

Headache, a simple cause may be a concern

DR MD GULAM MOSTAFA

Headache is the most common clinical syndrome, frequently over-looked as clueless, unless the severity and other manifestations are grossly alarming. Most common diagnoses are migraine, tension headache, cluster headache or malingering (fabricating or exaggerating the symptoms of mental or physical disorders for a variety of "secondary gain" motives).

Headache associated with meningitis, brain tumour or intracranial haemorrhage has characteristic features and symptoms. Other forms of headache caused by Spontaneous Intracranial Hypotension (SIH) is frequently misdiagnosed or confused.

SIH was first described in 1938 and much has been learned about this syndrome since introduction of MRI in early 1990. Unfamiliarity of SIH among physicians in general, varied spectrum of clinical and radiological manifestations may all contribute to delay in diagnosis or get misdiagnosed.

Spontaneous intracranial hypotension is caused by spontaneous cerebrospinal fluid (CSF) leakage. The precise cause remain largely unknown, but an underlying structural weakness of spinal meninges generally is suspected. History of trivial trauma, connective tissue



In most of the cases, headache is simply ignored.

disorders has been elucidated in the causation of CSF leakages along the spinal rootlets.

Diagnostic criteria of SIH varies in different criteria (both clinically and radiologically) which a physician will find out. Generally the symptoms include diffuse and/or dull headache that worsens within 15 minutes after sitting or standing; headache resolves within 72 hours after epidural blood patching; neck stiffness; tinnitus; hearing a reduced sensitivity to sounds (hypacusia); photophobia; nausea etc.

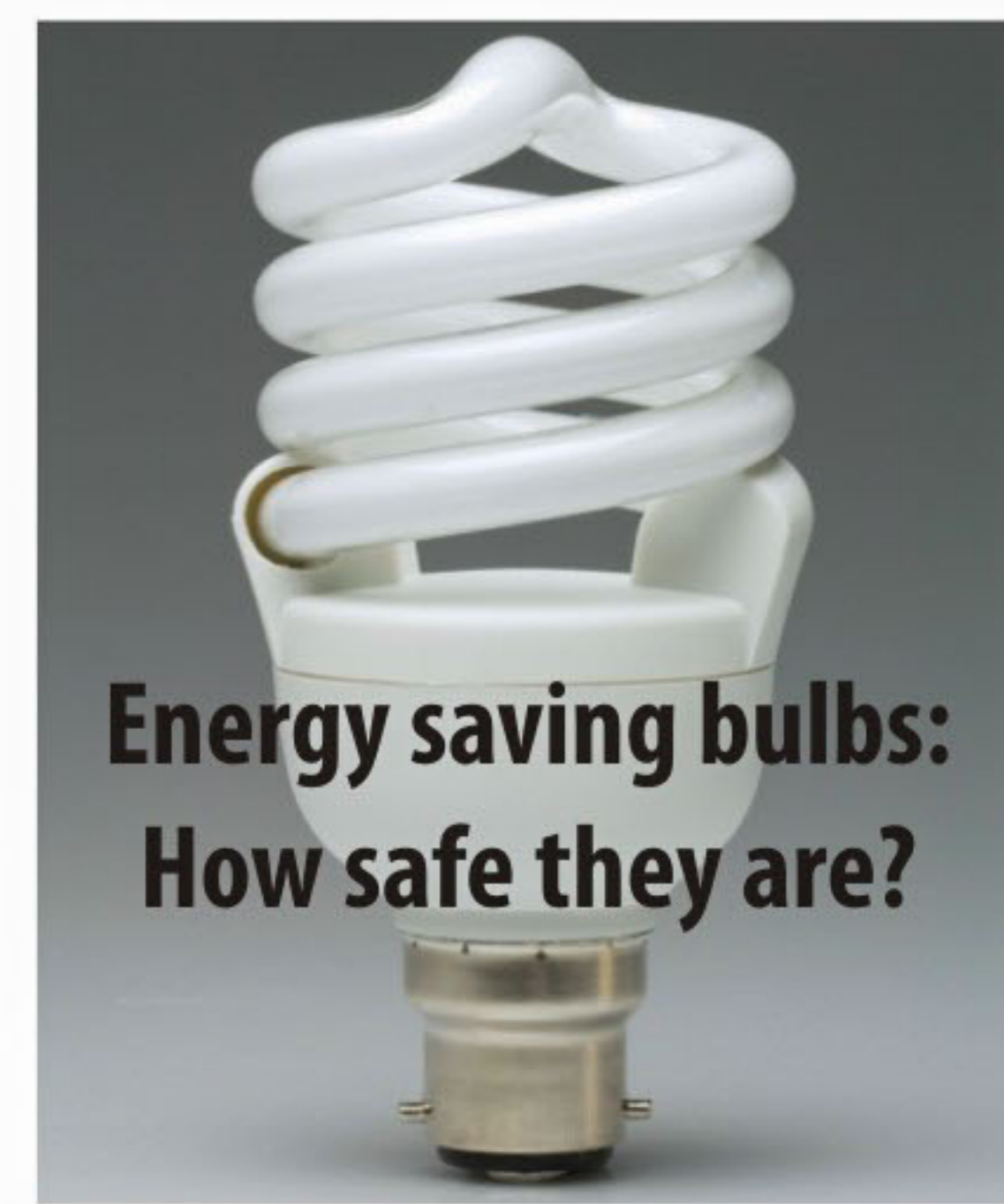
Treatment is offered as follows:

- Conservative approach: Bed rest, oral rehydration, caffeine intake, abdominal binder. Administration of steroid, intravenous caffeine and theophyllines are recommended, if conservative regimen failed then,
- Epidural autologous blood patch or fibrin glue, in severe cases
- Surgical repair of CSF leakage

If your headache is spells the mentioned criteria, consult with a specialist physician to find out the underlying cause and treat it correctly.

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HEALTH SAFETY



Energy saving bulbs: How safe they are?



Dr M Karim Khan

Few days ago a 6 years old boy came to me with respiratory tract infection. Examining the boy clinically I prescribed medicine and assured the mother. Before leaving my chamber, the mother asked me humbly about any health hazard of energy saving bulbs. I told, probably

there is no problem but even then I have to look for if any. I promised her that I would let her know about the fact over phone later on. However, the question of the mother stroke me and I started to browsing to search any health hazard due to energy saving bulb.

Now a days energy saving bulbs are widely used because it saves energy and more importantly, cut electricity bill more than 50%. The government is also advocating to use these bulbs as we are in electricity crisis.

The information I gathered through the Internet was very interesting and confusing at the same time. According to a Canadian investigator, these bulbs produce harmful electromagnetic field and emits harmful radiation, although the amount is less.

US FDA and US Department of Energy Lighting also admit that these bulbs produce radiation which may have some harmful effect on health. They advised bulb should be protected by shade and one should be at least one feet away from the bulb and the bulb must be double coated. However, they are more concerned about the broken bulbs as mercury vapour comes out from broken bulb which may cause some injury to respiratory tract.

Directorate general for Health & Consumers, European Commission made a scientific committee to investigate the matter. They did not find enough scientific data to pass a concrete comment but they assured that it is not harmful as it was thought.

It was thought that Epilepsy, Headache, Migraine, Irritability, Retinal disease, light sensitivity, menses disease, lack of concentration may be aggravated by CFL/energy saving lamps. But the above committee could not find any direct evidence of such.

Whatever may be the fact, I would like to suggest using incandescent light (normal bulb) for study purpose, especially for children — since, long term, evidence based study proves that use of energy saving bulbs are hazard-free.

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The opinion in this article is completely of the author and The Daily Star does not take any responsibility anyway.

HEALTH bulletin



REUTERS

Are high-protein diets bad for your colon?

In a study, UK researchers found that a protein-heavy, low-carb diet created certain changes in the colon that could, over time, contribute to colon cancer risk.

"The concern raised by our studies is that the risk of colorectal cancer might be raised by long-term adherence to diets that are high in protein and low in carbohydrate, especially fiber," senior researcher Dr. Harry J. Flint, of the University of Aberdeen, told.

So what does that mean for people who want to lose weight? Diets relatively high in protein and lower in carbs have been shown to help heavy people shed pounds.

"People should not be discouraged from losing weight, as this offers important health benefits," Flint said. However, he added, they should make sure that any weight loss plan they follow includes adequate amounts of fiber.

Source: American Journal of Clinical Nutrition

Autism, don't be afraid

MD ZAHIR UDDIN AKANDA

The term Autism Spectrum Disorder (ASD) is a developmental anomaly of brain characterised by impaired social interaction, communication and by restricted and repetitive behaviour. However, the disorder can be managed effectively with the help of modern treatment option and research to find out causes.

A child with the disorder may have symptoms like behaviour, communication, play, attention and activity, cognition, sensory motor symptoms and gastrointestinal disorders.

A multi combination of treatment approaches can help for better improvement. Occupational therapy plays a great role in its management. Occupational therapist uses various treatment approaches including sensory integration, neurodevelopmental, occupational role and functioning,



With proper care, skill building training, children born with ASD can have productive life.

sensory diet (variety of activity and adaptations), behavioural therapy, electrical stimulation, music therapy etc.

Apart from these, there are some other approaches which can be applied to deal with autism. It

is better to remember that early diagnosis and early management can give better solution for the child with ASD.

The writer is an Occupational Therapist. Email: zuakanda@gmail.com

AHA awarded Bangladeshi physician scientist

STAR HEALTH REPORT

Bangladeshi physician scientist Dr Ruhul Abid has been awarded with the prestigious Werner Risau Investigator Award in Vascular Biology from American Heart Association (AHA).

Dr Abid, who is currently working as an Assistant Professor of Medicine, Harvard Medical School, Center for Vascular Biology Research, USA, has got the honor for his outstanding research that



Dr Ruhul Abid

breaks the myth in the mechanism of developing coronary artery disease or heart attack.

In a telephone interview with The Daily Star, Dr Abid explained,

"A group of molecules known as reactive oxygen species (ROS) is generally believed to play harmful roles in developing coronary artery disease. But our research revealed the findings contrary to the popular belief. It will strengthen our understanding of atherosclerotic heart disease and heart attack, and will also force us to revisit the premise of the use of antioxidants, such as Vitamins E and C and beta carotene, to help prevent heart attack."

Knowing for better living

In Bangladesh ...

1.8 crore people are suffering from **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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