



HAVE A NICE DAY

Energy drinks: A cause for concern



DR MD RAJIB HOSSAIN

After strenuous physical activity or in the night before the exam or in stressful situations, many people choose an energy drink to power their body up. Some prefer energy drinks to water/soft drinks in order to quench their thirst. But scientists have seen dangers in people who overindulge in energy drinks; especially people with heart diseases are at greater risk.

Three researchers from the University of Texas Health Science Centre and the University of Queensland in Australia examined the contents of these beverages, which are sold alongside soft drinks. Their review of all the studies published recently in the Mayo Clinic

Proceedings revealed that high level of caffeine, one of the major ingredients in energy drinks puts certain susceptible people at risk of dangerous, even life-threatening consequences and adversely affects on blood pressure, heart rate and brain function. The authors of the study have reported four documented cases of caffeine-associated death! A number of scientists are worried about high level of caffeine consumption that can lead to several adverse consequences, particularly in children and adolescents who are more susceptible to caffeine intoxication, physical dependence on it.

Excess caffeine cause disruption of sleep pattern leading to fatigue and this creates a vicious cycle to use more caffeine consequently to counteract the

fatigue. Caffeine intoxication generally causes nervousness, anxiety, restlessness, insomnia, gastrointestinal upset and tremor.

Some of these products sold in Bangladesh do not list the ingredients with their amounts including caffeine. Therefore, it is hard to determine exactly how much caffeine you are consuming. Moreover, many ingredients present in these drinks are not scientifically researched. Other than caffeine, ingredients of energy drinks include high level of sugar, taurine, glucuronolactone, vitamins B, E, inositol, guarana etc.

Energy drinks might not be a good option for people engaged in vigorous physical activity or wish to rehydrate their body, as high doses of sugar in

drinks can impair absorption of fluids and result in dehydration instead.

Vitamins are provided for utilisation of energy produced by high level of sugar and meet the deficiency. But scientists opined that this might be a kind of overload for the body, with too much stuff coming in at the same time.

It is difficult to say exactly how and to what extent energy drinks will affect your body. In most cases, the effects are not apparent readily. But, excessive regular consumption for long period may leave their marks in the long run impairing the functions of liver, heart, pancreas and so on.

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Hiccup: The most disturbing symptom

Nearly everyone has an experience of hiccup caused by the involuntary contraction of diaphragm (muscle that separates chest from abdomen). In general, hiccups resolve without medical intervention.



Dr Rubaiul Murshed

Almost all cases of hiccups last only a few minutes. But in certain cases, it can last for days or weeks that indicates a medical problem. Some can be serious such as pneumonia or harmful substances in the blood, for example from kidney failure. There are also some medicine which cause hiccupping as their side effects.

Certain things like eating too quickly or too much, eating hot chilies, an irritation in stomach or throat, feeling nervous or excited can irritate the diaphragm resulting in hiccup.

Here are some recommendations to get a quick remedy from this annoying symptom:

- One of the commonest tricks is to breathe into a paper bag. It produces carbon dioxide that calms the diaphragm responsible for stopping hiccup. But try this when someone else is around.
- Holding your breath and swallow up to 10 seconds might be useful.
- Plug your Ears — Sticking fingers in your ears could short-circuit the nerve from our brain that controls hiccups.
- Having someone suddenly shouts and scare you may help. That means, get distracted — giving the sufferer a fright or shock.
- Massaging the back of the throat (which will stop the irritation in the epiglottis).
- Sticking a finger in the mouth (not in a way that will induce vomiting).

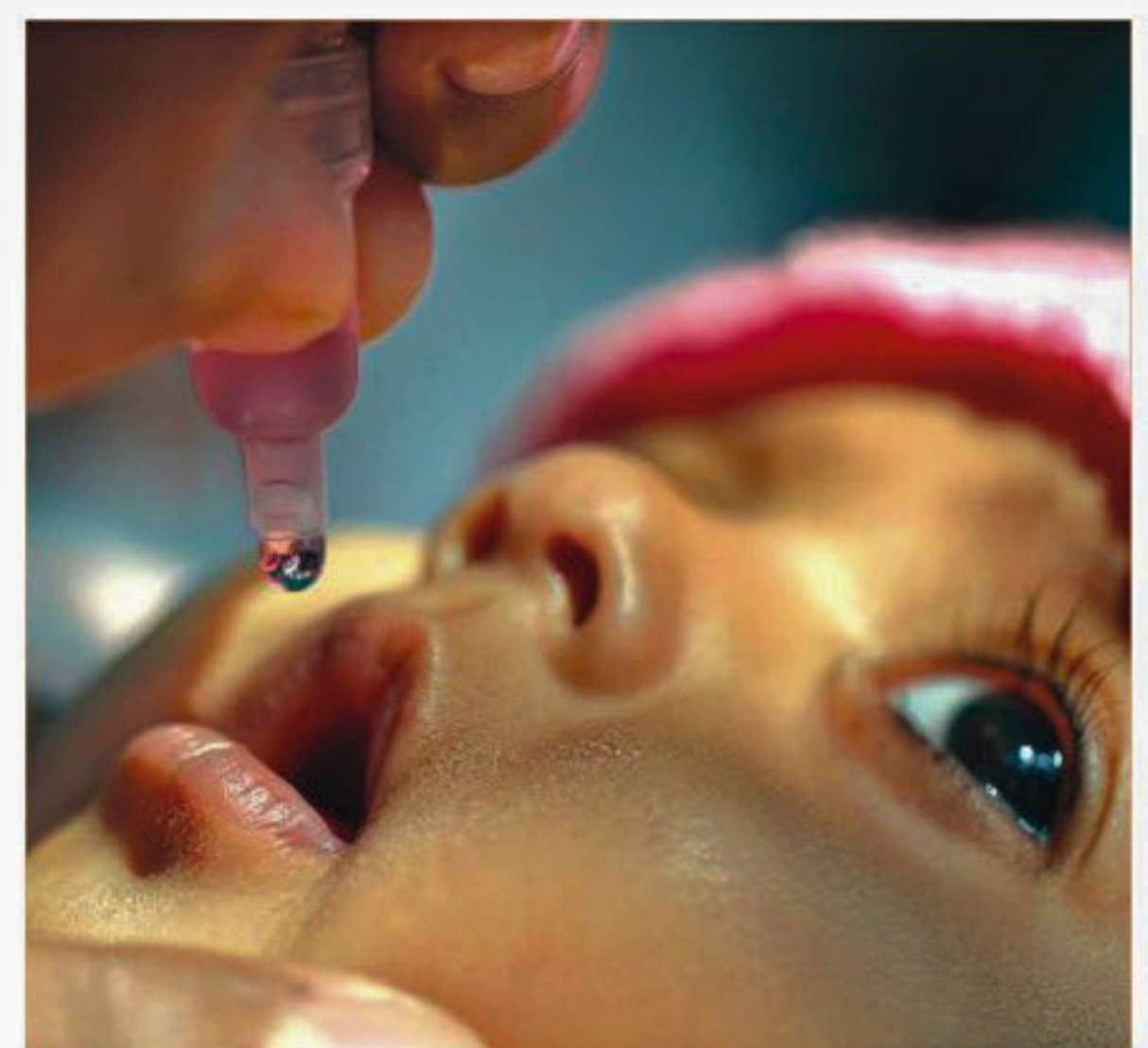
19th National Immunisation Day

Get your child vaccinated for polio today

The 2nd round of 19th National Immunisation Day (NID) will be observed today throughout Bangladesh in order to sustain its polio-free status. Children aged 0 to 5 years will be given polio vaccine and vitamin A capsule to the children aged 1 to 5 years of age.

Field workers along with large number of volunteers will provide the vaccine and capsule in health facilities and health centres, schools, as well as mobile sites like bus, launch terminals and train stations throughout the country.

Bring your child to the nearest centre and make sure that your children get two drops of polio vaccine and one vitamin A capsule.



Girls, are you fertile?

DR FATIMA MOMTAZ

It is a common concept that fertility of a woman declines significantly at late 30s and faster in early 40s due to quality of eggs and ovarian reserve. However, many people do not know that young age is not a guarantee of fertility.

There are many reasons for a woman to be infertile, for example insufficient egg reserve in ovary or abnormal quality eggs. Women have around 2 million germ cells at birth, but only 400 remains during menopausal period. Depletion of the entire pool can occur in a very young girl called premature ovarian failure (POF). Even though this condition is not very common, but it is not very rare as well. This condition is primarily genetically determined. However, radiotherapy and chemotherapy can also induce premature menopause.

A reliable way of knowing ovarian reserve is checking Anti Mullarian Hormone (AMH) test. Another method is Day 3 Follicle Stimulating Hormone (FSH) test. If any girl has a history of poor fertility in her family, it is worthy to check ovarian reserve to rule out any POF. Because, egg collection and freezing could be the solution if early diagnosis of POF can be made. Therefore, if any suspicion arises, it should be clarified by simple blood tests like AMH or FSH test.

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Women urged to be screened for diabetes after pregnancy

STAR HEALTH DESK

A substantial proportion of women do not receive appropriate testing for Gestational Diabetes Mellitus (GDM) — the diabetes that first develops during pregnancy.

Statistics from the American College of Obstetricians and

Gynaecologists revealed that fewer than 20 percent of women with gestational diabetes underwent postpartum (after delivery) diabetes testing.

Usually, GDM is first recognised in 2nd to 3rd trimester of pregnancy and disappears after delivery. But in about 10 percent of

women, GDM will not disappear and they develop type 2 diabetes.

Thus, the American College of Obstetricians and Gynecologists recommends that all women with GDM be tested 6 to 12 weeks postpartum.

Source: Journal Watch Women's Health

HEALTH bulletin

New treatment freezes extra fat

A Scientist from Harvard University has developed a new medical treatment that freezes away extra body fat and tightens the skin. The one-hour treatment called Zeltiq is the brainchild of Rox Anderson and was approved recently by the FDA.

A vacuum like device pulls in those annoying bits around the middle and literally freezes them. The fat cells die a slow death over 6 to 8 weeks and the results are dramatic.

Zeltiq is similar to liposuction in its ability to target a specific area. But it is not surgery, and the lack of pain and recovery time has made this one of the beneficial treatments.

Omega-3 fatty acids can prevent diabetic retinopathy



Fishes are good source of Omega-3 fatty acids

A recent research has shown that omega-3 fatty acids — commonly found in fish oil — can prevent retinopathy, a major form of blindness that affects people with diabetes and premature babies.

Research team at Children's Hospital Boston, has revealed that omega-3 fatty acids could prevent eye blindness such as retinopathy, caused by the proliferation of tortuous, leaky blood vessels in the retina, and age-related macular degeneration (AMD), caused by abnormal growth of blood vessels.

Source: Asian News International (ANI)

Knowing for better living

In Bangladesh ...

11 Children out of 1,000 (<5 years of age) suffer from **typhoid fever** !

Drink pure water

Avoid unhygienic food

Wash hands properly before preparing and eating food

Follow prescription strictly while taking antibiotic

Consult your Doctor



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