

WHO says deadly TB preventable, urges action

REUTERS, Geneva

Health authorities worldwide must do more to combat tuberculosis, which killed an estimated 1.7 million people last year, mainly adults in their prime in Africa and Asia, the World Health Organisation (WHO) said recently.

Tuberculosis can be cured in six months if detected and treated early but can spread rapidly among people suffering from malnutrition or the HIV/AIDS infection, the U.N. agency said in its annual report, "Global Tuberculosis Control 2010."

"There are still 1.7 million deaths every year from a disease that is perfectly curable in 2010," Mario Raviglione, director of WHO's Stop TB Department, told a news conference.

The report said countries need to do a better job of ensuring patients get access to treatment, antibiotics are used properly so that resistance does not develop and strict infection control measures are in place to limit spread.

New drugs are also on the horizon to deal with the biggest challenge, that posed by multiple drug-resistant strains called MDR-TB, which have emerged because patients do not always take the expensive first-line drugs as directed, it said.

MDR-TB infected an estimated 440,000 people in 2008 and is thought to be most widespread in China, India and Russia, but only a fraction of cases are reported to WHO.

Only 10,000 MDR-TB patients are believed to get the correct but complex treatment which takes from 18 months to 24 months, often with hospitalisation. This is because countries often lack laboratories for diagnosis or fail to test for drug resistance.

"This is probably the biggest challenge of all and the one that countries at the moment are not facing the way they should," Raviglione said.

The WHO laid out a new plan last month to combat tuberculosis that will cost about \$47 billion from 2011-15.

Diabetes: Let's take control

DR MD SHAMIM HAYDER TALUKDER and SHUSMITA HOSSAIN KHAN

Diabetes imposes life-long demands on people with diabetes and their families, who have to make a multitude of decisions related to managing diabetes. As outcomes and prevention of complications are largely based on the decisions they take, it is of paramount importance that people with diabetes receive ongoing, high-quality diabetes education that is tailored to their needs and delivered by skilled health professionals.

With a view to raising awareness regarding the importance of education and prevention, International Diabetes Federation and the World Health Organisation (WHO) have selected the theme "Diabetes education and prevention", for World Diabetes Day in the year 2009-2013. The day is going to be observed tomorrow throughout the world including Bangladesh.

The campaign calls for better understanding diabetes and take control. Without diabetes education, people with diabetes are less prepared to take informed decisions, make behavioural changes, address the psycho-social issues presented by diabetes



Diabetes education is a common scenario in developed world, whereas it is mostly not in practice in developing countries.

and, ultimately, may be ill-equipped to manage their diabetes effectively. Even in developed countries, many people cannot access education because there are not

enough educators or centres to cope with the rising number of people with diabetes. Education is helpful not only to manage diabetes but also to prevent diabetes.

At present, type 1 diabetes cannot be prevented. However, type 2 diabetes, can be prevented in many cases by maintaining a healthy weight and being physically active. Unless action is taken to implement effective prevention and control programmes, IDF predicts that the total number of people with diabetes will reach 435 million by 2030.

There is substantial evidence that achieving a healthy body weight and moderate physical activity can help prevent the development of type 2 diabetes. In primary prevention there is an important role for the diabetes educator to help people understand the risks and set realistic goals to improve health.

IDF recommends a goal of at least 30 minutes of daily exercise, such as brisk walking, swimming, cycling or dancing. Regular walking for at least 30 minutes per day, for example, has been shown to reduce the risk of type 2 diabetes by 35-40 percent. Enjoy an active life and prevent diabetes risk and its complications.

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Diabetes drugs may help control lung cancer: study

REUTERS, Washington

Commonly used diabetes drugs such as metformin may help control lung cancer, and may help prevent it, U.S. researchers reported recently.

Patients who had taken the drugs to control diabetes were much less likely to have lung cancer spread — which is when it becomes most deadly—the researchers told a meeting of the American College of Chest Physicians.

Metformin, an older and cheaper drug available generically, had a more powerful effect than newer drugs called thiazolidinediones, TZDs or glitazones, the researchers said.

"Our study, as well as other research, suggests an association between metformin and/or TZD use and the risk of developing lung cancer," said Dr. Peter Mazzone of the Cleveland Clinic in Ohio, who led the study.



An X-ray of a chest showing a growth on the left side of the lung.

"However, unique to this study, we have been able to report less advanced cancer in those who do develop cancer, a decreased frequency of squamous cell and small cell carcinomas, and improved survival, when controlled for stage, in people taking metformin and/or TZDs."

"This new information adds to the growing body of evidence that metformin may help prevent and inhibit the progression of lung cancer," Dr. David Guterman, president of the American College

of Chest Physicians said.

Metformin is one of the most widely used drugs for type 2 diabetes. In May, researchers reported an inhaled drug called iloprost, approved to treat pulmonary hypertension might also prevent lung cancer.

In April, researchers said a natural supplement derived from food, called myo-inositol, seems to stop the precancerous changes that lead to lung cancer.

Lung cancer is the No. 1 cancer killer globally, killing 1.2 million people a year. Only 15 percent of people diagnosed with lung cancer are still alive five years later, in part because the disease usually spreads silently for years before it causes clear enough symptoms to be detected. Early stage lung tumors can often be removed surgically, however.

Personality type and its impact on health

DR M KARIM KHAN

Human psychology is very much diversified. Some are intense, impatient, aggressive, restless, highly ambitious and on the other hand some are relaxed, calm and quiet, less tensed.

Considering these points, psychologists and researchers divide the over all population in to three types — Type A, Type B and Mixed type personality.

Type A personality

Type A individuals can be described as impatient, time-conscious, controlling, concerned about their status, highly competitive, ambitious, business-like, aggressive, having difficulty relaxing and are sometimes disliked by individuals with Type B personalities for the way that they are always rushing. They are often high-achieving workaholics who are used to multitasking,

drive themselves with deadlines and are unhappy about delays. Because of these characteristics, Type A individuals are often described as "stress junkies". Many business and political leaders have Type A personalities.

Type B personality

Type B individuals, in contrast, are described as patient, relaxed, and easy-going, generally lacking an overriding sense of urgency. Because of these characteristics, Type B individuals are often described by Type A as apathetic and disengaged.

There is also a Type AB mixed profile for people who cannot be clearly categorised.

Many research have already been done and many more are going on about human personality issue.

Though there are criticism about these personality types, most of the researchers agree that Type A personality people are having a more risk to

develop cardiac diseases like chest pain, myocardial infarction, hypertension etc.

On the other hand Type B people are having less risk in developing the cardiovascular disease and they need to pay visit to doctor less than that of Type A people. They enjoy relatively better healthy life.

Now a days life is not very easy. There are hassles in every step, competition, confusion, dissatisfaction, mismanagement, deprivation, depression etc. very common in life, even then to keep us healthy and happy we should be conscious, cautious, less tempered, easy thinking, easy going, be satisfied with what we have, logical, rational and less competitive in life.

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Korea MTS offers plastic surgery, hair implantation

The Korea MTS Limited has offered state-of-the-art plastic surgery at reasonable costs for Bangladesh citizens at different hospitals in South Korea.

The offer was made recently at a seminar in the city, where noted plastic surgeon Dr Lee SangWook made presentations on plastic surgery and hair implantation through natural process. Beauticians, celebrities, cosmetic surgery experts and journalists joined the programme. The offer came following the Republic of Korea (ROK) opened its market for medical tourism in 2009 and its private hospitals came forward to attract Bangladesh clients for world-class treatment in Korea.

"The market for plastic surgery is growing because of Bangladesh's economic development and beauty consciousness among female and male both," head of Korea MTS Limited Saiful Islam says. He says now many people go to India, Thailand, Malaysia and Singapore as well as in the West for plastic surgery. These people, he says, can have better surgery with almost no side effects at a reasonable cost in South Korea. Mr. Saiful also informed that the cost for one hair implantation in Korea would be \$1, which is \$10 in the US and \$7 in Singapore and \$3-5 in other Southeast Asian countries.

U.S. UNVEILS GRAPHIC TOBACCO WARNINGS



Diseased lungs, dead bodies, a man on a ventilator and mothers blowing smoke in their children's faces are among the images U.S. health officials are considering in their effort to revamp tobacco warning labels, news agency Reuters reports. The "graphic health warnings," unveiled recently, aim to depict the negative effects of smoking, and they will be required on all cigarette packages and advertisements as of October 2012.

Knowing for better living

Bangladesh ...

... one of the top 10 Diabetes prevalent countries in the world !

World Diabetes Day will be celebrated on November 14, 2010.

"Let's take control of Diabetes. Now."

Exercise regularly

Check your diabetes regularly

Cut extra calories from your diet

Control your body weight

Consult your Doctor



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