

Too much stress is harmful; relaxation relieves

DR MD HABIBE MILLAT
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Stress can mean different things to different people. Stress is often defined as a mismatch between the demands placed on us and the way we view our ability to cope with these demands. Stress can have either a negative or a positive impact on our lives.

Stress can be positive when it motivates us, and gives us the energy and adrenaline (a hormone that is secreted from the adrenal medulla gland when a person experiences surprise, shock, fear, excitement: it speeds up the heartbeat and raises blood pressure) to get things done which are important to us. It can be negative, however, when we constantly feel pressurised, overwhelmed or traumatic by excessive demands.

Stress can be caused by anything that makes us tense, angry, frustrated or unhappy. Often factors that stress some people can give other people excitement. Therefore, sometimes one person's stress may be another person's pleasure.

In fact, a certain amount of stress is actually good for us. Many people deliberately create mild stress in their lives to overcome periods of dull routine. However, too much stress affects our health and our well-being.

In this modern fast-paced life that we all lead nowadays, almost everyone is under some sort of

stress. However, only a few ever respond to stress by developing physical or emotional illness. Physical symptoms of stress may sometimes result from an individual's inability to properly meet up the demands.

It is true that we would all become extremely bore if nothing exciting or eventful ever happened to us in our lives. However, too much change, too quickly, can be a major cause of stress. Remember that stress can be triggered off by things that we think of as pleasant events, such as getting married, suddenly winning money or having a baby. More obviously stress is also triggered by unpleasant events such as a losing a job, having an accident or the illness of someone in the family.

We can sometimes notice the immediate effects of stress. Often we are not aware of the harmful impact of long-term stress. Our behaviour may gradually change and we can over-eat and drink caffeine.

Stress usually does not come 'out of the blue'. You may get a clue about stress levels from considering the phase of life you are in. In the late teens, many major decisions have to be made for the first time. In mid-life, responsibilities are often heaviest and most dramatic. In the old age, there may be illness, deaths in the family and economical problems to cope with.

Warning signs of stress

The effect of stress on our health can vary considerably from person to person. Most of us, however, have our own usual stress response. This might be headaches, or outbreak of eczema or diarrhoea. Usually the first signs of stress are changes in our emotional life or behaviour.

Emotional reactions



to stress

The most important changes to watch out for are increases in tension, moodiness and irritability. Feeling under pressure, unable to relax, and feeling mentally drained are all forms of emotional reactions. Other tell-tale signs are feelings of frustration, aggression, and being

unable to take decisions, fear of social failure, lacking in the ability to feel pleasure or enjoyment, fear of imminent fainting, exhaustion or even death.

Physical reactions to stress

In ancient time, when our ancestors led the dangerous life in the caves, we had automatic physical

quent urge of micturition, constipation or diarrhoea, constant restlessness and fidgeting.

The link between stress and heart disease

Heart and stroke -- is well documented. Feeling stressed increases the production of certain hormones in the circulation. An excess of these hormones continuously and over time, can damage the arteries and heart muscle and lead to the development of high blood pressure. Also when life becomes pressurised, there is often a tendency to smoke more cigarettes, drink more caffeine and take less exercise, which can contribute to the diseases of heart.

To cope with stress, we must work off stress

Physical activity produces the body's own 'happy' hormones or antidepressants called endorphins. These give that feel-good factor we all experience after exercise. Another way to cope with stress, is to talk to some one you really trust. Learn to accept what you cannot change. Get enough sleep and rest to recharge you. Take one thing at a time and manage your time better. Plan ahead and learn to say no to your discomfort. Develop a hobby, eat variety of healthy foods, cut down on fat and salt and learn to relax. Rigid inflexible thinking and

behaviour is a prime source of stress, whereas laughter can uncork the pressure and release built up tension. Try to establish your own comfort zone. This can be a person (friend, colleague), a place (beach, park) or routine ritual (a long bath, a particular walk). So much valuable time is lost turning things over and over in our minds. An effective way to stop this worrisome events is to set aside a particular time each day to deal with those things.

We are as sick as our secrets

We often conceal or suppress what is troubling us, foolishly thinking that somehow we are controlling it by doing so. The ability to let go is powerful weapon in the fight against stress. You can talk to a friend, write, paint a picture, cry, even shout it out. Massage will ease out aches and pains and will help the body to relax and unwind.

To keep stress away, you must try to enjoy life, relax and keep in touch with friends. Be active, eat more fruits and vegetables, avoid fat and salt, and try to stop smoking. Also think positive and stay hopeful. The fact is only you can change the way you react to stress. You must relax. Otherwise stress can kill you.

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HEALTH AND SCIENCE BULLETIN

Surveillance found a major cause of childhood death in Bangladesh

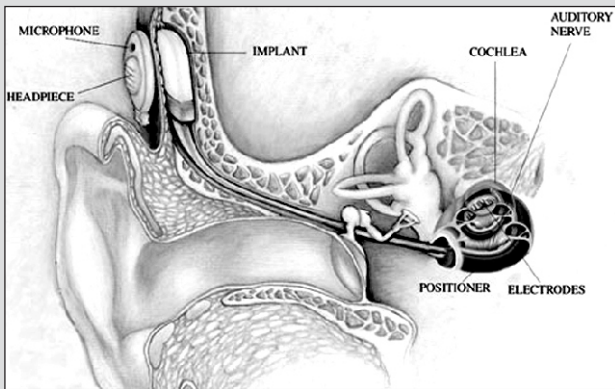
Child mortality rates from infectious diseases in under-five years old children in Bangladesh have declined dramatically. Drowning deaths now account for over half the number of deaths in children 1-4 years old in Matlab. The peak period for drowning apparas to be to April to October.

In fact the ICDDR,B health and demographic surveillance system in Matlab reveals the picture whole country. Interventions to address both prevention and management of drowning warrant urgent attention.

Source: ICDDR,B

Did you know?

Cochlear implant can help even profoundly deaf patients



Normal hearing is essential for an individual to perform his activity as well as speech and development of personality. People with hearing disability suffer a lot during their lifetime. But now-a-days cochlear implant brings them to a new world overcoming the disability. This new technology can make their life, even who are profoundly deaf like other normal individuals.

Who is best suited for a cochlear implant?

- Have severe to profound hearing loss in both ears
- Have had limited benefit from hearing aids

- Have developed verbal or pre-verbal communication skills
 - Have ears free of infection
 - Have inner ear properly formed
 - Have auditory (hearing) nerve intact.
 - Have no other medical problems that would make the surgery risky
 - Have a strong desire to be part of the hearing world and communicate through listening, speaking, and speech reading
- Children can also be candidates for cochlear implants as well.

Milestones of child's growth

DR WAZIR AHMAD
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Every parent involved in the caring and nurturing of their offspring are at times quite confused or unaware of the proper growth and development of their children. Normal milestones of development is the corner stone in the development of a healthy child. From birth to adolescence every child tries to adapt to its environment by performing different skills like vision, hearing, talking, playing etc. Some children tend to acquire these skills slowly or it may be delayed, which at times may be familial or idiopathic without any pathology. But any suspicion or doubt should alert the parent to seek medical advice; delay in this regard will have disastrous effect on the child.

In fact growth and development starts from intrauterine life during pregnancy. All pregnant mothers should monitor the growth of their child from the day

of conception by regular antenatal check up. Delivery related problems should be ruled out after the birth of every child, which can have serious effect in the growth of a child. Here are some important milestones of development in chronological order from birth up to two years.

Delivery

A healthy newborn baby after delivery is always active, pinkish and crying. They have very strong sucking reflex, when put to mothers breast will suck vigorously. Any deviation from these normal criteria needs proper care, attention and evaluation by a qualified medical personal. These babies need to be followed up carefully for any growth and development deficit.

First three months

The development of brain is a very complex process with all its connections. Positive stimulus, with caring and nurturing has a good impact, which leads to better performances in life. Negative

stimulus has an opposite effect. From 6 weeks onwards: a) Has a social smile and stares at speakers face. b) Startled by noise. c) Follows object. d) Can lie in prone position with head control. e) At 1-2 month turns from side to back drops toys. Can grasp an object by 3 month. f) Recognises parents. g) Engages in vocalisation and smiles spontaneously.

From three months to five months

From three month onward a baby becomes more active, alert and responsive. a) Reaches for and brings object to mouth. b) Sits with support. c) Laughs d) Anticipates food on sight e) Turns from back to side. f) Pull to sit. g) Weight bears.

From six to eight months

From six months onwards the child has more mobility, dexterity and communication skill. The child can sit independently; can pick up objects between two fingers, can crawl. Most children

at this age have symmetrical movements of both hand and feet. Asymmetrical of one hand, feet or face is a matter of concern and should referred to a Pediatrician for evaluation. At this age the child can imitate "bye bye", rolls from back to stomach, he or she is inhibited by the word "no". Plays "peek-a-boo". Puts object into mouth. Responds to own name.

From nine month to twelve month

At this age the child can independently perform lots of acts. Stands alone. Walk holding furniture. Follows or listens to verbal commands, like "Come here", "Give it to me" By the age of one year a child says "mama" and "dada" with meaning. Tries to build a tower of two cubes. Points to desired object.

From twelve month to eighteen month

From this age onwards the child tries to learn new things very

rapidly. Mentally and physically they are more adapted to the environment. They are more skillful and active, they are more communicable and responsive, says about four to twenty words. A normal child at this age throws ball, scribbles spontaneously; can sit in a chair, can feed itself. The child can walk independently and climb stairs with help. At eighteen months a child can indicate toilet need. Takes off shoes and socks. Holds spoon and put food to mouth. Points to eyes, nose and mouth, and can speak three or more words. The child can turn pages. Walk backwards.

From eighteen months to two years

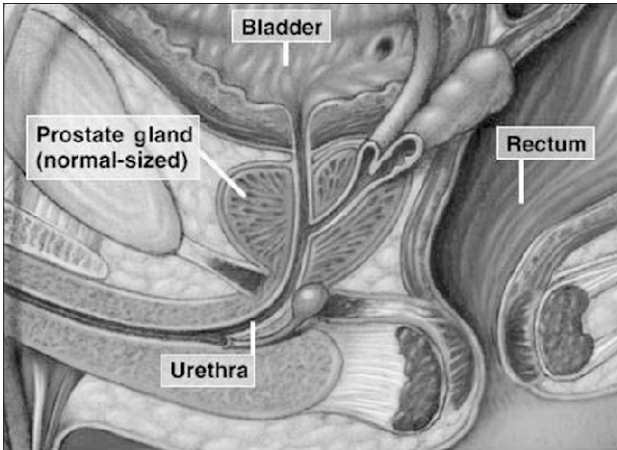
From this age onwards the process of learning, inter action and other activities gets more refined. The child learns to get toilet trained, remains dry through the day. Puts on clothing, plays alone. At two years a child jumps off floor with both feet, stands on

either foot alone. Climbs and descends stairs, can kick a ball at will. Speaks short phrases. Gives names, uses plurals.

To monitor proper growth and development there are certain parameters, which needs to be registered right from birth onwards. Immediately after birth the head circumference, length and weight should be noted and during subsequent visit to a Doctor this should be routinely plotted in a chart to evaluate the Child's normal growth pattern. Evaluation of hearing and vision is an also a very important aspect of examination in the early days of life. There is a saying "if the mind does not know the eyes cannot see" so one has to know the normal development in order to know what is abnormal.

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EARLY DETECTION REDUCES PROSTATE CANCER RISK



The prostate is a gland of the male reproductive system. Normally, the prostate is quite small. It is nearly the same size and shape as a chestnut.

Aging and the prostate

As a man gets older, his prostate may increase in size. This condition is called benign prostatic hyperplasia (BPH). By age 70, more than 40 per cent of men will have enlargement of the prostate.

An increase in the size of the prostate and a change in urine flow do not necessarily mean you have cancer; there may have some other under-

lying causes. However, a man can have both BPH and prostate cancer.

Early prostate cancer usually does not cause any symptoms. However, as the tumor grows, it may spread from the prostate to surrounding areas.

The value of early detection

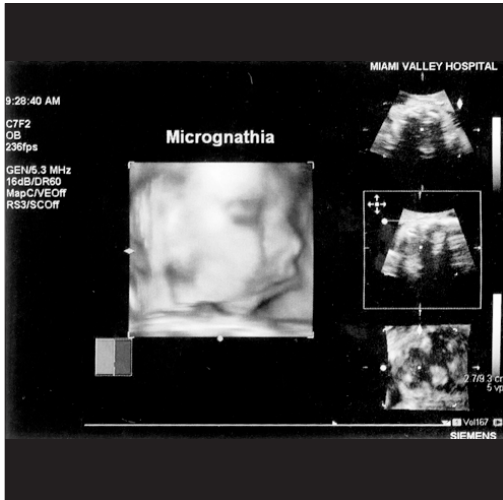
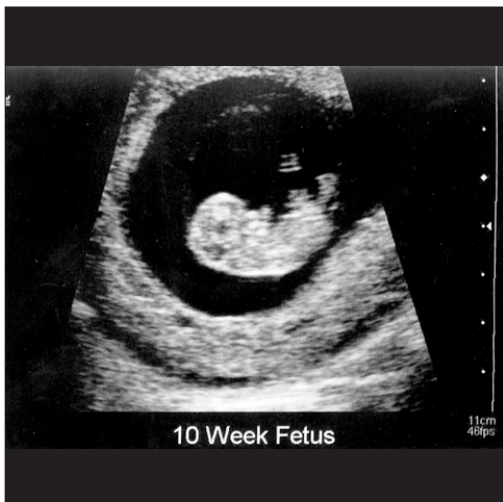
Early detection of prostate cancer is very much beneficial. People can live longer after diagnosis. So old men should get tested for prostate cancer to get optimum benefit.

Advancement in ultrasound technology

The Sonoline Antares ultrasound system provides best-in-class Doppler, 2D and 3D imaging, and for real-time premium performance 4D studies, new fourSight 4D imaging ultrasound technology.

4D imaging helps physicians and sonographers to clarify exactly what they are seeing in 2D imaging. In addition, it helps to demonstrate the stages of fetal development and may contribute to parental bonding with their unborn child. fourSight 4D can show the fetal anomalies much better detail which can be used for the correction of the anomaly also. Using the technology physicians will be able to see more fetal activity, or certain aspects that ever obtained.

It has a wider range of applications in the field of antenatal and postnatal management, diagnosis of uterus and breast as well as it could be used during 4d needle-guided biopsy.



Physical therapy aimed at strengthening the pelvic floor muscles may help many women who suffer lingering incontinence months after giving birth, a study suggests.

Many women have urinary incontinence for a time after pregnancy, and pelvic floor exercises after childbirth have been shown to prevent or alleviate the problem.

The study, said Dr. Chantale Dumoulin of the University of Montreal, is the first to assess supervised pelvic floor conditioning for persistent post-pregnancy incontinence.

The study involved 64 women with stress urinary incontinence, in which urine leaks during a physical stress like heavy lifting. All of the women were still suffering symptoms at least weekly, three months or more after giving birth.

Dumoulin and her colleagues randomly assigned the women to one of three groups: one that received eight sessions of pelvic floor conditioning with a physical therapist; one that received the same treatment plus deep abdominal exercises; and a "control" group that received eight massage sessions.

For women in the exercise groups, each weekly session also involved therapy that electrically stimulated the pelvic floor muscles, and both

groups performed exercises at home.

After eight weeks, more than 70 percent of the women in the exercise groups -- 31 of 43 -- were no longer incontinent, while no one in the control group was cured, according to the researchers.

Most of the other exercisers had at least a substantial improvement in their urine leakage.

The addition of deep abdominal exercises did not appear to augment the effects of pelvic floor conditioning. This is important, Dumoulin said, because one of the "new theories" in physical therapy is that such abdominal training improves the outcome of pelvic floor training, and some believe that pelvic conditioning should be done "indirectly" via the deep abdominal muscles.

"The results of this study indicate that the addition of abdominal training does not further improve urinary incontinence," she said.

The researchers found that pelvic floor strength did not improve in either exercise group. They speculate that factors other than muscle strength, such as improved perception of pelvic floor contraction, may deserve the credit.

Source: Obstetrics & Gynecology