

COPD to be the 3rd largest killer by 2030

DR MD RAJIB HOSSAIN

For many of us the term COPD seems to be novel, but the disease has been in operation for long and killing increased number of people by and by. Chronic Obstructive Pulmonary Disease (COPD) includes lung diseases that make breathing difficult by limiting the airflow in and out of the lung. World Health Organisation (WHO) estimates that COPD kills one person in every 10 seconds globally and predicts that it will become the third leading cause of death by 2030 unless urgent action is taken to reduce underlying risk factors.

Experts identified increased use of tobacco (including second-hand or passive exposure), indoor air pollution specially through cooking on cow dung and wooden fire, using kerosene stoves for cooking, exposure to occupational dusts and chemicals (such as vapors, irritants, and fumes), frequent lower respiratory infections during childhood are the major risk factors for developing COPD.

Until recently, healthcare professional believe that tobacco smoking is the key reason behind COPD. However, a recent study conducted at 22 villages of Pune in India revealed that at least 93 per cent of those who had COPD were non-smokers. They find indoor air pollu-



tion key reason linked to COPD there.

People with COPD experience symptoms like breathlessness (breathing difficulty),

chronic cough with sputum. Daily activities, such as walking up a short flight of stairs or carrying a suitcase, can become very difficult

the condition gradually worsens.

Although there is no cure for COPD, we can prevent development of COPD by reducing risk factors like reducing tobacco use, air pollution. Another important way to reduce mortality and morbidity due to COPD is to test our lung for early diagnosis. COPD can be diagnosed by a simple test, called spirometry, which measures how much air a person can inhale and exhale. As COPD develops slowly, it is crucial to test to prevent complications, help control symptoms and slow the progression of the disease.

COPD is one of the most common causes of hospitalisation in Bangladesh. Moreover, almost 90 percent deaths from COPD occur in low- and middle-income countries like Bangladesh. There are simple diagnostic test, medicines available to combat COPD, but many people do not aware of it. They neglect the disease as seasonal cough and cold. Many are diagnosed when their disease progressed to an advanced stage.

Like heart attack, COPD can cause lung attack. We need to increase the level of awareness about COPD and its consequences. We need to work together to reduce secondhand smoke due to any cause to prevent development of COPD, to help people breathe easily.

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Cost-effective integrated Hospital Information System (HIS)

ENGINEER JAHIDUL HASAN

Hospital Information System (HIS) is vital for decision making and plays a crucial role in healthcare revolution. With computerisation of the medical records and documentation, clinicians and other healthcare professionals can access the information without delay or errors and make a better decision on time. But most of the Bangladeshi hospitals lack the appropriate system. However, implementing this system does not require much money; whereas, it can improve patient care, ensure patient safety and efficiency.

HIS addresses the entire major functional areas of modern multi-specialty hospitals. Well designed, integrated computer system can be a great tool in the hands of the Hospital management in improving services, controlling cost, and ensuring optimal utilisation of facilities.

The importance of the HIS is for centralised database, reduced patient waiting time for appointment and billing, reduced patient waiting time at pharmacy for collection of medicine, reduced time for diagnostic result preparation by directly capturing data from machines, patient records available in the hospital.

Some of the private hospitals in Bangladesh have taken initiative but are not using universally. In a large hospital, which devotes considerable emphasis on patient care, the online computerised system should be established to reduce costs and improve the accuracy for patient care, accounting and administration, record keeping and management reporting. In the long run, we can build and maintain patient database for analysis of data to facilitate decision-making process.

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Amino Acid – the most vital biological molecules



Protein rich foods are the sources of amino acid

MD MIZANUR RAHMAN

All life depends on nitrogen sources for survival. Humans get their nitrogen from amino acids, which are the building blocks for proteins. Plants can synthesise all the amino acids needed for its survival, but human cannot do so. Human make certain amino acids but others come from the foods they eat.

There are a total of 20 amino acids that we need for cellular functions. Among them, 10 amino acids are called essential amino acids that body cannot synthesise; those are supplied by our diets. The rest 10 amino acids are called non-essential amino acids -- those are synthesised inside the body. More importantly, amino acid is crucial for protein synthesis that builds our muscle.

Deficiency of essential amino acids can drastically interrupt the ways our body work. As all the protein-like enzyme, antibody, hormone, hemoglobin, neuropeptides etc. are made by amino acids. These are the basic bio-molecules, which regulate our body to keep well. So having those amino acids at right proportion in our diet is an important factor.

In this regard, balanced diet is necessary; merely vegetable for strict vegetarian is not the best solution for weight reduction. This is partly due to the "thin is beautiful" mindset that causes people (mostly women) to take in lesser amount of protein.

Vegetables are also good amino acid sources (especially, soy, nuts and beans), but most of them do not usually contain all of ten. Vegetarians are most especially prone to amino acid deficiencies. We need complete proteins that come from meat, fish, eggs and dairy as well.

Unlike fats and carbohydrates, body does not tend to store excess supply of amino acids for later use. It should be taken at everyday basis. These days, essential amino acid deficiencies are common; people consume insufficient amount of protein. Thus supplementation of amino acids has become increasingly necessary. Amino acid supplements are very important as they counter the deficiency and offer therapeutic benefits to our body.

Amino acid metabolism is vital for our body because an insufficient amount of any one of the amino acids can lead to illness. Considering this, amino acid supplements should be rendered important as well.

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Sexual abuse in childhood tied to schizophrenia



REUTERS HEALTH, New York

Sexually abused children are at increased risk of developing schizophrenia later in life, Australian researchers have found.

Although child abuse has been firmly tied to other mental health problems -- including depression, anxiety and suicide -- the link to psychotic illnesses has long been a subject of debate.

The new study shows sexual assaults more than doubled the odds that a child would develop schizophrenia as an adult -- from less than 1 in 100 (0.7 percent) in the general population to nearly 2 in 100 (1.9 percent) among the abuse victims.

The risk was higher still if the assault involved penetration or multiple perpetrators, or took place in the early teenage years.

Nearly one in five adults who had been raped by more than one person between ages

13 and 15 developed schizophrenia or another psychotic illness, Margaret Cutajar, of Monash University in Victoria, and colleagues found.

In their report, published in the Archives of General Psychiatry, they say the new results cannot prove a cause-and-effect relationship between the abuse and the later psychoses, but at the very least they may help point to a group of people who would benefit from professional help.

"Many of the studies to date have relied on retrospective recall of traumatic experiences," said Shevlin, who was not involved in the new research. And recall, he added, is not always trustworthy. He stressed the findings do not necessarily mean the abuse triggers later psychosis directly, because it may reflect other risk factors such as poverty or a difficult family situation.

Source: Archives of General Psychiatry

Still, he said, children who experience sexual assaults, especially by a family member, may become anxious and withdrawn and perceive the world as a threatening place.

"These things could maybe explain things like paranoid beliefs," said Shevlin. "Environmental factors are obviously very important in the development of serious health problems."

Craig Steel, an expert in psychological trauma at Reading University in the UK, said the new paper made a strong case for going beyond drugs when treating people with schizophrenia.

Although both US and UK government guidelines recommend using cognitive behavioural therapy in addition to medication, he said, psychiatrists tend not to focus on patients' personal histories.

"At the very least the study adds weight to the fact that, as clinicians when we are confronted with people with schizophrenia, trauma assessment should be a routine part of our practice," Steel said.

And kids are not the only ones to get psychological scars from sexual assaults, although they may be particularly vulnerable.

Source: Archives of General Psychiatry

Nails and health: Read the signs

STAR HEALTH DESK

Did you know your nails can reveal clues to your overall health? A touch of white here, a rosy tinge there, or some rippling or bumps may be a sign of disease in the body. Problems in the liver, lungs, and heart can show up in your nails. Keep reading to learn what secrets your nails might reveal.

Pale nails
Very pale nails are sometimes linked to aging. But they can also be a sign of serious illness, such as: Anemia, Congestive heart failure, Liver disease, Malnutrition

White nails
If the nails are mostly white with darker rims, this can indicate liver problems, such as hepatitis. In this image, you can see the fingers are also jaundiced, another sign of liver trouble.

Yellow nails
One of the most common causes of yellow nails is a fungal infection. As the infection worsens, the nail bed may retract, and nails may thicken and crumble. In rare cases, yellow nails can indicate a more serious condition such as severe thyroid disease, lung disease, diabetes or psoriasis

Bluish nails
Nails with a bluish tint can mean the body is not getting enough oxygen. This could indicate an infection in the lungs, such as pneumonia. A slight bluish base may reveal diabetes.

Rippled nails
If the nail surface is rippled or

pitted, this may be an early sign of psoriasis or inflammatory arthritis. Discoloration of the nail is common; the skin under the nail can seem reddish-brown. Psoriasis is a skin condition that starts in the nails 10% of the time.

Cracked or split nails
Dry, brittle nails that frequently crack or split have been linked to thyroid disease. Cracking or splitting combined with a yellowish hue is

as possible. They are sometimes caused by melanoma, the most dangerous type of skin cancer.

Gnawed nails
Biting your nails may be nothing more than an old habit, but in some cases it is a sign of persistent anxiety that could benefit from treatment. Nail biting or picking has also been linked to obsessive-compulsive disorder. If you cannot stop, it is worth dis-



more likely due to a fungal infection.

Puffy nail fold
If the skin around the nail appears red and puffy, this is known as inflammation of the nail fold. It may be the result of lupus or another connective tissue disorder.

Dark lines beneath the nail
Dark lines beneath the nail should be investigated as soon

cussing with your doctor.

Nails are only part of the puzzle. Though nail changes accompany many conditions, these changes are rarely the first sign. And many nail abnormalities are harmless -- not everyone with white nails has hepatitis. If you are concerned about the appearance of your nails, see a dermatologist.

Knowing for better living

Due to Osteoporosis

30-50% women

&

15-30% men are at risk of bone fractures !

Eat calcium rich food regularly

Sunbathe for at least 10-15 minutes daily

Take balance diet regularly

Exercise regularly

Consult your Doctor if necessary

Courtesy...