

WORLD KIDNEY DAY

# Simple urine test can protect kidney and heart as well

DR MD RAJIB HOSSAIN

Chronic Kidney Disease (CKD) is now considered as an independent and substantial risk factor for developing heart diseases. So, taking measures to prevent kidney damage can help both ways to protect us from kidney disease and its precarious consequences like heart diseases and stroke. A simple urine test to detect protein which is a sign of kidney disease can save our kidneys from damage and in turn our hearts. But a significant number of people are simply unaware of it.

In order to make people aware of CKD and its dreadful role in increasing premature cardiovascular diseases (heart attack, stroke), sixth World Kidney Day was observed on March 10 with the theme "Protect your kidneys, save your heart".

Although about 10 percent of the population has evidence of kidney dysfunction,



it is often undiagnosed and do not get proper attention it deserves. A limited number of them will progress to End Stage Renal Disease (ESRD) and more people will carry a greatly enhanced risk of premature death from heart diseases — the leading cause of death.

High blood pressure and diabetes are

risk factors for both kidney and heart diseases. But most people ignore the close inter-relationship between these diseases. Although one third of people suffering from diabetes are affected by kidney complications due to diabetes (called Diabetic Nephropathy), less than half of those undergo a simple screening

test for kidney disease.

The urine test is cheap and can detect amount/extent of protein passing through urine (called proteinuria) as a result of kidney damage. Experts urged people at risk to screen for proteinuria for early detection of kidney damage at which targeted treatment can prevent further damage. It can also help keeping our heart healthy as proteinuria accelerates harmful events from heart diseases.

Kidney disease is a silent killer where the patients may experience no obvious symptoms until they reach kidney failure. It is then too late for treatment and the only way to stay alive is lifetime dialysis or transplantation — both options are matter of huge financial burden for people living in a country like Bangladesh. So, do not ignore to test your for greater benefit, for healthy kidneys with a healthy heart.

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CHILD HEALTH

## Bed wetting not unusual for children

DR M KARIM KHAN



Sometimes, children might have certain problems that may create embarrassing situation to the parents. They do not like to share the problem with relatives and friends even. Few days back, a mother came to me with a boy of eight years old having apparently no problem. Her mother told me that her child wet bed every night. She was tired of cleaning beds and linens every day. She sought help from doctor before and showed me the prescription along with laboratory investigation reports. All of them were normal. This type of story is not very uncommon. We diagnose the problem as Enuresis.

By definition, Enuresis is the involuntary discharge of urine after the age at which bladder control should have been established — usually at 5 years of age. The prevalence of enuresis at age 5 years is 7 percent for males and 3 percent for females. At age 10 years, it is 3 percent for males and 2 percent for females and at 18 years, it is 1 percent for male and extremely rare in females.

Causes of this condition may be genetic or familial, sleep disorder, psychological problem, some congenital anomaly of the urinary tract, delayed neurological maturation etc. Sometimes causes are obscured.

Positive motivation is one of the best way to solve the problem, such as emptying bladder before going to bed, wake up the baby and do emptying of bladder again while the parents go to bed, keeping the chart of wet and dry nights and reward for the dry nights and not punishing your child for wetting bed. Bladder exercise, behavioural modification, enuresis alarm and drug therapy may be needed.

As it is not an unusual problem do not get panic, have patience and follow the doctor's advice.

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NUTRITION CORNER

### Eat right with color, make a rainbow on your plate

Fruits and vegetables from all color families provide our body with a rainbow of vitamins, minerals and antioxidants, substances from natural source. Aim for at least three different colors at each meal to obtain maximum health benefits.

**Blue/Purple:** Blueberries, red cabbage, cherries and other blue coloured foods have antioxidants. These have anti-aging properties and can decrease inflammation associated with arthritis and heart disease and maintaining eye health.

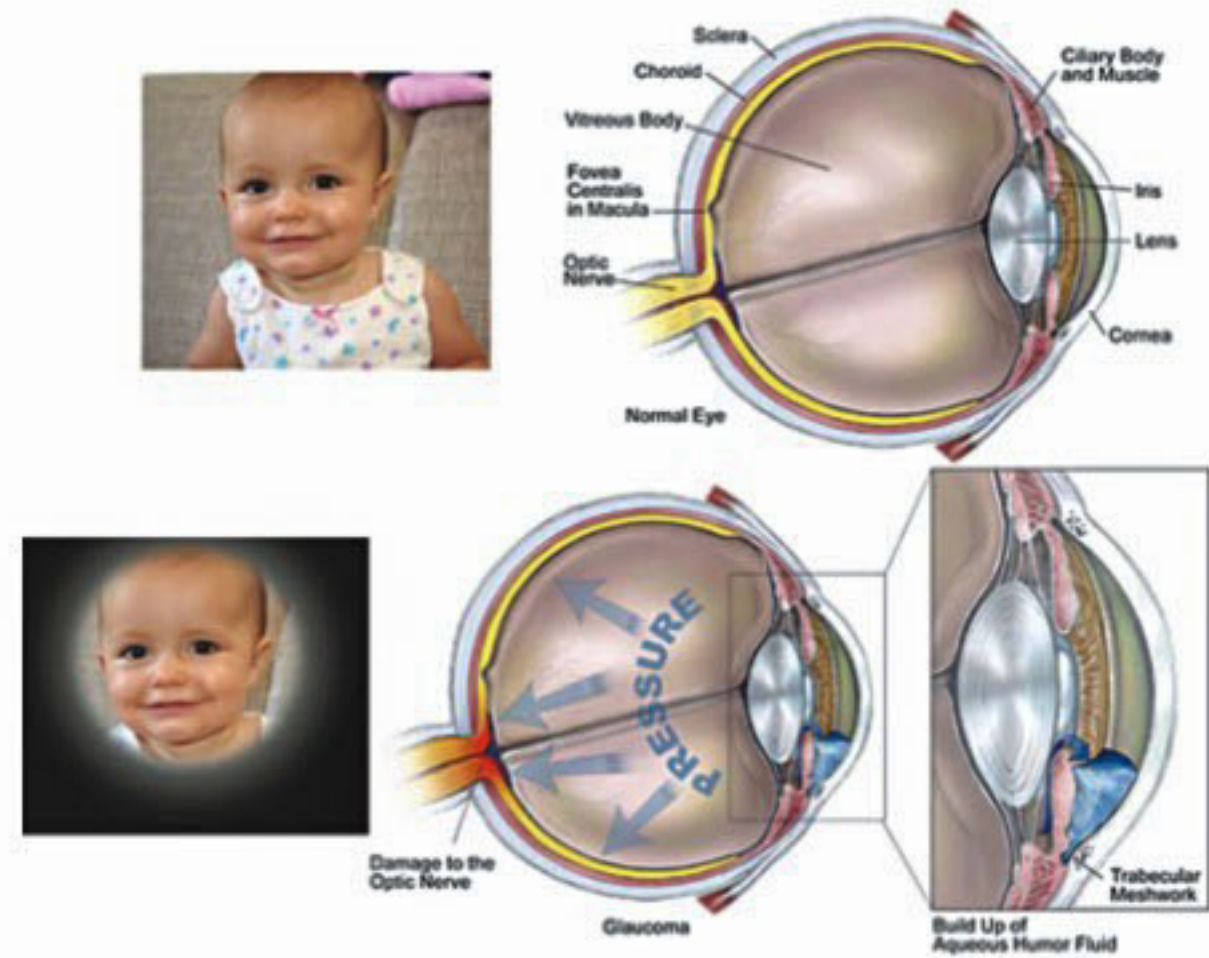
**Red:** Tomatoes, beets, watermelon etc. contain lycopene, an antioxidant that has been linked with decreased risk of prostate cancer in men and may benefit those with exercise-induced asthma.

**Green:** Kale, spinach, broccoli and asparagus are nutritional powerhouses that are rich in lutein that is good for eye health and vitamin K for bone health. They are also good sources of vitamin C, folate, and magnesium.

**Orange/Yellow:** Sweet potatoes, carrots, pumpkin, and apricots etc. contain a variety of carotenoids, which enhance immune function. They have been shown to possibly reduce the risk of heart disease and cancer. They are also high in vitamin A to help protect the eyes and are thought to fend off colds by boosting immunity.

**White:** Cauliflower, potatoes, onions, garlic and mushrooms helps lower blood pressure and provide vitamin C for immunity and may defend against cancer and inflammation leading to heart disease.

**Brown:** Dates, whole grains including wheat, brown rice and wild rice, which are good sources of fiber to aid with weight management, maintain gut integrity and control blood sugars. They are also packed with B vitamins and iron to keep you energised.



STAR HEALTH REPORT

Glaucoma is an eye disease that damages the nerve involved in vision (called optic nerve) and progresses from visual disturbance to permanent loss of vision if left untreated. It is called the silent thief of sight and the person with glaucoma is usually unaware of it until serious loss of vision has occurred. It is often, but not always, associated with increased pressure of the fluid in the eye (aqueous humour). However, it is completely treatable if detected early.

A person developing the condition may experience symptoms like gradual loss of peripheral vision, usually in both eyes, tunnel vision in the

## Glaucoma — the creeping thief of sight

advanced stages or with acute signs and symptoms include: Severe eye pain, nausea and vomiting, sudden onset of visual disturbance, often in low light, blurred vision, halos around lights, reddening of the eye.

People with certain conditions increase the risk of developing Glaucoma. They include elevated internal eye pressure (intraocular pressure), age more than 60, African-Americans, family history of glaucoma, nearsightedness, prolonged corticosteroid use, Diabetes and other eye conditions like severe eye injuries, closing the drainage angle, eye tumours and eye inflammations.

Glaucoma is the second leading cause of blindness. The most common type of glaucoma, primary open-angle glaucoma, has no noticeable signs or symptoms except gradual vision loss. Early diagnosis and treatment can minimise or prevent optic nerve damage and limit glaucoma-related vision loss.

## Daily diet: Out of sight, out of mind

Accessibility to food is a problem for many. Common wisdom dictates that food on the table is meant to be eaten, hungry or not. Keeping it out of sight keeps you from eating more. The same is true of cupboards and refrigerators. Tempting treats should not be stored in the front where it jumps



out at you every time you open a door, begging to be eaten.

Try keeping healthier snacks in the front of cabinets, and fresh fruit, cut up veggies, or string cheese at the front of the refrigerator. Adding a fruit bowl to the counter is perfect, perfuming your kitchen with the smells of peaches, bananas, plums.



Garlic

## for good health

Garlic is a versatile herb being used as spices, vegetables, medicine and beautifying agent. It is a naturally powerful antibiotic which is effective against

toxic bacteria, viruses, and fungus. Garlic is one of the most popular healthy herbs all over the world.

Garlic helps to reduce blood coagulation, and promote heart health, protects cancer, develops immune system, work against ageing and promotes weight control. The antioxidant properties of garlic help scavenge harmful free radicals, which can damage LDL (bad) cholesterol in the blood stream, protects heart diseases, variety of cancers, Alzheimer's disease and Parkinson's disease. Garlic also promotes increased bile production to help reduce levels of fat.

Garlic is not only used as spices, it has different food items like black garlic, garlic bread, biscuits, powder and sauce. Besides, it is used as beautifying agent in the form of soap, shampoo, tea, oil and so on. Researchers have revealed that black garlic is more beneficial than white garlic for health owing to more antioxidant properties. To ensure good health one should have 1000-1200 mg garlic per day.

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## Knowing for better living

### In Bangladesh ...

Every year **30,000** people die of **kidney disease** !

Drink plenty of water instead of other drinks

Control your blood pressure

Check your diabetes regularly

Maintain a healthy weight

Eat low-fat diet

Avoid smoking & alcohol

Consult your Doctor



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