

A new paradigm for dealing with diabetes

First ever diabetes management guideline in the context of Bangladesh launched

STAR HEALTH REPORT
Bangladesh has been experiencing a significant surge in the number of diabetics. Although epidemic, there was no national guideline for diabetes management. However, the common clinical guideline in local context was crucial to guide physicians to deal with rapidly shifting paradigm of diabetes management and to ensure optimal care. Realising the issue, Endocrine Society of Bangladesh and Diabetic Association of Bangladesh with the support from Sanofi-aventis have formulated a guideline for Bangladesh recently. The guideline has been reviewed by American Diabetes Association (ADA) and approved for implementation. This guideline will serve as a benchmark to assist physicians

of Bangladesh in providing a holistic clinical approach to manage diabetics.

Key components of Diabetes management

- Assess diabetes control measuring HbA1c test at every 3-6 months
- Measure weight, height and calculate Body Mass Index (BMI) at regular interval
- Measure total blood pressure at every visit
- Measure total cholesterol, TG, HDL and LDL at every 1-2 years if previously normal and at 3-6 months if previously abnormal level
- Examine feet regularly at every 6 months or more frequently if high risk foot or active foot problem
- Ensure comprehensive eye care during diagnosis of diabetes and at every year onwards

Indicator	Target
HbA1C	Less than 7.0% (individualisation)
Fasting glucose	6.0-7.0 mmol/l (108-126 mg/dL)
Glucose 2 hours after breakfast or lunch	8.0-10.0 mmol/l (140-180 mg/dL)
Blood pressure	Less than 130/80 mmHg
Lipids	LDL: < 100 mg/dL (2.59 mmol/l) HDL: > 50 mg/dL (1.30 mmol/l) TG: < 150 mg/dL (1.69 mmol/l)
Total Cholesterol	Less than 200 mg/dL (5.18 mmol/l)
Body Mass Index	Less than 23

- Screen for kidney problem due to diabetes at every year
 - Encourage healthy lifestyle with healthy food, physical activity and quit smoking
- Whom to screen for Diabetes**
- Persons over 40 years of age, less than 40 years with any of

the family risk factor

- Over-weight and obese individuals
- High waist circumference, male 90 cm and female 80 cm
- Person with family history
- History of diabetes in pregnancy, frequent pregnancy loss
- History of hyperlipidemia

(increase fat in blood), high blood pressure, heart diseases, who has high uric acid and some other disease conditions like PCOS, NAFLD

- Previous history of pre-diabetic state — a state that occurs when a person's blood glucose levels are higher than that of normal, but not high enough for a diagnosis of diabetes

Target for patients with Diabetes

The guideline also developed a stepwise management plan with diet, discipline and drug. Objectives and priorities of treatment must be tailored according to the individual's clinical context. Aggressive treatment in the elderly and infants should be avoided, but optimum diabetic control is essential in pregnancy.

CAMPAIGN

Increasing awareness on infant and young child feeding


The food and nutrition practices in the early years of life of a child determine his/her physical growth and mental development and it cannot be compensated later. The national strategy on infant and young child feeding is formulated to promote proper care through appropriate feeding. However, the awareness is still low among general population.

In Bangladesh, only 25% among 6-12 months old babies receive proper complementary food. To meet the nutrition requirement, a child must be fed from at least 4 or more groups of foods every day. These groups are: animal source of foods, vitamin rich fruits and vegetables, dairy products, oil and fats, pulses and beans and cereals. Before preparation of food for children and their feeding, hands must be properly cleaned with soap.

Infants are vulnerable during the transition period when complementary feeding begins. From the seventh month, along with breast feeding, giving the child normal or home food (semi-solid or solid) is called complementary food. Complementary food must be balanced. This does not need costly food. Family food and fruits from local sources can meet the nutritional demand.

The feeding practices of infants and young children, particularly breastfeeding and complementary feeding are not optimal in Bangladesh and are contributing to the high levels of malnutrition.

HEALTH bulletin



Massive rise of eye damage among Asian

Up to 90% of school leavers in major Asian cities are suffering from myopia, a study suggests. Researchers said that the rise of myopia (particularly in South East Asia), a condition in which distant objects appear blurred is being caused by students working very hard in school and missing out on outdoor light. The scientists told the Lancet that up to one in five of these students could experience severe visual impairment and even blindness.

Fish oil plus exercise may do older muscles good

Older women may be able to boost their muscle strength by adding fish oil supplements to their exercise routine, a clinical trial suggests published in the American Journal of Clinical Nutrition. Fish oil, which is rich in omega-3 fatty acids, is probably best known for its link to heart health. Fish oil supplements can lower triglycerides (a type of blood fat), and people who get more omega-3 have been found to have a lower risk of heart disease. There is also evidence that fish oil can improve nerve function and the ability of heart muscle to contract.

14 out of 100 babies born prematurely in Bangladesh

1.1 million preterm babies in the world die every year, but with

STAR HEALTH REPORT

Each year, some 15 million babies in the world, more than one in 10 births, are born too early, according to the recent released report *Born too soon: the global action report on preterm birth*. Bangladesh is among the 10 countries with the greatest numbers (424100) of preterm births.

More than one million of those babies die shortly after birth; countless others suffer some type of lifelong physical, neurological or educational disability — often at great cost to families and society. An estimated three-quarters of those preterm babies who die could survive without expensive care if a few proven and inexpensive treatments and preventions were available worldwide, according to more than 100 experts who contributed to the report, representing almost 40 UN agencies, universities and organisations.

Antenatal steroid injections for mothers in premature labor cost US\$ 1 per injection. This helps develop immature fetal lungs and prevent respiratory problems; yet,



Preterm baby mortality can be reduced by three-quarters!

in low-income countries, they are only available and provided for 10 percent of those in need.

Kangaroo care where the infant is held skin-to-skin on the mother's chest to keep warm. The warmth is very important for premature infants. Kangaroo care makes frequent breastfeeding easy and provides constant maternal supervision for the infant.

Antiseptic cream to prevent birth cord infection and antibiotics to prevent and fight infection, an

important cause of neonatal death also play a role in preventing death. A key way to reduce preterm numbers is to find ways to help all pregnancies go to full term, or 39 weeks. A healthy baby is worth the wait.

A number of risk factors for preterm birth have been identified, including a prior history of preterm birth, underweight, obesity, diabetes, hypertension, smoking, infection, maternal age (either under 17 or over 40), genetics, multi-fetal pregnancy (twins, triplets, and higher), and pregnancies spaced too closely together.

The extensive list of recommendations in the report includes specific actions such as addressing the missing essential medicines and equipment, training existing health staff in how to look after women in preterm labor and these vulnerable babies, increased funding for research to find new prevention solutions, and better data for accurate future counts. Efforts to increase awareness of the preterm birth issue are essential.

Source: World Health Organisation

Save your kidneys

DR KAILASH N SINGH

Kidneys are important organ of the human body. They help to filter by-products and toxins from the blood and preserve the balance of bodily fluids and electrolytes.

To prevent kidney diseases, follow the tips below:

- After the age of 40 years, yearly physical examination blood tests and urinalysis is a must.
- Keep a control on diabetes and blood pressure.
- Persons at risk for chronic kidney disease need more frequent testing for kidney function.
- If there is difficulty in urinating or presence of blood in the urine, visit the physician as soon as possible.


Diet recommendations for patients with kidney problems include:

- Protein must be taken in moderations to avoid malnutrition
- High-fibre foods such as whole-grain bread and cereals should be a part of the diet but avoid food having high content of potassium like fruit juice and leafy vegetables etc.
- Fats should be consumed in limited quantity. Ideally fats should be avoided. Also avoid fried food, butter, cream, cheese, cakes and pastries. Skimmed milk should be taken instead of full cream milk.
- Hypertensive patients should avoid putting extra salt in their food and also avoid cooked canned food
- Minimise your sugar consumption
- Reduce alcohol consumption.
- When the time for dialysis draws near, some people may suffer from a loss of appetite and weight loss. One must visit a dietician who will be able to help by changing parts of their diet.

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