

BREASTFEEDING

Food security for the child

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

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.



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.

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

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

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.



- 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.

Source: World Health Organisation

HEALTH bulletin



Gout risk goes up as waistline expands

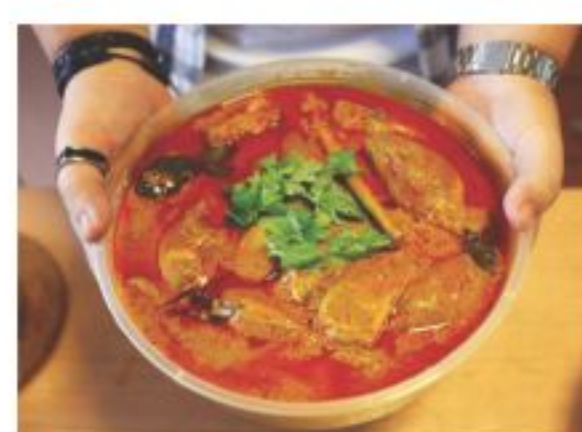
The heavier you are, the greater your odds of getting the painful arthritic condition gout is — no matter your gender or race, a new U.S. study published in Arthritis Care & Research finds.

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.



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.

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.

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.

People with heart disease who are also depressed may get as much relief from their depression symptoms with regular exercise as with medication, according to a U.S. Study.



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.

Facebook and Twitter icons with the text /StarHealthBD

Advertisement for FiberLife. Headline: 'পবিত্র রমজানে শরীরকে সুস্থ, স্বাচ্ছন্দ্যময় ও কোষ্ঠকাঠিন্যমুক্ত রাখতে পান করুন ফাইবার লাইফ'. Features images of FiberLife product boxes and containers against a backdrop of mosque silhouettes. Includes contact information for Orion Natural Care Ltd.