

Missing teeth earlier may cause complicated disorders

Dr K ABUL HASNAT FARZAN

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A bridge stands stable over a number of pillars and the number depends on the size and loading capacity of the bridge. If one or two pillars are broken down, then the longevity of that bridge gradually diminishes due to unequal pressure on those pillars. After certain period, rest of the pillars also become weaker and the bridge is completely in danger.

Same way, if one or two teeth are missing or to be extracted earlier, the total dentition changes to an irregular shape gradually. Lots of complications may arise in this circumstance.

1) When one tooth is missing from the dentition, the two teeth besides that missing teeth tend to fill that empty space naturally or due to bite pressure.

2) Once those besides two teeth start filling the gap, then space between teeth become larger respectively and this effect touch the total dentition.

3) The tooth of the opposite

dentition of those missing teeth in case of upper dentition starts extrusion downwards and extrusion upwards in case of lower dentition. That is why those extrusive teeth become sensitive because of dentine exposure.

4) Food easily induce trough the wide space between the teeth and lack of proper cleaning, gingivitis followed by peridontitis developed rapidly.

5) Invisible carious lesions may develop all through both dentition without any symptoms. After certain period, this caries form bluish black appearance on the tooth surface and once the tooth is broken down or fractured due to sudden pressure or may be due to unequal bite pressure.

6) Earlier extraction or tooth fall may be resulted in deformed fall in permanent dentition, irregularity in both dentition that can be crowding or spacing, retained deciduous teeth and retained permanent tooth bud, tooth may erupt through lingually under the tongue or buccally on the top of another teeth or maybe



A patient with complicated disorders of missing teeth earlier is being treated by the writer.

palatally towards midline.

7) Due to irregularity, different types of ulcer develop during eating, talking or due to some unwanted bite on tongue, lips or may be on check.

8) Eruption of wisdom teeth may be hampered due to early extraction or early tooth fall. Due to lack of space, that third molar is impacted in a complicated position and when it starts erupt,

patients face lots of hazards like severe pain, tender swelling, pericoronitis and other severe inflammations of oral mucosa or due to its position it may damage the second molar as well. In this condition, patients cannot open mouth properly.

9) Last of all, due to spacing between teeth or extrusion or severe periodontitis or due to some unwanted pressure, tooth become mobile and after few days it may fall down.

In case of children, in dew time the deciduous teeth are automatically fall. But those teeth should be extracted by a dentist to avoid future complication. If elderly patients develop any complication, most of them want to extract tooth without any treatment. But extraction of teeth is not a complete treatment. Now a days, lots of modern treatment are available to save the teeth until and unless any severe complication arises.

So, if any complication about teeth and surroundings arise, from the very beginning, every-

body should consult a dentist to follow the guideline for proper management. In that case, parents can play a major roll to avoid any future complication for the next generation.

But if early extraction is needed due to any reason, then in case of both dentition, space maintainer or replacement of an artificial teeth should be done immediately. Removable denture, fixed crown or bridge may be the suitable solution. Now a days, a most modern technique that — implantation of teeth directly into the bone is available but it is a bit expensive and elaborate process.

That is why, decision should be taken timely and management should be done under an expert dentist. Then life becomes more comfortable in future about teeth.

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The writer is a Medical Officer (Dental) of Healthcare Development Project of Bangladesh Diabetic Association.



Gum disease might raise a person's risk of pancreatic cancer by causing general inflammation through the body, U.S. researchers said. So take care of your oral health.

Did You Know



REUTERS PHOTO

Handbags a health hazard, women warned

REUTERS

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With big handbags becoming a key fashion accessory for working women, health experts are warning they can also become a key health concern.

Bags for women have become bigger and heavier as designers combine briefcases with handbags and straps have become longer but the extra leverage has many patients complaining of neck, shoulder and back problems.

"I see so many women with neck pains and headaches and what I usually do is look for their purse and pick it up," said Jane Sadler, a family practice physician on the medical staff at Baylor Medical Center in Garland, Texas.

"We take it over to the scale and weigh it and usually they're anywhere from 7 to 10 pounds (3.1-4.5 kgs)...We're really going to see women with more and more problems later on if we continue the big purse craze."

William Case, a physical therapist in private practice in Houston, Texas, said an aggravated neck or shoulder can lead to upper back problems, meaning pain may then be felt while working at a computer or playing sports.

He urged designers "to place a cute, educational caution tag on all bags to inform of potential neck and shoulder dangers."

Above all, he recommended correct posture while carrying bulky purses, keeping the head and shoulders aligned upright. Patients should also frequently change the size and weight of purses carried.

"The extra-large purses are quite phenomenal. They look beautiful when the women wear them, but I don't know how aware they are of the potential problems," Case said.

"Massage, anti-inflammatories and rest are good to help alleviate the symptoms temporarily however the only real cure is patient education," case added in a written message to the American Physical Therapy Association.

Professor Alan Hedge, an ergonomics specialist at Cornell University in New York state, said similar health problems arose when laptops were first introduced.

Traditionally women adopted better postures for carrying loads, such as baskets on heads or strapping a papoose across the back, but placing objects on one shoulder was one of the least efficient ways of carrying a load.

"This causes a great imbalance. You only have to see people carrying bags in shopping centers, looking hunched up like Quasimodo," he said.

"If it (a big bag) is a fashion accessory, then occasional and symbolic use is fine. If not, then keep it light."

Folic acid may boost brain power in the elderly

REUTERS, London

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Folic acid supplements may boost brain power in the elderly and could possibly help reduce the risk of dementia, scientists said.

Brain function, memory and the speed with which information is processed decline as people age but researchers in the Netherlands and Switzerland have found that taking folic acid can help.

"We have shown that three-year folic acid supplementation improves performance on tests that measure information processing speed and memory, domains that are known to decline with age," said Dr

Jane Durga of the Nestle Research Center in Lausanne.

Folic acid is a synthetic compound of folate, a B vitamin found in green leafy vegetables, yeast, liver, beans and in some fruits. Women are advised to take folic acid before conceiving and during the early months of pregnancy to prevent disorders such as spina bifida.

British researchers have also shown that folic acid supplements decrease the risk of cardiovascular disease by lowering levels of the amino acid homocysteine, which is thought to damage the inner lining of arteries.

MEASURES

When you have high blood pressure during pregnancy



STAR HEALTH DESK

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Perhaps you control your high blood pressure through diet and exercise. Or maybe you manage your condition with medication. In either case, is pregnancy safe?

For most women, the answer is yes. But proper prenatal care is essential. If you have high blood pressure and are considering pregnancy, here is what you need to know.

Why is high blood pressure a problem during pregnancy?

High blood pressure can decrease blood flow to the placenta, which affects your baby's supply of oxygen and nutrients. This may slow your baby's growth and increase the risk of preterm delivery. High blood pressure also increases the risk of placental abruption, in which the placenta prematurely separates from the uterus. Rarely, high blood pressure poses life-threatening complications.

What do I need to know about preeclampsia?

One in four pregnant women with chronic high blood pressure develops preeclampsia. In addition to increased blood pressure and protein in the urine, you may notice hand and facial swelling, sudden weight gain, persistent headaches, blurred vision, dizziness and abdominal pain.

Preeclampsia can quickly progress to a life-threatening condition called eclampsia. This rare condition causes seizures and sometimes coma.

Is it safe to take blood pressure medication during pregnancy?

Any medication you take during pregnancy can affect your baby. Although some medications used to lower blood pressure are considered safe during pregnancy, while others are not.

Treatment is important, however. The risk of heart attack, stroke and other problems associated with high blood pressure does not go away during pregnancy. And high blood pressure can be dangerous for your baby, too. If you need medication to control your blood pressure, consult a physi-

cian for the safest medication at the lowest effective dose. Take the medication exactly as prescribed. Do not stop taking the medication or adjust the dose on your own.

What can I do to prevent complications?

Taking good care of yourself is the best way to take care of your baby. •Keep your prenatal appointments. •Take your blood pressure medication as prescribed. •Eat a healthy diet based on fruits, vegetables and whole grains. •Limit the amount of sodium in your diet. •Take prenatal vitamins. •Follow your health care provider's recommendations for exercise and activity. •Get plenty of rest. •Avoid smoking, alcohol and recreational drugs.

What about labor and delivery?

Your health care provider may suggest inducing labor a few weeks before your due date to avoid complications — or if you develop preeclampsia or other complications. If you have severe preeclampsia, you may be given medication during labor to help prevent seizures. In some cases, a C-section may be planned. Depending on the timing, you may be given an injection of potent steroids to enhance your baby's lung maturity before birth.

Will I be able to breast-feed my baby?

Breast-feeding is encouraged for most women with high blood pressure — even those who take medication. Discuss any adjustments you will need to make with your health care provider ahead of time. Sometimes an alternate blood pressure medication is recommended.

What are the long-term health risks of high blood pressure during pregnancy?

If you develop high blood pressure during pregnancy — even if it goes away after your baby is born — you may have a higher risk of stroke, heart disease and kidney disease later in life.

Ensure community participation and monitoring

Taufiqur Rahman, Cluster Leader, South and West Asian region (Afghanistan, Bangladesh, India, Iran, Nepal, Pakistan, Sri Lanka and Bhutan) focused on a number of issues regarding GFATM (The board of the Global Fund to Fight AIDS, Tuberculosis and Malaria) and Bangladesh perspective during a conversation with The Daily Star

SHEIKH SABIHA ALAM

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The board of the Global Fund to Fight AIDS, Tuberculosis and Malaria (GFATM) approved a sixth round grants of \$40 million to fight the three pandemics.

Over a five-year period the new grants will support the provision of life-extending antiretroviral (ARV) to six hundred people with AIDS. Besides, it will carry out care and support programmes and provides logistics across the country.

As a partnership between governments, civil society, the private sector and affected communities, GFATM represents an innovative approach to international financing. GFATM's international Board includes representatives of donor and recipient governments, non-governmental organisations, the private sector (including businesses and foundations) and affected communities. Key international development partners also participate, including the World Health Organisation (WHO), the Joint United Nations programme on HIV/AIDS (UNAIDS) and the World Bank.

Taufiqur Rahman, Cluster Leader, South and West Asian region (Afghanistan, Bangladesh, India, Iran, Nepal, Pakistan, Sri Lanka and Bhutan) focused on a number of issues regarding GFATM and Bangladesh perspective during a conversation with The Daily Star recently.

The Daily Star (TDS): GFATM concentrated on 2005 UNGASS goal of ensuring that young people have the knowledge, skills and services that they need to protect themselves from HIV/AIDS.

Taufiqur Rahman: Yes, and GFATM is promised to 'invest to our future' who are the most vibrant and lively part of our population.

TDS: Despite your campaign across the country, very little have clear conception of HIV/AIDS.

Rahman: I have seen the report. Though 85 percent of the youth heard about AIDS, of them only 21.7 percent know at least two reasons for transmission and prevention and 22 percent have correct knowledge for two root causes of HIV transmission.

TDS: What is the reason, you think, behind the poor rate of awareness among the youth?

Rahman: Lack of proper education. Ministry of health and family welfare is the chief fund recipient of our fund and through the managing agency Save the Children, USA, 17 NGOs earlier carried out awareness programmes in 20 districts. It was ok at the initial stage, but the coverage has to be expanded.

TDS: What sort of strategy Bangladesh can take in this regard?

Rahman: It will take time. The young people have to be imparted with proper knowledge and skill and the bodies concerned have to provide the same message again and again, "protect your health, you may be on treatment for several months but, there is no total cure from AIDS".

TDS: Do you think the representatives from the affected communities should be involved in the campaign?

Rahman: Of course. The affected community has the most useful role to play. There is not much showing of AIDS infected people in Bangladesh and the young people do not relate to it.

TDS: Is it possible in this social context to bring AIDS affected people in campaigns?

Rahman: Nobody openly admits to being HIV positive, I know. But, think about India. Indian Network for Positive People Plus (INP Plus) has done a great job. There the AIDS infected people work as 'peer educators'.



TDS: In our country HIV positive or AIDS affected people fear the social stigma, you know.

Rahman: Yes, but, if once the country can bring HIV positive people to the front, surely you will be able to witness a positive result. In India I saw AIDS affected people saying to others, 'look I was as skinny as you were, but now I am doing well'. What I want to say is — if these people were involved in community counselling, the output will be better.

TDS: Tell us about AIDS scenario in Bangladesh, the prevalence is still low...eight thousand according to the recent study of the government.

Rahman: I have different opinion in this respect. I believe the number of AIDS affected people is much higher than what the government has provided. How can you count the number if you do not have the proper surveillance system?

TDS: If you would explain it clearly...

Rahman: Look, Bangladesh lacks the scientific laboratories, research facilities, equipment and medical personnel to deal with AIDS. The country does not have sophisticated laboratories with modern equipment. In most cases, the disease might be undetected or the patients' actual condition might not be known. The high-risk group, I mean injecting drug users (IDU), commercial sex workers must be brought under frequent testing.

TDS: The doctors, as we read at the Daily Prothom Alo, are not ready to deal with...

Rahman: The country not only needs the mass to be trained up, the doctors have to be properly trained up also. And I had a talk with the Bangladesh Medical Association (BMA). They would provide a list of doctors for training.

TDS: We have a good number of migrant workers...

Rahman: Yes. The country should give special emphasis to this. I can tell you what happened

in Pakistan. Lots of workers from Peshwar have been driven out from Dubai for 'bad blood'. If you could once see their agony!

TDS: The embassies can play a vital role in curbing the epidemic.

Rahman: Exactly so. Let the embassies involved, let them pass the information to individual communities, 'earn money, but have safer sex'. And, every community has its own small publication; it can be a useful tool.

TDS: Our close door neighbour India has high prevalence of AIDS.

Rahman: And Bangladesh has a lot of people who cross the border daily — truck drivers, vendors, women and children...

TDS: What is the state of West Bengal?

Rahman: West Bengal now stands at four, and there are the other three states Manipur, Mizoram and Nagaland. The truck drivers or others who frequently go to India are often coming back with HIV and having sex with their