



The danger signs of pneumonia

TAREQ SALAHUDDIN

- Look for chest indrawing
- Look if the child abnormally sleepy or difficult to wake
- Look and listen for stridor (sharp high sound made when air passes an obstruction in the larynx i.e. throat) and wheeze (whistling noise in the bronchi)
- Look for severe malnutrition
- Low body temperature



Danger signs
There are some danger signs of acute respiratory distress syndrome. They vary with the age of a child.

For age 2 months to 5 years:

- Not able to drink
- Convulsion
- Abnormally sleepy or difficult to wake
- Stridor in a calm child
- Severe malnutrition

For age less than 2 months:

- Stopped feeding well
- Convulsion
- Abnormally sleepy or difficult to wake
- Stridor in a calm child
- Wheeze

Classification of ARI 2 months to 5 years		Less than 2 months
Very severe disease	Danger signs present, central cyanosis & not able to drink	
Severe pneumonia	No danger sign Chest indrawing	Severe chest indrawing &/or fast breathing (60 beats/min)
Pneumonia	No danger sign No chest indrawing Only fast breathing (40 beats/min)	
No pneumonia	No sign of pneumonia Cough and cold	

Look and listen

- Cough and its duration
- Fever and its duration
- Feeding behaviour of the child
- Is there any convulsion
- Count the breaths in one minute

RECIPE MAKEOVERS

5 ways to create healthy recipes

1. Reduce the amount of fat, sugar and sodium

With most recipes, you can reduce the amount of fat, sugar and sodium without losing the flavor. By cutting fat and sugar, you also cut calories. How much can you leave out without affecting the flavor and consistency of the food? Apply the following general guidelines:

Fat: For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat replacers found in the baking aisle of your local grocery store.

Sugar: Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food.

Sodium: Reduce salt by one-half in baked goods that do not require yeast. For foods that require yeast, do not reduce the amount of salt, which is necessary for leavening. Without salt, the foods may become dense and flat. For most main dishes, salads, soups and other foods, however, you can reduce the salt by one-half or eliminate it completely.

Other ingredients may contain



sugar, fat and sodium, and you can decrease them as well. For example, if the recipe calls for 1 cup shredded cheddar cheese, use 1/2 cup instead. Or use less soy sauce than is indicated to decrease the amount of sodium in the food.

2. Make a healthy substitution

Healthy substitutions not only reduce the amount of fat, calories and sodium in your recipes, but also can boost the nutritional content. For example, use whole-wheat pasta in place of enriched pasta. You will the fiber and reduce the number of calories. Prepare a dessert with fat-free milk instead of whole milk to save 63 calories and almost 8 grams of fat per cup.

3. Delete an ingredient

In some recipes, you can delete an ingredient altogether; likely candidates include items you add out of habit or for appearance, such as frosting, coconut or nuts, which are high in fat and calories. Other possibilities include optional condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can have large amounts of sodium, sugar, fat and calories.

4. Change the method of preparation

Healthy cooking techniques — such as braising, broiling, grilling and steaming — can capture the flavor and nutrients of your food without adding excessive



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Send health related queries (either in English or Bangla) to Your Doctor, Star Health, The Daily Star, 19, Karwan Bazar, Dhaka 1215 or e-mail your problem to starhealth@thelailystar.net

Diabetes drug may cut heart risks also

A diabetes drug may protect patients against thickening of the artery walls, a precursor to heart attacks, according to a study published in the Journal of the American Medical Association.

Thickening of the carotid arteries, which are located in the neck and deliver blood to the brain, is a risk factor for heart attacks and other cardiovascular problems. Cholesterol and fat can build up in the inner lining of arteries, forming plaque and causing them to narrow.

Patients with type 2 diabetes taking the older generic drug, glimepiride, saw their artery thickness rise by .012 millimeters after 72 weeks on the drug, while those on pioglitazone saw

their artery wall thickness drop by .001 millimeters.

People with diabetes are at greater risk than the general population for developing this buildup, known as atherosclerosis.

"We are measuring the earliest stages of atherosclerosis — this is the best marker for future heart attack and stroke," said Dr Theodore Mazzone, the lead researcher and chief of endocrinology at the University of Illinois at Chicago's College of Medicine.

Pioglitazone also significantly boosted levels of high density lipoprotein, or HDL, a beneficial type of cholesterol in the blood, while those on pioglitazone saw

The vast majority of diabetics have type 2 diabetes, in which the body cannot make enough of hormone insulin or cannot use it effectively.



Dear Doctor
I am 23 years old. I am currently a university student. I have been suffering from stomach problem for last 3 years.

I feel that my stomach never gets empty. I go to toilet 3 or more times but I have never felt easy to defecate. Sometimes I feel some other problems also. That is my head feels hot and there is a sense of pain.

Whenever I feel my stomach empty I feel well. I have consulted with a doctor and he advised me to take some medicine. But it became ineffective upon me. Now I am helpless. Due to this problem, I am neither active in my class nor I can enjoy with my friends. Kindly advise me.

Regards
Suhel
Shamimabad, Bagbary, Sylhet.

Answer:

Dear Doctor
I am 72 years old and my mouth remains dry all the time. What may cause this? How can I get rid of this problem?

Regards
Redwanul Hoque
Munshigonj

Answer:

Dry mouth is common among older adults. Mouth dryness may be due to the effects of aging. As you get older, your salivary glands may secrete less saliva. Thirst and your perception of thirst also may change. Thirst

Possibly you have been suffering from Irritable Bowel Syndrome (IBS) according to your statement. But for confirmation, you have to do some investigations.

Irritable bowel syndrome is characterized by a group of symptoms in which abdominal pain or discomfort is associated with a change in bowel pattern, such as loose or more frequent bowel movements, diarrhea, and/or constipation. But it does not permanently harm the intestines and does not lead to a serious disease, such as cancer. Most people can control their symptoms with diet, stress management and prescribed medications. Some people may be unable to work, attend social events or even travel short distances like you.

You need not to get worried as many options are available to treat the disease. Before the management of your problem, you have to do an endoscopy, total blood count, ultrasound, colonoscopy and

routine examination of stool depending upon the nature of your problem. A gastroenterologist can give you the best treatments available for the particular symptoms and encourage you to manage stress and make changes to your diet.

So you should consult a gastroenterologist immediately. Take fiber supplements for constipation. Avoid using laxatives too much. They may weaken your intestines and make you dependent on them.

Eat a varied healthy diet and avoid foods high in fat and drink plenty of water. Try eating 6 small meals a day rather than 3 larger ones and try to reduce your stress.

An antispasmodic is commonly prescribed, which helps to control colon muscle spasms and reduce abdominal pain.

Tranquillizer drugs may also help you to relieve your symptoms. But it is strongly recommended to consult a gastroenterologist.

receptors in your brain become less responsive to your body's need for fluids. For this reason, older adults are at increased risk of dehydration.

A common, reversible cause of dry mouth is a side effect of different medications. Many medications can cause dry mouth, including antihistamines, antidepressants, high blood pressure medication, drugs for urinary incontinence.

This may occur if your thirst mechanism is not adequately reflecting your fluid needs.

Consult a physician about the possibilities that medications you take may cause mouth dryness. Rarely, certain autoimmune

disorders, such as Sjögren's syndrome, may cause dry mouth.

Methods to reduce mouth dryness include sucking on sugar-free lozenges, which can stimulate production of saliva.

Signs and symptoms of inadequate fluid intake include less frequent urination and dizziness on standing or changing from lying to sitting.

This may occur if your thirst mechanism is not adequately reflecting your fluid needs.

Your doctor may recommend a specific plan for fluid intake.

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