

Chikungunya fever emerging: Know the facts

STAR HEALTH DESK

Chikungunya is a viral fever spread by mosquitoes. The disease was first reported in Bangladesh on December 2008. The disease manifests some clinical signs as of dengue, and can be misdiagnosed in areas where dengue is common.

Chikungunya is characterised by an abrupt onset of fever frequently accompanied by joint pain which is the prominent feature. Other common signs and symptoms include muscle pain, headache, nausea, fatigue and rash. The joint pain is often very debilitating, but

usually ends within a few days or weeks.

Most patients recover fully, but in some cases joint pain may persist for several months, or even years. The disease caused by Chikungunya virus that is transmitted from human to human by the bites of infected female mosquitoes — *Aedes aegypti* and *Aedes albopictus*, two species which can also transmit dengue. The disease is self-limiting and any fatal complication is unusual.

There is no specific treatment for chikungunya. Supportive therapy those help ease symptoms, such as administra-

tion of Paracetamol, non-steroidal anti-inflammatory drugs and getting plenty of rest, may be beneficial. There is no commercial Chikungunya vaccine available.

Prevention and control depends greatly on reducing the number of natural and artificial water-filled container habitats that support breeding of the mosquitoes. For protection during an outbreak of Chikungunya, clothing which minimises skin exposure to the day-biting vectors is advised. For those who sleep during the daytime, particularly young children, sick or



older people, insecticide-treated mosquito nets afford good protection. Mosquito

coils or other insecticide vaporisers may also reduce indoor biting.

STRESS MANAGEMENT

Release tension with stress relief breathing

Breathing exercises are an ideal way to relieve stress in that they are fast, simple, free and can be performed by just about anyone, anytime. These factors make stress relief breathing exercises one of the most popular and convenient tension tamers.

How to do:

1. Sit or stand in a relaxed position.
2. Slowly inhale through your nose, counting to five in your head.
3. Let the air out from your mouth, counting to eight in your head as it leaves your lungs. Repeat several times. That's it!

Tips:

1. As you breathe, let your abdomen expand outward, rather than raising your shoulders. This is a more relaxed and natural way to breathe, and helps your lungs fill themselves more fully with fresh air, releasing more "old" air.
2. You can do this just a few times to release tension, or for several minutes as a form of meditation.
3. If you like, you can make your throat a little tighter as you exhale so the air comes out like a whisper. This can add additional tension relief.

Source: <http://stress.about.com>

HEALTH *bulletin*



Sun stops chickenpox spreading

Exposure to sunlight may help impede the spread of chickenpox, claim researchers from The University of London. Researchers found that chickenpox less common in regions with high UV levels and opined that sunlight may inactivate viruses on the skin, making it harder to pass on, reports the journal Virology.

Early food choices seem to influence taste for salt later

The types of foods given to infants seem to affect their future taste for salt, a new study has found. Researchers found that infants fed starchy foods at 6 months of age tended to prefer salty flavor by preschool.

Source: Monell Chemical Senses Center

Hormone might ease menopause, boost women's sex life: study

A hormone called DHEA (dehydroepiandrosterone) appears to help ease women's menopausal symptoms [e.g. hot flashes and night sweats, sleep disturbance, vaginal symptoms (vaginal dryness, itching or discomfort that can make sex difficult or painful), urinary symptoms (recurrent lower urinary tract infections) etc.] and also improve their sex life, according to the researchers at the University of Pisa in Italy.

Source: International Menopause Society

Parenting children with drug addictions

According to conventional wisdom, parenting children with drug addictions means you have to wait for the child to want help before any progress can occur towards recovery. So what can a parent do to help a teenager who refuses to admit they have a problem?

Some will admit that they have an issue but adamantly refuse to do anything about it, then what? Even if they do agree to get help, what if they end up falling short and returning to their old ways?

As a parent you need to be there to help your child through this time. You should offer guidance to them and let them know that it is safe to come and talk to you. However, don't confuse this with becoming your child's best friend. They most likely already have friends, what they need it a strong parent. Your role as a parent to a child with drug addiction is to make sure they know you love them, and second to make sure they are safe. This is not the time to stick your head in the sand and hope it will all blow over. The sooner you get help for you and your teen, the higher the likelihood that you can minimise long-term damage.

As a parent you need to face the facts. Drugs are not that hard for your children to get a hold of. They are readily accessible, and they are coming up with new "drugs" every day. Your children are curious and they are vulnerable.

This is where the second factor that influences teenage drug use comes in, peer pressure. One friend says, "Hey, this is what I do when I have had a hard time with..." and your child is offered a drug. And because this is their friend that does it, and it has helped them, they try it. In addition, the Internet has made access to many things so much easier, and drugs are one unfortunately of those "things."

Pay attention to your children, be involved in their lives. If you think your child may have a problem

with drugs, take action. There are many groups that offer drug addiction counselling that may be beneficial for your child. Your support may be your child's only hope.

The key for your teenager or young adult is aiding them to get the help they need. Acknowledge that you are not capable of dealing with this on your own. There is no shame in that. There are many resources for all different types of problems and all income levels - you just have to seek them out.

Source: <http://webcache.googleusercontent.com>



Coping with winter challenges

With the advent of winter, many health challenges may come in our way. To stay hale and hearty during this chilling cold, we have to take certain precautions and protection. Follow the tips listed below to stay fit.

1. In cold weather, we require more calories and spices such as ginger, garlic, and cayenne pepper to heat our body.
2. Most of the body heat is lost through the head so wear a hat, preferably that covers ears.
3. The winter proves to be particularly rude towards the skin. Ensure that you moisturise your skin adequately everyday, before stepping out into the cold.
4. Wear sun block to protect yourself from the sun, the UV rays of the sun rays are harmful even in the winter season.
5. Wash your hands regularly to protect yourself and your family from possible flu viruses that can cause mess in the winter season.
6. Drink six to eight glasses of water a day to keep your digestive system healthy, your weight down and your energy up. Avoid sugary and caffeinated beverages as these can suppress immune-system function, not to mention cause weight gain and dehydration.
7. Eat the gift of winter-fruits and fresh vegetables. In order to boost immune system, try to take zinc-rich foods like oysters, liver, lean beef, pork, lamb, lentils, pumpkin and sesame seeds, beans and yogurt.

Knowing for better living

In Bangladesh ...

21% women are affected by passive smoking in public place !

Avoid smoking in public place

Avoid smoking in working place

Keep away from stressful situations

Consult your Doctor



In Search of Excellence

www.orionpharmabd.com

ORION
Pharma Ltd.
Dhaka, Bangladesh