starhealth@thedailystar.net HEALTH

BREASTFEEDING

Food security for the child

DR TOFAIL MD ALAMGIR AZAD

The history of human breastfeeding practice is certainly as old as the existence of human being on the earth. Still, the advantages of breastfeeding are being reinvented every day.

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Recently published series on child survival in the Lancet revealed that breastfeeding has been shown to reduce 13% of all under five children death in the world. Breastfeedingis considered as the best source of nourishment for infants and young children.

Although having numerous advantages, fewer than 40% of infants under six months of age are currently exclusively breastfed worldwide. Active movement and steps should be taken to make exclusive breastfeeding a universal practice.

Breast milk is the first food security options for a child. Because the baby has physical, social and economic access to sufficient, safe and nutritious food - breast milk to meet their all dietary needs.

Breast milk has all the three determinants of food security which are — accessibility, availability and utilisation. Accessibility: Milk is produced at the breast as and when a child is born. Availability: Breast milk is available when a baby demands for all the time. It requires no preparation and valuable in its sterile from at correct temperature without having no cost in money. Utilisation: It is highly nutritious, safe and hygienic. Breast milk is almost completely digested and utilised for proper growth and development by the child. It reduces tendency of a



child to obesity and contains antimicrobial factors as well as provide several bio-chemical advantages.

Emphasis should be placed on early and exclusive breastfeeding for its substantial benefits in reducing child mortality and morbidity. Sub-optimal breast-

feeding is responsible for 45% of neonatal infectious deaths, 30% of diarrhoeal deaths and 18% of acute respiratory deaths in children under five.

To have the best benefits of breastfeeding both for mother and baby, optimal breastfeeding is the answer. Optimal breast-

feeding means that mothers need to initiate breastfeeding within about an hour of birth, give frequent, on-demand feeding (which include night feeds), exclusive breastfeeding until the child is about 6 months of age and continue breastfeeding well until the baby is 2 years.

Breast milk is the right of a child to survive, to develop, to participate and to be protected. It is urgent and most imperative that all our efforts, policies and strategies are put together to promote and protect breast feeding for healthy, wealthy and nutritionally well future generation.

To ensure food security for the baby there is no alternative of breastfeeding.

The writer works at Dushtha Shasthya Kendra (DSK). E-mail: tofail.azad@gmail.com

DO'S AND DON'TS

First aid in burn

Do's

 Stop the burning process by removing clothing and irrigating the burns.

•Use cool running water to reduce the temperature of the burn.

•Extinguish flames by allowing the patient to roll on the ground, or by applying a blanket or by

using water or other fire-extinguishing liquids. •In chemical burns, remove or dilute the chemical agent by irrigating with large volumes of water.

•Wrap the patient in a clean cloth or sheet and transport to the nearest appropriate facility for



Don'ts

•Don't start first aid before ensuring your own safety (switch off electrical current, wear gloves for chemicals etc.)

•Don't apply paste, oil, haldi (turmeric) or raw cotton to the burn. •Don't apply ice because it deepens the injury.

·Avoid prolonged cooling with water because it will lead to hypothermia.

 Don't open blisters until topical antimicrobials can be applied, such as by a healthcare provider.

 Don't apply any material directly to the wound as it might become infected.

 Avoid application of topical medication until the patient has been placed under appropriate medical care.

Source: World Health organisation

bulletin



The heavier you are, the greater your odds of getting the painful arthritic condition gout is no matter your gender or race, a new U.S. study published in Arthritis Care & Research finds.

Gout is a particularly painful form of arthritis that causes the joints to periodically become swollen, red and hot — most often affecting the big toe, though it also strikes the feet, ankles, knees, hands and wrists.

Caffeine may provide some Parkinson's relief

A new, small study published in Neurology found people with Parkinson's disease who took caffeine pills saw slight but noticeable improvements in movement problems related to the condition.

Curry compound may curb diabetes risk

Researchers, whose results were published in the journal Diabetes Care, found that over 9 months, a daily dose of curcumin seemed to prevent new cases of



diabetes among people with so-called prediabetes — abnormally high blood sugar levels that may progress to full-blown type 2 diabetes. Curcumin is a compound in turmeric spice.

Foods inducing sound sleep

Sleep is very necessary for all living beings in this world. But there are few factors which make us sleepless and we do not get enough rest. It could be due to stress, depression or ageing factors like menopause in women.

It is not always necessary to depend upon the sleeping pills to have a goodnight's sleep when you got nature's best sleep inducers in your kitchen. Here is the list of top sleep-inducing foods that will help you to sleep soundly every night.

Banana

Banana is practically the best sleep-inducing food. Banana helps to release melatonin and serotonin in our body. These two are hormones, which relax our body. In addition, they contain magnesium, which helps in relaxing the body muscles.

Warm milk

Many people in Bangladesh have a custom of taking a glass of warm milk before sleeping. Studies show that milk has tryptophan, a kind of amino acid that has sedative properties. Milk is also a rich source of calcium. Calcium helps the brain to utilise tryptophan, which results in deep sleep.

People with heart disease

may get as much relief from

their depression symptoms

according to a U.S. Study.

who are also depressed

with regular exercise

as with medication,



Honey

Honey works like magic when you are wide-awake on your bed, waiting to fall asleep. It has been proved that a little honey in your herbal tea and warm milk signals your brain to turn off orexin. Orexin is recently discovered neurotransmitter that helps us to stay awake and alert. A slight word of caution here, too much sweet can stimulate your brain instead.

Potatoes

Carbohydrates like potatoes help to clean all the acids in the gastrointestinal tract. This leads to washing

out all those components that block the effects of tryptophan. A small bowl of mashed potatoes will not hurt your body and your diet regime at all. Mix one or two boiled potatoes with small amount of warm milk and mash it. Your sleep food is ready to eat!

Whole-wheat bread

Whole-wheat bread with honey is helpful to release insulin in the body. Insulin helps tryptophan reach the brain, where it is converted to serotonin. Serotonin in turn induces sleep.

Source: http://www.medindia.net





NEWS IN FRAME



With a view to increasing awareness on prevention of hepatitis virus, Liver Foundation of Bangladesh arranged an open seminar between doctors and patients on the occasion of World Hepatitis Day that was observed last week. Chief Guest Md Monzur Alam, Mayor of Chittagong City Corporation is seen in the photo along with other guests in the programme held at Zilla Shilpakola Academy, Chittagong.



পবিত্র রমজানে শরীরকে সুস্থ, স্বাচ্ছন্দ্যময় ও কোষ্ঠকাঠিন্যমুক্ত রাখতে পান করুন



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