

Viral or dengue fever? Know the dealing facts

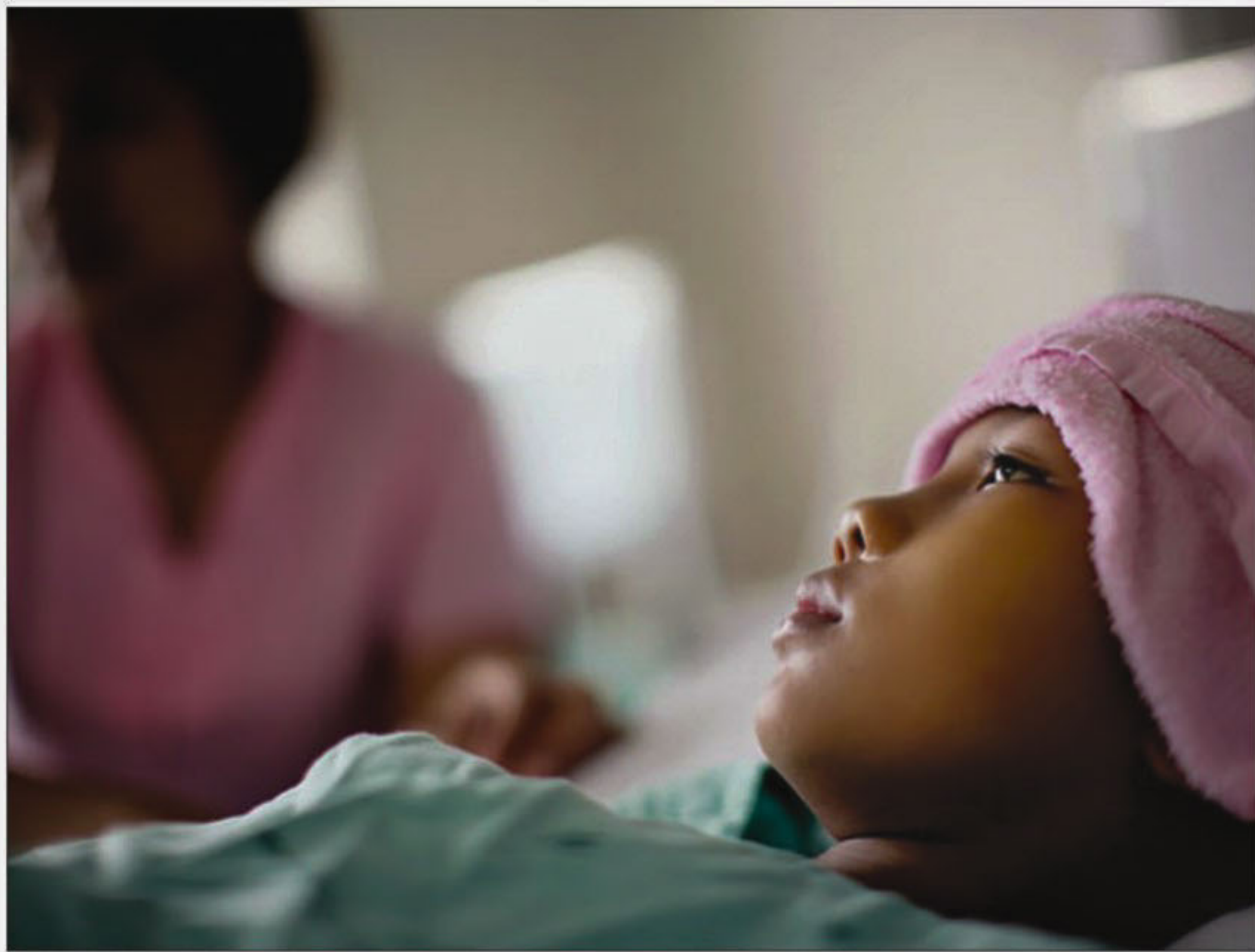
STAR HEALTH DESK

These days, the most common reason to seek medical advice is fever. Although most people are being affected by the seasonal viral fever, another viral fever dengue is making a big concern. People often get confused whether it is a serious illness like dengue or just seasonal fever. Whatever may be the type of fever, we can easily handle it with certain measures.

Viral fever is quite common during changes in weather. People affected by viral fever experience fatigue, chills, body aches, headache and rise of temperature. Whereas, dengue fever, carried by *Aedes aegypti* type of mosquito has severe headache, pain behind the eyes, severe muscle and joint pain (for severity of pain it is called break-bone fever), rash and bleeding manifestation.

However, classical dengue fever or ordinary dengue fever is very difficult to distinguish from seasonal fever. Dengue haemorrhagic fever (DHF) is serious and usually occurs in second exposure to dengue virus. People who have suffered from dengue classical fever are prone to develop DHF.

Whatever may be the symptoms, certain things are always required



medical attention.

- High fever lasts one week
 - A feeling that you are about to faint
 - Trouble or shortness of breath
 - Sore throat or hoarseness that does not go away even after 10 days
 - A cough that lasts for more than 2 weeks
 - Disoriented feeling or confusion
 - Any bleeding manifestation like gum bleeding, red spot under skin, eye etc.
- To deal with any fever the following principles will help you to handle fever effectively.
- Sponge your body with tepid water several times a day to lower the temperature
 - Drinking a lot of fluids will help to loosen mucus and to prevent dehydration. Drink water little by little for optimum benefit. Additionally, take clear soups, fruits juices or warm water often
 - Take anti-pyretic drug like Paracetamol until temperature returns to normal limit
 - Antibiotics do not help in viral fever. Do not take antibiotic unless prescribed by a registered physician
 - Do not take aspirin as it is very harmful in dengue fever
 - Gargling with salt water can help with sore throat. Throat lozenges can relieve the pain
 - Avoid active and passive smoking.



Soy may ease sleep problems in older women

REUTERS HEALTH, New York

The estrogen-like compounds found in soy could help postmenopausal women get a better night's sleep, according to a small study.

These compounds, isoflavones, have been tested for a number of menopausal symptoms as well as for treating health problems that become more common after menopause, such as high cholesterol, high blood sugar, and increased body fat. But so far, results have been disappointing.

Insomnia is very common in older women. Dr. Helena Hachul of the Universidade Federal de Sao Paulo and her colleagues write in the journal *Menopause*. Studies of whether hormone therapy helps with sleep problems have had mixed results, they add.

During the overnight observations at the beginning of the study, for instance, about a quarter of the women were found to be snorers, several had five or more sleep apnea events per hour, and a few displayed leg movements more than five times per hour.

Without knowing the source of postmenopausal insomnia, the researchers cannot say why soy seemed to alleviate it for many of the women taking the isoflavones. In addition, because the study is small, the authors caution, it "does not permit the assumption that soy will act with the same efficacy for every woman." Nevertheless, they conclude, given that insomnia troubles so many women during menopause, "phytoestrogen treatment should be considered an option to improve patients' quality of life."

Source: Menopause

The truth about common dental myths

Many old beliefs and myths regarding dental care persist. Many people still remain confused about the basics of brushing, flossing, whitening and other dental care procedure. Here are some popular dental myths and related comments of dental specialists.

More sugar means more tooth decay

It is not the amount of sugar you eat; it is the amount of time that the sugar has contact with the teeth. Foods such as slowly-dissolving candies and soda are in the mouth for longer periods of time. This increases the amount of time teeth are exposed to the acids formed by oral bacteria from the sugars.

White teeth are healthier teeth

We may think they look pretty, but teeth are not

meant to be pure white. You can help keep your teeth as white as possible by brushing regularly with a fluoride toothpaste and flossing. Avoiding food and drinks that can stain teeth, such as tea, coffee and red wine, will also help to keep them white. So you will not need unnecessary polishing or whitening treatments. The more you brush, better your teeth.

On the contrary, overzealous brushing for extended periods of time does more harm than good. The teeth surface is made of enamel which gets abraded on brushing for extended periods which lead to tooth sensitivity and other complications in the long term. The recommended time period for brushing is 3 minutes twice a day.

Using toothpicks widens gap between teeth

There is no such harm when you use the commercially available toothpicks. Toothpicks can help you remove food particles between teeth. In fact, you might as well floss your teeth than using toothpicks which serves the same purpose but is more effective. Be careful of injury to your gums when you use sharp tooth picks.

Expensive toothpastes are always better than cheap ones

It is not always true, and some moderately expensive toothpaste can be very effective. Ask a dentist about the toothpastes that can be good for your particular dental situation.

The write up is compiled by Dr Kazi Md Niazur Rahman, Dental Surgeon working at Dhaka Dental College and Hospital. E-mail: dr_niaz24@yahoo.com



DR NAFIA FARZANA CHOWDHURY

Not everyone has got the same emotional strength to cope with every situation. There are some people who are vulnerable to develop many emotional disturbances like depression or drug addiction. Oppressed with problems many of these people become confused and commit suicide.

Suicide is increasing globally very extensively. There are many theories on why people commit suicide. But the fact is — suicide is an emotional and social problem which is preventable. World Suicide Prevention Day will be observed on September 10 to promote worldwide commitment and action to prevent suicides.

On an average, almost 3000 people commit suicide daily.

When people become helpless, hopeless, they isolate themselves from the whole world and are doomed with depression. They find the only way to get rid of this situation by dying. We need to identify these and manage accordingly. Just giving them some time to ventilate their feelings may help a lot, and then of course urge for professional help for further management. Discussing suicide ideation with the patient does not increase the likelihood of a suicide attempt.

There is a saying "Suicide is the permanent solution of a temporary problem". We need to convey this message to everyone. If anyone is

feeling hopeless, we need to say that better time will come inevitably. Do not harm yourself for a momentary crisis that will pass. If you are feeling distressed with any problem there are many people out there in our society to help you. They will help you to get rid of your certain problems.

Proper awareness needs to be raised that suicide is a major preventable cause of premature death. Government needs to develop policy frameworks for national suicide prevention strategy. Policy statements and research outcomes need to be translated into prevention programmes and activities in communities.

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Too little sleep bad for teenagers' diets

REUTERS, Chicago

Teenagers who sleep less than eight hours a night on weeknights eat more fatty foods and snacks than those who get more than eight hours of sleep a night, U.S. researchers said recently.

They said getting too little sleep can result in chronic changes in the diet that can increase the risk of obesity, especially in girls.

Prior studies have shown that too little sleep can lead to weight gain, but the new findings show where the extra calories come from.

Increasing intake of fatty foods, which are typically high in calories, can increase the overall daily caloric intake, and if it happens routinely, it can lead to excess fat.

"The demonstration of chronically altered dietary patterns in adolescents with shorter sleep provides insight into why shorter sleep has been associated with obesity in prior experimental and observational studies," said Dr. Susan Redline of Brigham and Women's Hospital and Beth Israel Deaconess Medical Center in Boston, whose study appears in the journal *Sleep*.

Redline and colleagues studied 240 teenagers aged 16 to 19 taking part in an ongoing sleep study. Their sleep was monitored at home by a wrist band device and food intake was measured with interviews done by trained staff.

The team found that each added hour of sleep lowered the odds of eating a high amount of calories from snacks by an average of 21 percent.

Curiously, when they looked by gender, they found the results were statistically significant in girls, but not boys.

Knowing for better living

In Bangladesh...

18.8% of men

&

22.2% of women

suffer from skin diseases

Maintain a hygienic life

Wash hands with soap and water

Take bath using soap everyday

Keep clothes and towel clean

Consult your Doctor



Courtesy...

