Quality care in heart diseases

Coronary Care Unit of Mitford Hospital at a government set-up in the old part of Dhaka city offers full range of cardiac care to the poor

STAR HEALTH REPORT

While thinking about the public hospital set-ups in Bangladesh, a common scenario comes to the mind where poor healthcare facilitates are being provided with very limited resources. Most often, the ailing people have to learn that some better treatment options are not available due to the shortage or unavailability of equipment as well as skilled manpower. The condition pushes the affordable class in the private set-up leaving the poor with no answer.

But the scenario at the coronary care unit of Mitford Hospital (incorporated with Sir Salimullah Medical College) at the old part of Dhaka city tells quite different. The newly established unit has almost all the required facilities available to provide quality cardiac care at an affordable cost where the poor can be benefitted the most.

The management of critical cardiac cases are very good here with the sophisticated equipment at bedside of the patients. Besides, all necessary investigation facilities are also available.

The full-functinal cath lab provides the opportunity of doing diagnostic and therapeutic interventional procedures. Diagnostic procedures include coronary angiogram, peripheral angiogram, renal angiogram, cerebral angiogram, cardiac catheterisation for congenital heart diseases, implantation of temporary pacemakes while therapeutic procedures include implantation of permanent pacemaker, coronary



Dr Mir Jamal Uddin (right) is doing a coronary angiogram in transradial route at the cath lab of coronary care unit (CCU) at Mitford Hospital, Dhaka, while his assistant is also seen in the photo.

angioplasty, mitral and pulmonary valvuloplasty.

An Associate Professor at the department Dr Mir Jamal informed Star Health that coromeans the approach of angiogram through the vessels of hands. He has done angiogram of many cases in this route. The the procedure. conventional route of angiogram is transfemoral i.e. through the very reasonable cost, even poor vessels of groin.

Dr Mir Jamal discussed that there are few benefits of angiogram in transradial approach over the conventional vices with their full dedication.

femoral approach. These benefits include more ambulance of the patients, less chance of bleeding and hematoma (formation of blood clot), less dependnary angiograms are being done ence of the patients on his/her here even in transradial route. It attendances and with some other significant clinical benefits. Moreover, the patients can be discharged within six hours of

Since facilities are available at people are availing these services from Mitford hospital. More public hospitals should come forward with these sort of serTREATMENT OF THALASSAEMIA

In quest of comprehensive treatment facilities

STAR HEALTH CORRESPONDENT

Thalassaemia is an inherited blood disease. In thalassemia, the genetic defect results in the formation of abnormal haemoglobin molecules, and this in turn causes the anaemia which is the characteristic presenting symptom of the thalassemias.

Other consequences of the disease are deposition of iron from the haemoglobin affecting the reticuloendothelial system of the body.

saemia treatment is blood transfusion at a regular interval and removing of iron from body by iron chelating agents.

If this can be maintained strictly, thalassaemia patients can also lead almost a normal and productive life. But most of the cases it does not happen. There remains various causes

behind it. lack from proper knowledge about how to manage the disease and other important issues. Secondly comes the crisis of quality blood frequently. Sometimes patients get infected from poor quality blood. Thirdly, many patients cannot maintain

the iron chelating agents. Sometimes availability of drug is a problem, while most often not maintaining a proper guideline is the serious issue.

Above all, handling all these issues from the childhood, patients and their families are very exhausted. Many patients are quite in a fix what to do, where to go and with many more questions.

During treatment, proper evaluation and monitoring of the patients are very crucial which So the mainstay of thalas- are not maintained very often.

To handle all these crises of the thalassaemaia patients, Bangladesh Thalassaemia Foundation (BTF) has come forward with their comprehensive thalassaemia treatment centre named "Asha Thalassaemia Centre" in the capital.

Dr Abdur Rahim, Secretary General of Bangladesh Thalassaemia Foundation informed First of all, patients seriously Star Health that they have opened the centre with a view to mitigate the problems of the patients from one stop centre. At this centre, they maintain a database of their registered patients by which they monitor their status and communicate with them in time.

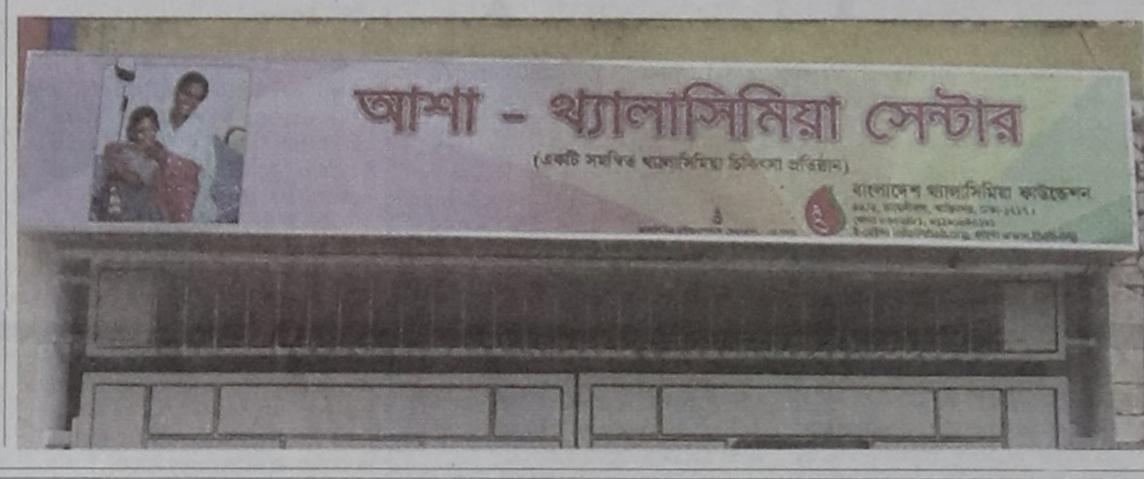
"Patients in our country are not properly aware of this disease properly. We are also trying to make them aware of it so that they can cope with the disease easily", told Dr Rahim in a brief interview at his centre.

BTF offers the source of quality blood to their patients, provides iron chelating agents from the centre, monitor the health status of the patients by the doctors at the centre, manage discounted tests from renowned laboratory. Above all they communicate with their patients frequently and when needed.

For the awareness about the disease, BTF provide proper guideline for medical care and counseling not only to the patients, but also to the physi-

Each thalassemia patient has his or her own specific needs. Staffs of BTF hope that their comprehensive services will make a meaningful difference in both the quality and quantity of life of thalassaemia patients in the country.

The Asha Thalassaemia Center is located at 44/2, Chamelibag, Shantinagar, Dhaka 1217, Bangladesh. Phone 88-02-8332481, 01190840191 email: info@thals.org web: www.thals.org





Want to live a long life? - Run

People who want to live a long and healthy life might want to take up running. A recently published study shows middle-aged members of a runner's club were half as likely to die over a 20-year period as people who did not run.

Running reduced the risk not only of heart disease, but of cancer and neurological diseases such as Alzheimer's, researchers at Stanford University in California found.

"At 19 years, 15 percent of runners had died compared with 34 percent of controls," Dr Eliza Chakravarty and colleagues wrote in the Archives of Internal Medicine.

Any type of vigorous exercise will likely do the trick, said Stanford's Dr James Fries, who worked on the study.

"Both common sense and background science support the idea that there is nothing magical about running per se," Fries said. "It is the regular physical vigorous activity that is important."

The team surveyed 284 members of a nationwide running club and 156 similar, healthy people as controls. They all came from the university's faculty and staff and had similar social and economic backgrounds, and all

were 50 or older. Starting in 1984, each volunteer filled out an annual survey on exercise frequency, weight and disability for eight activities -- rising, dressing and grooming, hygiene, eating, walking, reach, hand grip and routine physical activities.

Most of the volunteers did some exercise, but runners exercised as much as 200 minutes a week, compared to 20 minutes for the non-runners.

At the beginning, the runners were leaner and less likely to smoke compared with the controls. And they exercised more over the whole study period in

"Over time, all groups decreased running activity, but the runners groups continued to accumulate more minutes per week of vigorous activity of all kinds," the researchers wrote.

"Members of the running groups had significantly lower mean disability levels at all time points," they added.

The team also set out to answer whether taking up running late in life would benefit, and whether people who stopped exercising began to pay a price as they aged.

Most of the runners have stopped running as they reached their 70s, Fries said. But it was difficult to find people who totally stopped exercising. "Almost all of them did something else. They continued their vigorous exercise," he said.

People who took up exercise when they were older also improved their health, he said.

The study also showed that people cannot use the risk of injury as an excuse not to run the runners had fewer injuries of all kinds, including to their knees.

Source: Archives of Internal Medicine

Better vision for the future of the nation

DR TAREQ SALAHUDDIN

Children have different eye problems those are not readily disclosed. They live with it for years together and present very late in many cases where there is very little to do.

40,000 blind children (about 8 per 10,000 children) and approximately one million children suffer from refractive error and eye problems.

Children suffer from eye problem like low vision, night blindness, lazy eye, cataract and so on. Problems in their eyes also refrain them from going to schools.

To address this issue among the school going children, Mymensing BNSB Eye Hospital has taken an excellent initiative of organising eye camps in the schools at remote area of Mymensing. With prior notice they examine the selected students with symptoms in their eyes.

At the camps (in the schools) they provide spectacles to correct the refraction errors of the students after vision test at a very reasonable price or free for the poor. Childhood cataracts are operated at free of cost in the BNSB Eye Hos-

works providing eye care in the greater Mymensing district. They bring innova-

tion in eye care in the peripheral set-up. People from other districts also visit the hospital for their eye related problems.

The school eye camp project of Mymensing BNSB Eye Hospital is supported by the ORBIS International Bangladesh country office. ORBIS is much In Bangladesh there are more than known for its flying eye hospital that flies from country to country providing world class eye care and train local professionals.

> ORBIS is a nonprofit, global development organisation whose mission is to eliminate avoidable blindness by strengthening the capacity of local eye health partners in their efforts to prevent and treat blindness. Through the principles of capacity building, local partners gain self-sufficiency in eye health care, and residents enjoy quality eye health services that are affordable, accessible and sustainable.

Child eye care needs are complex which require specific interventions and treatment. As per the strategic recommendation of the VISION 2020, it was suggested that Bangladesh needed a minimum of 15 comprehensive eye care centres. Identifying this critical gap ORBIS has established 7 child friendly paediatric eye care units in different The hospital has some other great geographic location of Bangladesh like Chittagong Eye Infirmary and Training Complex (CITC), Dinajpur BNSB Eye

Hospital, Moulovibazar BNSB Eye Hospital, Sylhet M A G Osmani Medical College Hospital, Mymensing BNSB Eye Hospital, Khulna BNSB Eye Hospital and National Institute of Ophthalmology (NIO).

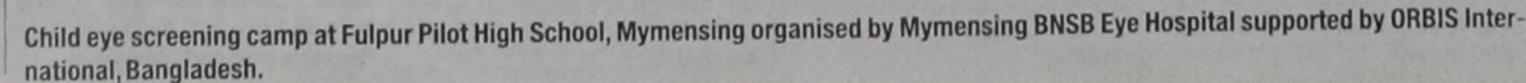
From above mentioned centres, people can get quality paediatric eye care. Parents need not make delay if there they observe any abnormality in their child's eye or sight.

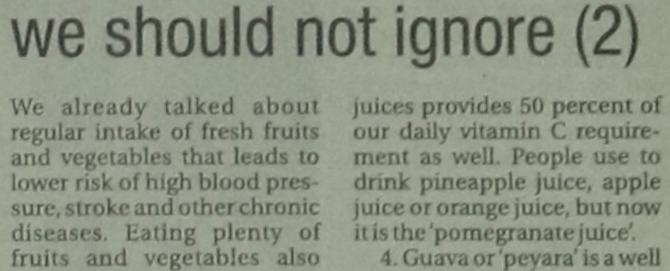
Young girls are neglected very often throughout the country, as the female are deprived of so many issues in our society. Parents are reluctant or hesitant about the treatment of their daughters' eyes mainly of two reasons - financial crises and social stigma. Financial issues are covered in the mentioned hospitals since there are many projects going on to help the poor.

Now it is time to come forward to remove the stigma from the society about treating the avoidable blindness from the children. Sometimes it is very difficult to find out the children with a cataract who cannot go out of his/her house.

These noble organisations are doing wonderful job to remove the avoidable blindness from the society. We should help, support and share their efforts.







giving much importance:

related diseases. This vegeta-

potassium, calcium and

for both digestive and lym-

juices for liver and gall blad-

containing sulfites like beet-

may be not good in respira-

tory disorders. Fresh and raw

decreases the antioxidant

'Bedana' whatever the name

is! It is a wonderful fruit. The

pomegranate juice regulates

our body by offering more

energy as well as helping to

reduce blood pressure. Four

ounces of pomegranate

power.

10 best healthy foods

THE WILLIAM

DR RUBAIUL MURSHED

All health information to keep you up to date

keep our eyes well. A diet rich known fruit in our country in fruits, vegetables and and certainly one of the best whole grains appears to fruits to take. It is the richest reduce the chances of devel- natural source of vitamin C oping cataract or macular after Gooseberry (Amla). It is degeneration. Let's start also rich in vitamin A and B. It eating different foods and is good for joint pain and vegetables - thus making sure bleeding gum. It contains that we get all the compo- lycopene, which is an antioxinents necessary for good dant that fights prostate health. Below there is a list of cancer. There are some best healthy foods we are not lycopene in tomatoes and watermelon, but it is not as 2. One of the best items in much as guava. Guava is less this list would be beets. Beet- acidic so it usually goes down root as a fleshy vegetable is nicely. It is a good laxative as popular as a salad item. The well. Regular intake of this beet is like red spinach. It fruit ensures the building up offers us a rich source of of body's resistance against folate, betaine as well as cough and cold and also gives natural red pigments that the skin a healthy glow. This is may be cancer fighters. These would be a good choice for nutrients can also help in those who cannot tolerate decreasing risk of heart pineapple or orange.

5. The last item of today's ble is a superb remedy for list is the pumpkin and its anaemia, tiredness and gen- seeds. They are a great source eral weakness. This fleshy of natural minerals that our root vegetable is also rich in bodies need. This is a lowcalorie vegetable and very vitamin A and C. This is good rich in potassium and sodium. This is high in fiber phatic system. Beet juice is and contains magnesium and one of the most precious antioxidants. Pumpkin seed is rich in zinc and calcium. der. Then again, certain foods Seeds can help to reduce the risk of cancer in that they root, carrot or cold drinks provide more oxygen to cells and there is less damage. The oil and seeds are used to treat and grated to make a salad is the prostate gland trouble. It very good as heating is also used to destroy worms (parasites) in the gut. Pumpkins are alkaline in reaction 3. Pomegranate or 'Anar' or and are a source of vitamin B and C. Pumpkin juice is useful in cases of acidity and liver problems. It is said that fresh ripe pumpkin taken regularly helps to get rid of kidney

To be continued

Cheese is gold in the morning, silver at noon and lead at night

German proverb

Gulshan society organises health awareness seminar



Gulshan Society, Dhaka on nosticandtherapeuticoptions. "Stroke Prevention and Back Pain" on 9th August 2008 at Hotel General Secretary, Gulshan Lake Shore, Gulshan, Dhaka says a press release.

sultant Neurosurgeon of Mount Elizabeth Hospital, Singapore was the guest speaker to deliver a factors and method of controlling these risk factors to prevent awarenes. 'ps.

Parkway Health, Singapore, sudden death due to stroke and which owns and operates agitating feeling of back pain. He Gleneagles Hospital, Mount also focused on the various Elizabeth Hospital and East unique ways of treating patients Shore Hospital in Singapore, has with stroke and back pain with jointly organised a seminar with the recent advancement in diag-

Mr Jahurul Islam Chowdhury, Society, Mr Mick Kong, Manager, Corporate Marketing, Parkway Dr Tang Kok Kee, Senior Con- Health, Singapore, Mr Zahid Khan, Director, Dhaka Liaison Office of Parkway Health, Singapore, were present during the talk on the main causes of stroke seminar. About 150 elite memand back pain, important risk bers were present to be apprised of various important health