



Human bite wounds demand prompt treatment

REUTERS HEALTH, New York

The longer people take to seek treatment after suffering a bite wound from someone, the greater their risk the wound will become infected, according to a review of human bite injury cases treated at an Irish plastic surgery unit.

"Bite wounds present a challenge to any emergency department given the many issues involved in their management," the researchers conclude. Failing to deal with any of these issues "may result in a potentially devastating complication" involving function, infection or appearance.

wound as quickly as possible.

To better understand the nature of these wounds and their management, the researchers reviewed the cases of all patients who had been referred to their plastic surgery unit for treatment of human bite injuries from 2003 to 2005.

Many victims also failed to get recommended follow-up treatment, Dr Patricia A. Eadie and her colleagues from St. James Hospital in Dublin found, raising the risk of permanent scarring and functional damage.

Guidelines recommend treating bite wounds like an infected surgical wound, by cleansing the area, removing infected tissue, and closing the

Source: Emergency Medicine Journal

Preventing addiction relapse

Md SAZZAD HOSSAIN

Over the past 20 years scientific advances have shown that drug addiction is a chronic and relapsing disease that results from the prolonged effects of drugs on the brain. Addiction gets embedded behavioral and social aspects that are important parts of the disorder itself. Therefore, the most effective treatment approach include biological, behavioral, and social components.

Recognising addiction as a chronic, relapsing brain disorder characterised by compulsive drug seeking and use can impact society's overall health and social policy strategies. Research statistics continue to show that most people who have received alcohol and/or drug treatment in recovery programme, still have difficulty for relapsing.

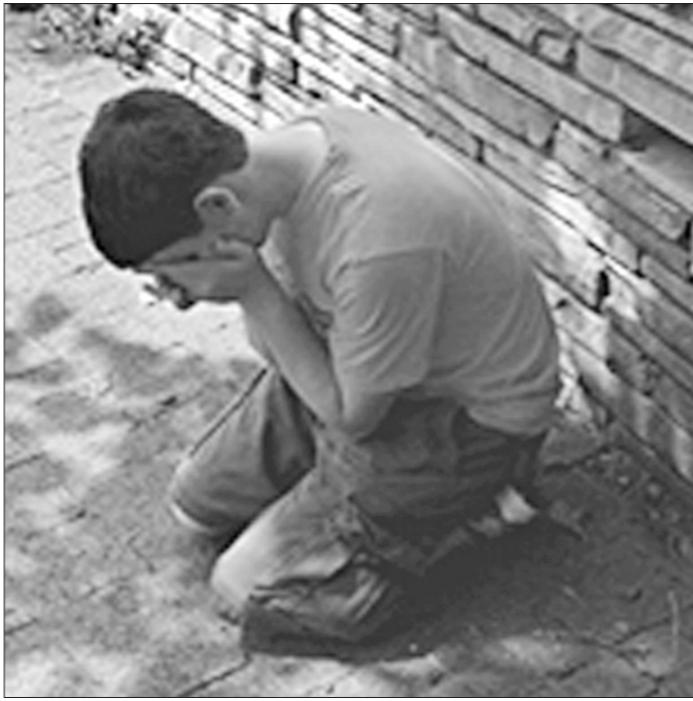
Researchers and physicians

inform that many addicts are deficient in neurotransmitter (chemical substance that transmits nerve impulse) which drives them to seek relief from pain or to gain pleasure.

When one stopped using alcohol or other drugs, s/he probably falls down into depression, anger and sometimes has a panicky mixture of terror and despair. Who would want to return to that? There is some ways to prevent relapse.

Relapse is a process of moving away from stable recovery-based thinking, feelings management and healthy behaviors towards addictive thinking, feelings mismanagement and so on.

An overexcited, agitated nervous system and the lack of adequate dopamine (a neurotransmitter that induces sense of euphoria and well-being) and serotonin (deficiency of it causes depression) leave an individual



feeling anxious and depressed. All the time, the brain is demanding relief or pleasure restoration.

The primary focus of early relapse prevention is a high risk situation, where one recognises the need to abstain from alcohol and other drugs in order to resolve his current problems and face situations which could cause him to use alcohol or drugs in spite of his commitment to abstain. Here, the main goal is to identify immediately when s/he is at risk of using drugs. Do not minimise thoughts of using or being over-confident about your recovery. Simply use your recovery tools to prevent relapse.

Competency in this area will allow you to get back on track and continue to prevent your problems from getting worse. You must be able to abstain from alcohol and other drugs before you can successfully work on psychotherapy issues for long-term recovery.

The secondary focus in relapse prevention is on core personality problem and core lifestyle problem. Core personality problems are built upon a system of mistaken beliefs.

Core lifestyle problems are the dysfunctional relationships and habits of daily living that support and justify the problems. These issues will have to be resolved if you are to learn how to maintain long-term abstinence. The issue is — you recognised that you were addicted, learned primary recovery skills with how to identify and manage high risk situations first. Now you have a solid foundation in recovery. So it is the time to explore and change your personality and primary lifestyle problems to say goodbye to drugs.

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OPINION

Antibiotic syrup preparation

DR M KARIM KHAN



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Most of the antibiotic syrups are available in powder form. They need to be diluted with sterile water to make suspension before use. Many patients or caregivers are not skilled enough to prepare the suspension properly as per instruction. So the purity and efficacy of the drug decreases.

Recently ciprofloxacin suspension is available in the market and now all pharmaceutical companies are marketing it providing measured amount of sterile water (diluents) in the same packet to prepare suspension. Just pour the powder into the supplied distilled water to make the suspension appropriately.

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Notable feature is that we need not boil, cool and measure

water to prepare suspension in this case. We can get safe preparation of suspension without any

hazard.

It would be very much appreciated and compliant for the patients if all pharmaceutical companies provide such sterile diluents in their other antibiotic suspension formulation to ensure better and safe preparation of their antibiotic product.

So my humble suggestion to all the pharmaceutical companies to provide sterile and measured amount of diluents to all antibiotic formulation. I think this will attract the foreign purchasers as well. At the same time drug authorities should think sincerely on this issue.

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Easy care for severe dandruff

DR TAREQ SALAHUDDIN

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Dandruff is the one of the most common causes of loss of self-esteem. It impacts a negative social image resulting affected people shying away from important daily interactions. Very often dandruff can be extremely embarrassing especially if you wear black party shirt, silk or satin sarees.

Study by Head & Shoulders Company revealed that 67 percent women and 69 percent men reported dandruff as the cause of their low self-confidence. The studies further documented around 25981704 people in Bangladesh suffer from dandruff. While most consider dandruff to

be easy-to-solve cosmetic problem — in reality which is not alike. Women consider it to be worst than hair-loss while men consider it the second worst problem after hair-loss.

A large number of people are affected by dandruff in various degrees of severity accompanied by scalp irritation. The irritation causes itching, which accelerates the cell renewal process and in return perpetuates the problem.

While many people do not know the correct causes (direct and indirect), there still exist myths about dandruff. Most attribute the cause of dandruff as a result of styling products, sharing comb, seasonal occurrences and cosmetics.

However, experts attribute increased oil production, hormonal fluctuations, stress, illness, neurological disorders, a suppressed immune system, infrequent shampooing and sensitivity to the malassezia fungus as prime causative factors for dandruff.

According to the study, dandruff is not contagious but sometimes can be quite severe. Severe dandruff needs special attention. The good news is — large dandruff can be controlled.

An active treatment for dandruff is pyrithione zinc (ZPT) which should be given in double strength.

The new 2% ZPT concept is a breakthrough research for all scalp related problems for those with dandruff who wish to flaunt their crowning glory without any prescription. Head & Shoulders has marketed an intensive Solutions with 2% ZPT.

ZPT potent active ingredient should be taken with an effective formulated therapeutic product which allows optimal size for maximum deposition and coverage on your scalp to aid efficacy with double strength.

So, if you suffer from severe dandruff and experience stickiness, greasiness and dandruff triggered by active oil glands, stress, excessive perspiration, dust, UV light, hair dyes causing embarrassing flakes, rely on the dermatologist recommended 2% ZPT to get your crowning glory head on shoulder.



Handbook to secure quality MCH services

MOON MOON SULTANA

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With a view to ensure safe motherhood making mothers aware of healthcare during pregnancy, the Maternal and Child Health Training Institute (MCHTI) introduced a 24-Page Maternal and Child Health (MCH) Handbook.

Initially MCHTI distributed the booklet to total 600 pregnant women as a part of a pilot study conducted by International Collaboration Division, Faculty of Human Sciences of Osaka University, Japan.

Dr Shafi Ullah Bhuiyan, Assistant Coordinator (Training and Research) of MCHTI developed the MCH Handbook in 2002 as a PhD fellow of this University.

The book is a compiled document of records of pregnancy, delivery, childcare and development, immunisation and health education for pregnant mother.

However, the pilot study in MCHTI that ended in 2003 showed that mothers maintain the MCH Handbook accordingly as the book is a comprehensive document written both in Bangla and English.

The idea of MCH Handbook originated in Japan after the Second World War when the country was affected by famine, epidemic of different diseases including tuberculosis, diarrhoea and measles. The authority decided to provide sustainable health care service to pregnant mothers to curb diseases among children.

The authority introduced a 4-page MCH Handbook in 1948 and since then the city corporations distribute the book to pregnant women free of cost. At present the third generation pregnant women are following the system.

Observing the success of this type of handbook in Japan, over 12 countries including Indonesia, Mexico, Brazil, Thailand, Laos, Vietnam, South Korea and USA introduced MCH handbook to secure quality MCH services.

The Obstetric and Gynaecological Society of Bangladesh (OGSB) Hospital in Mirpur introduced the MCH Handbook funded by Japan International Cooperation Agency (JICA) in 2005 following the success in MCHTI.

The MCH Handbook Project

Director in OGSB Prof Dr Abdul Bayes Bhuiyan claimed 100 percent pregnant women are provided with the book that meets the demand of today's mothers.

"Mothers are now well educated, they want to understand everything related to pregnancy clearly and they want quality services," he said.

"Since the book is a combination of multiple cards providing health records of mother and baby up to five years, the doctors will be able to diagnose a baby if any complication arises," Dr Bayes added, also the former President of OGSB.

The distribution of the book in MCHTI has been halted from 2004 lack of financial support, Dr Shafi lamented.

Dr Shafi asked for government organisation (GO) and non-government organisation (NGO) collaboration to introduce the book countrywide.

He also laid emphasis on creating public awareness and training for the service providers at grassroots level about the use of the book.

HRT may prevent heart symptoms also

Younger women who start taking estrogen as soon as they enter menopause may be protected from heart disease, researchers said.

They found that women aged 50 to 59 who took estrogen were 30 percent to 40 percent less likely than women taking placebos to have large amounts of calcified plaque in their arteries — a widely accepted predictor of heart attack risk.

Dr JoAnn Manson of Harvard Medical School's Brigham and Women's Hospital, who led the study, said the results should be reassuring to women in their 50s who have been taking estrogen for their menopausal symptoms.

But, she stressed, hormone replacement therapy, or HRT, is not completely safe and women should not take it unless they have a good reason to.

"Hormone therapy should not be used for the express purpose of preventing cardiovascular disease due to other known risks, and it should be limited to treatment of meno-

pausal symptoms at the lowest dose for the shortest duration necessary," Manson said in a telephone interview.

"So I do not believe it should be started in all women for the purpose of protecting their hearts."

Manson led the original Women's Health Initiative study, which found in 2002 that hormone replacement therapy raised the risk of blood clots, breast cancer and heart attacks.

Many women stopped taking HRT, although researchers at the time noted that many women in their study were well past menopause, with an average age of 63.

"There are still many women out there with moderate to severe symptoms who are not seeking treatment because they are concerned that estrogen could increase the risk of heart disease and other health problems," Manson said.

Source: New England Journal of Medicine

Drowning kills more children aged 1 to 4 than any disease

Source: ICDR