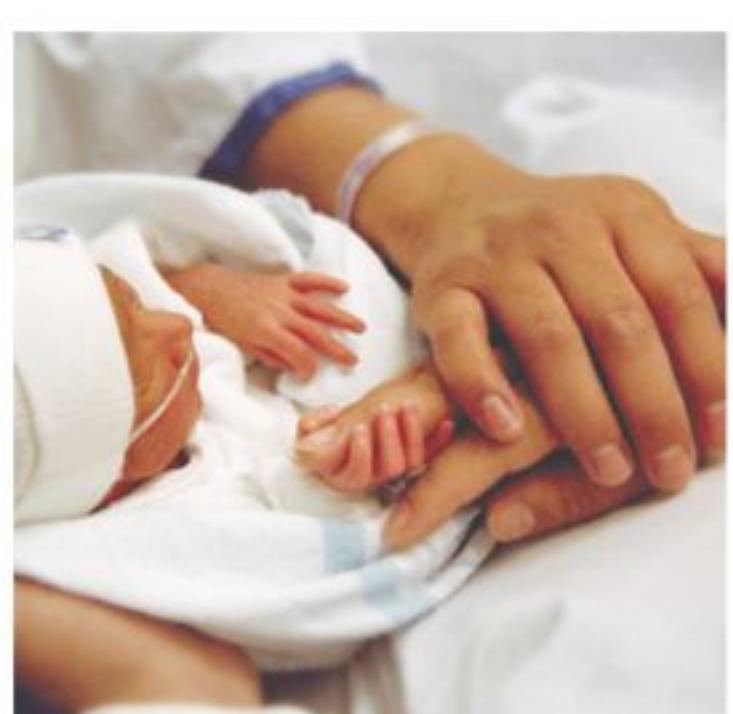
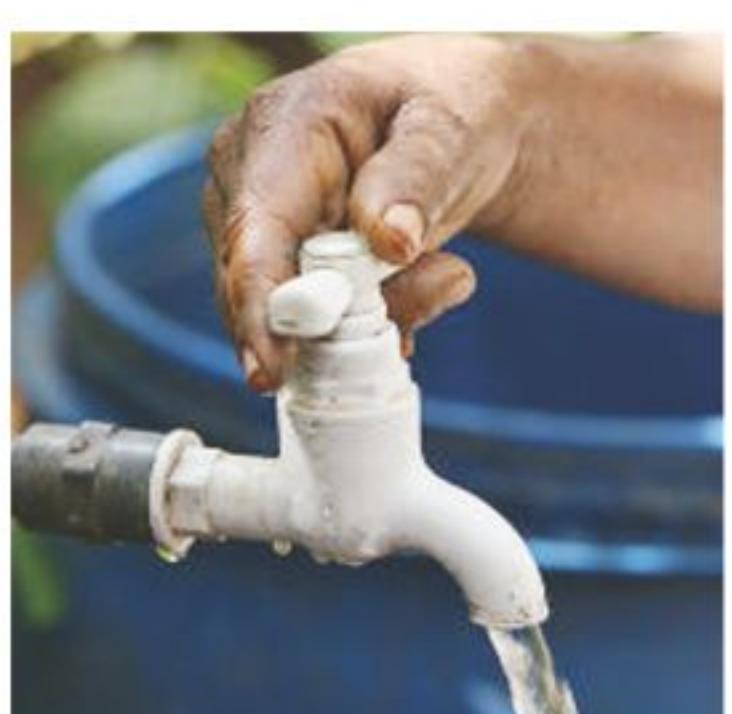


THE YEAR IN REVIEW

Key health issues in 2012



STAR HEALTH DESK

The year 2012 is marked with some glorious achievements and released new crucial data in terms of health. At the end year 2012, we would like to highlight some of these milestones to respect sincere endeavours behind these achievements and encourage people to do more in the coming year.

MDG target on drinking water met

On 6 March, the World Health Organisation (WHO) and Unicef announced that the world had met the Millennium Development Goal (MDG) target of halving the number of people without access to safe drinking

water. Between 1990 and 2010, more than two billion additional people gained access to improved drinking water sources, such as piped supplies and protected wells.

Progress on child survival

An estimated 6.9 million children died before their fifth birthday in 2011, compared to around 12 million in 1990, according to data released by WHO and partners. Progress is speeding up: over the last decade, the annual rate of reduction in child deaths was almost double that of the previous decade. While significant, progress is still insufficient to achieve MDG 4 of reducing under-five mortality by two-thirds by 2015.

New data reveal increases in hypertension and diabetes

The World Health Statistics 2012 report released on 16 May highlighted the growing problem of noncommunicable diseases. It showed evidence of a dramatic increase in the conditions that trigger heart disease and other chronic illnesses, particularly in low- and middle-income countries. One in three adults worldwide has high blood pressure — a condition that causes around half of all deaths from stroke and heart disease — and one in 10 adults has diabetes.

15 million babies born too soon every year

Each year, some 15 million

babies in the world — 4 out of 100 in Bangladesh — are born before 37 weeks of pregnancy are completed, according to a report by WHO and partners.

The 'Born Too Soon' report provided the first-ever national, regional and global estimates of preterm birth. It revealed that preterm birth is the leading cause of newborn deaths worldwide, and that it is on the rise in most countries. Three-quarters of the 1.1 million annual preterm deaths could be avoided using existing, cost-effective interventions such as kangaroo mother care.

First guidance on use of antiretrovirals by HIV-negative people to pre-

vent infection

On 20 July, just before the XIX International AIDS Conference, WHO issued its first guidance to countries considering offering HIV medication, known as antiretrovirals (ARVs), to HIV-negative people at high risk to protect them from infection. The recommendations were based on clinical trials indicating that a daily dose of ARVs taken by HIV-negative people, known as pre-exposure prophylaxis (PrEP), is both safe and effective in preventing HIV. Studies showed that PrEP can reduce HIV infection by up to 75% among people who take their medicine regularly.

Source: WHO

CHILD HEALTH

Monitor milestones of developmental in a child

PROF M KARIM KHAN

Often parents become very much concerned about the growth of their child, but they often ignore the developmental part, which is equally important. So, growth and development should run parallel. Growth means increase in weight, height, head circumference, mid upper arm circumference etc. Development means mental maturation, intelligence, skill ness etc.

In order to monitor growth and development, milestones of development need to be assessed periodically. Suppose, at three months, a baby should have neck control, smiles, recognise mother, turn heads towards sound or noise, follows the movement of dangling objects.

At six month baby should sit without support, hold feeding bottle, responds to name and do bubbling sounds.

At twelve months, baby can stand and walks with support, understands simple sentences and commands, speaks few recognisable words like Baba, Ma, Nana, Dada etc.

At two years, baby can run safely avoiding obstacle, can name some toys, forms sentences and demands constant attention from adults. Ask frequent questions.

By two years, baby should be dry at night. Toilet training should be started at eighteen months. Feeding by own hand also to be started at the same time.

So, each step is important and deviation from that may need proper attention and timely intervention. Healthcare, love, affection, proper environment and nutrition, obviously improve the quality of a growing child.

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INTERVIEW

Multidisciplinary approach ensures comprehensive care

STAR HEALTH REPORT

Eminent ENT specialist from the Novena ENT-Head and Neck Surgery Specialist Centre Prof Dr Christopher Goh recently visited Bangladesh and shared his view with Star Health. Mount Elizabeth Novena Hospital (MNH) is Singapore's first purpose-built private sector hospital brought together

clinical expertise, state-of-the-art medical equipment and operational excellence to provide local and international patients with quality healthcare, greater privacy and quick access.

Dr Goh talked about their multidisciplinary ENT care which offers more patients compliant services facilitating them to get treated by less invasive surgeries. Most of the

surgeries are done as a day case basis, so that patients need not stay in hospitals like before. People can go on business trips and have surgeries without staying more.

They have introduced new equipment like super-imposed PET-CT scan that provides more accurate imaging to diagnose ENT diseases more precisely. They also perform robotic ENT surgery at their centre where it is necessary like operations of the tongue base or oropharynx.

Dr Goh discussed about Cochlear implant, which is used to enable profound deaf patients to hear again. This is a wonderful modern surgical technique which is also performed in Bangladesh. Dr Goh underscored that pre- and post-operative follow up is more important besides the surgical procedure and implantation in case of Cochlear implant. It is more important for the youngsters getting the implant — they need helpful environment at their home and schools to be accustomed with the new device and make the best use of it.



Prof Dr Christopher Goh is explaining a patient with a model at his chamber.

Keep kids from choking hazards

Young children are prone to choking. To help prevent choking and its complication, The Nemours Foundation mentions these safety precautions to help reduce youngsters' risk of choking:

- Don't give small children foods such as whole grapes or hot dogs, nuts, raw carrots, popcorn, spoonfuls of peanut butter or candies that are hard or chewy.
- Carefully cut children's food into small bites.
- Keep small toys and household items — including deflated balloons, coins, beads and batteries — away from young children.
- Offer your child only age-appropriate toys.
- Inspect toys to make sure they do not have small parts that can break off.

/StarHealthBD

Knowing for better living

In Bangladesh . . .

1 out of 3 women suffers from Osteoporosis !

Take calcium rich foods like milk, dairy products, nuts, soya foods, leafy vegetables & fruits

Take Vitamin-D rich foods like seafood, cod liver oil, egg & mushroom

Exercise regularly like walking and jogging

Take medicines consulting with physicians



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