



Beating begins at home

Not only 'courtesy', but 'beating' also begins at home. It has been proved that discipline without shouting or spanking offers effective, practical and non-violent options for correcting the most common behavioural problems of children.

As an adult, you need to control your temper and behave yourself first. If you want to bring order to your own family, you bring order to yourself first. And if you want to bring order to the society, you first bring order to your own family. 'Every person is responsible for the rise and fall of humanity' as 'Confucius' said thousand and thousand years back.

Sometimes 'Positive Family Therapy' is very important which offers a basic concept for approaching all illnesses and disorders. This therapy is a special form of therapeutic thought.

If you are the Mom or Dad of a kid — you are the King or Queen in your children's world. Each and every action of your life is being recorded by your son or daughter. First few years of life have always an effect for the whole life. Between the age of 3 to 13, children's psychological development is very important. Your behaviour is your responsibility. It is easier to become a mother/father, but it is not easy to be a 'Mom' or 'Dad'.

Attaining optimal physical activity for health

STAR HEALTH DESK

Physical inactivity is the fourth leading risk factor for global mortality. Globally, 6 percent of deaths are attributed to physical inactivity. It is estimated as being the principle cause for approximately 21-25 percent of breast and colon cancers, 27 percent of diabetes and 30 percent of heart disease burden.

Despite the enormous effects on health and large number of deaths, the level of physical inactivity is increasing in many developing countries including Bangladesh. With rapid unplanned urbanisation, reduction of the number of playgrounds, unhealthy environment and behaviour, the country has been experiencing rising number of people being affected and dying of non-communicable diseases like heart diseases, stroke, cancer, diabetes, obesity etc.

It has been shown that participation in regular physical activities reduces the risk of coronary heart disease and stroke, diabetes, hypertension, colon cancer, breast cancer, hip or vertebral fractures and depression. Additionally, physical activity is fundamental to energy balance, weight control and



prevention of obesity.

Recognising the immense importance, World Health Organisation (WHO) has developed the "Global Recommendations on Physical Activity for Health". The recommendations set out for three age groups: 5-17 years old; 18-64 years old; and

65 years old and above.

5-17 years old

For children and young people, physical activity includes play games, sports, transportation (e.g. walking or cycling), chores, recreation, physical education, or planned exercise, in the con-

text of family, school and community activities. They should accumulate at least 60 minutes of moderate to vigorous physical activity daily. Amounts of physical activity greater than 60 minutes provide additional health benefits.

18-64 years old

In adults aged 18-64, physical activity includes leisure time physical activity, transportation (e.g. walking or cycling), occupational (i.e. work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities. They should do at least 150 minutes of moderately intense physical activity throughout the week or at least 75 minutes of vigorous activity throughout the week or an equivalent combination of moderate- and vigorous activity. All activity should be performed in bouts of at least 10 minutes duration.

Adults aged 65 and above

The main recommendations for adults and older adults are the same. In addition, older adults with poor mobility should do physical activity to enhance balance and prevent falls three or more days per week. When older adults cannot do the recommended amount of physical activity due to their health conditions, they should be as physically active as their abilities and conditions allow and should consult with physicians.

Data Source: WHO

MEDICAL BREAKTHROUGH



Traditional angioplasty technique

Laser showed hope as an alternative to Angioplasty

Scientists designed high-powered laser that will clear blocked artery to prevent heart attack

People whose arteries (blood vessels) get blocked due to cholesterol, hypertension and diabetes may now get a quicker treatment as a high-powered laser, which unblocks or clears arteries in minutes, has been designed in the UK.

The first two patients were treated at University College Hospital in London and were discharged the next day, instead of spending weeks in hospital.

Currently, angioplasty procedure that uses the small tube, or stent, to widen the artery is used. It is an incredibly difficult treatment to unblock an artery, especially if a patient has a stent. Before, patients had to spend up to ten days in hospital.

With the laser there is no need for further surgery. Instead, the device vaporises tissue in minbloodutes with the help of ultra violet light, which delivers short bursts of energy. The light is transmitted through 30 glass filaments, which are guided through the blockage in the artery with a special catheter called the Turbo Elite. Once the tissue has been blasted away, normal flow is restored.

Another advantage of the laser over traditional treatments is that any remaining particles are absorbed into the bloodstream and safely passed out of the body.

Scientists are expecting soon laser will replace angioplasty for heart, stroke or other diseases.

The authors Occupational Therapists.

Source: Asian News International (ANI)



Negative calorie diet to lose extra pounds

A negative caloric effect means that the number of calories your body has to expend to chew, digest, metabolise and eliminate the food is more than it gains from the food itself.

Dietary fibres are a classical example of negative calorie food that are not digested in our body and contributes weight loss plan. The negative calorie diet claims that weight loss of up to two pounds daily is achievable.

Any success that a person would have while following the negative calorie diet would be due to drastically reduced calorie intake. However, taking such diet is not healthy for an extended period of time as it will not include enough protein or essential fats.

To eat a negative calorie diet, know that you will have to cut back on foods that you normally eat. Also, the foods on the negative calorie diet are low calorie, which means you can eat more than if you eat foods high in calories. This way you stay full and are not hungry. Hungry people overeat and gain weight.

Negative calorie foods also take more energy to digest, so you can burn more calories just by eating. You should start taking negative calorie foods by cutting back on meat and other high fat, high calorie foods.

Some negative calorie diet fruits are Watermelon, strawberries, pineapple, grapefruit, apples, orange, mango, peaches, raspberries, blueberries, cranberries and papaya.

Negative calorie vegetables include carrots, cauliflower, broccoli, celery, cucumber, tomato, lettuce, spinach, green beans, turnips, beets, asparagus, chili peppers, onion, garlic, radishes and cabbage.

Health in the workplace with ergonomic approach

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Sufferings from neck pain, back pain and many other work related musculoskeletal disorders like tendonitis, carpal tunnel syndrome and tennis elbow are very common among many corporate officials and workers at different office and industries. This is specifically a problem in garments industries, tanneries and textile factories in Bangladesh.

All these musculoskeletal problems could lead to further bad consequences in terms of physical problems, productivity and emotional well-being for the workers. Accidents at workplaces affect many more lives each year. This could be reduced significantly following an ergonomic approach facilitated by an occupational therapist.

What is ergonomics?

Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of employees. A practical approach to ergonomics considers the match between the person, the equipment they use, the work processes and the work environment.

The benefits of ergonomic programme

- Decreased injuries and illnesses
- Increased efficiency at work
- Increased physical well being
- Decreased absenteeism

Value of ergonomics

Ergonomics can serve both the social goals (well-being) and economic goals (performance).

The probability of accidents can be reduced by taking better account of human capabilities and limitations when designing work and everyday-life environments.

Ergonomics has become one of the most important design factors in reducing operator error. Many works and everyday-life situations are hazardous to health.

In many countries, diseases of the musculoskeletal system (mainly lower back pain) and psychological illnesses (for example, due to stress) constitute the most important causes of absence due to illness, and of occupational disability. Ergonomics can help reduce the problems by improving the working conditions.

Ergonomics can contribute to the realisation of user-friendly products.

For example, many products are being promoted as ergonomic suggesting comfort and pleasure during the use. Some are more effective than others. It has become a common marketing tool just to call the tool ergonomic. Mouses and keyboards for computers are two such examples of items that have been ergonomically designed, but some work better for some people than others.

This is where an occupational therapist can help match the person's specific body type and needs with the device for optimal safety and comfort.

At society level, ergonomics can assist in reducing costs associated with preventable health problems, work-related musculo-skeletal disorders.

Conclusion

Any office, workplaces and industry can be benefited through ergonomic approaches in various ways as below:

Considering the earnest need for preventing occupation related musculoskeletal disorder and accidents, improved efficiency at work and decreased absenteeism, we should introduce the ergonomic approach in the workplace promptly.

Knowing for better living

In Bangladesh ...

26.3% people are suffering from musculoskeletal pain!

Avoid heavy physical activities

Use firm mattress while sleeping

Keep your back straight while sitting on chair

Avoid standing at same position for a long time

Avoid smoking

Exercise regularly

Consult your Doctor



Courtesy...