

Don't waste money abroad!

Better treatment facilities within your reach at home

ZAM Khairuzzaman

Ailing Md Tahidul, 64, of Beanibazar, Sylhet kept on visiting physicians with complaints of bleeding from nose and pain in belly for eight months.

"I was bleeding continuously and could not walk because it made me feel faint", expressed the patient. He went to Samarita Hospital, a private hospital in the capital, on January 5 this year.

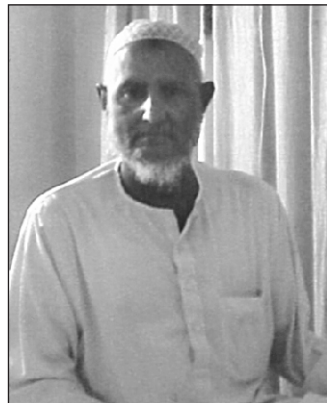
Dr Golam Mostafa diagnosed him a cancer positive.

But he became embarrassed. Out of embarrassment he went to Kolkata in India on January 24. There he was admitted to Thakurpukur Cancer Hospital. Specialists examined him for a month. Still they could not take a decision.

However, they advised him to consult any medicine specialist. In Kolkata he met a medicine

specialist who suspected him to be a TB (tuberculosis) patient.

Rice trader Tahidul began his TB treatment with costly medicine. In stead of feeling well he became gradually weaker due to side effects of powerful medicine. His eye sight was affected most. His condition worsened fast. He became disgusted and rushed back home after spending one lakh 50 thousand taka in Kolkata. He took admission in Noorjahan Polyclinic in Sylhet. Physicians found that fluid had been accumulated in his pleural cavity. Physicians were bringing out the accumulated fluid through needle. At one stage they discovered blood mixed fluid. Through a local physician Tahidul's family maintained liaison with Dr Samiran Das of Kolkata Cancer Foundation. He was being informed continuously about Tahidul's condition. When he came to know about the patient's latest development. He advised for shifting Tahidul to Ahsania Mission



Md Tahidul, the cancer patient

Cancer Detection and Treatment Centre.

Kolkata Cancer Foundation and Ahsania Mission Cancer Centre had been working in close cooperation to combat cancer.

As per Dr Samiran's advice, affluent Tahidul was admitted to Mirpur cancer centre on April

31. After admission physicians thoroughly checked him for two days and confirmed about cancer. He was told that he had a good chance of survival.

Tahidul underwent chemotherapy for a month, three days a week. After a month he was cured. He was expecting release from the hospital any moment as he told this correspondent recently. After release he was asked to do check-ups on regular interval.

Smiling Tahidul highly praised the modern treatment facilities and better services of the hospital. "Doctors and nurses are so compassionate that it helped me cure faster," he said. "I went to Kolkata out of embarrassment and pressure from near and dear ones including my friends, but physicians there could not even detect my disease. Ultimately I came back home where I got proper treatment. Now I regained trust on our physicians.

I urge all not to get confused

and go abroad. Instead, I ask all to avail of local health facilities and services at a comparatively cheaper cost," he tells further.

"As his diagnosis and treatment was done at right time, he got a new lease of life," says Dr MA Hai, director of the hospital. Tahidul had not delayed the treatment, he noticed.

"Lack of awareness among people is a problem in our country. Some patients do not seek medical attention at an early stage," laments Dr Hai.

"To make people aware about the deadly disease, Ahsania Mission organised field trips to Narsingdi, Netrakona and some other places. Rural people are being examined, their Pap tests and other sample tests are being done," disclosed the renowned physician. He stressed on organising seminar, symposium and workshop as part of a country-wide awareness campaign. "Posters, leaflets, street dramas, folk music shows should also be arranged

for creating awareness," Dr Hai added.

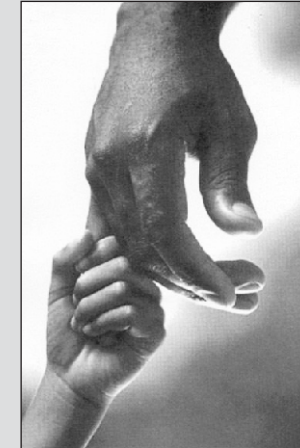
In reply to a query on the treatment facilities in his hospital, he informed that poor people are given free treatment and patients coming from middle class are treated at subsidised rate. However, rich patients are exempted from the concession, he added.

In our country, diets are alarmingly becoming westernised. Young people, specially school, college and university students are eating mere food high in animal fat and low in fibre. Fibre is crucial as, by increasing the bulk of the stool. It gives bowel muscle something to work against and shortens the time it take to pass through the intestinal tract.

Studies indicate that a diet low in animal fat and high in vegetables, fresh fruits, beans and wholewheat cereals could reduce the incidence of bowel cancer to a great extent.

Donate blood, save life

World blood donor day is knocking at the door: 14th June



Every 4 months you have the opportunity to touch someone's life. Give blood. Give the gift of life.

Health tips

Pregnancy checkups



If you have just learned you are pregnant, don't hesitate to schedule a doctor's appointment.

Regular doctor visits during pregnancy are important to ensure that you and your baby stay healthy.

At some point, you can expect to undergo:

- 1. A physical exam, including a pelvic and breast exam, checking your heart, lungs, eyes, ears, nose and throat, and measuring your height and weight.
- 2. Blood, urine and blood pressure tests, and a Pap smear to check for disease that could affect your health during pregnancy.
- 3. Checks for several harmful conditions, including anemia, bladder infections, syphilis, gonorrhea, HIV, cervical cancer, hepatitis B, vaginal infections and other problems.

Questioning about the state of your health and that of the baby's father.

Fish consumption in pregnancy boosts fetal growth

Eating lots of fish in the later stage of pregnancy can increase fetus growth but does not prolong the pregnancy, British scientists said.

In a study of more than 11,580 women they found that the more fish the women ate at 32 weeks into their pregnancy, the lower the rate of restricted growth in the baby.

"These results lend some support to the hypothesis that raising fish or omega-three fatty acids intake during pregnancy may increase fetal growth rate," Dr Imogen Rogers, of the University of Bristol in southwestern England, said in a report published in the Journal of Epidemiology and Community Health.

Fish are a rich source of omega-three fatty acids which are essential for cell function. They are also

found in canola oil, flaxseed and flaxseed oil and nuts.

The women were questioned about how much fish they ate. Levels of omega-three fatty acids were calculated by the amount of fish the expectant mothers had consumed.

On average the women ate almost 33 grams of fish, or the equivalent of about a third of a small can of tuna a day, which equated to 0.15 grams of omega-three fatty acids.

Higher levels of fish seemed to boost the birth weight of the baby. Restricted growth of the fetus occurs in about one in 10 pregnancies but in women who ate no fish toward the end of their pregnancy it increased to one in eight.

Source: <http://www.reuters.com>

How to manage egg allergy

Eggs are everywhere. Not only are they served for breakfast, but they are also in all sorts of foods. But what if you were allergic to eggs?

Babies sometimes will have an allergic reaction to eggs. If that happens, they cannot eat eggs for a while. But the good news is that most kids outgrow this allergy by the age 5 and can eat eggs with no problem after that.

What is an egg allergy?

You probably know that some people are allergic to certain foods, like peanuts or shrimp. When a person has a food allergy, his or her body responds as if the food is a dangerous substance. This can happen to a little kid who eats eggs because his or her immune system is not fully developed and cannot handle the protein in eggs. (Most children are allergic to the protein that is in the egg whites, but some react to the protein in the yolk.)

The immune system, which normally protects against germs and other problems, uses antibodies to fight the egg protein like it is a harmful invader. A baby who is allergic to eggs might feel sick or get a rash after eating eggs or any food containing eggs. The reaction could happen fast or it might take a few hours.

Signs and symptoms

Here are some symptoms a person might experience due to an egg allergy:

- 1. Skin: hives, eczema, flushing, or swelling
- 2. Digestive system: belly pain, diarrhoea, nausea, vomiting, or itching around the mouth
- 3. Respiratory system: runny nose, wheezing, or difficulty breathing
- 4. Cardiovascular system: rapid heartbeat, low blood pressure, or heart problems

In rare cases, a person could have a very serious allergic reaction, which can cause anaphylaxis (a sort of hypersensitivity reaction). Immediate medical attention is needed because the person may have breathing problems and a drop in blood pressure.

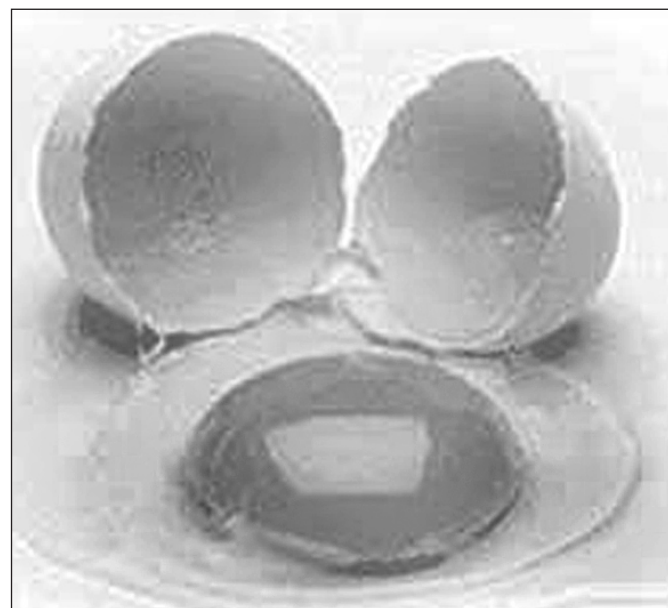
How is it diagnosed?

Because this allergy is often

tests for food allergies by exposing you to a very small amount of the food, you should not try this at home! The best place for an allergy test is at the doctor's office, where they are specially trained and could give you medicine if you had a serious reaction.

How is it treated?

The best way to treat an egg



first noticed in babies, parents might notice that the baby gets a rash or gets sick shortly after eating eggs. The answer is usually to avoid giving the baby eggs until he or she gets older and the doctor says it is OK to try eggs again.

If, as an older kid, you think that you have had a reaction to eggs, you should not eat eggs or anything containing eggs until you have seen a doctor. The doctor may decide to do a skin test. This is a common way to check for allergies to eggs, other foods, and substances.

It is important to remember that even though the doctor

allergy to have a plan in case he or she accidentally eats eggs. It may involve having medicine on hand.

Avoiding eggs

Kids who are allergic to eggs can become experts at avoiding eggs in the foods they eat. But it can be hard sometimes, so a kid should feel free to ask a parent or other grown-up for help in figuring out if a food is safe. For instance, egg substitutes are actually not OK for kids with egg allergies because they contain egg whites. Here is the way eggs, in their many forms, are listed on food labels:

- 1. dried egg
- 2. egg white
- 3. egg white solids
- 4. egg yolk
- 5. egg solids
- 6. powdered egg
- 7. whole egg

If you like baked goods, such as cupcakes or brownies, you can tell your parents to try this substitution in recipes that call for eggs. Use 1.5 tablespoons (22.2 milliliters) oil and 1 teaspoon (5 milliliters) of baking powder for each egg.

When you are cutting out eggs, you will want to make sure you are still getting protein from other foods. Some good ones are meat, poultry, fish, and legumes (beans and peanuts).

If you have more than one food allergy, you might want to talk to a dietitian - a person who knows a lot about eating healthy. But if it is just eggs you need to avoid, your parents can help you eat right. In fact, you can be in egg-celent health without eggs and that is no yolk!

Source: <http://www.kidshhealth.org>

CANDLELIGHT MEMORIAL DAY

16th May is the International Candlelight Memorial Day. The day is devoted to the memories of the people who died of AIDS and to help the people living with HIV/AIDS. The day had been being observed since 1983. 'Ashar Alo Society' in Bangladesh organised a programme to observe the day last month. The public in attendance in the programme urged to expand the hand to the people living with HIV/AIDS.



Significance of World blood donor day

STAR HEALTH DESK

It is a matter of great pleasure that 14 June is a special day dedicated to celebrating and thanking voluntary non-remunerated blood donors. The day is 'World Blood Donor Day.'

Millions of people owe their lives to people they will never meet people who donate their blood freely and without any reward.

However, the overwhelming majority of the world's population do not have access to safe blood. Over 80 million units of blood are donated every year, but only 38 percent are collected in developing countries where 82 percent of the global population live. In addition, many countries remain dependent on donation by the families or friends of patients who require blood and, in some countries, blood donors still receive payment. Yet evidence from around the world demonstrates that voluntary unpaid donors are the foundation of a safe blood supply because they are least likely to transmit potentially life-threatening infections, such as HIV and hepatitis viruses, to the recipients of their blood. It is to these unsung heroes that World Blood Donor Day is dedicated.

World Blood Donor Day builds on the success of World Health Day 2000 which was devoted to the theme 'Blood Saves Lives. Safe Blood Starts With Me.' The enthusiasm and energy with which this day was celebrated indicated that there would be a positive response to an opportunity to give thanks to the millions of people who give the precious gift of life. It also builds on International Blood Donor Day organised annually by the International Federation of Blood Donor Organisations since 1995.

The event on 14 June is not intended to replace events such as national Blood Donor Days, but provides a special opportunity for a united, global celebration on a day that has particular significance: the birthday of Karl Landsteiner, the Nobel

prize winner who discovered the ABO blood group system.

While it is hoped that World Blood Donor Day will create wider awareness of the importance of voluntary blood donation and encourage more people to become regular blood donors, the purpose is not to attract a big influx of new donors on 14 June. Rather, it is designed to celebrate and thank those individuals who voluntarily donate their blood without any reward, except the knowledge that they have helped to save lives, particularly those who give blood on a regular basis two, three or more times each year. It is our hope that a new generation of blood donors will follow their example, providing the safest blood possible for use wherever and whenever it is needed to save life. Youth will therefore be the focus of the day.

The day will also provide an opportunity to highlight the fact that voluntary non-remunerated blood donors are the foundation of a safe blood supply because they are associated with significantly lower levels of infections that can be transmitted by transfusion, including HIV and hepatitis viruses.

Screening for transfusion-transmissible infections is essential, but the safest donations come from the safest donors.

World Blood Donor Day provides a unique opportunity to give thanks to those very special people who provide the foundation of a safe blood supply, available to all patients requiring transfusion. We urge you to join with others in the global community in making 14 June 2004 an event to remember.

In our country this day will also be observed to serve the theme of the day. This will certainly help us to save lives when blood is badly necessary for that purpose. It will also serve an advocacy purpose, whereas many people in our country are not aware of blood donation. In addition it may help save blood transfusion. In this connection several programmes will be organised by different organisations who work in the field of blood donation.