

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

Creating an inclusive and accessible world

DR TAMANNA AFROZ
Around 15% of the world's population, or one billion people, live with disabilities. And the rates of disability are increasing due to population ageing and increases in chronic health conditions. People with disabilities have less access to health care services and therefore experience unmet health care need. However, financing more in rehabilitation services and timely intervention can prevent many these disabilities and thus save huge money that lost in care. People with disabilities report seeking more health care than people without disabilities and have greater unmet needs. Health promotion and prevention activities seldom target people with disabilities. For example women with disabilities receive less screening for

breast and cervical cancer than women without disabilities. People with intellectual impairments and diabetes are less likely to have their weight checked. Adolescents and adults with disabilities are more likely to be excluded from sex education programmes. In order to mobilise support for people with disabilities and increase understanding of disability issues, International Day of Persons with Disabilities was observed on 3rd December. Removing barriers to create an inclusive and accessible society for all is the theme for this year. Governments can improve health outcomes for people with disabilities by improving access to quality, affordable health care services, which make the best use of available resources. As several factors including interact to inhibit



PHOTO: KHALED ARAFAT AHMED

access to health care, reforms in all the interacting components that include Policy and legislation, financing, service delivery, human resources, data and research are required. The recent world report on disability provides recommen-

enormous benefits in enabling people with disability to attain their fullest potential in terms of independence and participation. It also suggests using alternative models of service delivery, such as telemedicine and mobile clinic services. To achieve the long-lasting, vastly better development prospects that lie at the heart of the 2015 Millennium Development Goals and beyond, we must empower people living with disabilities and remove the barriers which prevent them participating in their communities; getting a quality education, finding decent work, and having their voices heard. We all should work together to create an inclusive world where we are all able to live a life of health, comfort, and dignity.

Source: WHO

FACT SHEET

Colles' fracture

Colles' fracture is a transverse fracture of the radius (lateral forearm bone) just above the wrist, with backward displacement. It is the most common fractures in older people and occur highest in



women after menopause. Although trauma causes the fracture, the increased risk is mainly due to osteoporosis in which the bone is weakened. Usually the fracture occurs due to fall on the outstretched hand and there is pain, swelling and deformity just above the wrist. The deformity looks like a 'dinner fork' or 'bayonet'. The Diagnosis can readily be made clinically, but an X-ray of the wrist is needed to confirm the fracture. Most fractures are angulated and displaced and require reduction of the fracture. The fracture is reduced by an orthopedic surgeon and an immobilisation plaster cast is applied, so that the fracture can heal in favourable position. There after joints exercise is important for optimum hand function. Rarely an operation is needed to maintain the fracture fragments in adequate position. Prevention of the Colles' fracture is desirable. It can be prevented by treatment of osteoporosis by taking calcium and vitamin rich foods such as milk, yogurt, cheese, fortified foods, egg yolk, meat, fish, soybeans etc. It is important to avoid smoking and alcohol intake. Regular physical activity is very effective to make bone strong and maintain body balance. Other measures include taking calcium with vitamin D supplemental drugs and prevention of fall or trauma.

The write-up is compiled by Dr. Md. Abdus salam, Assistant Professor, National Institute of Traumatology and Orthopaedic Rehabilitation (NITOR), Dhaka.

HEALTH bulletin

Smoking may worsen a hangover
Smoking may worsen a hangover after drinking heavily, according to a US study published in Journal of Studies on Alcohol and Drugs. Hangover prevention here is the same as always — do not drink too much, do not get dehydrated — have soft drinks between the alcoholic ones — and avoid the darker drinks with the greater hangover potential.

Breath test spots bowel cancer
Scientists say they have developed a breath-test that can accurately tell if a person has bowel cancer. The test, which looks for exhaled chemicals linked to tumour activity, was able to identify a majority of patients with the disease. The British Journal of Surgery reported an overall accuracy of 76%.

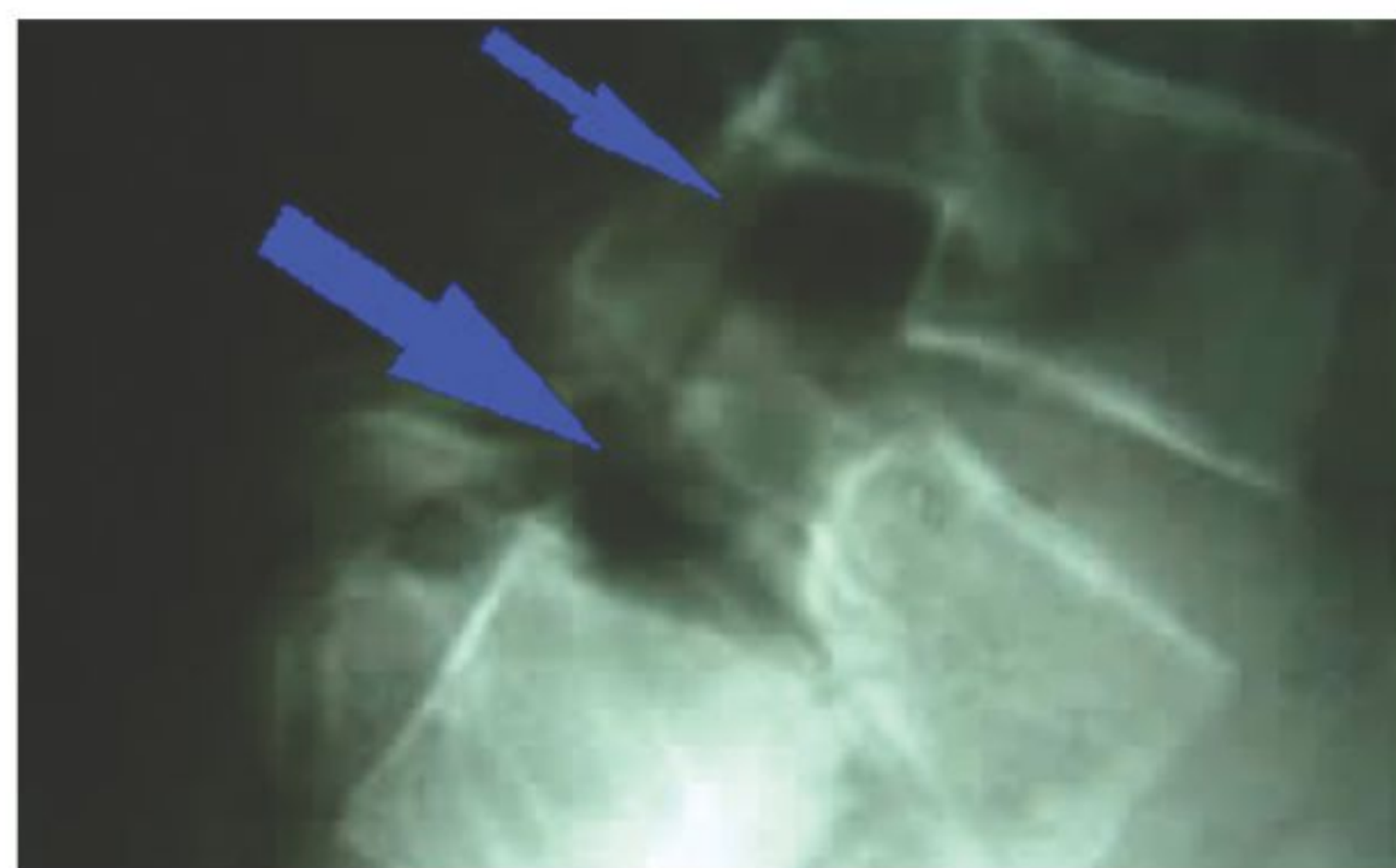
Spondylolisthesis: A common cause of low back pain

Spondylolisthesis is a condition where a bone in the spinal column (called vertebra) slips onto the bone below it. The displaced bone then begins to compress on nerves resulting in back pain. However, with some precaution, exercise and medication, patient can manage this condition better. It is one of the common conditions that leads to low back pain in adults. The condition is most commonly occurred due to abnormal wear on the cartilage and bones such as arthritis. Bone disease and fractures can also cause Spondylolisthesis. Certain sport

activities — such as gymnastics, weight lifting, and football — put a great deal of stress on the bones in the lower back. It can also occur in children usually due to birth defect or sudden injury to spine. The condition leads to compression of the nerve root, reduces the diameter of spinal canal and prolapsed inter vertebral disc. The main clinical feature is low back pain. During early stage of the disease, particularly in adolescent patients, acute low backache may present. Increased stress on the pars may lead to marked muscle spasm around spine. There may be

tightness in the hamstring muscle. Majority of patients present with recurrent episodes of low back pain after exertion. The physical as well as imaging studies can reveal the diagnosis. The treatment is aimed at achieving maximum correction of the displacement and maintenance of the correction. The grade of slipping of the vertebral body assessed by a physician can determine the approach of treatment. Brace to support the spine and maintain correction is an important part of the treatment. But it should be worn for very long period to get maximum benefit. Deep heat is effective in providing relief of pain. Maintain flexion (forward bending) attitude during rest or work is important. Moreover, some exercise maneuver advised by physiotherapist is also very important to correct the slip. Surgery is indicated if there is neurological deficit or if pain is disabling or if the slip progresses rapidly.

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For-Bangladesh Association of Germany organises its third plastic surgery mission in Bangladesh recently in cooperation with Interplast Hungary and Interplast Germany. The goal was to provide free reconstructive plastic surgery operations to improve the quality of life of the needy people of Bangladesh, who are suffering from various deformations of face or extremities, burn-injuries, mutilations of hands, birth-defects.

/StarHealthBD

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