

## Studies advise men on prostate cancer, diabetes

Men should exercise vigorously at least three hours a week to stem potentially fatal cases of prostate cancer and consume daily helpings of low-fat dairy foods to hold off diabetes, two studies suggest. In one study that used 14 years worth of data on nearly 48,000 men working in the health field, researchers found a 70 percent lower risk of advanced or fatal cases of prostate cancer among men aged 65 or older who were in the highest category of physical activity. The association was not seen among younger men.

association was often not significant.

The study found no overall relationship between exercise and the disease except for a lowered risk of advanced and fatal cases of prostate cancer among men aged 65 or older who were in the highest category of physical activity. The association was not seen among younger men.

The second study used data from the same survey of health workers to conclude that consumption of low-fat dairy products – especially skim milk – lowered men's risk of developing adult-onset diabetes.

Each added daily serving of low-fat dairy products was associated with a 9 percent lower risk for diabetes, the report said.

"Although the mechanisms still need to be understood, these findings suggest that vigorous activity could slow the progression of prostate cancer and might be recommended to reduce mortality from prostate cancer, particularly given the many other documented benefits of exercise," wrote Dr Edward Giovannucci of the Harvard School of Public Health.

Participants – including nearly 3,000 who developed prostate cancer – were asked how much time they spent walking or hiking, running, bicycling, lap swimming, rowing, playing tennis, squash or racquetball, or engaging in calisthenics.

Giovannucci said some previous studies have indicated a tenuous link between exercise and a lowered risk of prostate cancer, though the

Source: Archives of Internal Medicine



REUTERS PHOTO

## Cooked poultry safe from bird flu risk – WHO

REUTERS, Geneva

of chicken and other poultry products, and France, Europe's largest producer, is facing curbs to its exports.

"Globally, the evidence demonstrates that there is no risk of infection when birds and eggs are well cooked, as this kills the virus," the WHO said, adding that poultry products were important sources of protein.

It noted that since December 2003, when the virus reappeared, 173 people have been infected, of whom 93 have died. But none of these cases has been linked to the consuming of properly cooked poultry.



## Tomato extract may help lower blood pressure

A dietary supplement derived from tomatoes may help treat moderately elevated blood pressure, the results of a small study suggest.

Researchers in Israel found that a daily dose of tomato extract helped lower blood pressure among 31 men and women with mild hypertension. On average, their systolic pressure – the top number in a blood pressure reading – dropped 10 points, while their diastolic pressure, or bottom number, dipped four points, both statistically significant differences.

During the treatment period, the group's average systolic blood pressure fell from 144 to 134 mm Hg, while their diastolic pressure dipped from 87.4 to 83.4 mm Hg.

At the same time, blood samples showed that certain markers of oxidative stress had declined – suggesting that the supplement's antioxidant activity was responsible for the blood pressure benefit, according to the researchers.

Eating a diet rich in tomato products and other antioxidant-containing fruits and vegetables is certainly a smart move, Paran said. But, she added, a person would need to down about four tomatoes to get the nutrients in one tomato extract capsule.

In addition, Paran said, lycopene and other antioxidant compounds in tomatoes are fat-soluble, so they are more readily absorbed when taken with the oil in the capsule.

However, she and her colleagues note that larger and longer-term studies are still needed to determine where tomato extracts fit into high blood pressure management.

Source: American Heart Journal

DR WAZIR AHMAD

In order to decrease the perinatal and neonatal mortality of our country a holistic approach by all concerned is needed.

Perinatal death refers to number of babies born dead or who die during the period immediately after childbirth and neonatal death refers to the first few weeks after birth.

A country with financial constraint and paucity of fund cannot have an ambitious plan of providing health care facility to all its citizens. More emphasis should be paid in health education by applying the most pragmatic approach to prevent it. Here are some suggestions in this regard:

1) All deliveries should be conducted by trained personals, preferably in maternity clinics, health centers, and hospitals.

2) Before delivery regular antenatal check up should be emphasised, ensuring two shots of tetanus toxoid.

3) Pregnant mothers should have well balanced nutritional diet.

4) If delivery is to be conducted at home, always seek for the help of Skilled Birth Attendants (SBA).

5) After delivery the umbilical

cord should be cut within 30 seconds with a clean blade or scissors.

6) Do not apply anything in the umbilicus; keep it open, dry and clean.

7) Immediately after delivery the baby should be dried and the mouth and nose should be cleaned with a clean cloth or gauze. The baby then should be kept wrapped up with a warm, dry and clean liner.

8) If the baby does not cry or breathes immediately after

the colostrum, which is

present in the milk immediately after delivery should always be fed to the baby.

10) It is imperative to always wash the hand while handling the baby and keep the environment healthy and clean.

11) The baby should not be given bath for the first three days of life.

12) If the baby does not pass stool within 24 hours and urine within 48 hours. It is advised to consult a doctor.

13) For the first six months the baby should be exclusively breast-feed. After that solid should be added along with breast milk up to two years of age.

14) Do not feed the baby with solids like Sagu, Barley, and uncooked rice powder with water.

15) All vaccinations like BCG, DPT, Polio, Hepatitis-B and Measles should be given on schedule.

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The World Health Organisation (WHO) said that cooked poultry does not transmit bird flu in a bid to calm mounting consumer fears as the virus spreads.

"The WHO confirms that when poultry products are safely handled and properly cooked, humans are not at risk of acquiring H5N1 virus (bird flu virus) infection through food," the United Nations agency said in a statement.

European countries where the virus has been detected have reported big drops in consumption

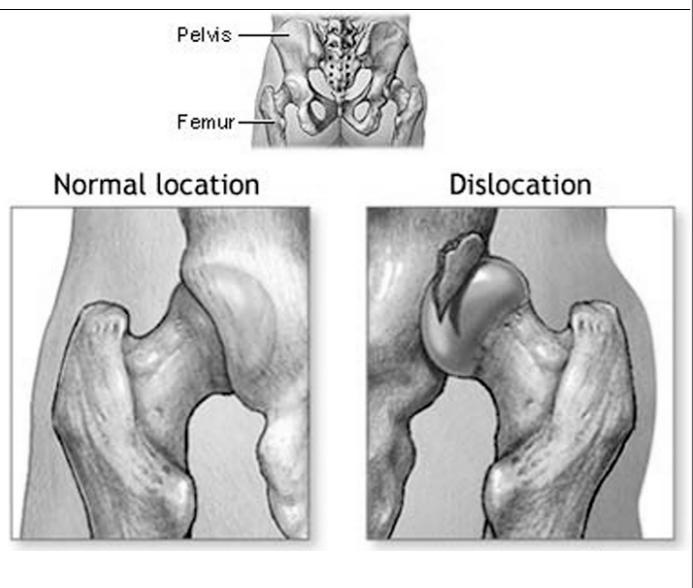
## First Aid



### Dislocation of bones

A dislocation is an injury in which the ends of your bones are forced from their normal positions. The cause is usually trauma, such as a blow or fall, but dislocation can be caused by an underlying disease such as rheumatoid arthritis.

Dislocations are common injuries in contact sports, such as football and hockey, and in sports that may involve falls, such as downhill skiing and volleyball. Dislocations may occur in major joints such as your shoulder, hip, knee, elbow or ankle or in smaller joints such as your finger, thumb or toe. The injury will temporarily deform and immobilise your joint and may result in sudden and severe pain. A dislocation requires prompt medical



### Prevalence of lower limb rickets in Bangladesh slightly decreased

STAR HEALTH REPORT

The national prevalence of rickets has slightly decreased from 0.26 percent to 0.12 percent between 2000 and 2004 in Bangladesh. The Nutritional Surveillance Project (NSP) of Helen Keller International (HKI) and Institute of Public Health Nutrition (IPHN) with technical assistance from Social Assistance and Rehabilitation of the Physically Vulnerable (SARPV) conducted a study in 2004 and shared this result of their recent follow-up to the special Rickets survey in 2000, says a press release.

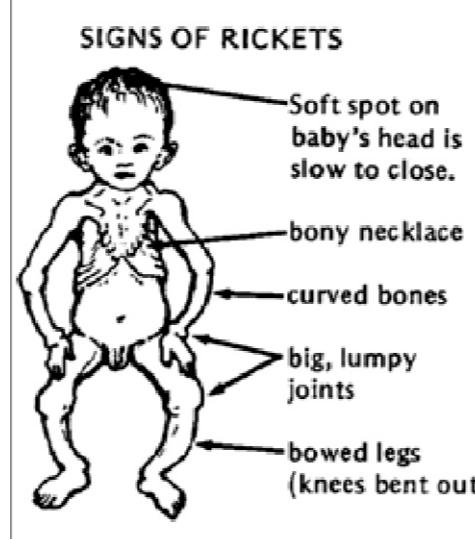
The NSP collected data on rickets prevalence among children aged 1-15 years from more than 10,000 households in rural Bangladesh from December 2004 to January 2005. The survey included four sub-districts in each of the six divisions and in the Chittagong Hill Tracts. The survey revealed that the prevalence of rickets among children aged 1-15 years did not exceed 2 percent in any of the sub-districts, and sub-districts in Chittagong and Sylhet divisions had the highest prevalence (1.36 percent in Cox's Bazar, 1.12 percent in Sreemangal), similar to findings of the 2000 survey. The data presented can be considered as an indication of the magnitude of the rickets problem in Bangladesh and regarded as a basis for further exploration.

Lower leg deformities are a common sight in Bangladesh. Rickets, usually known as a disease of vitamin D deficiency due to a lack of sunlight is now appearing in places like Mongolia, Kenya, Ethiopia and Bangladesh among a growing number of tropical countries. Scientific studies have established that in these sun-rich countries the deficiency of calcium in the diets of weaned and growing children causes rickets.

1. Don't delay medical care. Get medical help immediately.

2. Don't move the joint. Until you receive help, splint the affected joint into its fixed position. Don't try to move a dislocated joint or force it back into place. This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.

3. Put ice on the injured joint. This can help reduce swelling by controlling internal bleeding and the buildup of fluids in and around the injured joint.



## KNOW YOUR MEDICINE

### Check manufacturing & expiry date

SUVAS SINGHO ROY

It is an important question to know the expiry date of a medicine. This is the date before which the quality and quantity of a medicine remain acceptable for its intended use. It is predicted from the stability tests under general/normal storage conditions or by accelerated stability testing under extreme conditions.

A consumer must check the expiry date printed on the package and label of the product while buying or using medicine. Expiry date indicates a date after which the medicine is no longer fit for use. The manufacturing company, based on the experiments fixes the expiry date, which is printed on the container in which the medicine is dispensed.

Like any other consumable medicine, medicine also degrades after a definite time. Heat (temperature), light and moisture are the main factors responsible for the drug degradation. It is important to maintain the recommended storage condition for the medicine to use for longer period. Drug decomposition (retention of potency) is not the only reason why the checking of expiry date is important. The degraded product may be toxic in

some cases. A physical change can affect expiry date. The medicine needs to be physically, chemically, therapeutically and toxicologically stable.

The period of time between the manufacturing and the expiry date is called the shelf life of the medicine. In order to maintain a good shelf life, the manufacturing company sometimes, adds overages (excess quantity) active medicinal ingredient. The purpose of adding overage is to maintain the minimum standard required (potency) till the expiry date. In general, the medicine available in the solid form

have more shelf life than those of the liquid form. Sometimes it is possible to recognise the degradation by noticing physical changes such as change in colour, odour or appearance.

As our logistics and retail drug outlets are often not well equipped for appropriate storage conditions, the medicine may expire before the expiry date printed on the label. It is always better to avoid buying medicine that are nearing the expiry date. Do not use medicine after the expiry date. Throw away the unused or left over medicine after this date.



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The antioxidant effects of the tomato extract may explain its apparent benefit on blood pressure.

People who have mild high blood pressure or who have high-normal blood pressure would be the "ideal candidates" for treatment with the extract, said study co-author Dr Esther Paran of the University of the Negev in Beer Sheva. It is these individuals, she noted, who are often advised to use lifestyle changes to rein in their blood pressure levels.

However, people who have already been treated for high blood pressure should talk with their doctors before trying tomato extract, Paran said.

The study included adults ages 30 to 70 with stage 1 hypertension, defined as a

## Your Doctor



**Sir**  
I have been suffering from neck ache for five years. I visited renowned orthopedic centers in Dhaka. When I bend or move my head, I feel pain. For sometime, I took physiotherapy advised by a doctor; but to no avail. When I stub my neck vein I feel comfort. I swallow ALDECOX, LEXOTANIL or sometime NEOCOX. When the pain starts, my neck temperatures certainly rose. I do exercise like giving pressure on my head from rear side by using my two palms. Then I got a little relief. After two or three hours the pain starts as usual. I want your suggestion.  
**Nasirullah Mridha Salim**

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Dear doctor  
I have been suffering from neck pain for last three years. When the pain starts, my neck becomes stiff. I usually take Clofenac SR for the pain. After using the drug, I feel better for some days, but it comes back after several weeks. I also used neck collar, but it did not give me much benefit. I want a better solution.  
**Sultana**  
Dhaka  
**shawlyrahman@yahoo.com**

mainly the pain killers, muscle relaxants. You can use analgesic of "etoricoxib" group. If you have gastric problems, you should take some drugs of "omeprazole" or "pantoprazole" group (proton pump inhibitor). In addition, you need to take muscle relaxants of "tolperisone" group. This muscle relaxant is very effective in the treatment of cervical spondylitis. You need to consult a physician prior starting the drugs.

For proper diagnosis, an x-ray of cervical region is helpful.

Besides, you can use cervical collars. But you have to keep in mind that cervical collar is helpful, if your condition is less severe. In severe cases, the benefit may not