



Pneumonia prevention advocates around the globe will host activities on November 12th to mark the second annual World Pneumonia Day.

Global Coalition Against Child Pneumonia calls to join the fight to increase awareness about pneumonia and ask global leaders to take up the fight against the #1 killer of children.

Visit www.worldpneumoniaday.org for more information on how you, your friends and your community can get involved!

Pneumonia remains deadly, although solution in hand

PROF DR IQBAL HASAN MAHAMMUD and DR MD RAJIB HOSSAIN

Although there are effective and affordable tools to combat Pneumonia, the disease remains the leading cause of death of children under the age of five around the world including Bangladesh. Improving the access to antibiotic treatment, use of vaccine at affordable cost, strengthening the referral system could save millions of children who are struggling to breathe due to pneumonia.

Pneumonia, an infection of the lungs claims one child in every 20 seconds. Approximately 98 percent of these deaths occur in developing countries like Bangladesh. Children especially in the poorest communities, under 5 years of age, malnourished, having immunodeficiency diseases are at risk of contracting pneumonia.

There are several simple cost-effective ways to protect and prevent children from catching pneumonia, and to treat those suffering with the illness.

Exclusive breastfeeding during the first six months of life is one of the best ways to protect children from pneumonia and



many other diseases. It can reduce the rate of pneumonia among young infants by 15 to 23 percent.

As undernourished children are at higher risk improving nutritional status by locally available foods and by disseminating knowledge on nutrition can significantly improve immunity and reduce deaths from pneumonia.

Babies born with a low birth weight are at risk for pneumonia, other health problems, and even death. Improving prenatal care for expecting mothers can help to

reduce the number of babies born with a low birth weight. These babies need appropriate care to reduce their risk of illness of death.

Tobacco smoke and other indoor air pollution can also increase chances of being more susceptible to pneumonia. Reducing indoor air pollution can help to protect children from pneumonia and other respiratory diseases.

Hand washing is the most important cost-effective way to reduce the spread of germs of pneumonia and other diseases.

Pneumococcal and Hib vaccines (against pneumonia causing germs) are safe to prevent pneumonia before it occurs. In Bangladesh, children have now access to Hib vaccine only, whereas Pneumococcal vaccine is used throughout most of the developed world to protect children from Pneumonia.

Other routine vaccines like vaccines for measles and whooping cough that are included in the EPI schedule should be ensured, as they can lead to Pneumonia as a complication.

Supplementation of Zinc also plays an important role to prevent childhood Pneumonia and reduce the risk of death by 14 to 25 percent.

Even after the preventive measures, if any child shows signs/symptoms of Pneumonia (fever, shortness of breathe, cough, lethargy, headache, shaking chills, sweating), we need to bring the child to a healthcare facility. The child should be treated promptly with readily available effective antibiotic. If the case is severe and cannot be managed by first line healthcare settings, referral should be done without any undue prolongation.



A case of Arsenicosis is seen in the photo. Bangladesh has been hardest hit, with millions being exposed to high levels of naturally occurring arsenic in well water.

Arsenic in drinking water tied to stroke risk

REUTERS HEALTH

People who live in areas with moderately elevated levels of arsenic in the drinking-water supply may have a somewhat increased risk of stroke, a study of Michigan residents suggests.

The findings, published in the journal Stroke, do not prove that drinking-water arsenic is responsible for the elevated risk. Nor do they suggest that water with arsenic levels that meet guidelines from the U.S. Environmental Protection Agency (EPA) — which most U.S. drinking-water supplies do — are a stroke hazard, the study's lead researcher expressed.

However, the study does call for more in-depth research to determine whether arsenic in the water supply is contributing to some strokes.

Arsenic is an element found naturally in rock, soil, water, the air and the food supply. It is also released into the environment through industrial activities; for instance, arsenic is used as a wood preservative and in some paints, dyes and fertilisers.

High arsenic exposure can lead to cancer, and chronic exposure to even moderately elevated levels has been linked to high blood pressure and type 2 diabetes. But the possible health effects of such modestly increased exposures are not yet fully clear.

The EPA has set the maximum allowable level of arsenic in drinking water at 10 micrograms per liter (or 10 parts per billion). According to the Centers for Disease Control and Prevention, about 80 percent of U.S. drinking-water supplies have an arsenic level below 2 parts per billion (ppb), but 2 percent exceed 20 ppb.

It's also possible, she said, that chronic, low-level arsenic exposure could accelerate atherosclerosis, a hardening and narrowing of the arteries that can lead to heart attacks and stroke.

The findings, Lisabeth said, suggest an association between drinking-water arsenic and stroke risk, but do not prove cause-and-effect.

While most public drinking water in the U.S. meets the EPA standard, high arsenic levels are a bigger threat in other parts of the world. Researchers have estimated that about 140 million people worldwide drink water with arsenic levels above 10 ppb; Bangladesh has been hardest hit, with millions being exposed to high levels of naturally occurring arsenic in well water.

Source: Stroke

MEDICAL BREAKTHROUGH World's first hi-tech pancreas transplant

For the first time in the world, Italian doctors have recently carried out robotically-assisted pancreatic transplant in an operation that could help diabetes sufferers everywhere.

Pancreas is a gland that secretes the hormone insulin needed to reduce blood sugar and prevent diabetes. People whose pancreases have damaged or have lack of insulin secretion could be benefitted greatly by this sort

of transplants. The new minimally invasive transplant creates new prospects for the treatment of diabetics as it has minimal post-operation complications than other conventional operation.

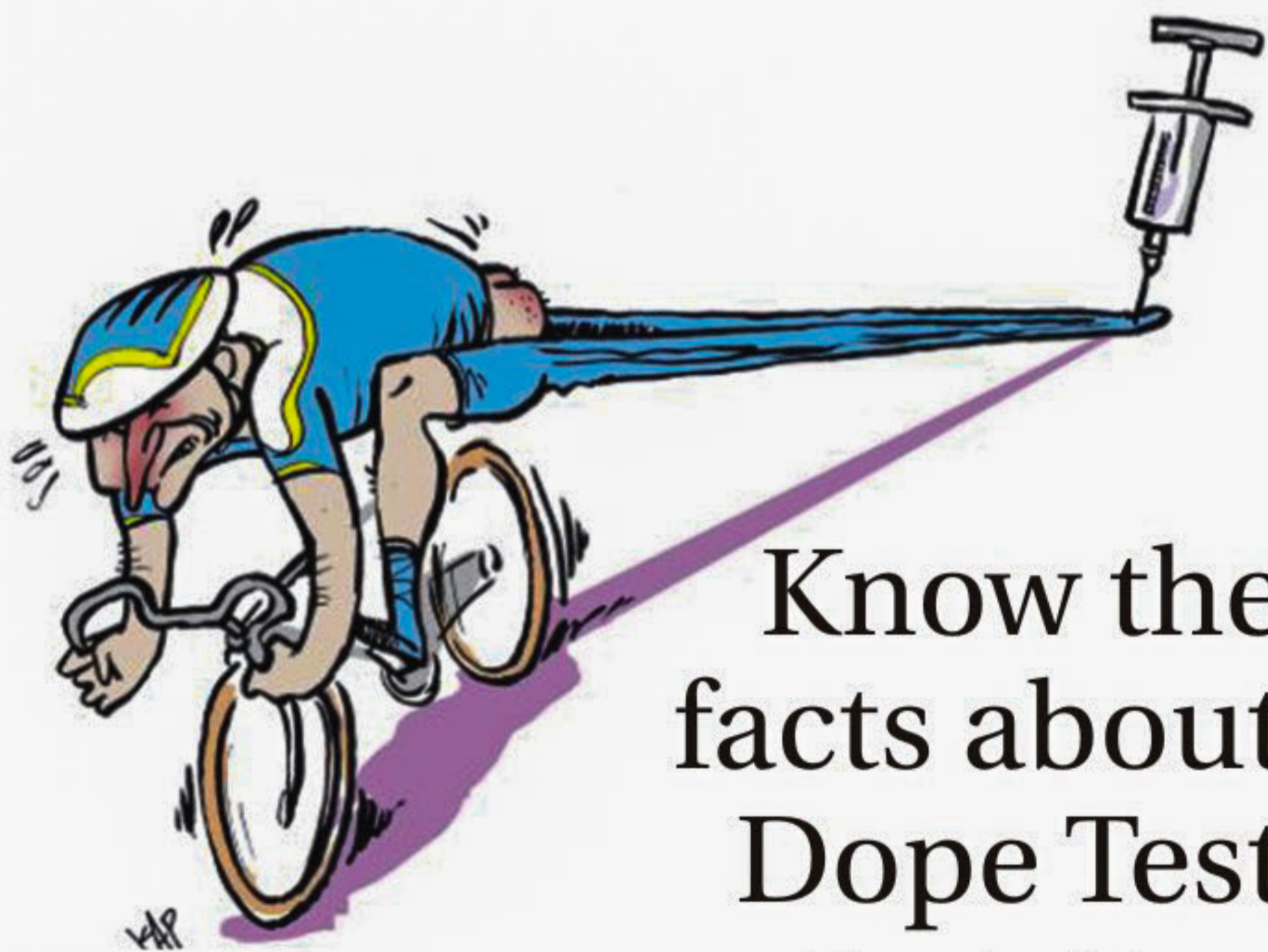
"This will put an end to the decades-old dilemma of whether it's possible to do pancreatic transplants because the operation is so invasive when done in the traditional way," Ugo Boggi, who heads the team,

expressed.

The transplant was carried out on a 43-year-old mother of two who had suffered from type-1 diabetes since she was 24 years old and had already had a kidney transplant.

The medical team carried out the operation with the assistance of the "Da Vinci SHDI robot" — a large machine with several arms — designed in the multi-disciplinary Robotic Surgery centre in Pisa.

Source: AFP



Know the facts about Dope Test

DR M KARIM KHAN

Often, we find in newspaper that some athletes or sportsman could not pass dope test and their medals or award have been taken back or s/he has been banned from the game.

Very recently Nigerian athlete in Delhi Commonwealth Olympic Games could not pass dope test and her Gold medal was taken back. For any athlete this is very shameful situation. Athletes are the representative of a country, so such situation also makes the respective country embarrassed.

Dope test — an official test to discover whether a person or an animal taking part in a competition has been given any drugs to make their performance better.

The use of performance-enhancing drugs in sports is commonly referred to by the disparaging term "doping", particularly by those organisations that regulate competitions. Like the drug use in athletes, it is also

common in horse racing and other equestrian sports and in greyhound racing.

Drugs those are used for performance enhancement are: Strychnine, Amphetamine, anabolic steroids, some analgesics containing performance enhancing agents and other stimulating hormones.

Whether a person has taken such agent or not prior to performance can be identified by examining his/her urine. Lab test of urine alone is enough but some times blood may be needed to examine.

Awareness, attitudinal change and sincere united effort by all the participants and country can reduce it to minimum level. It was a regional problem now has become a global problem. We all should try to come out from this problem for the shake of healthy sports.

The writer is Associate Professor, Department of Pediatrics, Community Based Medical College (CBMC), Mymensingh. E-mail: mmukhkan@gmail.com

Implanted chip allows blind people to detect objects

A man with an inherited form of blindness has been able to identify letters and a clock face using a pioneering implant, researchers say.

Miikka Terho, 46, from Finland, was fitted with an experimental chip behind his retina in Germany. Success was also reported in other patients.

The chip allows a patient to detect objects with their eyes, unlike a rival approach that uses an external camera.

Prof Eberhart Zrenner, of Germany's University of

Tuebingen, and colleagues at private company Retina Implant AG initially tested their sub-retinal chip on 11 people. Some noticed no improvement as their condition was too advanced to benefit from the implant, but a majority was able to pick out bright objects, Prof Zrenner informed.

However, it was only when the chip was placed further behind the retina, in the central macular area in three people, that they achieved the best results. The chip

works by converting light that enters the eye into electrical impulses which are fed into the optic nerve behind the eye. It is externally powered and in the initial study was connected to a cable which protruded from the skin behind the ear to connect with a battery.

This is by no means the only approach being taken by scientists to try to restore some visual ability to people with retinal dystrophy.

Source: BBC

Knowing for better living

In Bangladesh...

almost **4 crore** people are suffering from various allergic disorders !

Avoid dust particles

Avoid allergic foods

Clean floor and bed regularly

Consult your Doctor



Courtesy...

