



WORLD HEART DAY 2007

"Team up for healthy hearts"

DR M H MILLAT

Heart disease and stroke are the world's greatest killers, claiming 17.5 million lives a year which represents nearly one third of all deaths in the world.

Unfortunately 80 percent of them belong to low- and middle-income countries. It is estimated that 15 million people are suffering from heart diseases in Bangladesh. Majority of them are in their 40s. It is alarming for our society.

Today is World Heart Day. Since 1999, the World Heart Federation (WHF) and its associate organisations in more than 100 countries have celebrated this day.

The day is celebrated annually to increase public awareness and promote preventive measures to reduce cardiovascular disease and stroke on a global scale.

As a general rule, it is better for people to stay active. This year's World Heart Day focuses on the

theme "Team Up for Healthy Hearts". It will encourage people around the world to adopt a heart-healthy lifestyle to help maintain a young heart for life by controlling the major cardiovascular risk factors, by choosing a healthy diet, being physically active, by not smoking, keep diabetes, high blood pressure and blood cholesterol level under control, and maintain healthy weight can prevent heart attacks and strokes.

With 155 million overweight and obese children globally, parents and teachers can play a major role in helping children control weight and develop other healthy habits to reduce major risk factors for heart disease and stroke in later life.

One study from Norway found that the probability of a teenager eating a low fat diet was twice as high if both parents also had low fat diets. Another study found that parental involvement significantly improves the eating and exercise



behaviours of 8-11 year-olds.

Obese youths have an 80 percent greater chance of remaining overweight as adults and will consequently be at higher risk of heart disease and stroke. Overweight children are three to five

times more likely to suffer a heart attack or stroke before they reach the age of 65 than children with a normal weight, plus have a higher chance of developing diabetes. A study found that children who watched more than

two hours of television a day were 50 percent more likely to be overweight.

The World Heart Federation has the following tips to help protect people and their families from heart disease and stroke:

1. Encourage everyone to eat well-balanced meals, including (steamed, boiled, grilled or baked) lean meat, fish, vegetables, pulses, fruit and low fat products.

2. Provide at least five daily servings of vegetables and fruit.

3. Offer water, low fat milk or fresh, unsweetened fruit juices to drink rather than soft drinks.

4. Include fruit or vegetables in your children's school lunch or snack. Convince your child's friend's parents to do likewise. Get their teacher's support to put healthy eating on the classroom agenda.

5. Make sure you don't consume excess salt, especially through processed foods.

6. Plan more family activities

outside. Add 30 minutes of regular physical activity daily and build physical activity into day-to-day chores. Take the stairs rather than the lift, for instance.

7. Make your home smoke-free and try to ensure that your children don't smoke or experience tobacco smoke anywhere else.

8. Limit screen time. Keep the TV or computer off as much as possible and make sure your children's leisure time is packed with plenty of physical activity. Why not go with your child to school by foot or bicycle.

9. As a family member, set a good example by eating healthily, being physically active on a regular basis and by not smoking.

10. If you think anyone in the family is at risk of heart disease, check with your health professional.

Dr M H Millat, MBBS, FRCS is a Consultant Cardiac Surgeon at the Square Hospital, Dhaka.

the British Sleep Society in Cambridge.

Previous research has highlighted the potential health risks of shift work and disrupted sleep. But the study by Cappuccio and colleagues is the first to link duration of sleep and mortality rates.

The study looked at sleep patterns of participants aged 35-55 years at two points in their lives—1985-88 and 1992-93—and then tracked their mortality rates until 2004.

The correlation with cardiovascular risk in those who slept less in the 1990s than in the 1980s was clear but, curiously, there was also a higher mortality rate in people who increased their sleeping to more than nine hours.

"In terms of prevention, our findings indicate that consistently sleeping around seven hours per night is optimal for health," Cappuccio said.

Did You Know?



Lack of sleep may be deadly!

REUTERS, London

People who do not get enough sleep are more than twice as likely to die of heart disease, according to a large British study.

Although the reasons are unclear, researchers said lack of sleep appeared to be linked to increased blood pressure, which is known to raise the risk of heart attacks and stroke.

A 17-year analysis of 10,000 government workers showed those who cut their sleeping from seven hours a night to five or less faced a 1.7-fold increased risk in mortality from all causes and more than double the risk of cardiovascular death.

The findings highlight a danger in busy modern lifestyles, Francesco Cappuccio, professor of cardiovascular medicine at the University of Warwick's medical school, told the annual conference of

the British Sleep Society in Cambridge.

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TOTAL HIP REPLACEMENT

New hope for osteoarthritis patients

ZAM KHAIROUZZAMAN

Mr Faruquzzaman, a 61 years old gentleman, had been suffering from chronic hip pain for the last seven years. In the year 2000, he noticed pain in his left hip, particularly at the time of walking.

An active and dynamic man, Mr Faruquzzaman was involved in his daily activity and was a regular morning walker. As time past, he started limping and feeling more pain in his left hip and difficulty to wear his shoes and socks. At this time he decided to consult with a physician.

His physician diagnosed his case as an osteoarthritic hip and suggested him to consult with an Orthopaedician. Orthopaedician prescribed him some medication which did not relieve his pain. Then he went to a new doctor who recommended him for Total Hip Replacement (THR) as the next step but he does not know how to do THR.

He then went to Prof Dr M Amjad Hossain, a prominent orthopaedic surgeon and former Professor and Head of Orthopaedic and Trauma Surgery Department of Dhaka Medical College and Hospital. Prof Amjad performed total hip replacement meticulously. Preoperatively Mr Faruq was advised to perform abductor strengthening exercise. Total Hip Replacement consist of three parts:



Prof Dr M Amjad Hossain is seeing patients at Dhaka Medical College Hospital.

1. Replacement of femoral head by metal prosthesis.

2. Replacement of acetabular cup by ultra high molecular weight polyethylene (UHMWPE); and

3. Metal Stem.

Post operatively Faruq spent about 8 days in hospital and then was released to his home.

After operation he used walker for some days. Gradually he started walking without the walker. Abductor strengthening exercise continuing postoperatively.

Faruq is so pleased with his THR that he says he will not hesitate to undergo surgery again if the other hip becomes arthritic. He is now encouraging other people with arthritic hip to perform surgery (THR).

Many people of our country have been suffering from chronic hip pain due to injury, AVN and other causes. No option except THR can alleviate their pain. Drug could only give them temporary relief.

A mild form of periodontal disease is gingivitis, which may progress to periodontitis and lead to advanced periodontitis. Gingivitis: Bacteria of plaque and tartar produce toxins that irritate gums and cause inflammation. Symp-

toms may include sore, slightly bleeding gums or bad breath. Gingivitis is a mild form of gum disease that can usually be reversed with daily brushing and flossing, and regular cleaning by a dentist or dental hygienist.

Periodontitis: The spaces between gum and tooth increase forming pockets and infection spreads to bone. The most common causes are plaque and tartar building up under the gum line causing ligament break down, gums pull away from the teeth. Symptoms may include bright red gums that bleed easily or shrink back (recede).

Advanced periodontitis: Bacteria increases the infection with more swelling gums, bone loss and teeth may loosen. Pockets are deepen and may fill with pus. Your teeth may feel sensitive to hot and cold and feel pain when brushing.

As bone loss continues, your teeth may loose so much support that they fall out. It is important that we visit a dentist or hygienist routinely so that they may be able to treat at the early stages of the periodontal disease.

Dentists can evaluate your periodontal disease properly and can guide you to the best treatment.

Certain risk factors can make gum disease worse.

1. Tobacco smoking or chewing: Increases your risk for periodontal disease and lowers the chances of success for treatments.

2. Diabetes: People with diabetes are at greater risk for periodontal disease. And having periodontal disease can make managing diabetes more difficult. If you have diabetes, these tips can help:

- See your dentist at regular interval for plaque control.

Symptoms of gum disease are silent until the disease is advanced. They include:

- Bad breath that won't go away
- Red or swollen gums

Tender or bleeding gums.

• Painful chewing.

• Loose teeth.

• Sensitive teeth.

Here are some things you can do to prevent periodontal diseases:

- Brush your teeth twice daily with a fluoride toothpaste.

- Floss every day.

- Eat a well balanced diet. • Don't use tobacco products.

- Visit the dentist routinely for a check-up and professional cleaning.

Periodontal treatment options

1. Periodontal Homecare

treatment: Brush with fluoride toothpaste and floss daily.

2. Non-surgical treatment:

Deep cleaning (Scaling and Root planning), antibiotics, bite correction, splinting.

3. Periodontal surgery: Flap surgery, bone and tissue grafts.

Visit a dentist regularly every six months and make home care a habit to reduce plaque buildup in the future. So the next time you brush your teeth know that you are saving more than just your smile.

The writer is the Director, Bangla Hope Dental Clinic, Dhaka. E-mail: dr.lorna@gmail.com

HealthNews

A super-specialty heart centre is to be set up soon in the capital



Dr Ashok Seth, Chairman and Chief Cardiologist of Max Devki Devi Heart and Vascular Institute of India

programmes in India where some Bangladeshi doctors get trained up. So it may help those doctors to get their professional training in the country.

Dr Seth has done some new and innovative techniques in cardiology which is first of its kind like the world's smallest heart support pump system.

e-Governance for better healthcare delivery

Young medical professionals propose solutions

A discussion meeting with some young visionary doctors, medical students and sector specialists was arranged last Wednesday in the Chief Advisor's Office as a part of series of programmes to set an e-governance vision for the Ministry of Health and Family Welfare of the country. The discussion was arranged by the Access to Information (A2I) Programme technically assisted by UNDP.

Engr. Mahabub Sarwar, National Project Director gave the welcome note while Mr Munir Hassan, Programme Implementation Specialist facilitated the session.

As part of the e-Governance action plan of the Access to Information (A2I) programme, an e-Governance Vision Document is being prepared. A framework that is forward looking and responsive to the needs of citizen, government officials and all stakeholders will be developed. This document will capture a strategic and systematic understanding about the possible future of e-Governance environment in Bangladesh. The vision document aims to look through the eyes of the citizen, government officials and all stakeholders and overcome current assumptions, established patterns and vested interests.

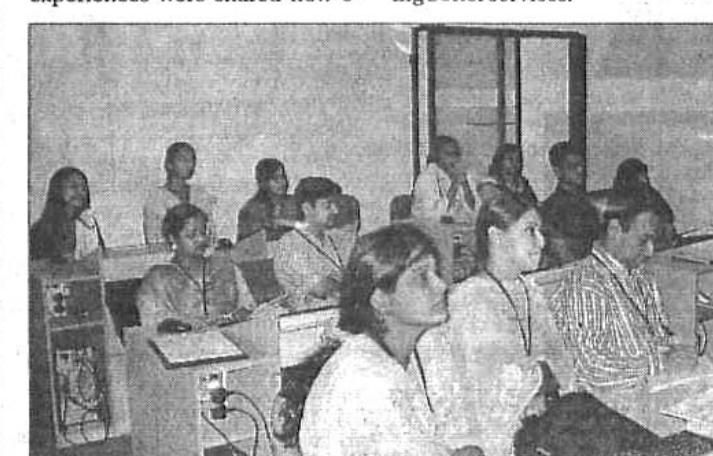
In this regard, the workshop

participated by young and visionary doctors of the country was organised. The objective was to know their vision about how they want to see the health sector of the country in near future with a stronger e-Governance.

In a half-day workshop, they participated in group discussions and tried to find out the gaps and suggest different solutions. Their experiences were shared how e-

Governance could help enhancing the existing capacity in health services planning, delivery and utilisation.

The participants pointed out many obstacles and deadlock in the existing healthcare system from healthcare delivery to administrative and planning level where e-Governance could be intervened and helped in providing better services.



A portion of young doctors participated in a half-day long discussion session as a part of series of programmes to set an e-governance vision for the Ministry of Health and Family Welfare



NovoRapid launched in the country

A new world class modern rapid acting insulin NovoRapid has been launched by Novo Nordisk for the diabetic patients for the first time in Bangladesh.

The launching symposium was arranged in a local hotel in the city chaired by Prof Hajera Mahtab, President, Bangladesh Endocrine Society.

This new modern insulin will be available in FlexPen, which is a popular pre-filled insulin device used across the world.

Chief guest of the launching symposium Prof A K Azad Khan, President, Diabetic Association of

Kelfer is available again



After a brief period of unavailability, Kelfer is now available in Bangladesh. Thalassaemia Foundation, says a press release by the foundation.

Kelfer (defeprinone) is an iron chelator administered in the form of capsules to the patients of thalassaemia major. The main advantage of the drug—it is easy to administer and cheap. It is being used in many countries for the treatment of thalassaemia, informed Dr Abdur Rahim, Secretary General of Bangladesh Thalassaemia Foundation.

The drug is available in the office of the foundation located at House # 36, Road # 27, Dhanmondi, Dhaka 1209. Phone: 0191548065, 01915538339.