

WORLD AUTISM AWARENESS DAY

Parenting a child with autism



Raising a developmentally different child is a challenge for most of the parents. The challenge begins when they know that their child is not normal for the first time.

A sense of loss is often constant after a child receives a diagnosis of autism. This sorrow deepens when one compares one's child with that of a normal child of same age. Parents may feel responsible for the disorder occurring and not wanting to be a parent any more. They blame themselves that they could not manage time to spend with their child and did not make the

child learn communicating.

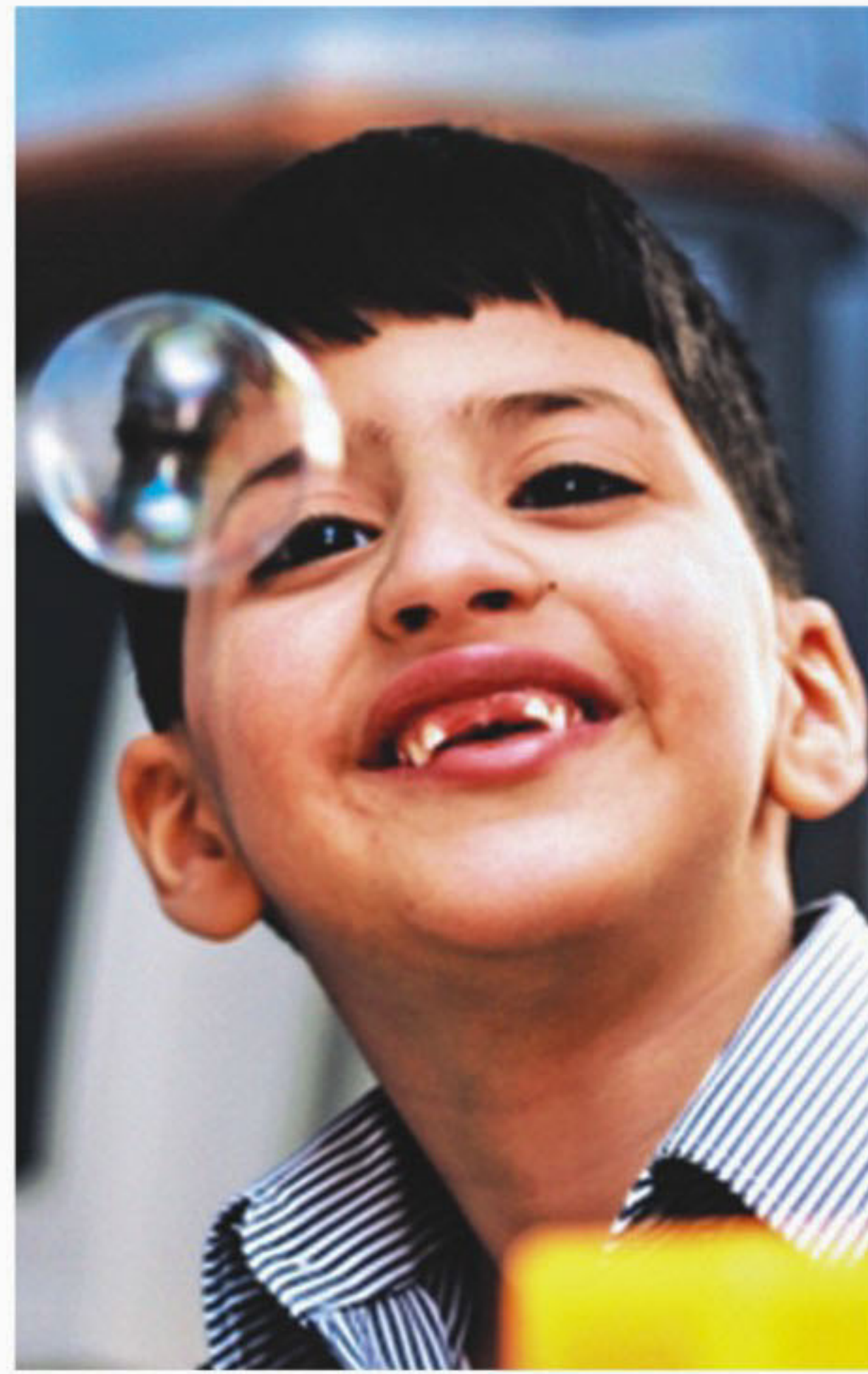
In order to raise knowledge about autism and bring together organisations working all around the world, the United Nations declared today as World Autism Awareness Day. Experts urged to give a voice to the millions of individuals worldwide who are undiagnosed, misunderstood and looking for help.

As parents of a child with autism, it is important to remind yourself that, although your child is not responding in the way you thought he would, he is still responding. Watch how he reacts with various people, places and events. Learn to adapt yourself to your child's changing moods and behaviour. The unex-

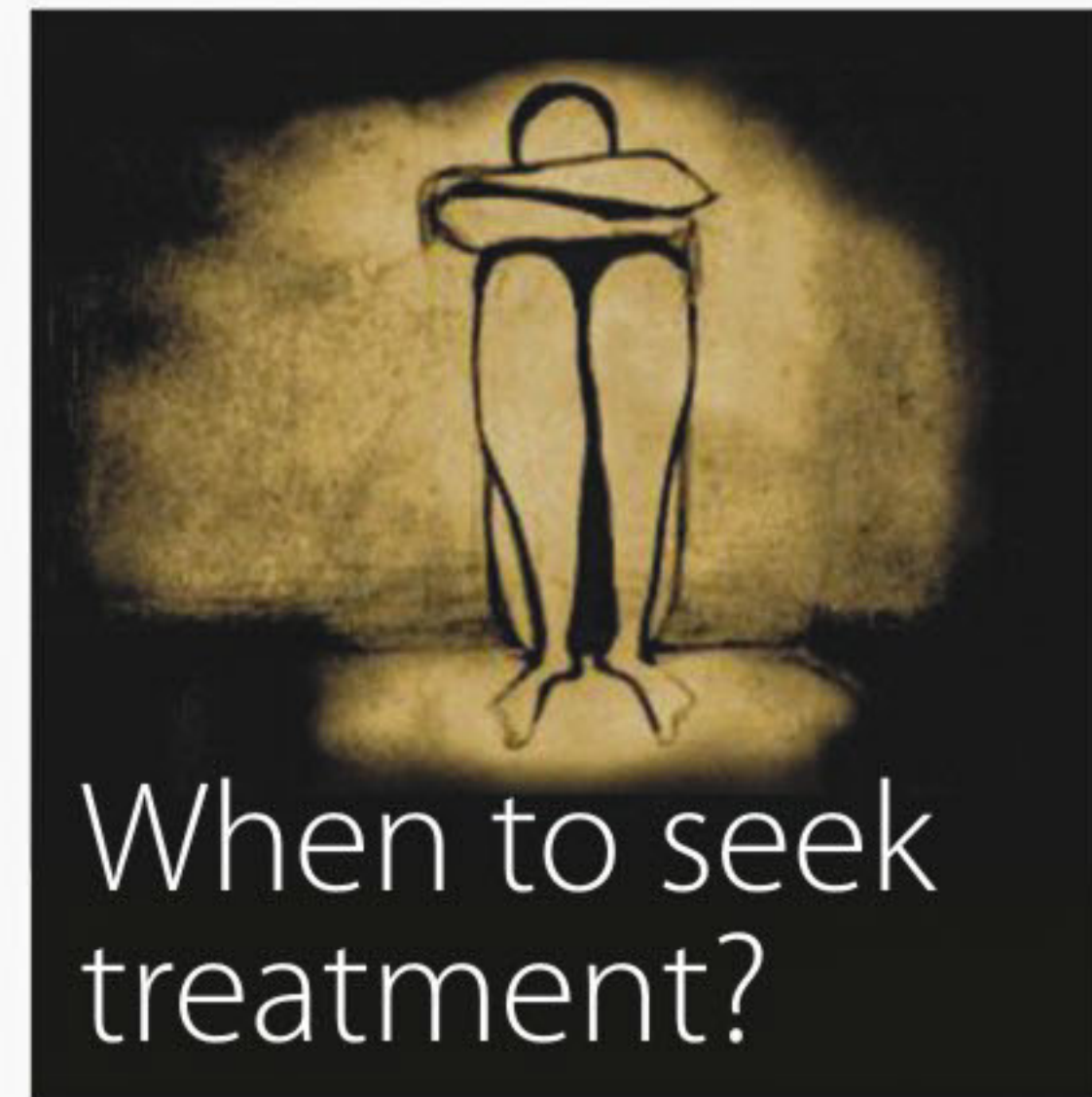
pected response style of an autistic child may create a sense of inadequacy in many parents. But whatever your child's emotional responses may be, they do not prove that you are a failure.

Do not feel that you are cursed or even blame yourself. There are different professionals and specialists who can advocate you. But it is you, who have to guide these people because you know your child better than anyone. Your motivation can help put you in touch with parent support groups in your area.

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DEPRESSION



When to seek treatment?



Very low mood affecting personal, occupational/social life and an inability to find pleasure in activities that one enjoyed earlier are signs of depression.

A depressed mind is constantly occupied with thoughts and feelings of worthlessness, inappropriate guilt or regret, helplessness, hopelessness and self-hatred. Poor memory and concentration, withdrawal from social situations and activities, reduced sex drive and suicidal thoughts could be signs of depression.

Sleep and appetite either increase or decrease in depression. Energy levels drop making one feeling tired for no reason. Others may see the person as being either restless or agitated, or lethargic and slow. Depression affects children too. There may be a loss of interest in school, and drop in academic performance.

If low feeling along with several other symptoms persist for more than 2 weeks hampering daily life, one may be clinically depressed. It is a treatable condition and may get worse if left untreated. Seek medical and psychological help when you experience the signs of depression.

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HEALTH bulletin



A coffee after fast food causes spike in blood sugar levels

Eating a fatty fast food meal is never good for you, but washing that meal down with a coffee is even worse, according to a new University of Guelph study.

Researcher Marie-Soleil Beaudoin has discovered not only that a healthy person's blood sugar levels spike after eating a high-fat meal, but that the spike doubles after having both a fatty meal and caffeinated coffee — jumping to levels similar to those of people at risk for diabetes.

Saturated fat interferes with the body's ability to clear sugars from the blood and, when combined with caffeinated coffee, the impact can be even worse. Having sugar remain in our blood for long periods is unhealthy because it can take a toll on our body's organs.

Source: Journal of Nutrition

Liver disease deaths higher among diabetics

People with diabetes are 70 percent more likely to die from liver diseases than those without the condition — researchers from Edinburgh University presented at the Diabetes UK Annual Professional Conference, says BBC.

Non-alcoholic fatty liver disease has become much more common recently, particularly among people with diabetes.

Recurrent limb pain in children – common, but not serious



Zawad, a four year old lovely boy recently started schooling. His mother consulted me recently with problem of recurrent limb pain in

the evening for which he often asks for massage of the affected limbs. The night before consultation, Zawad woke up from sleep because of the same pain. His mother became a bit anxious and concerned. So she came to me with the boy. Form the physical examination and history, I found the boy has no other associated conditions like fever, any history of trauma, bleeding disorder, any enlarged lymph node, limping or any other related problems.

His mother stated that Zawad becomes totally fit in the morning and attends school regularly. The pain only starts at evening/night and subsides by massage, application of warmth or by taking paracetamol.

I assured the mother and diagnosed the condition as recurrent limb pain. Sometimes, we dis-



nate the condition as growing pain though it does not have any relationship with physical growth.

Recurrent limb pain or growing pain is relatively a common childhood problem. It is not a serious

problem. Typically, they are located in the muscles, rather than the joints and commonly affect legs than the arms. They are usually felt on both sides and appear late in the day or at night and severity varies from mild to very severe. Pain is absent by the morning and there are no objective clinical signs of inflammation. Pain can recur nightly or be absent for days to months. Growing pain is not associated with other serious disease and usually resolves by late childhood, but frequent episodes are capable of having a substantial effect on the life of the child.

Around 10-30 percent of children may complain this kind of limb pain between the age of 3- 7 years. Practically, it will not persist in later childhood. Massage, hot bath and occasional use of paracetamol is enough. But taking colored vegetables, drinking lemon juice and water or oral saline may help a lot. Take care of your sweet child.

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How to help fight fatigue

Fatigue describes the feeling that you have no energy or motivation! The many possible physical and psychological causes of fatigue include exertion, stress, boredom and lack of sleep etc. Here are some suggestions for reducing fatigue:

- Maintain a consistent sleep schedule

- Drink lots of water every day, and eat a variety of nutritious foods
- Get plenty of regular physical activity and do not overbook yourself socially or at work
- Try to change any situations that are causing stress
- Consider meditation or yoga to help you ease stress
- Discuss with your doctor



before taking any drug including multivitamin

- Avoid drugs, nicotine and alcohol

Source: MedlinePlus

For heart-healthy antioxidants, walnuts are number one



A new scientific study positions walnuts in the No. 1 slot among a family of foods that have a combination of more healthful and higher quality antioxidants than any other nut.

A handful of walnuts contains almost twice as much antioxidants as an equivalent amount of any other commonly consumed nut. But unfortunately, people do not eat a lot of them. This study suggests that consumers should eat more walnuts as part of a healthy diet.

Nuts in general have an unusual combination of nutritional benefits — in addition those antioxidants — wrapped into a convenient and inexpensive package. Nuts, for instance, contain plenty of high-quality protein that can substitute for meat; vitamins and minerals; dietary fiber; and are dairy- and gluten-free.

Years of research by scientists around the world link regular consumption of small amounts of nuts or peanut butter with decreased risk of heart disease, certain kinds of cancer, gallstones, Type 2 diabetes, and other health problems. And walnuts are the king of these.

Source: American Chemical Society

Knowing for better living

In Bangladesh ...

60 lac people are suffering from Diabetes !

Exercise regularly

Check your diabetes regularly

Cut extra calories from your diet

Control your body weight

Consult your Doctor



In Search of Excellence

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