

NEW HORIZON IN PILES TREATMENT

Treatment of piles without operation and pain

PROF DR A K M FAZLUL HAQUE
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By dint of modern and sophisticated technology the developed countries of the world have achieved tremendous success in medical treatment. With the help of such a modern technology now-a-days 80-90 per cent of the piles patients are treated with the help of a modern instrument requiring no surgical intervention and getting no pain.
The instrument is first discovered by Dr Blaisdell by which he showed how to treat piles as out patient basis and without operation. Earlier, injection treatment for piles was available since 1869. The injection sclerotherapy (treatment of a varicose vein by injecting a sclerosing agent, an irritating liquid injected into tissue to harden it, into the vein, and so encouraging the blood in the vein to clot) does not give long term satisfactory success.
Injection gives good result only

in first degree or preliminary stage of piles. A study in this connection showed that the people who underwent such treatment, 80 per cent of them showed recurrence of piles symptoms after one year. The medical scientists have also proved that repeated injection after failure does not give better result. Rather it gives rise to some complications. Under these circumstances, the invention of ring ligation system in the treatment of piles has opened up a new horizon.
Another dimention was added to the advancement made by Dr Blaisdell when Dr J Baron made an improvement in the design of the instrument and in two research paper he claimed that this new approach of treatment was giving wonderful result. World renowned piles specialist of USA Dr Marvin L Corman and Dr DM Steinberg have done extensive clinical trial with this instrument on piles patients and concluded that 80-90 per cent of piles

patients can be successfully treated by this instrument without having the need to undergo operation.
Who are the appropriate candidates?
With few exceptions, all the piles patients can be treated by this method. Exceptional patients can be categorised as follows – patients with external piles, hypertrophied anal papilla, associated anal fissure or fistula, Grade IV piles which always hang outside, thrombosis, infection, gangrene etc.
Details of the Procedure
This procedure is done on out patient basis i.e. at the chamber of a surgeon. There is no need of any sort of anesthesia. We identify the piles with the help of protoscope (surgical instrument consisting of a long tube with a light in the end, used to examine the rectum) and then apply the instrument in proper place. The patient is not supposed to get any

pain. The patient should be informed about the procedure beforehand so as to get his cooperation.
It should be mentioned here that bleeding through anus may be due to cancer of rectum or colon. It is sometimes hard to differentiate between piles and cancer by listening to the history of the patient. So it is very pertinent to do a colonoscopy (examination of the inside of the colon, using an instrument passed through the rectum) before the procedure specially when the patient's age is about 40 or has family history of colonic cancer.
This procedure needs to be done about three times successively at a particular interval because we have three main piles in our body. The piles cuts off after a few days. It looks like an operation without cutting by a knife.
Advice after the procedure
There is no need to take any leave from your office. One can go back home on rickshaw or car comfortably. Patient is asked to rest for six hours. Bowel management should be done in such a way that the patient does not need to force to pass motion. It is better to avoid beef and mutton for a week. Vegetable and fruits are beneficial. Patient is asked to rest for six hours. Bowel management should be done in such a way that the patient does not need to force to pass motion. It is better to avoid beef and mutton for a week. Vegetable and fruits are beneficial.

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Complication
There may be a little bit discomfort after the procedure. Very few may feel slight pain which is easily treated. In very rare instances, there can be some other problem which can be solved.
Comments
With the invention and application of this instrument, we can now treat 80-90 per cent of piles patients without operation and without pain. Satisfactory result is obtained with this single technique. It is internationally accepted that this technique is a reasonable alternative to operative procedure. This is very economic; it saves time, risk and money. This is less complicated

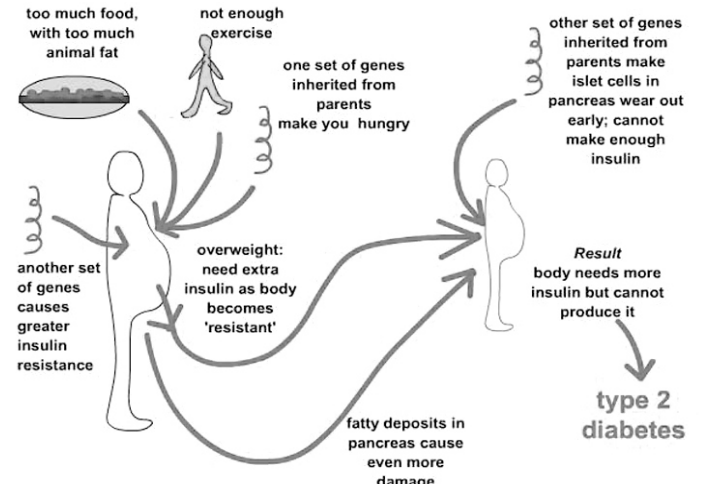
and having less side effect. Because of its long term success and availability it is easily acceptable to patients and so very commonly used and internationally popular.
For last 9 years we have done research on 29,635 patients all having problem of rectum and anal canal. We have treated 2400 piles patients with the method called ring ligation in a span of 9 years. About 92 per cent of them were cured without operation. So, I can confidently say now that vast majority of piles patients can be permanently cured without any operation.
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DIABETES CARE

10 ways to avoid diabetes complications

TAREQ SALAHUDDIN
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You have got to take the initiative when it comes to your diabetes care. From monitoring your blood sugar to checking your feet every day, taking an active role in your diabetes care can help prevent or at least minimise diabetes complications.
Here are 10 ways to take an active role in your diabetes care and enjoy a healthier future:
1. Have a general physical each year
Beyond your regular checkups to monitor your diabetes treatment, have a physical examination once a year. Because your doctor knows you have diabetes, he or she will look for emerging problems caused by the disease, such as eye, kidney and heart disease.
2. Get a yearly eye exam
Going to an eye specialist – an ophthalmologist or an optometrist – annually will help detect diabetes-related vision problems and catch them early, when they are treatable. If you have poorly controlled diabetes, high blood pressure, kidney disease or elevated cholesterol, you may need to see your eye specialist more than once a year.
3. See your dentist twice a year

High blood sugar impairs your immune system, limiting your ability to fight off bacteria and viruses that cause infection. Because your mouth is loaded with bacteria, your gums provide a common site of infection.
4. Keep your vaccinations up-to-date
Staying up-to-date on vital vaccinations can help you avoid serious diabetes complications. This includes getting:
An annual flu shot: No matter what your age, if you have diabetes you are more likely to get the flu (influenza) than are people who don't have diabetes. Because you have diabetes, you are also more likely to develop serious complications from flu, including diabetic ketoacidosis (DKA) and hyperosmolar syndrome.
Pneumonia vaccine: Most doctors recommend that people with diabetes receive a one-time pneumonia vaccination. If you have complications from your diabetes, such as kidney or heart disease, or you are 65 years of age or older, you may need a five-year booster shot.
Other vaccinations: Stay up-to-date with your tetanus shot and its 10-year boosters. Ask your doctor about getting vaccinated against hepatitis B if you have not already received the



vaccine.
5. Take care of your feet
Diabetes is potentially dangerous to your feet in two ways:
Diabetes can damage the network of nerves in your feet (neuropathy), reducing the sensation of pain. This means you can develop a sore or blister without realising it.
Diabetes can narrow or block off your arteries (atherosclerosis), reducing blood flow to your feet. With less blood to nourish the tissues in your feet, it is harder for sores to heal. An unnoticed cut or sore hidden beneath your shoes and socks can quickly develop into a larger problem.
6. Don't smoke
People with diabetes who smoke are more likely to die of heart disease, stroke and other diseases than are nonsmokers with diabetes. This is because:
Smoking narrows your arteries, reducing blood flow to your legs. Narrowed arteries increase your risk of heart attack and stroke, and also make it more difficult for wounds to heal.
Smoking increases your risk of nerve damage and kidney disease.
Smoking further impairs your immune system, making you more susceptible to colds and respiratory infections.
7. Take a daily aspirin

The American Diabetes Association (ADA) recommends that most people with diabetes take an aspirin every day because daily aspirin use can reduce your risk of heart attack. The recommended dose is anywhere from 81 milligrams (mg) a day, the amount found in a baby aspirin, to 325 mg a day, the amount found in an adult tablet. Taking more than this does not increase its benefits. Talk with your doctor to make sure aspirin is safe for you and, if it is, to find out which strength aspirin you should take.
8. Monitor your blood pressure
Like diabetes, high blood pressure can damage your blood vessels. When these two conditions team up, they can lead to a heart attack, stroke or other life-threatening conditions.
For adults with or without diabetes, the healthiest blood pressure is below 120/80 millimeters of mercury (mm Hg). If you have high blood pressure and diabetes, the ADA recommends that you get treatment aimed at keeping your blood pressure no higher than 130/80 mm Hg. The same healthy habits that can improve blood sugar – a balanced diet and regular exercise – can also help reduce blood pressure. Reducing salt (sodium) in your diet and controlling how much

alcohol you consume are important as well.
9. Monitor your blood sugar
Managing your blood sugar is the most important thing you can do to feel your best and prevent long-term complications of diabetes. By monitoring your blood sugar and keeping it within your target range, you will reduce such risks as eye, kidney, blood vessel and nerve damage.
10. Manage your stress
Stress can increase your body's production of those hormones that block the effect of insulin, causing your blood sugar to rise. If you are under a lot of stress, you will have a hard time taking care of yourself and managing your diabetes. You may not take the time to eat right, monitor your blood sugar, exercise or take your medication as prescribed. And prolonged stress can lead to depression.
It all adds up
It is true that members of your diabetes care team – doctor, diabetes nurse educator and dietitian, for example – will encourage and help you to live healthy with diabetes. But make sure you take good care of yourself to prevent and minimise diabetes complications. After all, no one has a greater stake in your health than you.

Self-care of sty

STAR HEALTH DESK
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A sty (hordeolum) is a red, painful lump on the edge or inside of your eyelid that may look like a boil or a pimple. Usually a sty is filled with pus. As it swells in size, the sty may make it difficult for you to see clearly because you cannot fully open your eye.
More than one sty can occur at a time, leading to a generalised inflammation of eyelid – a condition known as blepharitis. Fortunately, most sties disappear in just a few days. In the meantime, you can sometimes relieve the pain or discomfort of a sty with simple self-care treatments.
Signs and symptoms
Eventually most sties fill with pus and then rupture. The release of pus relieves one major symptom of sties – pain. Usually the sty then disappears. But before this happens, a sty typically exhibits the following signs and symptoms:
● A red lump similar to a boil or a pimple
● Swelling on your eyelid
● Light sensitivity
● A scratchy sensation in eye
● Tearing
Causes
The cause of a sty is a bacterial infection, usually staphylococcus. Usually the bacterial infection develops near the root (follicle) of an eyelash. You may have more than one sty at a time or several in succession.
Risk factors
Sties are not very contagious. To minimise any risk of spreading this infection, however, practice good hand-washing techniques.
When to seek medical advice
Most sties are harmless to eye and don't affect the ability to see clearly. Still, you may want to see your doctor if a sty causes one of the following problems:
● Interferes with your vision
● Appears frequently with successive infections
● Does not disappear on its own

● Does not respond to self-care
Treatment
If your doctor confirms that you have a sty, he or she may prescribe a topical antibiotic cream to apply to your eyelid. To treat a pus-filled sty that will not rupture or burst on its own, your doctor or ophthalmologist may choose to lance and drain the sty to relieve pain and pressure. Usually you will not need oral antibiotics unless you have a generalised infection of your eyelid.
Self-care
Don't try to squeeze the pus from a sty on your own. To relieve the pain and help a sty come to a point sooner, soak a clean cloth in warm water, wring it out and then apply it as a compress to your eyelid for 10 minutes, four times a day. Once the sty drains on its own, keep the area clean. To prevent recurrent infections, keep your hands away from your eyes and practice good hand-washing techniques. This is especially important for children, because they are prone to sties.

Your Doctor

Dear doctor,
I am a 24 years old man. But I face problem with nocturnal emission. Is it normal at this age or is there any problem or is it any disease. If it is a disease, then give me a suggestion to overcome from the problem very soon.

Sir, I have another problem which also related with my previous problem. When I go out with my girl friend or talk to her about any adult topic, then a little bit liquid come out from my penis which is very irritating and embarrassing for me.

I have been suffering from these problems for a long time – about 1.5 years. I thought that it might be ok within a short time but it did not work.

Now, you just please help me out from this condition.

Please suggest me a permanent solution.
Thanks and best regards –
Mr R R *

[* Name disguised to protect identity]

Answer:
Nocturnal emission is natural and a common phenomenon for adult young. It is a sign of your healthy and functioning reproductive organs. Moreover as you are not married yet, it more like to happen at this age. So there is nothing to worry due to those events.

Your second complaint is again common and it is not a sign of disease. The fluid helps in lubrication.

The things that make you embarrass will be quite ok in course of time. So you need not get worried about all these things.

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On coming issue "Your Doctor" will respond to problems of reconstructive and plastic surgery. Send your questions to Your Doctor, Star Health, The Daily Star, 19, Karwan Bazar, Dhaka 1215 or e-mail your problem to starhealth@thedailystar.net

HAVE A NICE DAY

DR RUBAIUL MURSHED

All health information to keep you up to date

The amazing world of milk

Milk and other dairy products is the drink and food of life. Both children and adult need dairy for different reasons. Once you are aware of its importance – you will never stop needing the unique combination of over twelve essential nutrients found naturally in dairy. Sufficient amount of dairy food, either milk, yogurt or cheese, not only helps build healthy bones in children, it can also help prevent many diseases in both ages.

Let's follow the following nutrients found in milk –

- 1. Vit A:** For vision
- 2. Vit B₁₂:** For production of 'erythrocyte', a mature red blood cell have an average life span of 120 days; then the body needs to produce 2400000 red blood cells per second in order to maintain the proper concentration of blood.
- 3. Calcium:** Milk is the major source of calcium in our diet. Even more important is the fact that the calcium in milk is more easily absorbed by the body than any other food source.
- 4. Carbohydrate**
- 5 Phosphorus**
- 6. Magnesium**
- 7. Pottasium**
- 8. Protein**
- 9. Riboflavin**
- 10. Zinc**

In case of breast milk the picture is a little different but more distinct. Although Cows milk is ideal for calves, but it was not designed by nature for human beings. It has been presumptuous of man to think that s/he can replace breast milk with milks of his own formulation. Certain trace elements, amino acids and essential fatty acids are present in human breast milk that are not available in the same form elsewhere. Biochemistry is not yet sufficiently advanced to be able to identify every single substance in maternal breast milk. There are more than 200 known substances in it. Doctors feel that breast milk must be the best food for a baby.

Health Tips

Care of gums helps with diabetes control

Standard treatment for moderately inflamed gums around the teeth – periodontitis – can help people with diabetes keep their blood sugar levels under control, Spanish and Portuguese researchers report.

Diabetic patients have a higher risk of developing periodontal disease than do non-diabetics, "so control of diet, exercise and inflammation in periodontitis is essential," Dr. Antonio Bascones told.

Bascones, at Complutense University, Madrid and colleagues note in the Journal of Periodontology that since the 1960s there have been studies suggesting that periodontal disease worsens blood sugar control in diabetics.

To investigate further, the researchers studied ten patients with type 2 diabetes and ten people without diabetes. All had a diagnosis of moderate generalised chronic periodontitis.

The patients underwent conventional periodontal root scaling and root planing, and after a few months all showed significant improvement gum bleeding, amount of plaque on teeth, the degree of looseness of teeth.

Furthermore, the team found, the group with diabetes had a significant improvement in glucose control, as indicated by a drop from 7.2 to 5.7 in glycosylate hemoglobin levels, commonly called the A1c measurement.

The investigators call for further studies but suggest that "there is a two-way relationship between diabetes mellitus and periodontitis, with the former producing a greater severity of periodontal disease and the latter compromising blood glucose control."

The findings, Bascones added, are "in a small sample of patients but it is the first step in the fight against this disease."

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Source: Journal of Periodontology

RESEARCH UPDATE

Blood test detects sickle cell anaemia prognosis

High blood levels of an enzyme called lactate dehydrogenase (LDH) predict complications in patients with sickle cell disease, a disorder in which red blood cells cannot delivery oxygen properly because the cells have abnormal sickle shape, new research shows.

"Using modern technology, we reconfirmed that a very big source of LDH in the blood stream of patients with sickle cell disease is from the breakdown of red blood cells," not from the cell sickling itself, lead researcher Dr. Gregory J. Kato told.

"We also found that LDH can be a very convenient, inexpensive test for patients who are at high risk for certain sickle cell disease complications," he added.

LDH serves as a marker for "certain chemical reactions going on in bloodstream that depletes the patient of nitric oxide." Kato explained that nitric oxide normally works to open or dilate blood vessels. "When there is a deficiency of nitric oxide, the blood vessel walls become thickened in a way that narrows" the opening and leads to nitric oxide resistance.

Kato, from the National Institutes of Health in Bethesda, Maryland and his colleagues evaluated 213 patients with sickle cell disease. They report their findings in the medical journal Blood.

High LDH levels predicted elevated lung pressure, leg ulcers and a painful erectile condition called priapism. Moreover, patients with high LDH levels were at increased risk for death during the 49-month study.

For patients with high LDH levels, Kato recommends screening for evidence of high blood pressure in the lungs with echocardiography, a type of ultrasound. If high pressure is evident, several treatment options are available, including drug therapy and blood transfusions.

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Source: Blood