



TALK OF THE TOWN

*"Health is not only wealth, this also needs wealth"*

Now a days, quality of healthcare has become one of the most widely discussed issues. Because 'Health' — whether you like it or not is everyone's everyday concern. We all are not simply reactors in this system — we are active actors in it as well.

Unfortunately, standard of public hospitals is falling and a number of corporate hospitals are rising as the class gap in the health care widens. But it does not mean that these big expensive private hospitals are always standard and monitored by an authentic body. Today, general people are very helpless as "health is not only wealth, this also needs wealth".

It is ironical that we could not develop the right vision for proper healthcare management system. Most of the hospitals are not aware of accreditation system. Policy makers/owners should not forget that these sensitive services need not only be funded well but have to be managed and delivered well.

Anyway, you can improve this situation a little by taking an active role. Do not hesitate and ask questions while you are inside a clinic or hospital. This is your right to understand the real situation and to evaluate options, especially when you are seeking overseas healthcare.

You may ask about the following basic type questions:

- What is this test (e.g., Bilirubin-Jaundice, Platelet count-Denguae) for?
- How many times have you done this procedure (e.g. Heart-Angiogram)?
- About 'Price/Package' in details and when will I get the results?
- Why do I need this treatment? Any other alternatives?
- About the treatment's success rate? And the possible complications?
- Would you please write down the drug's name clearly?
- Are there any side effects of the prescribed medicine?
- Will this medicine interact with medicines someone is already taking?

The write up is Compiled by Dr Abu Sayeed Shimul, Registrar, Department of Paediatrics, Dhaka Medical College Hospital, Dhaka. E-mail: shimul.sayeed@yahoo.com

WORLD BREASTFEEDING WEEK

# 10 steps to successful breastfeeding

Breastfeeding is one of the most effective ways to ensure child health and survival. Breastfeeding Week is celebrated every year from August 1 to 7 in order to encourage breastfeeding and improve the health of babies around the world.

Breastfeeding in a proper way can make a real difference between life and death of a baby. The lives of nearly 37,000 Bangladeshi babies could be saved if breastfeeding is initiated within an hour of birth.

Although breastfeeding has numerous benefits — both for mothers and their babies, it is not practiced widely due to the lack of

knowledge. Still, the rate of initiation of breastfeeding within one hour is 24 percent and exclusive breastfeeding 43 percent. This year's theme for breastfeeding week is "Just 10 Steps! Breastfeeding the Baby-Friendly Way" focuses on successful ways of breastfeeding. Here are the 10 steps for the readers. Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to imple-



ment this policy.

3. Inform all pregnant women about the benefits and management of breastfeeding.

4. Help mothers initiate breastfeeding within half an hour of birth.

5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.

6. Give newborn infants no food or drink other than breast milk, unless medically indicated.

7. Practise rooming-in — that is, allow mothers and infants to remain together — 24 hours a day.

8. Encourage breastfeeding on demand.

9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.

10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Ensuring these 10 steps can prevent many of newborn's deaths. We should work hand in hand to ensure exclusive breastfeeding for every baby.

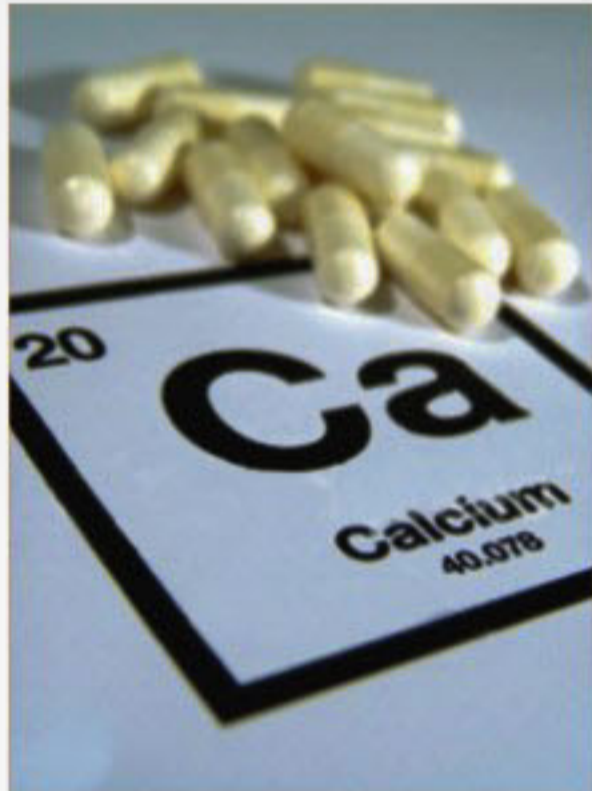
## Calcium supplements may raise risk of heart attack!

REUTERS, Hong Kong

Calcium supplements, which many people consume hoping to ward off osteoporosis, may increase the risk of heart attack by as much as 30 percent, researchers reported recently.

These tiny tablets which carry concentrated doses of calcium were also associated with higher incidences of stroke and death, but they were not statistically significant. The results of the research were published in the British Medical Journal.

The researchers advised people consuming calcium supplements to seek advice from their doctors, take more calcium-rich foods and try



other interventions like exercise, not smoking and keeping a healthy weight to prevent osteoporosis.

"People regard calcium supplements as natural but they are really not natural at all," Ian Reid, professor of medicine at the Univer-

sity of Auckland in New Zealand, said.

But the adverse effects rarely occur when people have calcium to eat in diet because the calcium from food is very slowly absorbed and so the blood calcium level hardly changes at all.

Higher blood calcium may lead to the formation of plaques in blood vessels, which can lead to heart attack, stroke and other cardiovascular diseases, Reid explained.

While experts are not certain about the biological mechanism by which calcium supplements may damage the body, studies in the past have linked high levels of blood calcium to more heart attacks and damage to blood vessels.

FACE TO FACE WITH NUTRITION SPECIALISTS

## Poverty is not the key reason for malnutrition

DR MD RAJIB HOSSAIN

Gary Tickle and Dr Sanjeev Ganguly are two eminent South Asian figures who have been working for long to combat malnutrition in the region. Gary Tickle is the regional Head of Nestle Nutrition and Dr Sanjeev Ganguly is the Medical Director, South Asia region of Nestle Nutrition Institute, a web based non-profit organisation comprising nutrition experts from all over the world. Recently they came to Bangladesh on a short visit and shared insights on nutrition with Star Health.

Dr Sanjeev Ganguly: There are large number of children in the South Asian region chronically malnourished. Many people consider poverty as the key reason of this poor nutritional status of the children. But it is not all about money. Even in the higher income groups, the picture is alarming and up to 50 percent are underweight.

It is clearly due to the lack of knowledge and resources. Intense education on nutrition right from birth to adolescents, during pregnancy and nurturing a baby is



Gary Tickle (right) Dr Sanjeev Ganguly (left)

children, mothers, physicians and community health workers if they really want to make a difference.

Gary Tickle: In order to provide proper nutrition, there should be proper knowledge based on scientific evidence. Ironically, old beliefs and taboos regarding food still persist in the region.

The most effective way to improve nutritional status of the region is to create mass awareness and launch nationwide campaign to teach people about how to get proper nutrition from locally available sources.

The right knowledge from the beginning can be a difference between life and death. The knowledge is power to ensure proper growth, to improve immunity; to prevent and control many nutrition related fatal complications like heart diseases, stroke, diabetes and other obesity related complications.

Children are particularly at risk and hence they should be targeted with the priority in order to build a healthy future, a healthy nation.

Government and health policy makers should include educational programme on nutrition for

E-mail: rajibssmc@gmail.com

## UN declares water and sanitation as human right

SHAMIM AHMED

The resolution on the right to water and sanitation has been accepted at the UN General Assembly recently. This resolution was presented by the Bolivian Prime Minister and 122 countries voted yes and 41 abstained with no countries voting against it.

Previously the draft UN resolution did not include sanitation as human right. Development organisations all over the world with

the kind support of the respective governments, different networks, partner organisations and media took proper initiatives so that this issue could be taken up seriously in the General Assembly to establish sanitation as a human right.

The Government of Bangladesh took praiseworthy initiatives to include sanitation as a human right in the UN resolution that has been quite successful.

The writer is a public health professional. Email: shamim@shamimahmed.net

## Seminar on drug resistant microorganisms

With a view to lessening the prevalence of drug resistance microorganisms and implementation of proper antibiotic guideline, the Department of Anesthesia and Intensive Care Medicine of Bangabandhu Shaikh Mujib Medical University (BSMMU) arranged a scientific seminar recently, says a press release.

The seminar entitled "Prevalence of drug resistant microorganisms and antimicrobial guideline" was held at BSMMU seminar hall with the support of Orion Laboratories Limited. Professor Md Abdul Hye, Chairman of the department chaired the seminar. The keynote speech was delivered by Dr A K Qumrul Huda, Associate Professor, Intensive Care Medicine of BSMMU.

The speaker highlighted the growing resistance of microorganisms against many antibiotics and measures to be taken by the doctors to cope with the resistant microorganisms in hospital settings specially in intensive care patients. The speaker urged everyone to follow the antibiotic guideline to lessen the prevalence.



Dr. Lim Hong Liang, Senior Consultant Medical Oncologist from Parkway Cancer Center and Dr. Ooi Boon Swee, Senior Consultant General Surgeon from Mount Elizabeth Hospital Singapore presided over a health talk on "Lung and Colorectal Cancer" at a hotel in Dhaka recently.

## Knowing for better living

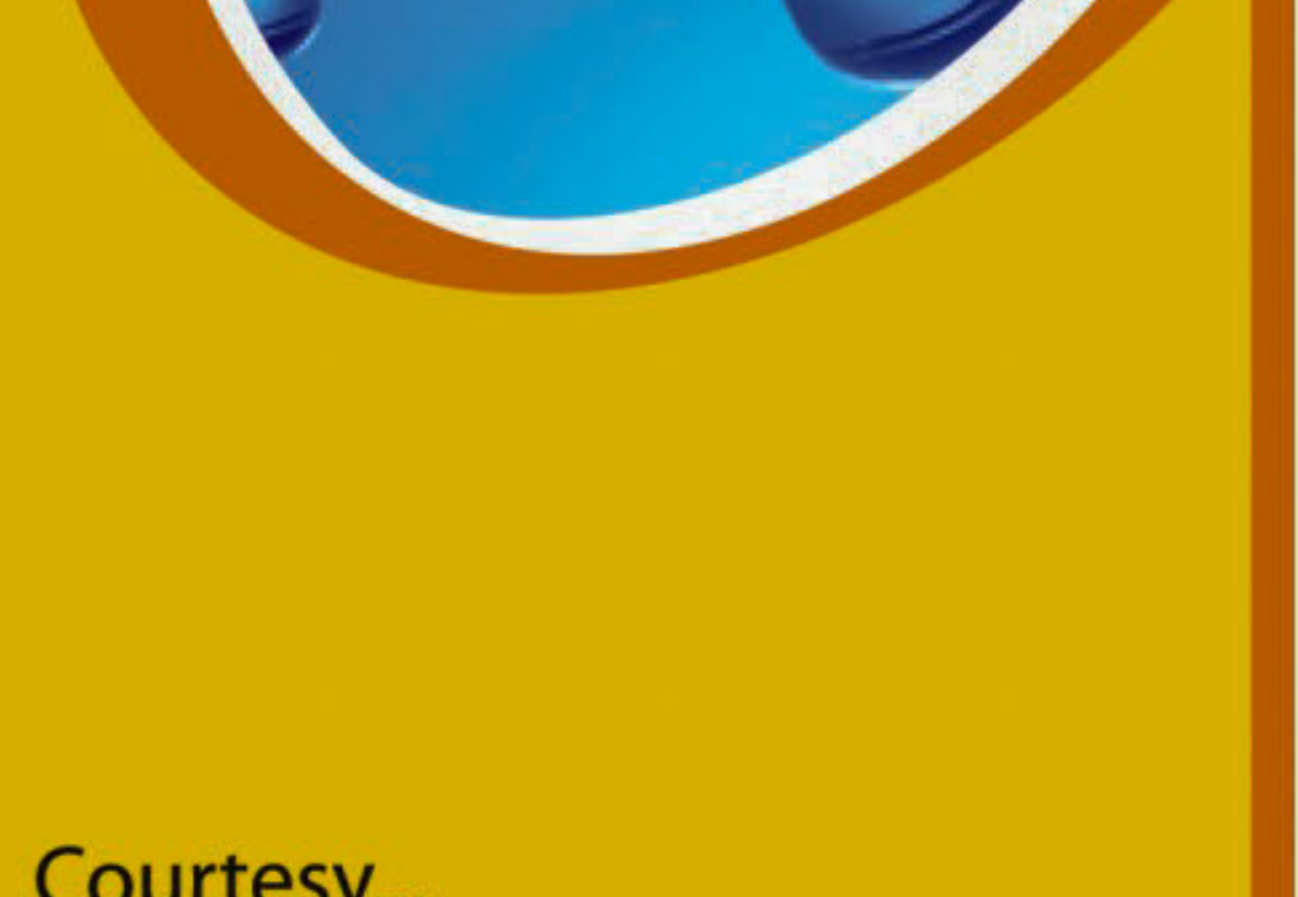
### Benign Prostatic Hyperplasia ( BPH)

**50%** of male aging more than 50 suffer from BPH. BPH comes with higher probability in later age.

#### Symptoms of BPH:

- Frequent urination
- Pain while urination
- Dribbling after urination
- Urgency for urination

- Drink adequate water at night
- Exercise regularly
- Avoid coffee
- Avoid spicy foods
- Consult your Doctor



Courtesy...