

WORLD HYPERTENSION DAY

Know your number, target your blood pressure

Hypertension or high blood pressure is one of the major causes that contributes to the rising trend of non-communicable diseases in Bangladesh. To create awareness about the disease and help people prevent the deadly complications of cardiovascular and other diseases, World Hypertension Day was observed on May 17.

One of the most important ways of controlling hypertension and preventing its bad catastrophic consequences is knowing the numbers — meaning understanding what the machine means when it shows a number. Blood pressure tends to go up and down, even in people who have normal blood pressure. If your numbers stay above normal most of the time, you are at risk. The table by American Heart Association (AHA) shows normal numbers for adults and also the numbers that put you at greater risk for health problems.

The first number, systolic blood pressure measures the maximum pressure exerted as the heart contracts. The lower number, diastolic pressure is a measure-

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

ment taken between beats, when the heart is at rest. In the presence of diabetes or chronic kidney disease (CKD), any reading above 130/85 mmHg is considered high blood pressure.

While there are known prevention interventions targeting changes in diet and exercise, a key strategy in controlling hypertension is timely and appropriate medication. Many drugs that lower blood pressure also prevent heart attacks and strokes. Talk to a doctor for medica-

tion if the numbers are high. Apart from that, it is important to measure your blood pressure regularly. You can do this yourself at home with an automatic, cuff-style bicep (upper arm) monitor or encourage a family member to learn the technique of manual measurement.

In addition, target healthy blood pressure with these four keys:

Watch your weight: In our rapidly changing world, the number of overweight and obese people is on the rise.

Being overweight can lead to hypertension.

Quit smoking: If you are a smoker, try to quit this habit. Or at least start cutting down the number of cigarettes per day gradually to zero.

Make healthy food choices: Eating healthy is always a good idea. First and foremost, do not skip meals. Here are some tips:

- Try limiting processed and fast foods.
- Increase your fruit, vegetable and nut intake daily.
- Try making at least one vegetarian meal a week.
- Reduce your sodium or salt intake.
- Do not add extra salt when cooking.
- Eat season foods, fresh herbs, lemon juice or vinegars.

Live an active life: Your body was born to move. So, get active with anything you love. Walking, biking, swimming, gardening, dancing whatever makes you happy.

The write up is compiled by Dr Md Shamim Hayder Talukder and Shusmita Hossain Khan, Executives of Eminence.

SMOKING ALERT

Be aware of second and third-hand smoking also

DR GOLAM NABI

Most of the people who smoke in public places ignore the people around them. Most of us do not know that the toxic smoke particles adhere our cloths, skin and articles around. So being a non-smoker does not make you immune from smoking hazards called the secondhand smoke.

Second-hand Smoke: Second-hand smoke contains thousands of toxic chemicals and contributes to various health problems — from heart diseases to cancer.

Third-hand smoke: Third-hand smoke refers to the cigarette byproducts that cling to smokers' hair and clothing as well as to household fabrics, carpets and surfaces — even after secondhand smoke has cleared. Doctors coined the term to raise awareness about the danger these invisible tobacco toxins pose to small children, who are especially susceptible as they breathe near, crawl on, play on, touch and contaminate mouth by surface dust. The only way to fully protect your children and non-smoking adults in your family is to make your home and car smoke-free.

With planning, you can reduce or eliminate exposure to smoking hazards. Start with these simple steps:

- Don't allow smoking in your home. If family members or guests want to smoke, ask them to step outside.
- Don't allow smoking in your vehicle. If a passenger must smoke on the road, stop at a rest stop for a smoke break outside the car.
- Insist that smoking restrictions be enforced in your workplace.
- Choose smoke-free care facilities.
- Patronise businesses with no-smoking policies. Many restaurants and other establishments are entirely smoke-free. Reinforce these no-smoking policies by telling the management that you appreciate the healthy air.

So to make a healthy society, healthy environment, healthy family, please come forward with determination to quit smoking.

The writer is the Executive Director, Lotus Kamal Group.

Palliative care for cancer patients

Mosabbir Cancer Care Centre, a not-for-profit medical service organisation recently launched a Palliative Care Programme along with other essential services for the marginally ill cancer patients with support of Dutch Bangla Bank Ltd, says a press release.

The centre is located in House 37/1, Road 3, Dhanmondi R/A, Dhaka. Guardians of the patients interested to avail the services are requested to make appointment by calling 88-02-9669917, 9676502 and +88-017-11802867.



The speakers are seen delivering speech in the inaugural ceremony of Palliative Care Programme by Mosabbir Cancer Care Centre.

CASE REPORT

A baby within a man:
A mysterious anomaly

DR MATIUR RAHMAN



Abdul Malek who has been diagnosed with Fetus in fetu, as the second reported case in Bangladesh with the condition.

When Abdul Malek, a 40 year old farmer from Shibgonj of Bogra district reported to Shaheed Ziaur Rahaman Medical College, Bogra, nobody could assume a mystery is going to be revealed. He was admitted with the complaints of abdominal swelling with a lump and recurrent abdominal pain since birth.

Initially he was suspected to have abdominal tumour. But when the doctors got the investigation reports, they were surprised to find an extremely rare condition. He was diagnosed as a case of "Fetus in fetu". The condition is a developmental anomaly in which a fetus (baby) is developed inside the body of another fetus during its development in the mother's womb.

In this case, a malformed fetus was intruded inside Abdul Malek's abdomen at the same time when he was developed as a fetus inside her mother's womb. So, Malek has been caring a fetus in his abdomen for last 40 years. The fetus is no one but his twin sibling (brother fetus), who has failed to develop a mature fetus and incorporate within his abdomen during intra-uterine life.

Since the first detection in late 18th century, about 90 cases have been reported worldwide so far. Malek is the second case in Bangladesh. The first one was reported 3 years ago in Bangabandhu Sheikh Mujib Medical University (BSMMU).

It is estimated to occur in 1 in 500,000 live births. It can occur in

both sexes with male predominance, with most patients presenting with an abdominal mass in the first year of life with the oldest reported case being that of a 47-year-old man. The number of fetuses in fetus is usually single; however, multiple fetuses in fetus have been reported also.

In majority of cases, fetus develops in the abdomen. Other infrequent sites are skull cavity, orbit (eye cavity), scrotum etc. have been reported.

A fetus in fetus can be considered alive, but only in the sense that its component tissues have not yet died or been eliminated. All cases of fetus in fetus present critical defects, such as no functional brain, heart, lungs, gastrointestinal tract or urinary tract.

Actually, it has no prospect of any life outside the host. Usually it remains asymptomatic within the host. If it has detrimental effect to the life of the host twin, surgical excision is the recommended treatment and usually curative.

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Knowing for better living

Ensure Zinc containing foods like liver, milk etc.

Ensure regular health check-up during pregnancy

Maintain a healthy weight

Consult your Doctor