

Foods for healthy fasting

STAR HEALTH DESK

Millions of Muslims are now shaping up their lives specially the diet to coincide with the changing schedule of the holy month of Ramadan. Through fasting, we learn to manage healthy eating habits, improve self-control, discipline and improve overall health. However, the fasts of Ramadan can worsen a person's health if the healthy diet is not followed. Here are some guidelines on diet explored for readers to keep heal and hearty in this Ramadan and afterwards:

Avoid overeating: A diet that has less than a normal amount of food but is sufficiently balanced will keep a person healthy and active during the month of Ramadan. But many people bulge their bellies with excess foods thinking that they need to take more food to compen-

satate energy that has lost in fasting hours. This is a harmful practice particularly when they take a large amount of fried and processed foods that lead to various health complications including indigestion, heartburn, constipation etc. Chapter 20, verse 81 of the Qur'an states: "Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein."

Healthy foods mentioned in the Holy Qur'an are fruit and vegetables, such as olives, onions, cucumber, figs, dates, grapes as well as pulses such as lentils.

Foods in Sehri: This is the pre-dawn meal and it should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods. Complex carbohydrates are this kind of foods that will help



release energy slowly during the long hours of fasting. These are found in grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, wholemeal flour etc.

Fibre-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin, vegetables such as green beans and almost all fruits.

Foods in Iftar: Iftar is the meal which breaks the day's fast. This meal could include dates, following the Prophetic traditions. Dates will provide a refreshing

burst of much-needed energy. Fruit juices will also have a similar, revitalizing effect. The meal should remain a meal and not become a feast. We should try to minimize the rich, special dishes that traditionally celebrate the fast.

Foods to avoid: Deep-fried foods, heavily-processed, fast-burning foods that contain refined carbohydrates in the form of sugar, white flour, etc., much fatty food (eg cakes, cream biscuits, chocolates and sweets such as mithai). It may also be worth avoiding the caffeine content in drinks such as tea, coffee and cola as they stimulate faster water loss through urination.

Being mindful in Ramadan of how you fast and how you break your fast can help to improve your overall health both physical and mental. Stay stick with healthy diet to stay on healthy track.

When recreational drug use turns into addiction?



DR SATPARKASH

Recreational drug use is a practice that dates to prehistoric times. Many people consume drugs to have fun, to bring a variation in life. The practice is potentially dangerous. Because the majority of recreational drug users find their habit becomes an obsession. They begin to abuse the drugs that once brought them so much pleasure and find that they rely on them just to get through the day. Eventually, they lose control over their actions and become drug addicts who will do whatever it takes to get their next high.

Many people start off merely experimenting with drugs, especially in the teen years. The strong need to belong, combined with peer influence, all too often convince someone to drink or use drugs all in the name of fun. Oftentimes, friends and family have no idea that alcohol or drug use is occurring until it begins to cross the line into drug abuse. It can be difficult to pinpoint when recreational drug use turns into drug abuse. The individual engaging in drug abuse may start using drugs alone instead of socially and become more secretive.

Once a user becomes an addict, they lose control of their higher faculties in the brain. They begin to abuse the drug to achieve its beneficial effects in vain. It is at this point when drug abusers are most vulnerable. If not provided with medical assistance and rehabilitation, they might succumb to the lethal effects of the drug.

No one can predict how many times it takes for a recreational drug user to become an addict. The general consensus defining the point when drug abuse turns into drug addiction is when an individual can simply no longer function without the drug and life has become unmanageable because of it. Drug abuse may lead to more risky behaviors that have a potential for self-harm such as unprotected sex or hanging out with unsavory companions. Although it is not clear whether the transition takes early or late, it is always better to avoid recreational drug use.

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Do not suffer for Hernia in silence

PROF DR ANISUR RAHMAN

A hernia is a protrusion of an organ through an abnormal opening or weak wall in the body. Most hernias occur when a piece of intestine slips through a weakness in the abdominal wall, creating a bulge you can see and feel. Hernias can develop around the naval, in the groin, or any place where you may have had a surgical incision. Some hernias are present at birth. Others develop slowly over a period of months or years. Hernias also can come on quite suddenly.

In hernia, the discomfort you feel especially when you cough, lift something heavy, or stand for a long time comes from the constant pressure of tissue pushing its way through the weakened spot in your body. As more tissue pushes through the weakened area, the feeling of pressure increases. A hernia that develops or worsens quickly can produce a sudden intense pain as it enlarges.

An untreated hernia will not get better on its own, although it may not get worse for months or even years. A hernia that can be

easily pushed back or flattened (reducible hernia) is generally not an immediate danger to your health, although it can be painful. A non-reducible hernia, however, can become life-threatening if part of the intestine gets trapped, or strangulated, in the opening. This is called an incarcerated hernia and in an emergency situation may require immediate surgery.

Limiting activity or eliminating excess weight may provide temporary relief. Wearing a truss or binder has also offered temporary relief. The only cure, however, is surgery. Although there are always risks and side effects associated with surgery. Today's surgical techniques provide patients with treatment options that offer minimal post-operative discomfort, speedy recovery, and lasting relief.

A hernia cannot only be painful, but also potentially life-threatening. Therefore, it is important to see a doctor if you have signs of a hernia.

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Lifting heavy weights not necessary for muscle

Current gym dogma holds that to build muscle size you need to lift heavy weights. However, a new study conducted at McMaster University has shown that a similar degree of muscle building can be achieved by using lighter weights. The secret is to pump iron until you reach muscle fatigue.

The findings are published in PLoS ONE. "Rather than grunting and straining to lift heavy weights, you can grab something much lighter but you have to lift it until you can't lift it anymore," says Stuart Phillips, associate professor of kinesiology at



McMaster University. "We're convinced that growing muscle means stimulating your muscle to make new muscle proteins, a process in the body that over time accumulates into bigger muscles." He added.

The study showed it is really not the weight that you lift but the fact that you get muscular fatigue that's the critical point in building muscle. "We're excited to see where this new paradigm will lead," says Phillips, adding that these new data have practical significance for gym enthusiasts but more importantly for people with compromised skeletal muscle mass, such as the elderly, patients with cancer, or those who are recovering from trauma, surgery or even stroke.

Source: McMaster University

GUIDE FOR HEALTHY RAMADAN

Get rid of constipation

Constipation is one of the most common problems encountered during the month of Ramadan. Constipation for long days can cause piles (haemorrhoids), fissures (painful cracks in the anal canal) and indigestion with a bloated feeling. Eating too many refined carbohydrates, drinking too little water and not eating enough fibre are the causes behind this. Be active, eat more fibre and complex carbohydrates, drink more water, use bran for baking, and use brown flour when making bread will help to keep your bowel motions regular. Include lots of fruit and vegetables in your diet and increase the fiber content of your food. Taking Isabgol is effective but has a delayed effect. If the problem persists, a short course of laxatives may help.

Ways to ease heartburn

Increased acid levels in the empty stomach in Ramadan aggravate the above conditions. It presents itself as a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, especially sauces, can cause this, as well as coffee, carbonated drinks, and fatty and fried foods



worsen these conditions. In order to get rid of it, avoid all the above foods. Do not overeat. Have a few small meals instead of one big meal; eat a little after iftar and another snack after the tarawih prayer for example. Medications such as antacids, antihistamines or proton pump inhibitors are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadan.

Bad breath and dental care

During fasting, it is not unexpected that the mouth becomes dry. This naturally results in malodor. Poor oral hygiene care will indeed make it even worse. A practical way of overcoming it is to ensure patients, even during fasting, to still brush their teeth and floss as usual to keep the mouth feeling fresh and clean. Mouthrinsing is also permissible as long as patients don't overdo it! Avoid alcohol-based mouthwash as it will dry out the mouth. Drinking plenty of water and fruits during the night or at sahur/sehri can help to keep the body stay hydrated and healthy. It is also worthy to examine the whole mouth for any dental or oral manifestations that may be contributing to the malodor such like dental caries, infection and/or discharges.

Knowing for better living

In Bangladesh...

50,800 children die every year due to diarrhea !

- Take plenty of liquid foods
- Take ORS during diarrhea
- Wash your hands properly before meal
- Drink water after boiling properly
- Consult your Doctor in case of emergency



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