

Preparation for a coronary angiogram/angioplasty

DR MD RAJIB HOSSAIN

Coronary angiogram, also called cardiac catheterisation is increasingly performed now a days. It is done when people experience symptoms of coronary artery disease, such as — chest pain (called angina), pain in your jaw, neck or arm that cannot be explained by other tests; congenital heart diseases; heart failure and heart valve problem. A catheter is inserted into the coronary artery (blood vessels to the heart) through groin or artery in the elbow. It is done by using a contrast material or dye and X-rays to view how the blood flows around your heart or is there any block in the artery that carries blood to heart.

The procedure needs a short time but may be complicated if there is gap in the preparation. As a patient, you should know the facts to take a few precautions and your doctor must know certain information about you before the test performed.

Renowned Interventional Cardiologist of the country Professor Dr Md Afzalur Rahman, Head of the

Department of Cardiology of Sir Salimullah Medical College and Mitford Hospital, Dhaka advised patients to take following necessary preparation prior to an intervention:

1. Test for kidney function: It is utmost importance to test your kidney function to check its condition. Kidney is the organ involved with excretion of unwanted substance like clearing the dye and other drugs. Otherwise dye can damage your kidney if you have kidney impairment. If anyone has kidney disease s/he should consult a specialist before the procedure.

2. Check for dye allergy: Dye is used to colour desired blood vessels and take the X-ray image during angiogram. Many people have dye allergy and it may seriously complicate with life threatening hypersensitivity reactions.

3. Medications to avoid: If you take regular medications, let your cardiologist know the list so that s/he can advise you properly. Usually morning doses are taken. The only exception to this might be if you take warfarin, in which case you should follow instructions provided



A team of cardiologists is performing angiogram on a patients at Bangabandhu Sheikh Mujib Medical University, Dhaka.

for you.

4. Eating: you should not eat any solid food 6 hours prior to your procedure. You may have clear liquids (water, ice, chips but not fruit juice) at least 2 hours prior to the procedure.

5. Control your diabetes preferably with insulin: If you are diabetic and taking oral drugs, you should consult with your diabetologist for recommendation of drugs or insulin to lower blood sugar. It is recom-

mended that some oral drugs (like metformin) to be temporarily discontinued before any radiographic iodinated contrast (such as a contrast-enhanced CT scan or angiogram). In that case, insulin is preferred option to lower blood sugar. Before switch to insulin you must consult a diabetologist.

6. Control blood pressure and check pumping capacity of the heart: if you have high blood pressure and taking medication, check

your blood pressure before undergoing for the procedure. If your current medications cannot keep your blood pressure normal, consult your physician. It is also needed to evaluate the pumping capacity of heart, called Ejection Fraction (the fraction of blood pumped out of ventricles with each heart beat) by an echocardiogram.

7. Treat you specific conditions: If you have asthma, heart valve disease or a his-

tory of bleeding disorders, it is strongly recommended to consult the interventionist before the procedure.

Just after the procedure: If you are having your angiogram done as an outpatient service, you will stay in the hospital for four to six hours for observation after the procedure is completed. You can go home after the observation period. You should do the following things after the procedure:

- Drink plenty of fluids.
- Avoid caffeine and alcohol products.

- Do not smoke for 24 hours after the procedure. Smoking greatly increases the chances of a blood clot forming in the artery. Avoid all types of tobacco.
- Resume your regular diet.

- Do not wet the catheter insertion site and keep a bandage on for 24 hours for angiogram and 48 hours for angioplasty.
- Do not drive or run machinery for at least 24 hours.
- Do not do any strenuous exercise or lifting for at least two days.

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MD RAJIB HOSSAIN

Donors asked for \$4.3 billion for vaccines for poor

REUTERS, London

A further \$4.3 billion is needed if a global vaccines alliance is to meet its goal of supplying life-saving immunisations to millions of children in poor countries by 2015, the organisation said recently.

The GAVI Alliance (Global Alliance on Vaccines and Immunisation) said it had asked existing and potential donors to a meeting in The Hague on March 25 and 26 to challenge them to "make a strong impact" on childhood death rates.

In 2000, world leaders from 189 countries signed up to the Millennium Development Goals to reduce child mortality by two-thirds by 2015.

GAVI, which is supported by the World Health Organisation, the World Bank, UNICEF, the Bill & Melinda Gates Foundation and vaccine makers, says it has 40 percent of the \$7 billion it needs between now and 2015 to help meet that goal.

GAVI has almost completed a large-scale campaign to supply so-called pentavalent, or five-in-one, vaccines to fight a range of preventable diseases including hepatitis B, diphtheria, tetanus, whooping cough and Hib in developing countries.

"With \$7 billion, (GAVI) will be able to fully roll out pentavalent vaccine and introduce new vaccines against pneumococcal disease and rotavirus diarrhoea in over 40 countries," it said in a statement. "These last two vaccines alone can save one million children by 2015."

Children in rich nations are routinely immunised against the bacteria causing deadly diseases — namely Hib, pneumococcus and rotavirus — but in much of Africa, Asia and Latin America, babies and young people often remain dangerously exposed.

The scale of GAVI's buying and distribution power allows it to secure much lower prices for vaccines, which are then supplied to poor nations at a fraction of their cost. GAVI said last week it expected to announce a deal very soon on the supply of up to 200 million doses a year of cut-price pneumococcal vaccines to developing nations.

The pneumococcal deal will be partly funded by Britain, Italy, Canada, Russia, and Norway, who agreed in June last year to invest a total of \$1.5 billion in the project.

Things to check before Laser hair removal

DR SHAGUFA ANWAR

Laser hair removal is a technique that uses beams of highly concentrated light to penetrate the hair follicles. The light is absorbed by pigment in the hair follicles and destroys the hair within the follicle. Removing unwanted hair thus leaves you with bumps, burns, or the hassles of repeated shaving, tweezing, or waxing. Hence, laser hair removal may be an option worth considering.

Although Lasers are useful for removing unwanted hair from different parts of the body, you must consider the following things before undergoing this procedure.

- Prior to having laser hair removal, you should thoroughly check the credentials of the doctor performing the procedure and the hospital where you are planning to avail the service.
- Once you have planned laser hair removal, you should limit plucking, waxing and electrolysis for six weeks before treatment. That is because the laser targets the hairs' roots, which are temporarily removed by waxing or plucking.
- You should also avoid sun exposure for six weeks before and after treatment. Sun

exposure decreases the effectiveness of laser hair removal and increases the risk of complications following treatment.

- Laser hair removal works better on some people than others. No one knows for sure what the regrowth rates are. Some people notice regrowth after several months or years, while others find they never have to shave again. The average experience is 70-80 percent reduction in hair growth if you do a full 4-6 course treatment.
- Costs of Laser hair removal vary widely depending on a number of factors like size of the area being treated and time required for treatment and number of sessions required. Because each person's pattern of hair growth is unique, it is difficult to predict exactly how many treatments will be needed to completely get rid of unwanted hair or the exact cost of doing so. For a better idea of the cost for your particular hair problem, you should schedule a consultation with a doctor, who must be an expert dermatologist with skill and experience in laser skin treatment.

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Foods to fight knee pain

Millions of people are suffering from knee problem. Knee pain and stiff joint may be as hurting as to limit people's movement. People use medication, injections, surgery and lifestyle changes like avoiding squatting, weight bearing to overcome the knee trouble.

Recently certain foods have been found those have good ability to ease knee pain. They contain good amount of pain relieving and anti-inflammatory properties, which are very much effective. The food items that can help you in fighting with knee pain are as follows:

Soy
The intake of soy will lessen down the pain and discomfort in joint. Consume soy for three month, every day and you will see the change.

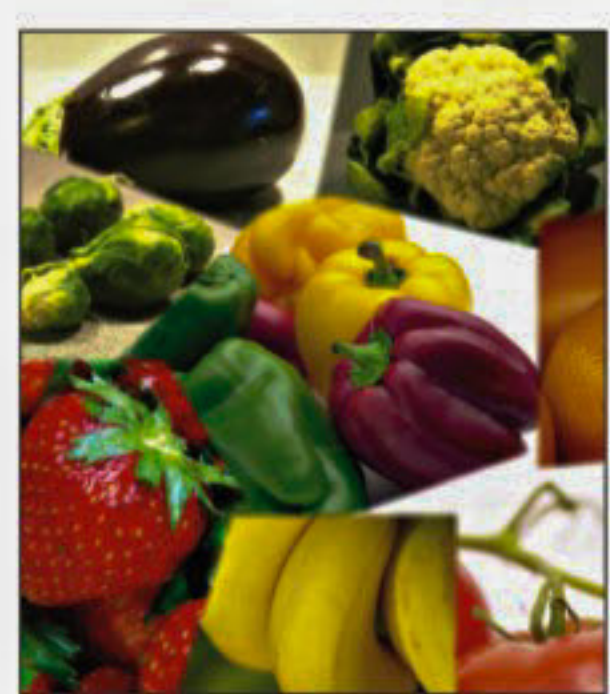
According to researchers, Soy is a rich source of isoflavones, anti-inflammatory properties, and plant hormones. You may include soy in your stews, steamed vegetables, soy burgers and salads. Even soy milk is very much bene-

ficial on knee pain.
Fruits
Vitamin C is an amazing source of anti-oxidant prop-



erties. Vitamin C prevents knee from getting hit by osteoarthritis. You may get vitamin C in ample of fruits

such as orange, lemon, grapefruit, papaya and blueberries. Instead of consuming all junk food



during your mid meals, it is advisable to grab some vitamin C packed fruits. It flushes out all toxic matter

from the body that hammers your immune system.

Spinach
Spinach is said to provide ample amount of energy to your body. It is loaded with antioxidants that keep you away from knee pain due to osteoarthritis. Add spinach to your green leafy salad. Include spinach to your curry.

Herbs
Include herbs such as turmeric; cumin seeds, cinnamon, etc possess powerful anti-inflammatory properties. This properties help in fighting with knee problems. These herbs will spice your food as well as relieve you from severe pain. Even ginger is good herb that helps in lessening down knee pain.

All these food items are highly beneficial for the treatment of knee pain. A healthy diet can improve your health and repair the damaged cells of your body. Include these foods in your regular diet and feel the experience.

Source: www.healthandsoul.com

Stand up for children with autism

DR NAFIA FARZANA CHOWDHURY

Ontu, a three and half-year-old boy is the first baby of his parents. From his early childhood, his mother noticed that Ontu does not speak according to his age, does not interact the way his cousins of same age do. He has his own way of playing, talking and reacting with his surroundings. Sometimes he becomes very much edgy, but most of the time he remains alone. Her mother then consulted a psychiatrist and Ontu was diagnosed with Autism Spectrum Disorder (ASD).

The psychiatrist explained the condition a developmental disorder characterised by impaired development in communication, social interaction, and behaviour that begin in childhood and persist throughout adulthood.

There are thousands of children living with the condition who need proper counselling that are overlooked many times. Just making a confirm diagnoses does not really help in case of autism. To deal with the condition the family concerned needs to know the whole situation and a psychiatrist should disclose the truth and assure at the same time that this is not the end, there are many ways to manage the situation.

If a specialist performs this task in an empathic way, the patient and the family will never forget. Giving support both to the parents and the child with complete compassion should be the main concern initially. Because autism is new for the parents and the life is different to the child with autism, each discovering an unfamiliar world for themselves.

Some parents have the feelings within themselves that they are solely responsible for this happening. Some parents have the idea that autistic children are gifted. None of this information is correct.

Only in a variety of ASD, intellect level is maintained but eighty percent autistic children have mental retardation. Behavioural and special educational interventions are the most effective treatment.

Medications have an important further role particularly for symptoms that interfere with behavioural treatments. It may make the child more receptive to other educational or general management approaches but it does not replace them.

If you are such parents, you are not alone. There are many like you having the same pain and agony. Find some other parents of autistic children, by exchanging experiences you can reduce your pain. Sometimes by sharing you can deal with the situation you have already given up. Autism is a family thing; it affects the whole family; not just the child. A family counselling is a must.

Autistic children have lack of communication and social interaction skills. They have greater risk of feeling loneliness but it is sad that these children do not know why they are feeling so.

Let's help these children to understand their world. If we see our distant relative, neighbours are struggling with their autistic children, we should extend our hands towards them to share their feelings.

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Potassium-rich foods reduced the risk of stroke, coronary heart disease

Eating plenty of potassium-rich foods such as leafy greens, coconut water, potatoes and bananas may reduce the risk of stroke and coronary artery disease, according to a recent research.

The research revealed that higher potassium intake was associated with a 19 percent lower risk of stroke and an 8 percent lower risk of coronary heart disease. The find-



ings support global recommendations for people to increase their consumption of potassium-rich foods in order to prevent vascular disease.

Other foods high in potassium include soybeans, apricots, avocados, plain non-fat yogurt, prune juice, and dried beans and peas, strawberries, tomatoes, cucumber, cabbage, cauliflower, spinach and broccoli etc.

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