Health scheme for street children

MD RAJIB HOSSAIN

Kalam does not know his identity. He cannot remember his and dear ones. He was born and grown up on a road at Hazaribag try are out of healthcare facilities. in the city. The 10 years old boy feels his mother most whenever he becomes sick. During his sickness in last month, he was crying by the name of mother on hospital with his very little paid attention to him.

Kalam's mental and physical the fate of one of his peers who died untreated after suffering from this sort of fever. He left on the roadside with high fever, chill, rigor and repeated convulsions. After 3 days, one kind passerby did notice and admitted him into the Mitford Hospital with his own money.

than 200,000 street children floating in Dhaka metropolitan area. Statistics say the terrible thing regarding health status of

street children. More than 73 percent of street children in the city are victims of physical, mental abuse and suffering from parents, not even have any near various degrees of malnutrition. Street children across the coun-

Health scheme is a dream for them. There is no specific health scheme for these floating children who are highly vulnerable to certain infections like upper respirathe roadside. He could not go to a tory tract infection, diarrheoa, skin diseases, sexually transmitted money or could not buy his own diseases and highly infectious food or any medicine. Nobody diseases like HIV/AIDS, hepatitis B, hepatitis C.

According to Save the Chilagony was culminating thinking dren's global report, more than 200 million children under the age of 5 are not receiving proper healthcare, with most of them living in developing countries like Bangladesh.

Hundreds and thousands of our children die or develop fatal illness in course of their childhood due to the lack of simple Kalam's story depicts more and basic healthcare facilities. Most of them die due to diseases like pneumonia and diarrhoea which could easily be treated.

The most alarming and frus-



trating thing that has made them vulnerable is lack of immunisation and nutrition. Overcrowding, unhygienic environment and unhealthy foods make the situation worst. Poverty forces most of the children to engage in dangerous and hazardous job. They have very little knowledge continuously risking their lives.

Most of our workplaces have no safely rules or compensatory scheme for ailments caused by working in unhealthy environ-

Street children rarely have the knowledge regarding prevention of disease or regarding their body's physiology. Awareness of regarding work, safety and are STD/HIV/AIDS is very poor among them. They usually do not other addicts.

visit the clinics, hospitals or doctors for their healthcare during the episodes of their illness due to poverty and ignorance.

Sometimes they develop the deadly habit of addiction and hook to injectable drugs and other substances in contact with injectable drug users (IUDs) and

It was also found that the street children are also habituated to professional blood donation which fuels the spread of transmissible diseases. Simple healthcare is an urgent

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need and it should be provided on street. Experts urge that free health screening and an effective children based health scheme should be adopted to protect these children. Preventive healthcare should be on primary focus. The health policy should be aimed at ensuring proper immunisation, nutrition and health education for every child. The barriers to access healthcare should be identified and remove properly. Private-public healthcare system may be developed to ensure proper healthcare and increase awareness among them. The government, NGOs, private service organisations and philanthropists can take action programme for the ill-fated street children. By ensuring their proper physical and mental growth; we can turn them into effective human resources.

The healthy foods do have coloured fruits and vegetathe power to heal, but unfor- bles to stay healthy and fit. tunately inadequate and All colors in nature are signifimprecise information are icant. Colorful fruits and the basic reasons behind our vegetables provide the wide poor eating habits and ill- range of vitamins, minerals, and phytochemicals that our Let's talk about 'Fruits and body desires to maintain vegetables' first. They are quality health and prevent irreplaceable by any other disease. But, the unique foodstuff. They contain the proportion of different innumagic combinations of micro merable valuable ingrediand macronutrients and ents in fresh fruits and vegeprobably many other ingredi- tables cannot be provided

DR RUBAIUL MURSHED

All health information to keep you up to date

10 best healthy foods

we should not ignore (1)

ents that we are yet to discover! properly by artificial supple-

lookyounger.

protective substances such as

flavonoids, vitamins, anti-

oxidants, minerals, fiber, as

well as plant compounds

called phytochemicals.

constituents have roles in the

body in enzyme systems and

in maintaining protein and

reduces the risk of develop-

metabolism and deficiency

results in muscular weak-

And dietary intake of potas-

derived from fruits and vege-

contained in fruits and vege-

tables depend on variety,

advice is to eat different

with quarrels."

climate and cultivation.

hormone structure.

Eating at least 2 cups of fruit ment of tablets. and 2 1/2 cups of vegetables Remember, as dietary daily may help in reducing the fibre is not digested by risk for cancer, high blood enzymes in the digestive pressure, heart disease and tract and it goes to the large stroke. They also enhance the bowel; very young infants body's immune system, pre- should not be given fibre. vent acute diseases and delay Fruits and vegetables must the effect of aging making one be introduced carefully as part of a proper weaning The beneficial effects of programme and it is better to fruits and vegetables are due consult your doctor in this to the presence of many

There are many healthy foods that can actually help us fight disease, so you may want to start eating a few.

Below there is a list of best Tryptophan is an essential healthy foods we are not amino acid which occurs in giving importance: fruits and vegetables. Trace

1. Cabbage is one of the elements and other inorganic healthiest vegetables. It is a good source of great vitamins. It is alkaline in reaction and high in cellulose. It contains sulforaphane, which The high potassium conhelps boost women's immutent in fruits and vegetables nity to breast cancer. It also rich in calcium, potassium ing kidney stones and has an and contains iodine, important role in energy sodium, sulphur and phosphorus. It has a very low calorie content - is just 22 ness and mental confusion. calories. The use of cabbage juice for treatment of stomsium each day is mainly ach ulcers is a new development in alternative medicine tables. But food value of all (juice therapy). Cabbage is fruits and vegetables are not considered one of the best same. Amounts of minerals foods for keeping a clean and other micro-nutrients and, clear complexion in India. Other than our traditional dishes - try to put fresh cabbage on sandwiches, The standard health burgers or eatitin salad.

(To be continued)

Lebanese proverb

Call for improved understanding of optimal treatment strategies and greater involvement

HIV experts underscore natural alliance between the response to AIDS and efforts to expand primary care, strengthen health systems in poor countries

STAR HEALTH DESK

Speakers at the XVII International AIDS Conference (AIDS 2008) underscored the importance of simultaneously scaling up AIDS programmes and strengthening health systems in poor countries, emphasising that the two goals should be viewed as allies, not adversaries - says a press release by the reviewed data on monotherapy International AIDS Society (IAS).

Experts warned that the global shortage of health care workers hampers both goals and demands a collective response. They also stressed the importance of expanding the role of people living with HIV in the planning and provision of health care as a part of the solution.

cates have enough common enemies, chief among them political complacency and inadequate human and financial resources," said Dr. Luís Soto Ramírez, Local Co-Chair of AIDS 2008 and Head of the Molecular Virology Unit at the Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán and Coordinator of the Clinical Care Committee of CONASIDA, Mexico's National AIDS Council. "In the struggle to recognise health care as a human right, we are natural partners."

"If the urgency of AIDS and the sheer magnitude of human loss we are now experiencing is not enough to compel us to provide even the most basic level of health care to those living in low-income countries, then we, as a global community, are morally bankrupt," said Dr. Pedro Cahn, International Co-Chair of AIDS 2008 and President of the International AIDS Society and Fundación Huésped in Buenos Aires, Argentina. "If, in the context of AIDS, we walk away from this challenge, we may never get another chance."

More evidence to weigh in determining when and how to start treatment

According to Anton Pozniak (United Kingdom) of the Chelsea and Westminster Hospital, the questions of "when to start?" and "what to start with?" remain central to people living with HIV and their antiretroviral therapy. The move to start treatment earlier is gaining CD4 counts above 350 have significantly higher rates of non-AIDS related illnesses such as cardiovascular disease. Pozniak stated that clinical trials are needed to weigh the benefits of starting earlier with the downsides of earlier therapy, including toxicity, resistance and

maintaining long-term adherence. ment also continue in those coun- programmes.

tries where there is an abundance of choice. The first randomised clinical trial to compare the use of boosted protease inhibitors (PI) with non-nucleoside reverse transcriptase inhibitors (NNRTI), both as the anchor of initial treatment regimens, found virological or immunological benefits to both approaches. Pozniak with boosted PIs, which may save money and spare users the longterm toxicity of nucleoside reverse transcriptase inhibitors (NRTIs). He also noted some unexpected toxicities associated with regimens using NRTIs as the backbone of treatment. Some nucleosides are used extensively in resource-poor countries "HIV and global health advo- despite these toxicities, because of lower costs. Pozniak also presented evidence of the effectiveness of tailored combinations for treatment-experienced patients He concluded that in situations where there is a choice of therapies, treatment of HIV has become focused on minimising toxicities and maximising convenience, and that this choice should be offered to all people living with HIV.

> Strengthening health systems through greater involvement ofPLHIV

According to Morolake Odetoyinbo (Nigeria), CEO of Positive Action for Treatment Access, the greater involvement of people living with HIV (PLHIV) can be a key component of efforts. to strengthen fragile health systems in low- and middle-income countries. These already fragile systems have been further taxed by the HIV epidemic, which has depleted the health workforce due to illness and death, and magnified the impact of existing malnutrition. Odetoyinbo also warned that lack of treatment literacy and unstable drug supplies are leading to HIV drug resistance and multi-

drug resistant TB. Highlighting the existing involvement of PLHIV as counselors, peer educators, and spokespersons, Odetoyinbo explained how PLHIV can do even more to help strengthen clinicians as they consider health systems if their involvement is rooted in their existing capacities and skills, and not momentum in light of evidence used to simply fill quotas. that those untreated patients with According to Odetoyinbo, there also must be an environment that allows professionals living with HIV to be actively involved in health systems. PLHIV should have multi-dimensional roles as advocates, watchdogs and managers, and should also be active participants in decision-making bodies responsible for the plan-Debates regarding which ther- ning, implementation, monitorapies to use in initiating treat- ing and evaluation of

AEROBIC EXERCISE

What 30 minutes a day can do?

STAR HEALTH DESK

Investing 30 minutes a day in aerobic exercise - such as walking, bicycling or swimming can help you live longer and healthier. In fact, aerobic exercise may be the magic bullet you have been looking for.

Take a look at the health benefits associated with aerobic exercise. See how aerobic exercise affects your heart, lungs and blood flow — and get motivated to reap the rewards!

How your body responds to aerobic exercise

During aerobic exercise, you repeatedly move large muscles in your arms, legs and hips. You will notice your body's responses quickly.

You will breathe faster and more deeply. This maximises the amount of oxygen in your blood. Your heart will beat faster, which increases blood flow to your muscles and back to your lungs. Your small blood vessels (capillaries) will widen to deliver more oxygen to your muscles and carry away waste products, such as carbon dioxide and lactic acid. Your body will even release endorphins, natural painkillers that promote an increased sense of well-being.

What aerobic exercise does foryourhealth

Regardless of your age, weight or athletic ability, aerobic exercise is good for you. As your body adapts to regular aerobic exercise, you will get stronger and more efficient. Consider some of the many ways that aerobic exercise can help you feel better

and enjoy life to the fullest.

Regular aerobic exercise can: •Reduce health risks. Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, stroke and certain types of cancer. Weightbearing aerobic exercises, such as walking, reduce the risk of osteopurosis.

bic exercise activates your as well as promote relaxation. immune system. This leaves you less susceptible to minor viral illnesses, such as colds and flu.

•Keep your arteries clear. Aerobic exercise increases the concentration of high-density lipoprotein (HDL, or "good") cholesterol and decreases the concentration of low-density lipoprotein (LDL, or "bad") cho-·Help you manage chronic lesterolin your blood. The poten-



conditions. Aerobic exercise helps lower high blood pressure, control blood sugar and relieve chronic muscle pain. If you've had a heart attack, aerobic exercise can help prevent subsequent attacks.

•Keep excess pounds at bay. Combined with a healthy diet, aerobic exercise can help you lose weight - and keep it off. •Ward off viral illnesses. Aero-

tial result? Less buildup of plaques in your arteries.

•Strengthen your heart. A stronger heart does not need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.

•Boost your mood. Aerobic exercise can ease the gloominess of depression and reduce the tension associated with anxiety,

in the short term. But over the long term, you will enjoy

bic exercise may make you tired

·Increase your stamina. Aero-

increased stamina and reduced fatigue. Stay active and independent as you get older. Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Aerobic exercise also keeps your mind sharp. Researchers say that at least 30 minutes of aerobic exer-

cognitive decline in older adults. Need more convincing? People who engage in regular aerobic exercise appear to live longer than those who don't.

cise three days a week can reduce

Start slowly

Check with your doctor before you begin to exercise. Once you have your doctor's OK, start slowly. You might walk five minutes in the morning and five minutes in the evening. The next day, add a few minutes to each walking session. Pick up the pace a bit, too. Soon, you could be walking briskly for 30 minutes a day - and reaping all the benefits of regular aerobic exercise.

Other options might include skiing, aerobic dancing, swimming, stair climbing, bicycling or jogging. If you have a condition that limits your ability to exercise, ask your doctor about alternatives. If you have arthritis, for example, aquatic exercises may give you the benefits of aerobic exercise without stressing your

Live longer and stay healthier with just 30 minutes of aerobic exercise a day!

babies born with birth defects

around the United States and

4,895 babies without birth

defects, and the researchers

determined which of the moth-

ers had diabetes before becom-

Women with diabetes had

"Preconception care is not

triple the risk of having a baby

with birth defects than other

reaching all women with diabe-

tes the way it ought to. And given

the increasing prevalence of

diabetes, including diabetes

among women of reproductive

age in this country and in many

parts of the world, this is a call to

action to the clinical and public

health communities to come up

with more effective prevention

measures," Correa said.

women, the researchers said.

ing pregnant.

Apollo Hospitals Dhaka organises healthcare awareness programme

"It is better to have a piece of

bread and an onion in peace

than to have a stuffed lamb

ness and enrich level of knowledge regarding stroke and balanced diet, Apollo Hospitals Dhaka recently organised Healthcare awareness programme" for the manage-

With a view to increase aware- ment staffs of Nestle Bangladesh Ltd., says a press release.

Dr Alim Akhter Bhuiyan, Consultant and Coordinator, Neurology of Apollo Hospitals Dhaka disseminated knowledge and guidelines in the session.

Homeopathic clinic opens in the city

of the country has started treatment of different diseases in the city, says a press release.

The first homeopathic clinic by doctors passed from the Government Hopeopathic Medical College.

The clinic is located at House 32 (2nd floor), Block Kha, Section The clinic, named 'Basic 6, Mirpur 10, Dhaka 1216 (south Homeopahic Clinic' is operated 'to the fire service).

World Congress on Clinical, Preventive and

21, 2008. Mrs. Pratibha Devi Singh Patil, the President of India, will be presiding as the chief guest.

The three day conference will highlight the needs and importance of lifestyle optimisation, aggressive secondary prevention of cardio vascular disease and primary prevention of a high risk

His Excellency Dr. A.P.J. Abdul Kalam, former President of The conference will be held at India will inaugurate the

DID YOU KNOW?

Diabetes triples women's risk for birth defects

REUTERS, Washington

Women who have diabetes before becoming pregnant are about three times as likely as other women to have a baby with at least one birth defect, U.S. researchers said.

A variety of different birth defects are associated with mothers who have type 1 diabetes, also called juvenile diabetes, or type 2 diabetes, the most common form of the disease that is linked to obesity, the researchers said.

These included defects of the heart, brain, spine, limbs, kidneys and gastrointestinal tract, penile and ear abnormalities and cleft palate, the researchers wrote in the American Journal of Obstetrics and Gynecology.

"This study documents the fact that diabetes is associated with a wider range of defects than we had been aware of in the past," Dr. Adolfo Correa of the Centers for Disease Control and Prevention, who led the study, said.



Correa said it appears that the condition called gestational isborn. diabetes is not associated with an increased risk of birth defects. This is a short-lived form of diabetes that can appear in a woman during pregnancy, but blood sugar levels usually return

diagnosed as gestational diabecognised until the pregnancy.

But Correa said some cases

to normal shortly after the baby

tes may actually be type 2 diabetes that simply had gone unre-The study involved 13,030 medications.

Correa said doctors who know a woman who is pregnant or planning to become pregnant

may consider steps including weight control, diet, exercise and

Geriatric Cardiology Health of millions is at stake - Gurgaon from September 19 to

Time to fight against rising menace of premature heart attack in our country is now, before it becomes too late. With this view in mind, the World Congress on Clinical, Preventive and Geriatric Cardiology (WCCPGC 2008) will bring together experts from the field of cardiology across the globe for a comprehensive overview of this rapidly increasing heart problem - says a press

the Om Shanti Retreat Centre, WCCPGC 2008.