

Essential facts about tuberculosis

- λ Tuberculosis is a preventable disease
- λ Tuberculosis is a airborne infection
- λ Tuberculosis can be fully treated with antibiotic tablets
- λ It is not difficult to diagnosis tuberculosis
- λ The incidence of tuberculosis in the world has recently started going up, this is related to the AIDS epidemic
- λ Tuberculosis effects the lungs commonly

If you have a cough that hangs on and does not go away or if you have a combination of the following symptoms mentioned below, you require to go for a check up:

- λ Fever
- λ Weight loss
- λ Night sweats
- λ Constant tiredness
- λ Loss of appetite
- λ Glands felt in the neck

How to reduce childhood mortality



Important, such as drowning which is now a leading cause of death among 1-4 year old children in Bangladesh. Child development is another emerging area as the focus shifts from mere

child survival to the development of these children to their full potential through appropriate caring practices.

Many neonatal deaths can be prevented if proper care is given

in a timely manner. Neonatal deaths are largely due to infections, asphyxia, birth trauma, and improper care of the newborn. Community based strategies can reduce the risk of infection,

asphyxia and birth trauma, and improve newborn care. With training, community workers can recognise and manage neonatal infections and begin early treatment. Mothers and caretakers can be trained to improve routine newborn care, such as feeding the baby and keeping it warm. Linkages with safe-motherhood interventions can prevent asphyxia and birth trauma.

Furthermore, treatment of children with common acute life-threatening illnesses can be improved. The prototype of this category of illness is acute diarrhoea, but other acute illnesses should be included like pneumonia, dengue, malaria, typhoid and severe malnutrition. Very low cost treatment can save the life of a patient with diarrhoea who would otherwise have died.

There is increasing interest and experience with improving child development through child caring, stimulation and nutritional interventions.

Based on continuing challenges, opportunities, and relative strengths, ICDDR,B has identified the following priorities for improving child health.

1. Sustain surveillance for

Source: ICDDR,B

Mental illness under-treated globally



Depression

Mental disorders from severe depression to uncontrolled anger are surprisingly common around the world, and most of the worst cases are not being treated, researchers reported.

The biggest concerted study of global mental illness shows that rates vary greatly - with 4.3 percent of people living in Shanghai showing symptoms of mental disorders in the past year, compared to 26 percent in the United States.

Even if people are not concealing their histories of mental illness -- which many undoubtedly are -- the problem is enormous, said Ronald Kessler of Harvard Medical School in Boston, who led the World Health Organisation study.

His team's study shows that many people with severe mental disorders are getting no treatment at all, while many others with only mild problems are being treated.

"It is clear from these results that there is undertreatment of serious disorders," Kessler told.

More than 60 percent of people who had serious mental disorders had been treated in Spain and France, and about 50 percent in Belgium, the United States, Netherlands and Germany.

But fewer than 20 percent of patients with serious mental illness in Colombia, Mexico, Ukraine and Lebanon had been treated.

In the United States, more rich, suburban patients are being treated for mild mental

Source: Journal of the American Medical Association

Health tips

Vitamin E risk



We need Vitamin E for healthy skin and to boost immunity. But taking too much of the vitamin may be dangerous, say doctors at John Hopkins.

Researchers led by epidemiologist Edgar Miller reviewed 19 studies and found the risk of death increased by 5 per cent when people took more than 400 IU of vitamin E daily.

Many people take 400 to

Source: Reader's Digest, March 2005

MOVE FOR HEALTH

Available experience and scientific evidence show that the regular practice of appropriate physical activity and sports provides people, both male and female, of all ages and conditions - including disabilities - with a wide range of physical, social and mental health benefits.

It interacts positively with strategies to improve diet, discourage the use of tobacco, alcohol and drugs, helps reduce violence, enhances functional capacity and promotes social interaction and integration. Physical activity also has economic benefits especially in terms of reduced health care costs, increased productivity, healthier physical and social environments.

Despite its multiple benefits, at least 60 per cent of the population fails to achieve the minimum recommendation of 30 minutes moderate intensity physical activity daily. More activity may be required for weight control. Physical activity declines with age, falling off from adolescence. Physical activity and physical education is declining in schools. Inactivity is generally higher among girls and women. It is also spreading in low income urban communities.

This is in part due to the lack of

physical activity in leisure time as well as in major life settings (workplace, schools, community, home). It is also the result of people spending higher amounts of time in sedentary behaviors such as watching television, using computers and excessive use of "passive" modes of transport.

Opportunities for people to be physically active exist or can be created in the major domains of everyday life such as at work, in transport, during domestic duties and in leisure time. Appropriate actions need therefore to be taken in order to ensure that the various environments - physical, social, cultural, economic, political, psychological - in which people live encourage and enable all population groups to become and remain physically active throughout life.

Benefits of physical activity

The health benefits of regular physical activity are many. At least 30 minutes of moderate physical activity, for example brisk walking, is enough

to bring many of these effects. However, by increasing the level of activity, the benefits will also increase.

Regular physical activity --

reduces the risk of dying prematurely, reduces the risk of dying from heart disease or stroke, which are responsible for one-third of all deaths

reduces the risk of developing heart disease or colon cancer by up to 50 per cent

reduces the risk of developing type II diabetes 50 per cent

helps to prevent / reduce hypertension, which affects one-fifth of the world's adult population

helps to prevent / reduce osteoporosis, reducing the risk of hip fracture by up to 50 per cent in women

reduces the risk of developing lower back pain

promotes psychological well-being, reduces stress, anxiety and feelings of depression and loneliness

helps prevent or control risky behaviours, especially among children and young people, like tobacco, alcohol or other substance use, unhealthy diet or violence

helps control weight and lower the risk of becoming obese by 50 per cent compared

to people with sedentary lifestyles helps build and maintain healthy bones, muscles, and joints and makes people with chronic, disabling conditions improve their stamina

can help in the management of painful conditions, like back pain or knee pain

We all know that physical activity -- taking a walk, riding a bike, dancing or playing -- simply makes you feel better. But regular physical activity brings about many other benefits.

It not only has the potential to improve and maintain good health, but it can also bring with it important social and economic benefits.

Regular physical activity benefits communities and economies in terms of reduced health care costs, increased productivity, better performing schools, lower worker absenteeism and turnover, increased productivity and increased participation in sports and recreational activities.

Promoting physical activity can be a highly cost-effective and sustainable public health intervention.

Source: WHO

