a Medical Officer (Dental) of HCDD, Rampura Health Care Center.

Teeth decay due to gastric juice

DR K ABUL HASNAT FARZAN

Heart burn commonly known as acidity or gastric problems develop from excessive secretion of gastric juice (mixture of hydrochloric acid, pepsin, intrinsic factor and mucus secreted by the cells of the lining membrane of the stomach to help the digestion of food) when the stomach is empty or from the release of gastric acid at large volume due other stimulus.

Gastric problems are common now-a-days. A vast majority of people of our country have been suffering from this problem, but most of them are unconscious or give less importance on this disease. They consider the problem very 'mild' and think that it will recover automatically. Very often they take few anti-ulcerant drugs without any physician's concern.

As a result, the problem is solved for the time being, but due to the lack of proper treatment, it will not be cured completely and

Health News

Seminar on childhood TB

Bangladesh Paediatric Pulmonology Forum (BPPF) arranged a seminar on "Diagnosis of Childhood TB" on December 26, 2006 at BICH Auditorium, Dhaka Shishu Hospital, Dhaka - says a press release.

Associate Prof Dr Selina Khanam, Professor Md Abid Hossain Mollah, Prof ARM Luthful Kabir and Prof Md Ruhul Amin spoke on the occasion.

Dr Selina Khanam focused on epidemiological background of tuberculosis (TB) and threats of re-emergence of TB both in case of child and adult.

Prof Abid Hossain Mollah delivered his lecture about the diagnostic tools including conventional and newer, modern approach available throughout the world and also clearly defined their limitations in different aspect. Prof Ruhul Amin sum up all the issues and emphasised on linear and simpler approach in diagnosis.

To avoid over or under diagnosis BPPF proposed to adopt simpler criteria for both pulmonary TB and TB lymphadenitis which has got same diagnostic efficacy in comparison to WHO criteria.

Mitford Hospital introduces cochlear implant

The ENT (Ear, nose and throat) Department of Mitford Hospital, Dhaka has performed a "Cochlear implant" (a hearing device that helps profoundly deaf patients) surgery recently.

This is the first of its kind surgery in government medical college hospital in Bangladesh, informed Prof Dr M Abdullah, Head of ENT Department of Sir Salimullah Medical College and Mitford Hospital, Dhaka.

Dr Badruddoza, 63 was the first patient who received the cochlear implant on Tuesday last. He had been suffering from hearing impairment for the last eighteen months.

The department organised a three-day long seminar which was followed by the operation.

Later on in the afternoon, Prof (Emeritus) Sufia Rahman, Honorable Advisor to the Ministry of Health and Family Welfare inaugurated the temporary laboratory for cochlear implant surgery.

Awareness on colorectal diseases

Department of Colorectal Surgery of BIRDEM Hospital has recently published information booklet to create awareness about colorectal diseases, says a press release.

The department organised a publication ceremony in the BIRDEM auditorium. Colorectal surgeon Associate Professor Dr Abdullah Al Amin presented the key paper on that occasion. Director General of BIRDEM Major General (Retd) Dr Giasuddin was the chief guest in the programme while the Head of Colorectal Department Prof Humayun Kabir Chowdhury presided over the ceremony.

Renowned surgeon Prof Motiur Rahman and Prof Mirza mazharul Islam discussed about various diseases of colon and rectum like piles, fissure, fistula in the publication ceremony.

Many patients of our country suffer from the disease and maltreatment cause sufferings of lots of people. The speakers in the programme emphasised on creating awareness about the disease.

MAINTAIN HYGIENE AT EID

HEALTHY LIVING: Maintain hygiene issues at coming Eid-ul-Azha. Wash the blood immediately after slaughtering animal. Wash your hands after handling raw meat and don't touch food, children and don't take food after touching raw meat. Don't eat under-cooked meat. It may contain germs of different diseases.



Did You Know

Optimists may have longer lives

Optimists may enjoy longer lives than people with a dimmer outlook on the future, a long-term study suggests.

Researchers found that of nearly 7,000 adults followed since their college days in the 1960s, those who were optimistic in their youth had a lower risk of dying over the next 40 years than their more pessimistic peers.

On average, the most pessimistic study participants were 42 percent more likely to die of any cause than the most positive participants.

The results echo those of a number of past studies on personality factors and health, including research that has linked optimism to longer life. One study of elderly adults found that those with a positive view of the future were less likely than pessimists to die over the next decade - regardless of their health at the start of the study.

The current findings could be explained by any number of factors, according to the study authors, led by Dr Beverly H Brummett of Duke University Medical Center in Durham, North Carolina.

For example, they say, optimists are less likely to suffer from depression than are pessimists, which could, in turn, affect their physical health. They may also maintain a healthier lifestyle, paying more attention to their diet and exercise habits.

These latest findings are based on a 40-year follow-up of 6,958 men and women who entered the University of North Carolina, Chapel Hill in the mid-1960s. At the time, they took a standard personality test that gauges a person's tendency to be optimistic or pessimistic.

In general, optimists believe negative events are only temporary and do not let



them affect their overall attitude about themselves and the world. Pessimists, in contrast, take such events to heart, often blaming themselves and believing that the bad times will last forever.

In this study, 1,630 were deemed pessimists and 923 optimists, while most were judged to be somewhere between a pure optimist or pessimist.

If pessimism is a risk factor for premature death, that begs the question of whether anything can be done about it.

It is difficult to change the basic constructs of your personality, Brummett expressed. However, she added, "there are many aspects of personality that can be modified to a certain degree if an individual is motivated to do so."

For example, Brummett said, people with a hostile temperament - a trait linked to heart disease and premature death - may be able to change their ways with the help of anger management therapy.

On the other side of the spectrum, people might try injecting some positivity into their lives. As an example, Brummett pointed to meditation, which, according to some research, may boost positive emotions.

Source: Mayo Clinic Proceedings, Dec 2006.