

High-iron diets raise gallstone risk

Men who consume large amounts of "heme" iron in their diets have an increased risk of developing gallstone disease, according to findings published in the *Journal of Clinical Nutrition*.

The researchers evaluated dietary levels of heme and non-heme iron and the risk of gallstones in 44,758 US men participating in the *Health Professionals Follow-up Study* from 1986 to 2002.

A total of 2,468 cases of gallstones were documented during the follow-up period. Of these, 1,453 men required removal of the gallbladder. High levels of heme iron in the diet raised the risk of developing gallstones by 21 percent, whereas high levels of non-heme iron seemed to have no effect.

In general, continuous ingestion of large amounts of iron may cause "substantial harm," the researchers add, because the body has no way of excreting excess iron in cases of dietary overload.

Source: *American Journal of Clinical Nutrition*



Iron-rich foods raise heart risks for diabetics

Consuming red meat and other foods high in "heme" iron, such as chicken liver, clams and oysters, appears to increase the risk of heart disease in diabetics, researchers report in the *Journal of Diabetes Care*.

After accounting for age and body weight, high intake of both heme iron and red meat appeared to increase the risk of heart disease.

Specifically, women who consumed the highest amount of heme iron were 50 percent more likely to develop heart disease than those with the lowest intake. The risks were greatest in women who were postmenopausal.

The researchers point out that because of the study's design, the findings cannot prove that high heme iron intake "causes" heart disease, only that it is "associated" with the disease.

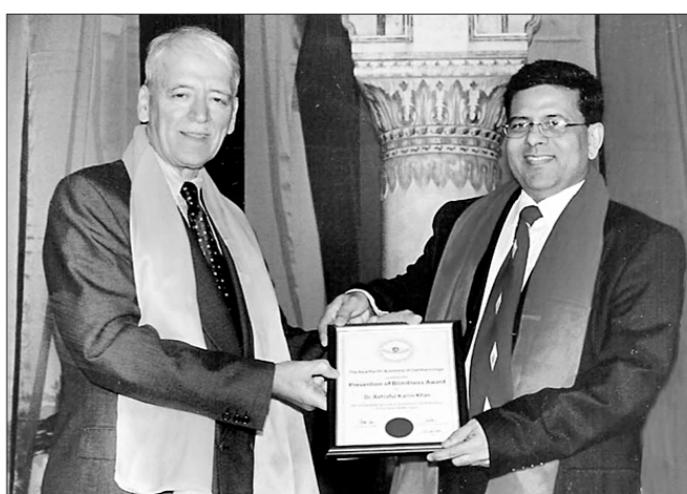
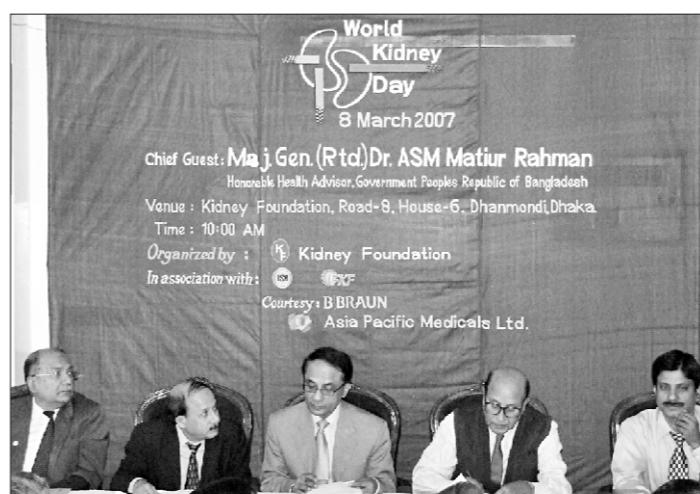
It might be advisable that "patients with type 2 diabetes may limit consumption of heme iron and red meat," lead investigator Dr Lu Qi told.

Dr Qi of Harvard School of Public Health, Boston and colleagues note that diabetes-related metabolic abnormalities may aggravate the adverse effects of excess iron on the heart. However, they add, little is known about whether iron consumption also affects heart disease risk.

To investigate further, the researchers followed 6,161 women participating in the Nurses' Health Study, and who reported a diagnosis of type 2 diabetes. During follow-up from 1980 through 2000, the team

Source: *Diabetes Care*

EVENTS



Awareness can help prevent many of the cancers. We should keep it in mind that lack of awareness rather than genetic causes are mostly responsible for the deadly disease. Research can help us find an answer to cancer.

Professor Mohammad Hannan, Head of the Department of Molecular and Cell Biology of Canadian Institute of Health Research, Ottawa said this in a scientific seminar on "Cancer Prevention and Control Strategies" organised jointly by Ahsania Mission Cancer Hospital, National Cancer Institute and Hospital and Bangladesh Scouts at Sams Hall of Bangladesh National Scouts Bhaban.

He also said that a regulated life could prevent cancer easily. Most of the people

do not know that even chewing gum can also cause cancer and smoking is the main cause of many cancers. He gave emphasis on sufficient arrangements for proper diagnosis, chemotherapy, radiotherapy and immunotherapy along with research facilities. He specially gave importance on creating oncologists.

The seminar was presided over by Prof Dr M A Hadi, Director, Ahsania Mission Cancer Detection Centre and Hospital, M Fazlur Rahman, Chief, National Commissioner of Bangladesh Scouts, Dr Shah Mohammad Farid, former cabinet secretary and a good number of oncologists, doctors, nurses and other interested persons were present in the seminar.

Bangladesh has close to five crore less population in 2006 than predicted as a result of intervention on the fertility rate, scientists said this at function to celebrate the 40th anniversary of Matlab, a research outlet of ICDDR,B.

Leading scientists who started research with cholera four decades ago at Matlab (in Chandpur district) gathered recently at ICDDR,B headquarters in the city to celebrate 40 years of Matlab Health and Demographic Surveillance System (HDSS) that was aimed at improving public health through population based research.

Recalling some of the major contributions of 'Matlab Model', scientists at a press briefing said that Bangladesh has about four and a half crore less population in 2006 than forecasted due to intervention that reduced the fertility rate, a recommendation of ICDDR,B. They also said that research in Matlab has demonstrated that 63 per cent of child deaths are due to vaccine-preventable disease and can be lowered close to zero through effective immunisation campaigns.

The scientists who arrived in the city to share their memories of genesis of Matlab called it a 'place for source of innovations' for those who wish to perform community-based studies for policy implications.

Dr Henry Mosley, one of the first few scientists to perform research with Cholera in Matlab (then East Pakistan) in 1966 told reporters, "After successful

lessons on Cholera research we soon realised that Matlab can also be used for many other health interventions since we had a ready data-base population." Dr Mosley continued, "We then re-designed Matlab's mission and since then (1966) Matlab turned out to be a place for population-based research for global policy making decisions on health programme."

Dr David A Sack, Executive Director of ICDDR,B said, "Our data of 225,000 lives collected from Matlab is recognised globally as a 'gold standard' for calculating life tables. The knowledge allows us to predict, burden of disease in Bangladesh, during end of this century the number of elderly people over 60 years will grow from 7 million now to 65 million during end of this century." He said, "We are taking the lead in conducting the community-based studies to focus on the changing burden of non-communicable diseases like diabetes and cardio-vascular diseases in Bangladesh and its implications in the future health system."

Other scientists who also carried out research in Matlab at the beginning were also present on the occasion.

Meanwhile, to mark the occasion ICDDR,B rewarded ten partner states and development organisations in recognition of their support for Matlab research. Heads of the missions and representatives of some of the development partners (DPs) received the mementos from Dr David A Sack.

We can take only 5 percent of our patients under our existing treatment coverage. It is a matter of great regret that

75 percent patients have to stop their dialysis early due to high cost and all these factors make kidney treatment thorny.

Considering all these things kidney foundation has undertaken some steps to serve the patients at low cost.

National Prof M R Khan told that there are many complications of kidney diseases and for treatment we need huge fund to serve our poor community. He urged donors to provide proper support and to make kidney treatment available to them who are fighting with their own kidney and money as well.

Kazi Akram Uddin Ahmed, Chairman of Standard Bank told that they have social responsibility to the society and they will work together with kidney foundation and will provide all support to the patients.

President of the kidney foundation Prof Harun Ur Rashid mentioned that treatment of kidney diseases needs costly machine and drugs for long time. So it is better for us to stress on prevention strategy.

Diabetes and hypertension are major causes of kidney disease and many of our people do not know it and do not take special attention upon their kidney while having these disease.

Kidney Foundation have been running their functions very effectively and they have transplanted kidney on 19 patients successfully and performing dialysis at least one patient in every week.

from BRAC (50), World Vision (100), Gonosastho Kendra (400), Unnayan Sangha (50) and 40 medical assistants.

Besides training, he distributed about 20000 copies of his book on eye care "Chokher Jotno" among the trainees, Union Parishad members, district education officers, different district libraries and library of different medical colleges.

Dr Khan also organised 23 mini eye camps and delivered eye care to about 7000 poor eye patients free of cost.

Dr Khan's most innovative service in eye care is providing interest free loan at low rate for the low income group for cataract surgery in the remote Jamalpur district. This easy instalment loan without any guarantor is realised very helpful for the poor eye patients and the results is very encouraging.

Dr Khan presented a study paper entitled "Micro credit IOL cataract surgery: My experience and new dimension in Bangladesh" at the annual scientific conference of Ophthalmology Society of Bangladesh (OSB) in 2006. This is known to be the first of its kind study in Bangladesh.

Your Doctor



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