

World Water Forum in Kyoto

Declining water supply may cause disease and death in developing countries



HARUN UR RASHID

BOTTOM LINE

At Kyoto, this month the World Water Forum will focus on the unprecedented height of water crisis and will argue for world leaders to fight their political inertia over water issue and come to grips to avoid catastrophic potential in the next few decades by introducing right water policies in the regions all over the world. In the Bangladesh context, water sharing of all 56 common rivers with India is a priority. India has been building dams in many of the common rivers and it is reported that it has built 100 dams on common rivers for the purpose of withdrawing waters upstream.

THE World Water Forum is being held in Kyoto (Japan) from 16 to 23 March. The Forum will consider the

availability of fresh water for the world's population in the coming decades. Experts say that population growth, pollution



All health information to keep you up to date

Some problems in pregnancy

Sickness and nausea: Usually this eases off after 12 weeks, but for some women it can be a real problem, which continues for much longer. Although commonly referred to as 'morning sickness', attacks of nausea or actual vomiting can occur at any time of the day. It is thought that sickness may be caused by raised levels of female hormones circulating in the body, but despite the extent of the problem there has been surprisingly little research.

Traditional advice is to try eating something dry like a plain biscuit or a piece of toast as first thing in the morning, eat little and often and avoid anything which makes you feel specially bad. It seems that each person has to experiment to find the best methods or foods to tolerate.

Backache: The ligaments supporting spine become softened. You have more weight to support, your centre of gravity changes and you may get into the habit of standing and sitting badly, which can all contribute to backache. Give high heels a miss and learn to sit and stand correctly.

Constipation: Hormone changes, relaxed muscle tone, and pressure of the womb on the bowel often cause constipation. Do not use laxatives but instead drink plenty of water and eat wholegrain foods like wholemeal bread and rice plus plenty of fruit and vegetables. Avoiding constipation can help avoid piles and varicose veins, but if it is a particular problem ask your doctor.

Headaches: The occasional paracetamol is not bad but "aspirin" should be avoided. See your doctor if you have continuous bad headaches. In later pregnancy these just might be a warning of high blood pressure.

Heartburn and indigestion: A valve at the entrance to the stomach relaxes in pregnancy, allowing stomach acids to filter back up the tube, causing that burning sensation we call heartburn. Pressure on the stomach from the growing baby also makes indigestion more common. Eat little and often and eat sitting upright, not slumping or lying back.

Did you know?
Even though the level of radiation used in taking ordinary X-rays is low indeed, radiologist always take care to protect the reproductive organs of men and women and try not to expose women inadvertently to radiation in early pregnancy. If you think you may be pregnant tell the radiologist, though if the X-ray is for a serious purpose the risk to the foetus is slight indeed and doctors will exercise common sense in putting your general health first.

Next: ABC of flatulence

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