### Renewing focus, widening access to family planning

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Currently, 12 out of 100 women in Bangladesh have an unmet need for contraception — the lack of access to contraceptive for those who do not want any more children or want to delay pregnancy. The higher number of unmet need leads to higher number of unwanted pregnancy, many of which end in unsafe abortion and its complications including even to death.

Up to a third maternal mortality can be averted by ensuring effective use of contraceptives.

According to Bangladesh Demographic and Health Survey (BDHS) 2011, 61% of married women are currently using a contraceptive method. There are regional differences in the use of contraceptive — it is highest (69%) in Rangpur whereas Chittagong (51%) and Sylhet (45%) are lagging behind in the adoption of family planning.

The Health Population and Nutrition Sector Development Programme (HPNSDP) of Bangladesh aims to increase overall use of contraception to



72% by 2016 which means an increase in 11% in 5 years. Past record in 2004-2011 showed that contraceptive use increased 3% — which means the target is a tough challenge and we have to emphasise more and increase efforts than ever before to fulfill.

The survey revealed that pill is by far the most widely used method (27%). Experts recommended shifting in contraceptive use patterns towards longacting and permanent methods from short-term hormonal and traditional methods. Studies showed that longacting methods like intrauterine devices (IUDs), under-the-skin implants and Depo-Provera injections are costeffective with fewer failure rate and less side effects than that of short acting methods — the transdermal patch (contraceptive drug patch placed in skin), the vaginal ring or the birth control pill.

IUDs are least used (0.7%) contraceptives in Bangladesh, and unfortunately it has been gradually decreasing. Although long-acting injectable contraceptive use has increased up to 11.2%, the number is much lower than that of pill users.

Md. Humayun Kabir, Senior Secretary,
Ministry of Health and Family Welfare
informed Star Health that initiatives
have been taken to expand contraceptive
coverage and to create awareness and
promote long-acting contraceptives both
in government and private settings. He
identified high discontinuation rate,
stock shortage, job vacancy, less use of
long acting methods, cultural and religious barriers in some parts of Bangladesh put challenge on further progress.

Better contraception coverage means not just better prevention of unwanted pregnancy. It means less chance of dying from complications of abortion, pregnancy or childbirth, better child health, better family and social life. Only a concerted effort can overcome the challenges to ensure contraceptive accessible to all.

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### HAVE A NICE DAY



For more than 3,000 years, coconut water or popularly known locally as 'Dub' has been prized as a natural source of nutrition, wellness and hydration. It is low in calories, fat-free and low on the glycaemic index (a numerical scale used to indicate how fast and how high a particular food can raise our blood sugar level).

It contains some specific acids, which help our body in fighting infections. It also contains Vitamin B and C, Calcium, Magnesium, Phosphate, Potassium, Sodium and other essential minerals.

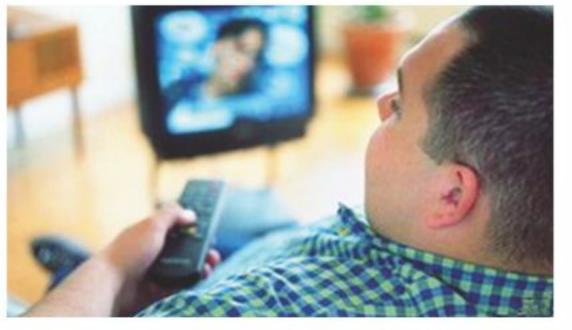
Some studies indicate that it can lower bad cholesterol and triglyceride levels in an animal model. Drinking coconut water at night causes acidity is a myth. In fact, coconut water can relieve heartburn. It helps restore the stomach's acid balance and makes it more alkaline.

If you have kidney disease, you should talk to your doctor if you should take coconut water or not.

Read more: www.healthprior21.com

### HEALTH bulletin

### Less time sitting 'extends life'



Reducing the amount of time you spend sitting each day and cutting back on TV watching could add years to your life, according to a new study published in British Medical Journal (BMJ).

### High-protein diet linked to heart risks



A low-carbohydrate, high-protein diet may increase the risk for of heart attack and stroke — according to a large study in published recently in the British Medical Journal (BMJ).

## Managing sleep problems in elderly

STAR HEALTH DESK

More than 50% of elderly people have insomnia. Sleep disturbance or insomnia is the third most common patient complaint, ranking behind headaches and common cold. However, in many cases, it is underdiagnosed and a major concern in the aged population. With some measures and appropriate treatment, geriatric population can lead a happy life with sound sleep.

Several diverse factors may contribute to sleep disturbances in a large percentage of the elderly population, including retirement, health problems like dementia and depression, heart failure, chronic pain disorder, itchy skin conditions etc. and certain medications such as sedative, antidepressants.

Changes in sleep patterns may be part of the normal aging process; however, many of these disturbances may be related to patho-

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logical processes that are not considered a normal part of aging.

Patient education on age-related changes in sleep and good sleep hygiene may be adequate treatment for many older adults. If the initial history and physical examination findings do not reveal a serious underlying cause, a trial of improved sleep hygiene is the best initial approach.

The common recommended measures include the following:

- Maintain a regular wake-up time
  Maintain a regular sleeping time
- •Exercise daily but not immediately before bedtime
- Use the bed only for sleeping or sex; do not read or watch television in bed
  - Do not use bedtime as worry time
    Avoid heavy meals at bedtime
  - Avoid heavy meals at bedtime
     Limit or eliminate alcohol, caf-
- Maintain a routine period of preparation for bed (e.g. washing

up, brushing teeth)

- •Control the nighttime environment with a comfortable temperature, quietness and darkness
- •Wear comfortable, loose-fitting clothes to bed

•If unable to sleep within 30 minutes, get out of bed and perform a soothing activity, such as listening to soft music or reading, but avoid exposure to bright light during these times; get adequate exposure to bright light during the day

•Avoid daytime naps; explaining to the patient that daytime naps decrease nighttime sleep is helpful

Consultation with specialist physicians may be indicated, depending on the underlying causes of sleep disorder, such as psychiatric consultation for severe depression and pulmonary or surgical consultation for obstructive sleep apnea. Psychologists may provide cognitive-behavioural therapy for insomnia.

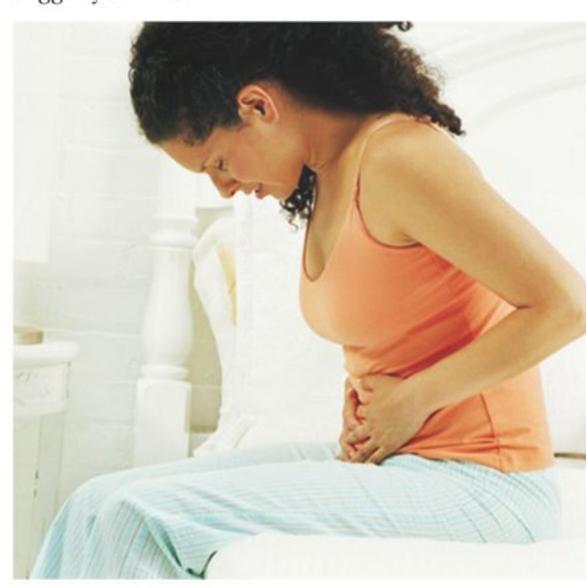
### Help manage IBS symptoms

Irritable bowel syndrome (IBS) affects the large intestine and can include symptoms such as stomach cramps, gas, diarrhoea, constipation or bloating. The Academy of Nutrition and Dietetics says while

the cause of IBS is not understood, there are things you can do to help prevent or manage symptoms: •Adhere to a regular dining schedule, eating small

- meals throughout the day, instead of a few large ones.

  •Eat slowly and thoroughly chew food.
- Eat foods that are high in fiber, including fruits, vegetables and whole grains.
- •Drink plenty of fluids.
- Avoid caffeine and alcohol.Keep a food diary to help figure out which foods
- trigger your IBS.





# ফাইবার ড্রিংক পাউডার এতিদনের ফাইবারের চাহিদা পুরণ করে । পরিপাকতন্তের পরিপূর্ব সুহুতা নিন্দিত করে । কোঠকাঠিন্য প্রতিরোধ করে কোলেন্টেরল কমাতে সাহায্য করে । শরীর ও মনকে সজীব ও প্রাণবন্ত রাখে তাই প্রচলিত পানীয়ের পরিবর্তে পান করুন বাংলাদেশের প্রথম