



HAVE A NICE DAY

Care: First and always

"An enemy's visit to the sickbed is worse than the disease itself" — goes the Arabian proverb.

A frustrating anarchy is prevailing in the health sector of Bangladesh at this moment. Neither side of the coin (doctor/patient) is happy and satisfied. Whereas job satisfaction of the medical professionals is considered as a prerequisite for quality health care system.

At the same time they are too much in fear of the doctors and other facilities available in these hospitals which results in misconception in most cases. Only the very privileged persons/cases can be the exceptions. As well as they do not find any accountability of the medical and nursing staff when they leave these hospitals.

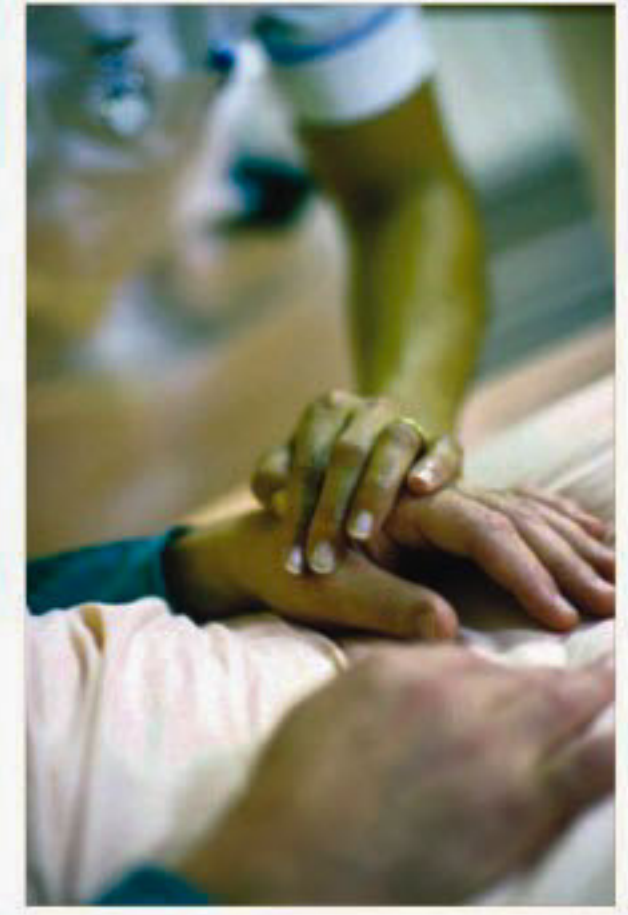
We need to come up with some policy prescriptions and suggestions undertaking a practical data based study to overcome the described situation.

But above everything, let's think about the following four points —

- Communicating and explaining nicely as well as conveying a sense of order in the hospital atmosphere
- Attitude patterns of all medical staff
- Responsiveness to patients' needs
- Emergency = Empathy



Dr Rubaiul Murshed



Diet and exercise to curb cholesterol

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Diet and physical activity have major effects on body cholesterol. Eating healthy foods and exercising regularly can help you lower your cholesterol or maintain a normal level. Likewise, lack of physical activity and poor food choices can send your cholesterol soaring.

Foods to be cautious

Saturated fat is the main culprit food for high cholesterol. They are mostly found in red meat, poultry with skin and full-fat dairy products. Experts recommend limiting saturated fat to less than 10 percent of our daily calorie intake. Lowering the consumption of saturated fats has been proven to lower the bad cholesterol or LDL. Experts say not to consume more than 300 mg of cholesterol each day. Eggs, cheese, sour cream, butter, meat and poultry all contain cholesterol.

Finally, the trans fat in packaged baked foods like crackers, cakes, cookies, fried foods and some margarine is a matter of worry. The latest recommendation is to keep harmful trans fat intake below 1%.

Foods that can help you

Fiber-rich fruits, vegetables, beans and oats all have proven cholesterol-fighting benefits. Studies have demonstrated that fiber lowers cholesterol. It also makes you feel full, which can help control weight. Experts recommend eating 25 to 38 grams of fiber daily, depending on your sex and your age. The nutritionists also let oat makers put a "heart-healthy" claim on their products because of oats' ability to decrease total cholesterol and LDL.

Fish are low in saturates and high in heart-healthy omega-3 fatty acids that can help lower cholesterol. Experts advise eating at least two servings of baked or grilled fish each week. Soy foods such as soy milk and whole soybeans may lower your risk of heart disease when eaten as part of a low-fat, low-cholesterol diet. The advice is to eat 25 grams of soy protein each day, which is the equivalent of a little over three cups of soy milk.

Nuts, including almonds, walnuts, peanuts, pecans and pistachios, help lower cholesterol. Experts believe this is due to the combination of polyunsaturated

and monounsaturated fats they contain. Experts believe that polyunsaturated fats (including nuts, seeds and safflower, sesame and corn oils) and monounsaturated fats (including avocados and canola, olive and peanut oils) may help lower your cholesterol when you consume them instead of saturated fats.

Physical activity and exercise

Working out on a regular basis lowers LDL cholesterol and raises HDL cholesterol levels. It also helps you achieve and maintain a healthy weight, which is beneficial not only for your heart health but for your overall health. Experts say to aim for at least 30 minutes of exercise each day for at least 5 days a week.

Family history

Another risk factor for high cholesterol is heredity. Some people have high cholesterol because it runs in their families. If you have a family history of high cholesterol or heart disease, it is more important than ever to eat right, exercise regularly and maintain a healthy weight.

THE WRITERS ARE THE EXECUTIVES OF EMINENCE [WWW.EMINENCE-BD.ORG]



TOTAL PARENTERAL NUTRITION

Essential for nurturing severely ill

CHOWDHURY TASNEEM HASIN

Total Parenteral Nutrition (TPN) is an alternate form of providing a complete form of nutrition, containing protein, sugar, fat and added vitamins and minerals to those patients who are unable to get full nutrition through mouth. It is crucial for severely ill patients as it keeps people alive where they can not eat to sustain themselves. This method bypasses the digestive tract completely and places nutrients directly into the bloodstream.

TPN is required during critical situation, for example, during/after massive bleeding in conditions like bleeding from intestinal tract, paralytic ileus (paralysis of the intestinal muscle), severe and prolonged diarrhoea not responding to any oral or intravenous therapy, intractable vomiting for a continued period, patients with disorders requiring complete bowel rest, critically ill patients on mechanical ventilator for a longer period, severely undernourished patients, patients of severe burns or head trauma and for those who are being prepared for any surgical cause, patients in radio therapy or chemotherapy.



TPN is also suggested for sick or premature newborns before starting other feedings or when they can not absorb nutrients through the gastrointestinal tract for a long time.

At the time of monitoring, advice of TPN should be sought from the nutrition team and dietitian. TPN is approximately four times the cost of oral feeding. Evaluation of total cost of this procedure is important for scaling up of the system in different hospitals in Bangladesh and it demands critical

examination. It is also imperative to examine the potential for transition to oral feedings in individual cases for reducing the hospital cost of the patients.

In present situation, we need more randomised controlled trials concerning efficacy of TPN and its cost analyses for betterment of the patients.

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Addition of a new test for diagnosing diabetes

STAR HEALTH REPORT

A test called HbA1c used to check how well the blood sugar was being controlled over previous 2-3 months has now been approved as a diagnostic test. A report on a World Health Organisation (WHO) expert consultation issued recently on the diagnosis of diabetes recommends the acceptability of glycated haemoglobin, or HbA1c, as an additional test to diagnose the debilitating and deadly disease. Experts from WHO say the addition of a new test for diagnosing diabetes is a positive development.

The test has some advantages over traditional glucose measuring test. Unlike other methods, it does not require a patient to fast before a blood sample is taken, nor to consume a glucose drink that many people find unpalatable. It also has the advantage of reflecting a person's average blood glucose levels over the last 2-3 months. But the greatest challenge of implementing the test for diagnosis in a developing country like Bangladesh is its higher cost.

It also remains unreliable in medical conditions such as haemolytic (disease caused by destruction of red blood cells) or iron deficiency anaemia (reduced haemoglobin in blood). So the priority for low-income countries will continue to be ensuring the availability of blood glucose measurement at the primary health care level before widely introducing HbA1c for diagnosing diabetes.

HbA1c has been widely used since the 1980s as an indicator of blood sugar control. Experts opined that before using HbA1c as a diagnostic tool, the test should be standardised using latest technology so that results are not affected by any condition.

HEALTH bulletin

Studies show swift impact of rotavirus vaccines

Countries that vaccinate babies against rotavirus, which can cause severe diarrhoea and kill in days, have significantly reduced the number of children admitted to hospitals with the disease, a report showed recently.

Data from countries where rotavirus vaccines have recently become part of routine childhood immunisations, show steep and swift falls in the number of children under five becoming ill with the virus. It also shows large reductions in rotavirus disease among older, unvaccinated children, suggesting that vaccination of babies may also limit the overall amount of virus transmission, giving what is known as "herd immunity" — which may help policymakers and donors to support and implement WHO recommendations to introduce rotavirus vaccines in all countries as soon as possible.

SOURCE: PAEDIATRIC INFECTIOUS DISEASE JOURNAL

Smoking tied to miscarriage risk

A new study may offer women one more reason to kick the smoking habit before becoming pregnant: a potentially reduced risk of early miscarriage.

In a study on some Japanese women, researchers found that those who smoked heavily early in pregnancy were more than twice as likely as non-smokers to suffer a miscarriage in the first trimester.

Smoking has been linked to increased risks of stillbirth, preterm delivery and low birthweight.

SOURCE: HUMAN REPRODUCTION

Knowing for better living

In Bangladesh...

22% of all newborns are low birth weight!

Ensure adequate nutrition for pregnant woman

Arrange regular medical checkup during pregnancy

Take special care for pregnant woman

Keep away from active or passive smoking during pregnancy

Take medicine only on Doctor's prescription



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