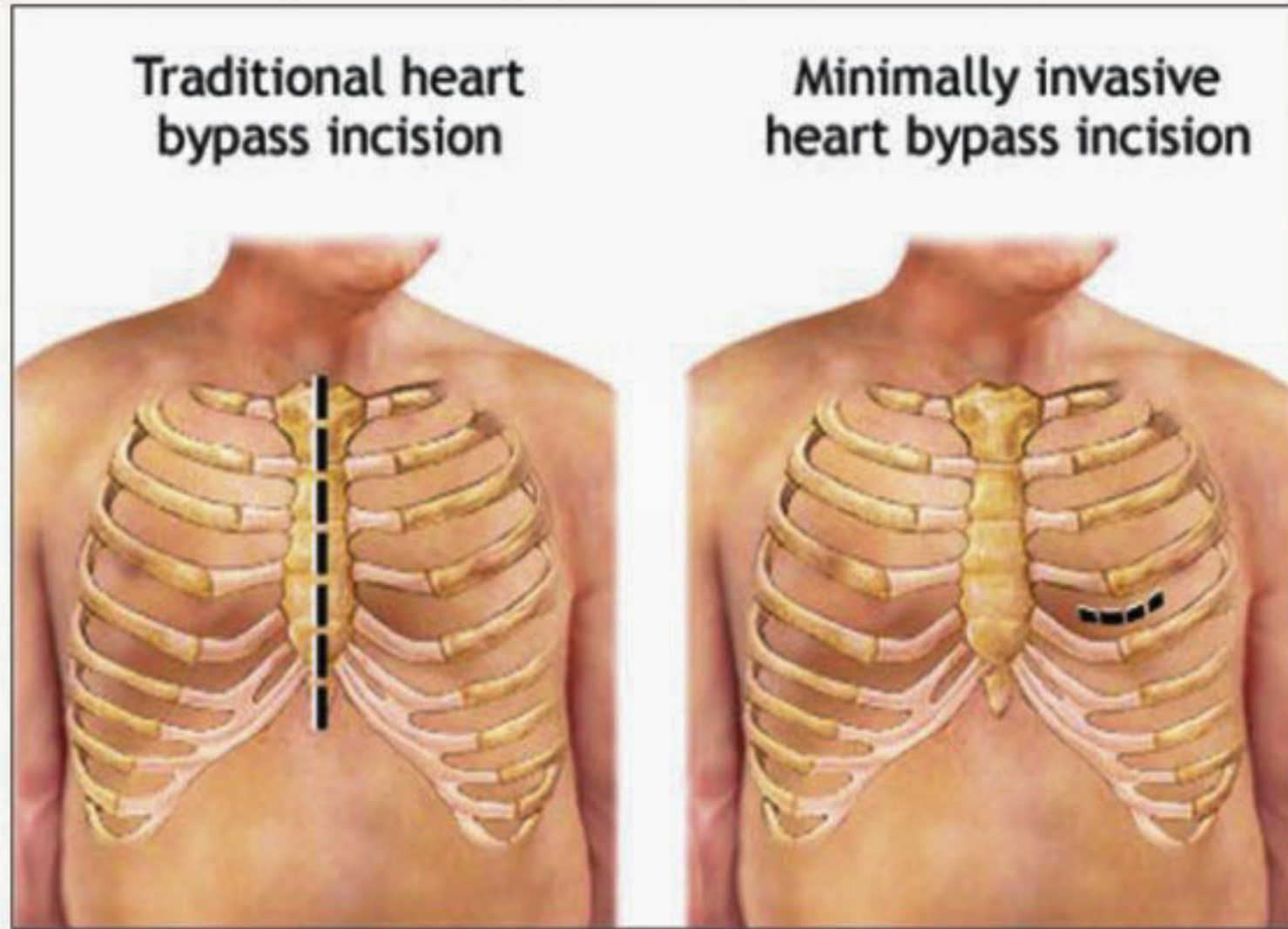




## Cosmetic heart surgery for more compliance

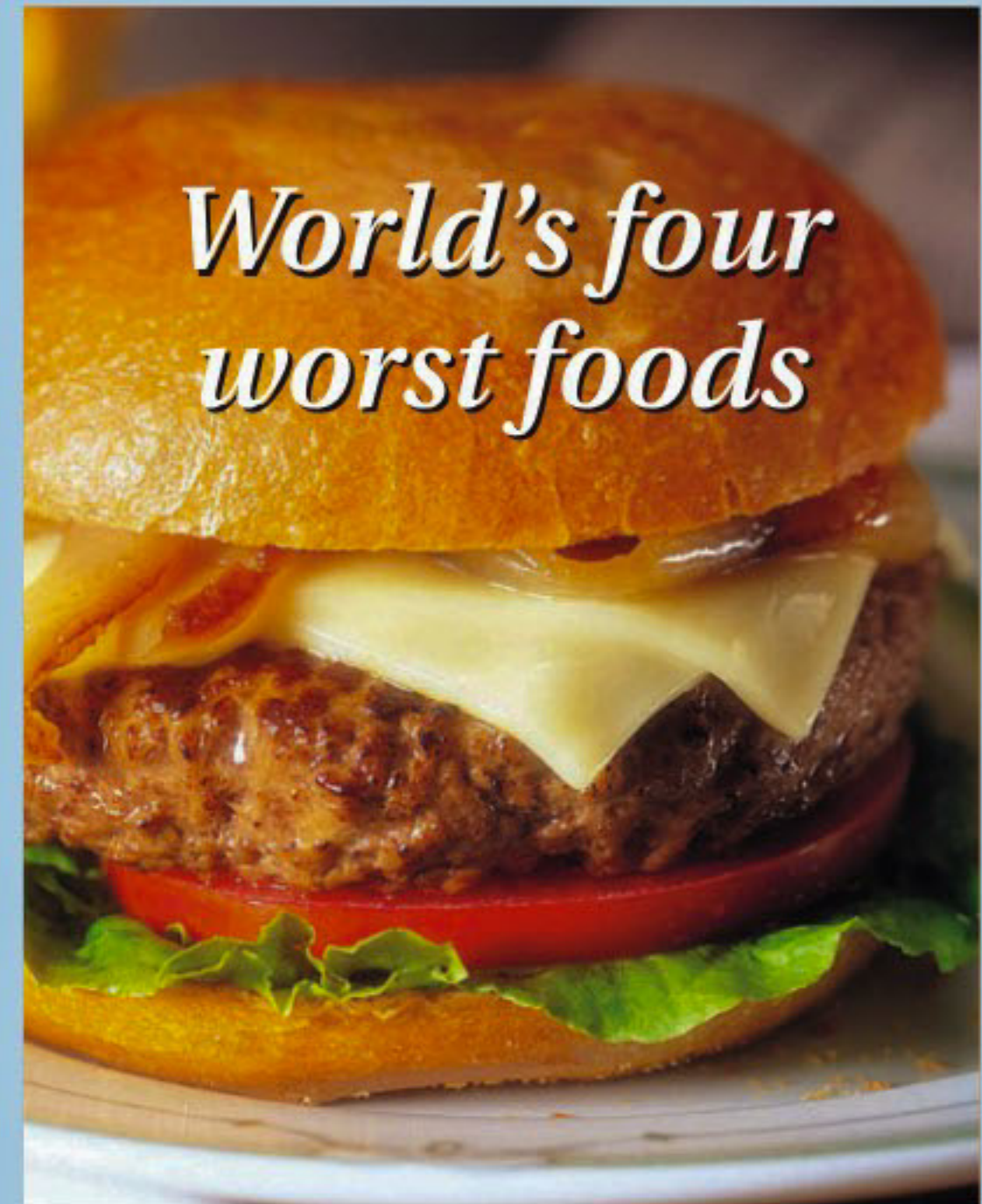
Dr M QUAMRUL ISLAM TALUKDER  
With the advance in modern science healthcare technology has also improved a lot. A few decades ago medicine was the only remedy of heart diseases of any kind while surgery has been successfully practiced for heart diseases in the last decades. Conventionally heart surgery was being done cutting through the breast bone in the middle of the chest. This used to cause complications like infections, bleeding, long lasting pain, long hospital stay and slow recovery to resume job. For most of the patients, especially the young ladies feel really embarrassed with the long cut mark right in the middle of the chest following heart surgery. To mitigate these problems of conventional approach for heart surgery, the cardiac surgeons

invented new minimally invasive approach, which is more familiar as cosmetic surgery for most of the cardiac diseases presently. In this procedure the incision is made very small of about 2 inch to 3 inch long in the chest according to the type of surgery and heart lung machine is connected through a small incision in the groin. This procedure is also done with the aid of robot in the developed countries now a day and gained much popularity. Current studies reveal that chance of death or other common complications is not higher in this procedure than the conventional heart surgery. Rather the rate of early recovery and resumption of pain free good quality of life is much higher in this procedure. Types of heart surgery that are performed with minimally in-



sive surgery in Bangladesh include Coronary Artery Bypass Graft (CABG), Atrial Septal Defect(ASD) closure, Mitral valve repair/ replacement. In Bangladesh, robotic heart

surgery may not be feasible for economic constraints but this procedure can be done without robot for some diseases like ASD closure or Mitral Valve repair/replacement. Moreover, this procedure will not cost very high in comparison to the conventional surgery. The number of patients with mitral valve diseases is quite high in Bangladesh, especially in female population for high prevalence of rheumatic fever. This procedure can help many of them in terms of early recovery and acceptance of small cut mark. I believe that by availing this affordable heart surgical procedure, our people will be much benefitted with early recovery and acceptable small cut marks. The writer is a Consultant, Cardiovascular and Thoracic Surgery working at Apollo Hospitals Dhaka.



World's four worst foods

I realise, one day time will come, soft fizzy drinks, French fries/potato chips, Burgers/Pizza and fast foods, fried chickens — deep-fried, partially in hydrogenated oil will be restricted in the shops. The four worst talked foods are:  
•**French fries and potato chips:** These are usually cooked at 190°C (374°F) — a temperature high enough to cause the formation of acrylamide. Did you know that most French fries and potato chips contain insane levels of acrylamide? It has caused cancer in rats in laboratory tests and its presence in some foods may harm people's health. It has not been found in any raw or boiled foods.  
•**Fast foods: Pizza/ Sandwiches and Burgers:** These may speed up people's risk of clogged arteries that can lead to heart attacks.  
•**Soft Drinks:** In fact, soft drinks are far from soft. The phosphate content of soft drinks is very high, and they contain virtually no calcium. Some researchers believe that increased soft drink consumption is a major factor that contributes to osteoporosis.  
•**Fast food (Fried Chicken):** The fat and skin of chickens (and fowl in general) are maybe the worst foods one could possibly find.  
So, let's get back to old-fashioned home cooking. Drink Coconut/lemon water instead of soft drinks. And enjoy our traditional 'Pithas'. We need old-fashioned home cooking, use fat-substitute baking products, and just cut back on the bad ingredients like trans fats and saturated fats.

## How to disclose about an end stage disease

DR M KARIM KHAN

After taking proper history, physical examination and laboratory tests, if I find my patient suffering from some cancer or serious disease, how should I ventilate that to the patient or his/her relatives.

Many a time, a physician faces this situation. There are various ways to ventilate the news which depends upon the nature of the disease, education level, economic status, social background, mental make up, culture and religion of the patient.

While I teach to my clinical students, often I tell them two very important words, one is sympathy and the other one is empathy. Listen to the patient with sympathy and treat them with empathy. To be a good doctor and for a better management and outcome, this is very much essential.

Other thing is communication skill. It is the first important step to build up good and effective relationship with a doctor and the patient. It is an art and should be acquired from the very beginning. Communication and interpersonal relationship have become a core focus of medical education in the USA. Their students need to appear in exam on that issue.

If the diagnosis of the patient is cancer or HIV or something very serious, don't say that spontaneously straight way. They advise is to reassess the patient, repeat the lab tests, confirm the diagnosis, if needed consult with seniors and take some time. Make an appointment with the patient, his/her parents, nearest relatives or neighbour on some other day and sit with them, talk to them in a congenial



atmosphere and try to understand the overall situation and share your experience of similar patients; then tell the truth with positive attitude.

Those who bring the bad news, must do it in an empathetic way and allow dialogue back and forth and answer the questions honestly. It helps to have X-rays and graphics to show the cancer patients what is going on and break it down into laymen's terms. They may have many questions, such as the time frame left, if they are experiencing pain, if there are any other new medical cures or experimental drugs and such.

The doctor needs to be truthful without giving false hope. The patient's emotion will be filled with thoughts of divine intervention, anger, denial, depression, resignation, and hopefully eventual acceptance. Different patients react differently to the news of carrying a terminal illness like cancer. In general, almost all patients go through various stages of acceptance when an end stage disease has been diagnosed.

The first stage is disbelief. Most people are shocked that it could happen to them, there is extreme anxiety, especially about the unknown. Shock, despair and anger are common. There

is also guilt that perhaps one has done something wrong to receive such a diagnosis. Some individuals find it humorous; others become helpless and often start to bargain. This first stage is usually short lived and usually lasts from a few days to a few weeks. The second stage is depression which is usually a reaction to the diagnosis. The depression is mild to moderate in intensity and needs family support. Duration of depression often can last several weeks but soon it fades and one goes into the final stage of acceptance. So the way of disclosing the fact is very important and that reflects the knowledge, attitude, behaviour, sympathy and empathy of the doctor towards the patient.

Please approach this issue carefully. How we deal with it will mean a lot to the person we are relaying the news to. Many a time we cannot cure the disease, but definitely we can reduce the mental suffering of the patients and relatives by our cordial and sympathetic approach.

The writer is a Professor of Paediatrics in Community Based Medical College (CBMC), Myrmensingh. E-mail: mmukhkh@gmail.com



REUTERS

## Stem cells used to make pancreas, gut cells

REUTERS, Washington

Stem cells can be transformed into the pancreatic cells needed to treat diabetes and into complex layers of intestinal tissue, scientists demonstrated in two experiments recently.

In one, a team turned immature sperm cells into pancreatic tissue, while another team turned embryonic stem cells into complex layers of intestinal tissue. Both studies show new ways to use stem cells, which are the body's master cells and which can come from a variety of sources.

A team at Georgetown University in Washington worked with spermatogonial stem cells, master cells that give rise to sperm in men. When transplanted into diabetic mice, these cells produced insulin, acting like the pancreatic beta cells that the body mistakenly destroys in type-1 diabetes, Gallicano's team told a meeting of the American Society for Cell Biology in Philadelphia.

Currently, children and young adults diagnosed with type-1 diabetes must take insulin for life.

Gallicano said men's own cells could be used as a source of their transplants, and he said perhaps the approach may work in women too.

Separately, James Wells and colleagues at Cincinnati Children's Hospital Medical Center in Ohio turned two different kinds of stem cell into complex layers of intestinal tissue.

## Knowing for better living

### In Bangladesh ...

The incidence of typhoid fever is the highest in **April, August & December** !

Drink pure water

Avoid unhygienic food

Wash hands properly before preparing and eating food

Follow prescription strictly while taking antibiotic

Consult your Doctor



Courtesy...