

Type 2 Diabetes in youth: Epidemic-bell ringing

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Type 2 diabetes is no more a disease of our parents or grandparents. It has now been emerging as a new epidemic affecting more and more young people in their 20s and 30s, whereas earlier it used to be in the late 40s or 50s.

Although diabetes is grossly under-diagnosed and incidental findings in young people, as much as 30 percent of new cases of diabetes have been reported in the second decade of life. Furthermore, young people who develop type 2 diabetes face more aggressive complications than that of older adults. Experts call for a campaign targeting young people to prevent or delay the onset of diabetes.

Like the elderly, type 2 diabetes in young adults is due to a combination of body's insensitivity to insulin (a hormone that reduces blood sugar) and/or inadequate insulin secretion from pancreas where it is produced. There are a number of genetic and environmental

risk factors behind the increasing incidence of diabetes in young generation. As children's health grows along with their waistlines, increasing prevalence of childhood obesity is thought to be the most significant fuel for exploding diabetes in youth. Positive family history is another important factor particularly alarming in World Health Organisation's (WHO) South-East Asia region that includes Bangladesh.

Other factors including ethnicity, sedentary behaviour, puberty, low birth weight, exposure to diabetes in the womb and female gender also play significant role in rising incidence.

Despite this increasing incidence and prevalence, little is being done to aware the youth to prevent or delay onset of diabetes in youth.

Experts say that the rising trend of diabetes in youth can be halted by addressing the epidemic of childhood obesity properly. Obesity seems to precede type 2 diabetes and may provoke diabetes in genetically susceptible indi-



Obese kids with unhealthy lifestyle and food habit are more prone to diabetes.

viduals. Weight reduction, healthy diet and increase physical activity level are keys to fight diabetes. Young adult who have the aforementioned risk factors should be alert and take preventive measures and undergo screening after con-

sulting with a doctor.

Although being diagnosed with diabetes at earlier age may be a psychological trauma, people should not ignore the management plan for diabetes as the long-term complications of uncontrolled diabetes — e.g. cardiovascular problems like high blood pressure, high cholesterol and stroke, nerve damage, blindness and kidney failure — are more likely to occur at younger ages too.

We are in the midst of an epidemic. The rapidly emerging health problem of type 2 diabetes in young indicates a strong need for prevention interventions designed according to individual country context.

Diabetes impinges huge economic loss to our nation. When it affects earlier it can devastate lives of the youth and ultimately can reduce the productivity of our young generation. Every individual should play a role to put an end to the rise and manage this devastating disease in youth.

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ALTERNATIVE THERAPY

Massage to heal sore muscles

A massage after vigorous exercise unquestionably feels good, and it seems to reduce pain and help muscles recover. Many people have long contended it eases inflammation, improves blood flow and reduces muscle tightness. Now researchers have found what happens to muscles when a masseur goes to work on them.

Vigorous exercise causes tiny tears in muscle fibers, leading to an immune reaction — inflammation — as the body gets to work repairing the injured cells. So the researchers screened the tissue from the massaged and unmassaged legs to compare their repair processes, and find out what difference massage would make.

They found that massage reduced the production of compounds called cytokines, which play a critical role in inflammation. Massage also stimulated mitochondria, the tiny powerhouses inside cells that convert glucose into the energy essential for cell function and repair.

Getting a massage from a professional masseur is obviously more expensive than taking an aspirin. But, as experts point out, massage techniques can be taught. People within families can learn to massage each other. If you can teach parents to massage kids, couples to massage each other. This can be cost effective.

Source: New York Times

HEALTH bulletin



Breastfeeding tied to stronger lungs, less asthma

Kids who were breastfed may have better lung function and a lower risk of asthma, than those who were formula-fed, two new reports published in American Journal of Respiratory and Critical Care Medicine and Journal of Pediatrics suggest.

Tall? That may be good news for your heart

Tall men appear less likely than shorter ones to develop heart failure, according to a recent study. Researchers in Boston said that while there is no proof that a few extra centimeters protect the heart, it was possible that short and tall people are different in other ways, including in their diets or diseases growing up, and that this too could affect heart risks.

Source: Reuters

Beauty clinic offers new slimming service promoting healthy lifestyle

STAR HEALTH REPORT

VLCC healthcare Ltd., a pioneer and leader in the wellness domain offers its premium weight loss programme in Bangladesh — Insta Weight Loss Detox Treatment. The edge of therapy is that besides the weight loss and centimeters loss, the treatment also helps in detoxification of the body resulting in a slimmer, healthier and well-toned body.

VLCC is a large and well-known slimming, beauty and wellness brand, in South Asia and the Middle East, with presence in over 235 locations in 102 cities across eight countries, including Bangladesh, India, Sri Lanka, Nepal, UAE, Oman, Bahrain and Qatar.

The unique programme was launched by Ms Vandana Luthra, founder and metor of VLCC at the VLCC centre at Gulshan Avenue, Dhaka, Bangladesh. The outlet provides slimming solutions, beauty treatments and regular parlour services. The centre provides a 360-degree transformation, which combines weight loss with skin treatment.

VLCC's strength lies in constantly innovating and introducing new formats of integrated businesses. The group is a domi-



Mrs Shahreen Haq lost 10 Kg weight with the help of VLCC programme.

nant player in the wellness domain with presence in three related businesses — slimming, skin and hair services; education and training institutes; and manufacturing and retailing of personal care products.

Speaking at the launching ceremony, Ms Vandana Luthra said, "We are extremely happy to introduce our latest and finest weight loss programme in Dhaka, Ban-

gladesh. This unique programme is extremely effective and gives visible results in the shortest possible time and healthier manner. The aim of this programme is weight loss coupled with detoxification that gives complete body purification."

The programme that has been launched in Bangladesh is a 2 hour therapy that is delivered with the help of specialised technique and products. The therapy enhances blood circulation to the peripheries and facilitates lymphatic drainage. It helps in toning, makes the body firm and achieves quick overall body weight loss. The enhanced blood circulation is aimed at improved nourishment and healing of the tissues.

Only 2 visits a week to the VLCC centre are required to avail this therapy. Each session gives instant weight loss of up to 500 gm with substantial centimeters loss. Overall, this intensive therapy facilitates utilisation of fat, lymphatic drainage, releases toxins and complete relaxation. The therapy also benefit people with low metabolism, constipation and oedema — the centre claims. The treatment can be taken as a single session as well as a package at cost Tk 4,500 only per session.



Prof Dr Afzalur Rahman is speaking in the conference

BIT held its second conference on Interventional Cardiology

STAR HEALTH REPORT

Bangla Interventional Therapeutics (BIT), a platform for all Bangla speaking cardiologists around the world to enhance interventional (angiogram and angioplasty) cardiovascular education held its second conference in Kolkata recently, says a press release.

BIT is formed with the spirit of language movement for Bangla. After the first conference in Dhaka in 2011, the organisers arranged the second summit to increase the expertise and improvement of skill on interventional cardiology — the bedrock of modern cardiology. Significant number of cardiologists from Bangladesh congregated in the conference and shared their experiences and views to enrich interventional cardiology specially in this region.

Prof Dr Afzalur Rahman, Course Director of BIT said that new devices, new technique, new studies, and trials are changing our practice from time to time. This kind of meeting will allow us to learn better and increase our confidence.

Dr Rabin Chakraborty, another Course Director hoped that this congress will help confront the imposing challenge of cardiovascular diseases successfully, which already exact a heavy toll in the lives of our people.

Knowing for better living

In Bangladesh . . .

Cancer is the leading cause of death among women of **15-49** years of age !

Take healthy diet

Exercise regularly

Maintain healthy weight

Avoid smoking & exposure to smoke

Get regular health check-up

Consult with doctor before taking any birth control pill



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