

Artificial limb is no longer a dream for the poor

BRAC Limb and Brace Centre provides low-cost, appropriate appliance for the disabled with an emphasis on the poor



From left to right: BRAC Limb and Brace Fitting Centre (BLBC) at Mirpur Road in the capital; Individuals provided artificial limb from BLBC; A child with brace to correct the deformity of his leg; Lakshmi Rani of Sylhet now continues her studies in the school with artificial leg; A person continues an economically productive life after fitting an artificial leg.

TAREQ SALAHUDDIN
According to the World Health Organisation (WHO), 10 per cent of all individuals in Bangladesh are classified as disabled.

To expand the BLBC services beyond Dhaka and to lessen the burden for disabled people living in other parts of the country, BRAC is running two satellite centres in Chittagong and Mymensing.

The goals and objectives of BLBC are --
To provide low-cost, appropriate appliances and training for the disabled with an emphasis on the poor.

Individuals who need artificial limb and braces.
In order to develop and implementation of the project, the centre is working in collaboration with SDMH, an esteemed and specialised pro-poor health services institute in Jaipur, India.

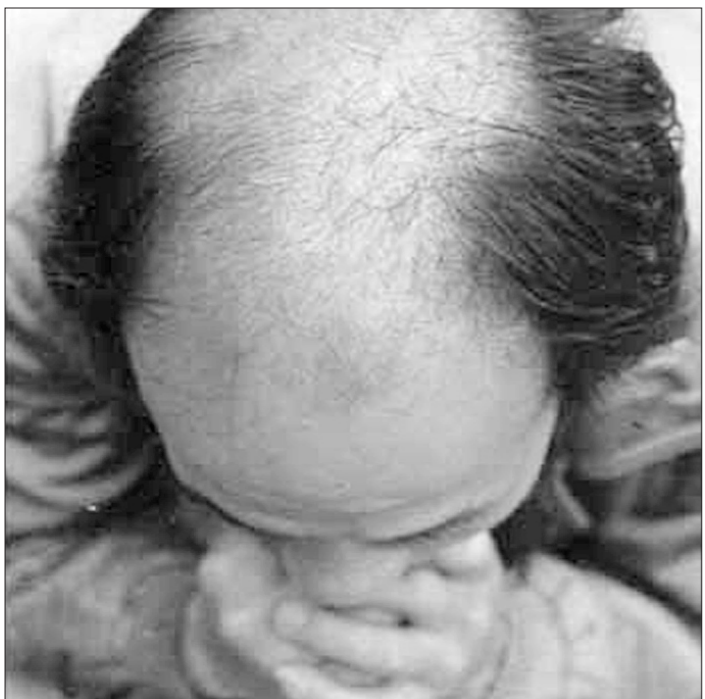
Mr Babu* was suffering from post polio complication and could not walk as a normal individual. He got brace and physiotherapy training from the centre and now can walk like a normal individual.

BLBC has achieved good results in introducing physical rehabilitation into communities and has filled a gap in an area that has not been adequately addressed by the government.

Baldness: What to do?

DR MINATI ADHIKARY
Men with shining pates are no uncommon. Sometimes someone becomes bald as a coot. All that unfortunate guys wondering why their crowning glory is on the wane, the culprit is none else but the androgens (male sex hormone -- testosterone and androsterone, the hormone which increases the male characteristics of the body), playing truant.

two forms. First by destroying the male hormone, which cause baldness by administering anti male hormone treatment. But they (trichologists) usually don't recommend this treatment since the anti-male-hormone treatment causes a lot of side effects, especially sexual dysfunction.



CHILDREN'S ILLNESS

Common causes of missed school

STAR HEALTH DESK

Childhood illness may not affect a family life until the child first starts day care or school. After that, though, it may seem like s/he is sick all the time. This is a normal part of the development of a child's immune system, which must be exposed to many viruses before it develops its own resistance.

1. Colds
The most common childhood illnesses are upper respiratory infections colds and other viral ailments that affect the throat, nose and sinuses. While adults average two to four colds a year, children typically have six to 10. Children also tend to have more severe and longer lasting symptoms than do adults.

2. The 'stomach flu' (gastroenteritis)
The second most common childhood illness is gastroenteritis, more commonly known as the stomach flu. This childhood illness causes vomiting and diarrhea, and can lead to dehydration, particularly in very young children.



3. Pink eye (conjunctivitis)
Pink eye (conjunctivitis) is an inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids.

4. Strep throat
If your child has a sore throat and fever, s/he has a 15 per cent chance that the condition is strep throat. This infection occurs more often in school-age children and children in child care than in any other age group, child or adult.

throat may look red, swollen and dotted with whitish or yellowish patches of pus.
Antibiotics are required to combat strep throat. Left untreated, the body's reaction to the strep bacteria eventually can damage the heart and joints (rheumatic fever), as well as the kidneys (nephritis).

Breathing problem can be tackled by physiotherapy

DR MD SAIFUL ISLAM

A little physical activity and some breathing exercises can help a person with lung disease. Be guided by your doctor or health practitioner and always plan your exercise routine under their supervision.

How the lungs work?
Lungs absorb oxygen from the air. We breathe with the muscles in the rib-cage and a sheet of muscle called the diaphragm, which sits beneath the lungs and above the abdomen.

Lung diseases
There are many diseases that stop lungs from working as good as they could. Some of these diseases are asthma, emphysema, bronchiectasis, chronic bronchitis etc.

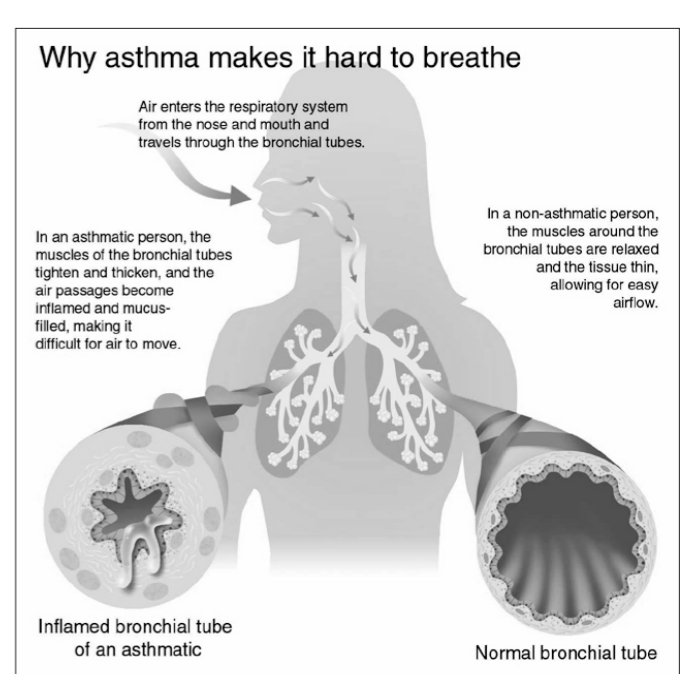
Breathing is difficult
A person with lung disease has to work harder to get enough oxygen. They often use extra muscles to breathe, such as the muscles of the neck and shoulders.

Benefit of breathing exercises
Breathing exercise --
Improve the strength of the diaphragm
Helps to get more air into the lungs
Help bring up deep-seated mucus
Keep the lungs and chest wall mobile.

Some examples of breathing exercises
You should consult your physiotherapist before starting any new exercise programme.

Relaxed deep breathing: Sit down, relax your shoulders, and breathe in through your nose and out through your mouth. Your abdomen should move in and out while you are breathing. This shows you are using your diaphragm.
Prolonged breathing out: Breathe in for two counts and breathe out for three or four counts. This helps to expel any trapped air.

Physical exercise: You may be avoiding activities that make you feel short of breath. This can reduce your lung function even more. Make sure you talk over the possibilities of an exercise program with your doctor or health practitioner before you start.
Walking: Perhaps start off with a few minutes each week and build up slowly.
Stretching: To keep your muscles supple.
Weight training: Using small hand-held dumbbells.
Tai Chi: Tai Chi relies on breathing techniques and slow graceful movements which relax and rejuvenate the body, help to boost energy, calm the mind, and improve posture and balance.
Hydrotherapy: Exercise done in water.
Don't push yourself. If you start feeling short of breath -- stop, sit down and practice your breathing exercises.
Hospitals with respiratory units often run pulmonary (lungs and airways) rehabilitation courses. The courses may be twice a week for six weeks and they use a holistic approach.
Things to remember
Breathing can be much harder for someone with lung disease.
Breathing exercises and light physical activity can help.
Always consult a doctor or health practitioner before starting any type of exercise programme.



Nutrition Corner: Fat Facts

MD RAJIB HOSSAIN

All fats are not alike. Some fats are harmful for the body whereas some can do good. Fats that we take are of 2 types -- bad fats and good fats.
Bad fats are the saturated fat that stimulate our liver's production of bad cholesterol. Notorious are egg yolk, red meat, organs, lard, ghee, whole milk, hard cheese, vanaspati and margarine as well as coconut and palm oils. We should avoid them.
Good fats are unsaturated fats are of plant or marine origin. They are of 2 types -- better fats and best fats. Better fats are polyunsaturated fatty acid found in oily fish, nuts, dark green vegetables, corn, sunflower and safflower oils. It lowers both bad and good cholesterol.
Best fats are mono-unsaturated fatty acid found in olive, mustard, groundnut, soyabean oils. The reduce the harmful cholesterol without lowering the good one.
Fat from the food we eat is digested and sent off to the liver where it is processed into cholesterol to commute to different parts of the body. After delivery, the cholesterol returns to the liver and the circle goes on and on the liver makes packets of lipoprotein from lipids (fats and cholesterol and protein). VLDL (very low Density Lipoprotein) -- transport the fat and becomes LDL after it unloads fat.
LDL (Low Density Lipoprotein) or "bad cholesterol" can build up

and clog the walls of the arteries making them harder and inflexible.
HDL (High Density Lipoprotein) or "good cholesterol" shovels out stuck LDL pieces, specially stubborn pattern and steers them back to the liver where they are recycled, broken or excreted.
Triglycerides also causes a particularly dangerous type of fat particle, specially prominent in aged person to clog up the arteries. They even more lethal when combined with small dense bits of LDL or low HDL.
To much fat makes two things to happen. One, liver makes extra VLDL to transport the fat.
Two, more LDL pieces cling on to the arteries and there are not enough HDLs to dislodge them. These can result a brain a Hack or heart attack.
The lipid profile
Different types of lipids are present in plasma of blood in different amounts. It is known as lipid profile. A person should view his/her lipid profile after the age of 40 or in cardiac disease. Blood lipids with their normal values are --
Total Lipid 450-800 mg/dl
Triglyceride 50-160 mg/dl
Cholesterol 150-220 mg/dl
Combined cholesterol 155mg/dl
Free cholesterol 45 mg/dl
Free fatty acid 6-16 mg/dl
Phospholipid 200mg/dl
What to do?
Keep your total fat intake not more than two tablespoons a day.