

Dementia — a rising concern for us

STAR HEALTH REPORT
Dementia is the loss of cognitive function — the ability to memorise things or to process thought. With the increasing life expectancy, dementia is increasing at an alarming rate in Asia including Bangladesh. Dementia care has got least priority in healthcare policy in Bangladesh and most often, people living with the condition go undiagnosed or not managed well.
Of the 35 million people currently living with dementia globally, 58 percent live in low- and

middle-income countries like Bangladesh. This figure is projected to reach 71 percent of the total by 2050. Eastern Asia and southern Asia will see dementia growth rates more than double in the coming 20 years.
Alzheimer disease is the most common cause of dementia, but it is often used as an umbrella term for several conditions (e.g. Stroke, Parkinson's disease and some other neurological diseases) causing dementia.
There are simple protocols and flowcharts, providing a guidance process for diagnosis and descriptions of psycho-

social interventions including those for caregivers.
As the number of specialists is limited, experts emphasised the need to involve community health workers, primary care doctors and nurses in a community-based programme to deal with rising mental disorders, specially dementia.
Experts urge to support families of people with dementia using locally available resources in a resource poor setting like Bangladesh. Like most countries in Asia, Bangladesh has not formulated public health policies directly targeting the bur-



den of dementia and it is not yet integrated in primary care arrangements. Although Dementia will be a significant problem associated with an ageing population, it does not receive the recognition it deserves.
Source: Bulletin, WHO

CHILD HEALTH

Umbilical Hernia in children — what to do?

DR M KARIM KHAN
Often parents pay visit to us with their child with a soft reducible swelling at the umbilicus, what we call Umbilical Hernia. It is the abnormal protrusion of organ through umbilical opening due to imperfect closure of the opening. It creates anxiety and tension to parents. The age range of the children having the condition is usually 3 months to 3 years. It reduces with gurgle sound.



Dr M Karim Khan

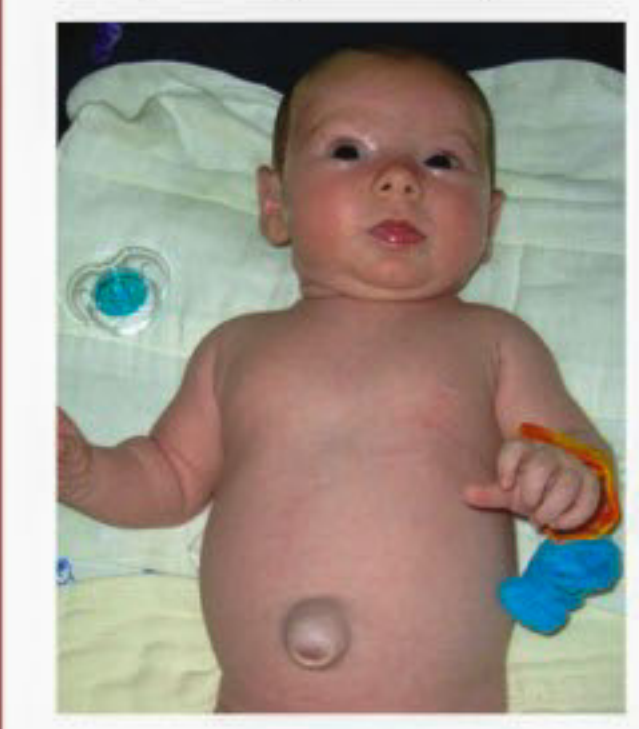
My intention of writing this article to convey parents a simple message — do not be afraid of the condition. If there is no underlying cause as mentioned earlier it will subside within one to two years without any treatment. Hot compression, pressure bandage, strapping and application of sticking plaster are of no use, rather may complicate the condition.

Surgical intervention is rarely needed. But if the Hernia persists for five years or more, progressively increases in size or unfortunately there is strangulation of the Hernia, surgery is indicated.

But assuring you again, in most of the cases (more than 95 percent) it subsides within a couple of years. So, there is no reason to get

worried or to do anything extra. Have patience, in course of time everything will be fine.

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HEALTH bulletin

Dirty air triggers more heart attacks than cocaine

REUTERS, London
Air pollution triggers more heart attacks than using cocaine and poses as high a risk of sparking a heart attack as alcohol, coffee and physical exertion, scientists said recently.
Sex, anger, marijuana use and chest or respiratory infections can also trigger heart attacks to different extent, the researchers said, but air pollution, particularly in heavy traffic, is the major culprit.
The findings suggest population-wide factors like polluted air should be taken more seriously when looking at heart risks, and should be put into context beside higher but relatively rarer risks like drug use.
Tim Nawrot of Hasselt University in Belgium, who led the study, said he hoped his findings would also encourage doctors to think more often about population level risks.
The World Health Organisation (WHO) describes air pollution as "a major environmental risk to health" and estimates that it causes around 2 million premature deaths worldwide every year.
Source: The Lancet

Hot flashes, night sweats tied to heart risks!

Women who have hot flashes and night sweats at the start of menopause may be less likely to have a heart attack later in life, U.S. researchers found. But women who develop these symptoms later in menopause may have higher heart disease risks, the team reported in the journal Menopause.

One fruit a day, keeps the doctor away

DR MD SHAMIM HAYDER TALUKDER and SHUSMITA HOSSAIN KHAN
An apple a day, keeps the doctor away — is a very old saying. Apple may not be the answer to your health, but fruits are definitely one of the ways of having good health. They are excellent sources of minerals, vitamins and enzymes. Moreover, in many cases the ailments caused by the intake of unnatural foods can be successfully treated by fruits. Fruits are helpful in so many ways. Such as —
• Apples, grapes and many other fruits contain pectin, a soluble fiber that helps regulate blood cholesterol levels.
• Fruits are easily digested and have a cleansing effect on the blood and the digestive tract.
• Fruits are an excellent source of important vitamins.
• Many fruits are high in potassium, an electrolyte essential to

maintaining a proper balance of body fluids. Adequate potassium also appears to reduce the risk of developing high blood pressure.
• Fruits are rich in antioxidants that works by preventing cell damage caused by free radicals, unstable molecules that are released when the body burns oxygen.
• Fruits are rich in bioflavonoid which protect against cancer and other diseases.
• Fruits are high in fiber and low in calories, that helps you to maintain a healthy weight.
• Fruits are a good source of natural sugars that provide quick energy with less calorie.
• The carbohydrates of fruits are easily digestible and are completely absorbed. Therefore they are very useful for sick and invalids for rapid energy supply.
• Fruit is also low in sodium so they help reduce the chance of gaining water weight.

• Many fruits contain large amount of fiber that can help prevent constipation.
• Fruits can help prevent wrinkles and help give you a smooth and radiant complexion.
Ways to get the most benefits from eating fruits
• Fruits are at their best when eaten in the raw and ripe state, because portions of their nutrient get lost during cooking or processing.
• Fruits are best eaten on an empty stomach; don't eat any cooked food for at least half an hour after you have eaten the fruit.
• It is also advisable to take one kind of fruit at a time.
• Fruits are most beneficial when taken as a separate meal by themselves, preferably for breakfast in the morning.
The writers are executives of Eminence. www.eminence-bd.org



Choose your fruit by color:
• **Red color:** Lycopene is responsible for the red color of fruits like watermelon and grapefruit, which is to clean the blood and prevent occurrences of tumor and cancer.
• **Purple color:** Flavonoids gives the vibrant purplish color to some fruits like grapes which helps protect against heart disease.
• **Orange and yellow:** Fruits with orange or deep yellow flesh like apricots, cantaloupes (Bangli), papaya, red guava, and mangoes get their color from the yellow-orange pigment that harbors beta-carotene, which the body converts to vitamin A. Beta-carotene helps prevent eye diseases and premature wrinkles — helps you to age slowly or even hides your age!

Effect of UV-B ray on human health

AZAD MD O KALAM
UV-B, a subtype of ultraviolet rays, is the invisible ray comes from sun. The increasing incidence of UV-B has been a cause for concern as it put some harmful effects to our health, particularly increases chance of developing skin cancer.
The United Nations Environment Programme (UNEP) has forecasted that one percent depletion of ozone layer may increase skin cancer by two percent. UV-B can also potentiate the malignant melanomas (a type of skin cancer), which affect the pigment cells in the skin. These cancerous cells can spread throughout the body via blood and lymphatic system.
It is believed that the darker skinned individuals are less susceptible to UV-B radiation. However, dark skin does not completely protect against UV-B radiation, only dark skin requires a greater dosage of UV-B than white skin to trigger immune suppression.
In addition the increased UV-B radiation is also linked to elevated risk from diseases caused by the herpes viruses, contact dermatitis (skin inflammation) and toxic photodermatitis etc.
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Knowing for better living

In the hospitals of Bangladesh ...

Cardiovascular disease

is the **No.1** cause of death !

Check your blood pressure regularly

Check your diabetes regularly

Control your body weight

Avoid smoking

Exercise regularly

Consult your Doctor

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