

# Traffic congestion is destroying our musculoskeletal health

A day without traffic congestion cannot be imagined by Dhaka city dwellers. Those who live far from the work place and those who need to commute daily for various purposes are the main victim of road traffic congestion. City dwellers regardless of age and sex have to face the inevitable notorious phenomenon.

According to the traffic index 2020, Dhaka has become the most traffic congested city in the world. In Dhaka, the traffic congestion ruins 3.2 million working hours every day according to the World Bank. In the last decade, the average driving speed in Dhaka city dropped from 21 km/h to below 7 km/h. If the current trend continues, within a decade it would become 4 km/h, which is slower than the walking speed.

Traffic congestion not only kills our time on the roads but also puts us in noise and air pollution during the time in the vehicles. In Dhaka city, the public transport are smaller in size and frequently overloaded which have an inadequate head clearance for the standees, less leg rooms for the seated ones that force them to adopt a wrong posture. A compact private vehicle or rented three wheeler also provides a

minimal space for the seated passengers to alter their postures. Staying in a wrong posture for an extended period of time can induce a musculoskeletal disorder, research revealed.

A number of studies have been conducted to measure the impact of traffic congestion on environment and human psychology. But long delays in the vehicles due to traffic congestion and its impact on physical health has not been studied before. Recently a study has been conducted on 628 full-time bank employees in Dhaka city to examine the effect of traffic congestion on their musculoskeletal health.

**What research revealed?** A shocking picture was found in this research. The prevalence of musculoskeletal pain among full-time bank employees in Dhaka city was 57.2%, while 60.6% lady bank employees complained about the same.

However, when traffic congestion related factors have been analysed, more shocking scenario has been retrieved. About 80% bank employees who need 60 minutes or more time to come to office by facing traffic congestion reported musculoskeletal problems. Likewise, those who travel more



or equal to 9 km to come to office, among them, 75.7% reported musculoskeletal health problems.

Furthermore, the prevalence of musculoskeletal health problems were sky high (80.5%) among those who travel by public transport like bus.

When the findings were compared to others scholarly articles, it was concluded that long delays on road was an important factor that induced or enhanced musculoskeletal health problems.

Previous researches stated that traffic congestion not only forces commuters to stay long time in the same posture, but also produces enormous amount of sound and force commuters to inhale fume polluted air. Research also found that sound and air pollution can

induce depression, anxiety and sleeplessness which are strongly correlated with musculoskeletal health problems.

**Which musculoskeletal health problem were more prominent?** Total eight musculoskeletal health problems were reported. Those were shoulder pain, neck pain, migraine, low back pain, leg pain, headache, arm pain and upper back pain. Among these eight problems, low back pain (LBP) was the most prevalent. Overall, 36.6% participants said that they got LBP which was followed by neck pain, upper back pain and shoulder pain.

**How we can get rid from these problems?**

Traffic congestion in Dhaka city is inevitable. But there are ways to avoid musculoskeletal health problems. Previous research found that more physical activities could reduce physical pains. We should increase our physical activity in the leisure period. At least 150 minutes walking per week proved highly effective to control or prevent musculoskeletal health problems.

We can take frequent breaks at office hours and can avoid long sitting induced health hazards such as LBP or neck pain. The most important thing we can

do is changing our commuting mode. Bicycle can be a great option for those who live within 10 km of working place. Using bicycle can keep us physically fit and it can reduce pressure on public vehicles.

**What the government can do?** Now a days, musculoskeletal health problems have become a significant public health concern. The government should take necessary steps to reduce traffic congestion as well as encourage city dwellers to take healthy practice.

When roads are designed, city planners should include separate and safe bicycle lane to encourage cycling to go to office. Pedestrians' ways should be free to encourage public to walk. Some European cities impose taxes on drivers and banned private vehicles in the city center to tackle traffic congestion. Our government also can think about this.

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## HEALTH bulletin



### Study urges to use macrolides cautiously in pregnancy

Macrolide antibiotics (azithromycin, clarithromycin, erythromycin, spiramycin, telithromycin etc.) carry a higher risk for major foetal malformations than penicillins when taken during pregnancy, according to a study in the BMJ. This is consistent with prior studies.

Using the U.K.'s national primary care database, researchers compared outcomes in 100,000 children whose mothers, during their gestation, were prescribed a single course of monotherapy with either a macrolide or a penicillin.

In the macrolide group, the prevalence of major malformations (principally cardiovascular) associated with first-trimester prescriptions was roughly 28 per 1000 live births, versus 18 with penicillins. Second- and third-trimester macrolide prescriptions showed no increased risk. Macrolide prescriptions in any trimester were associated with increased genital malformations, mainly hypospadias, at rates of roughly 5 versus 3 per 1,000 births. The authors estimate an additional 4.1 children per 1,000 births would have cardiovascular malformations resulting from the use of macrolides versus penicillins in the first trimester, and they "recommend use of alternative antibiotics when feasible."

## Collagen supplements: Does science support the hype?

Collagen is a protein your body makes naturally. It makes up about a third of all of the protein in your body. It is essential for healthy joints. It also keeps skin elastic to lessen wrinkles. For that reason, collagen supplements are popular. They claim to make skin look younger, but does science support the hype? And do you need more?

As you get older, your body makes less collagen. You cannot measure exactly how much you have, but when it drops you may have symptoms such as joint pain or stiff tendons or ligaments. Your muscles may weaken. You could also have papery skin. Taking collagen supplements may help ease these symptoms.

Besides time, three main things will lower your collagen levels: sunlight, smoking, and sugar. Too much exposure to ultraviolet light makes its fibers unravel. This can lead to sun damage, such as wrinkles. Many of the chemicals in cigarette smoke can damage it, which can make skin sag and wrinkle. Sugar causes the fibers to cross-link and tangle. This makes your skin less elastic over time.

Some plastic surgery procedures use collagen shots to plump up the skin. These shots can push your body to make more collagen. You will likely need to have the procedure done again after a few months to a year to keep up the effects. Some studies show supplements can improve your skin's elasticity, lessen dryness, and boost collagen density while you

take them. They can also ease joint pain, which might help you be more active.

Skin creams with synthetic collagen may not be an effective way to boost this protein in your body. They add a protective barrier on your skin and stop water loss, but they do not raise the amount of it in your skin. It is better to protect your skin from the sun, especially early in life when skin may be more sensitive.

You can help your body make more collagen by eating healthy foods. You find them in high-protein foods such as chicken, fish, beef, eggs, dairy, and beans. Other nutrients, like vitamin C, zinc, and copper, also play a part. You can get vitamin C in citrus fruits, tomatoes, and leafy greens. For zinc and copper, try shellfish, nuts, whole grains, and beans.

Some good sources for the proteins that help build collagen are foods like red meat, chicken, and bone broth. To make bone broth, you simmer animal bones in water for 1-2 days. This draws some collagen proteins out into the broth. Your body does not absorb it right into your skin or joints, though. It breaks it down into amino acids that help build tissue. You can buy bone broth in grocery stores or make your own.

If you eat a balanced diet, your body likely makes enough collagen for your needs. But if you do want to try collagen supplements, they are generally safe and do not have side effects. They usually come as a powder that you can mix into drinks or sauces.

Source: WebMD



## NTD

### Partners unite to spark global movements to end NTDs

Uniting to Combat Neglected Tropical Diseases (NTDs) recently launched *End the Neglect*, a year-long campaign set to ignite a global movement to raise awareness and inspire action to end NTDs, says a press release. The announcement took place alongside the launch of the newly formed initiative Youth Combating NTDs, a youth-led initiative aimed at empowering, engaging and supporting young people to help tackle NTDs.

The global movements aim to galvanise support around several high-level opportunities for NTDs in 2020.

NTDs are a group of 20 debilitating infectious diseases that disable, disfigure and sometimes kill. Thriving in areas where access to healthcare, adequate sanitation and clean water is limited, NTDs keep already disadvantaged children out of school and adults out of work, subsequently trapping communities in endless cycles of poverty and costing countries billions of dollars every year in productivity gains.

Through 2020, *End the Neglect* will call on global audiences to learn more about NTDs and the people they impact and to amplify voices on social media, in turn empowering others to take action. The campaign will also encourage participants to sign a petition urging world leaders to mobilise US\$1.5 billion towards the total cost of delivering the WHO 2021-2030 road map for NTDs.

Youth Combating NTDs is designed to encourage the participation of young people in the fight to beat NTDs. The initiative will equip and strengthen young advocates and leaders with the necessary resources to amplify their voices and effectively shape policies to end NTDs in their communities.



### Paediatric cardiac disease awareness event organised by Apollo Hospitals Dhaka

Paediatric Cardiology Department of Apollo Hospitals Dhaka organised a seminar on "Heart diseases of children - can't take the smile away" on Wednesday, 26 February 2020 at Banani Club Limited.

Dr Ratnadeep Chaskar, CEO, Apollo Hospitals Dhaka delivered the welcome address. Dr Tahera Nazrin, Consultant - Clinical & Interventional Paediatric Cardiology, Apollo Hospitals Dhaka talked about the scopes of clinical and interventional paediatric cardiology. She highlighted that the Paediatric Cardiology Department of Apollo Hospitals Dhaka has been providing a special package for the underprivileged children having heart diseases.

The objectives of this seminar was to create awareness about heart diseases among children and spread the message across the community. There is a perception that the treatment cost at the Apollo Hospitals are quite high and out of reach for a majority of the population. But Dr Tahera, with the support of some philanthropic organisations and personal donation along with Apollo Hospitals, runs a paediatric interventional package to treat cases like congenital heart diseases of the children (e.g. ASD, VSD) dedicated to the underprivileged segment of the society.

Clinicians of different disciplines, celebrities, renowned personalities, civil society representatives and journalists also attended the event.

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### What is Cholesterol

Cholesterol is a fatty substance that occurs naturally in the body. It performs several vital functions. It is needed to make the walls surrounding the body's cells and is the basic material that is converted to certain hormones. Your body makes all the Cholesterol you need. You need only a small amount of fat in your diet to make enough Cholesterol to stay healthy

### Symptoms

Most people with high Cholesterol don't have any symptoms until Cholesterol-related atherosclerosis causes significant narrowing of the arteries leading to their hearts or brains. The result can be heart-related chest pain (angina) or other symptoms of coronary artery disease, as well as symptoms of decreased blood supply to the brain (transient ischemic attacks or stroke)

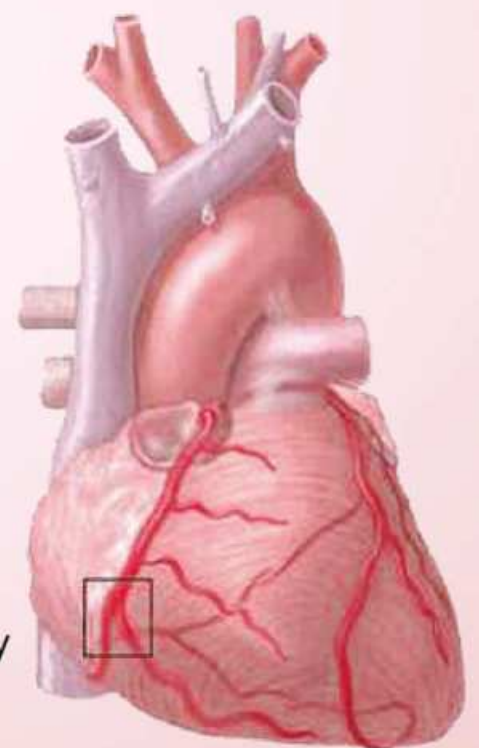
### Prevention

You may help to prevent high Cholesterol by staying on a healthy diet and exercising daily. Avoid processed foods, especially those that contain saturated fats. Instead eat more fresh fruits and vegetables, whole-grain breads and cereals, and low-fat dairy products

## Hypercholesterolemia or widely known as HIGH CHOLESTEROL



Blockage In Right Coronary Artery



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