

Get relief from knee pain by simply losing weight

Being overweight and obese not only increase people's risk of heart disease and stroke, but also gradually damage their knee leading to pain and functional impairment. Knees are particularly vulnerable to injury when increase mechanical load like carrying too much body weight. Knees support the weight of the body and transmit forces from the ground. Body weight is transmitted equally through knee joints in standing on both legs. But while standing in one leg, 5/6th of body weight is transmitted through the weight bearing knee joint. During weight bearing activities, we need to do bilateral and unilateral support. If our body weight is perfect as well as condition of muscle and bone is normal, we do not suffer knee problems. However, with

aging, our body weight increases, fat gets deposited, muscle and bones get weak. Osteoarthritis (a common form of arthritis causing pain during movement of the joint) also starts with the increase of age. The higher is our body weight, the weaker is our knee muscles. When our body weight is more than we should have, we are putting more force on that knee joint and as a result, biomechanical problems such as knee pain, knee dysfunction, knee instability arise. Ultimately knees get degenerated and we suffer in movement disorders such as very difficult to bend knees, walking, standing, stair up/down, sit stand and so on. In a recent study from Netherlands showed that those who were overweight had three times more likely to develop knee

osteoarthritis. Another research shows that a 10% decrease in weight will result in a 28% increase in function (such as climbing stairs and walking). If you already have knee pain, get consultation with a doctor and physiotherapist. They can prescribe medicine, suggest appropriate activities and exercise programme those are safe for you. Heavier people can practice walking, bicycling (indoor or outside) and strength training to build stronger muscle. The main goal is to lose weight loss — something that you can do on your own and you can afford. It might save you from knee surgery.
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The write up is compiled by **Dolilur Rahman, Assistant Professor and Consultant of Physiotherapy, American Hospital, Dhaka.**



SCREENING OPTION

When it comes to colon cancer checks, options exist

For people who have had a negative colonoscopy, less-invasive screening options may work just fine for follow-up cancer tests, a new analysis in *Annals of Internal Medicine* suggests. One of the advantages of colonoscopy is that it finds pre-cancerous polyps that can be removed before they turn into cancer. Fecal blood tests, on the other hand, typically catch very early cancers, so more patients screened that way will get cancer and need treatment, although they will have a good prognosis. Although colonoscopy can detect and remove primitive form of cancer in colon, it is also more expensive than other options and typically not the most pleasant experience. Whereas a fecal test that also detects early costs minimum and another options for screening known as computed tomographic colonography (CTC) costs less than colonoscopy but it is hard to find in Bangladesh. The researchers from the Institute for Technology Assessment at Massachusetts General Hospital in Boston, said "no one screening test is right for everyone." They pointed out that the best test depends on people's own risk, their preferences, and which screening approach they are willing and able to adhere to in consultation with a doctor.
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Source: Reuters

HEALTH *bulletin*

Heart-related deaths increase in winter regardless of climate

No matter what climate you live in, you are more likely to die of heart-related issues in the winter — according to research presented at the American Heart Association's Scientific Sessions 2012. Seasonal patterns of total and cardiac deaths were very similar in seven different locations with seven different climates, according to new research. Maintaining healthy behaviours, such as eating well and exercising, is important in winter, researchers said.

Losing weight may improve sleep quality

Losing weight can help people who are overweight get a better night's sleep, according to a new study published in *Johns Hopkins Medicine*. Sleep quality seems to improve whether the weight loss is achieved through dieting alone or by combining diet with exercise, researchers from Johns Hopkins found.

Calories from soft drinks — do they matter?

The prevalence of obesity has been increasing significantly among children and adolescents, not just in developed countries but also in developing countries with rapid changes in nutrition. The increase consumption of sugar-sweetened beverages entitled under soft drinks are particularly a cause for concern and considered as a potential contributor to the obesity. A recent research that published in *The New England Journal of Medicine* shows that sugar-sweetened beverages and high-fructose corn syrup have been linked to increased dietary complications among the obese and those at risk of obesity. Most sugar-sweetened beverages are marketed towards youth and adolescent populations and are not seen as important health and social issues. Sugar intake from sugar-sweetened beverages alone, which are the largest single caloric food source in the United States, approaches 15% of the daily caloric intake in several population groups. The widespread availability of these products, along with social negligence of the harmful effects of high-fructose corn syrup and other sugar sweeteners has made the obesity epidemic much harder to control.



This is a warning sign and evidence for the other countries set for obesity epidemic. Unlike carbohydrates with high fiber content, sugar-sweetened beverages are nutrient-poor and are often associated with consumption of salty foods and fast foods. An emerging association between the increased consumption of sugar-sweetened beverages and chronic diseases such as type 2 diabetes, high blood pressure, and heart attack is a major concern. Studies have suggested that masked replacement of a sugar-containing beverage (104 kcal) with a sugar-free beverage significantly reduced weight gain and fat accumulation in normal-weight children. The bottom line is calories from

sugar-sweetened beverages do matter. Policy decisions about sugar-sweetened beverages should not be considered in isolation. Other strategies to achieve and maintain normal weight, including increasing physical activity, will be important to stem the obesity epidemic and its effects. The time has come to take action and strongly support and implement the recommendations to reduce consumption of sugar-sweetened beverages in both children and adults.
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The write up is based on editorial of *The New England Journal of Medicine* compiled by **Dr Shahjada Selim, working at the Department of Endocrinology and Metabolism, BIRDEM Hospital. Email: selimshahjada@gmail.com**

WORLD PNEUMONIA DAY Vaccine alone is not enough; comprehensive approach needed

STAR HEALTH DESK
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Despite the great potential of pneumococcal vaccine, child pneumonia will remain a major threat to children under 5 years of age, unless a comprehensive approach is taken, according to the International Union Against Tuberculosis and Lung Disease (The Union), says a press release. Pneumococcal vaccine is an important intervention that is already in use. But pneumonia is caused by a wide range of pathogens which is one of the challenges. In low- and middle-income countries, where 99% of the 1.5 million deaths from child pneumonia occur each year, a variety of other factors also contribute to high case fatality rates. To more fully address child pneumonia in all settings, The Union therefore recommends a balanced and comprehensive approach that emphasises other preventive strategies, as well as vaccine: nutrition and breastfeeding, reduction in indoor air pollution, hand washing and improved case management. Curative interventions include addressing the rising rates of bacterial resistance; models of community care; the role of zinc; focus on the needs of high-risk patients, such as those who are malnourished and infants; as well as wider availability of oxygen therapy and other methods of respiratory support.

/StarHealthBD

Knowing for better living

1 in 10 adults will have diabetes by 2030 !

- 80% of people with diabetes live in low and middle income countries
- Every year 78,000 children develop type-1 diabetes
- The greatest number of people with diabetes are between 40-59 years of age

- Take healthy diet - low in fat, sugar and salt
- Take 20-minute exercise for at least 3 days per week
- Maintain a normal body weight
- Avoid Smoking
- Avoid alcohol

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