



It's time to prevent cervical cancer

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Cervical cancer affects the lower part of the women's womb or uterus (known as cervix). It is second in the list among the cancers from which the women of developing countries suffer the most. Commonly, this cancer mostly occurs in cases from thirty five to fifty five years of age. The frequency is higher

among the women in lower income families. The risk of developing cervical cancer increases in the women who cannot maintain proper hygiene of the genital organs, those got married at early age or start sexual intercourse at early age, the women with frequent child birth, having multiple sexual partners; it also rises when their male counterparts have multiple sexual partners.

Infection by a virus called Human Papillomavirus (HPV) is responsible for most cases of cervical cancer and in some extent Herpes Simplex Virus type 2. Most of the women in their lifetime are affected by HPV more than once but most of these infections go away naturally. In some cases, it persists and increases the risk of developing cancer over time.

Two easy methods are used for the detection of cervical cancer at an early stage, VIA (Visual Inspection using Acetic Acid) and Pap smear. The VIA method is easy, simple and available for free at most government medical set up in Bangladesh. Pap smear is another test available in the diagnostic

centers and some government laboratories.

Unfortunately, cervical cancer has hardly any symptom at early stage when it is completely treatable. Most of the patients come at a stage when cancer already spread throughout the body and little can be done to save them. So, prevention is the key to fight this deadly disease.

In addition to cost-effective screening at a regular interval, vaccine also available in Bangladesh that can effectively prevent developing the cancer. Any girl from nine years onwards can take this vaccine. But it will be more effective if taken before marriage.

We can take precaution to remain free from the deadly cancer. For example, don't let

your daughter get married before 18 years of age, refrain from conceiving child at early age (at least not before 21) and abstain from having physical relationship with more than one partner. And above all, the frequency of this cancer can be decreased by 70% to 80% by taking the vaccine which is available in Bangladesh.

January is the cervical cancer awareness month. Most women of Bangladesh suffer the catastrophic consequences of cervical cancer simply because of lack of awareness about its symptoms, prevention and services. It is the high time to take action.

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DRIVING SAFETY



Drowsy drivers pose major risks

Certain people were particularly likely to report drowsiness while driving, including those who slept less than six hours daily and those who snored at night, a potential sign of a sleep disorder. Falling asleep at the wheel during driving is one of the major factors that cause widespread impact.

In many cases, deadly motor vehicle accidents involved a driver who was either sleepy or dozing off. Accidents involving sleepy drivers are more likely to be deadly or cause injuries, in part because people who fall asleep at the wheel either fail to hit their brakes or veer off the road before crashing.

Recent study published in the Morbidity and Mortality Weekly Report revealed that short sleep duration and snoring were each independently associated with a greater likelihood of sleepy driving. Snoring is often — though not always — a marker for obstructive sleep apnea, which causes intermittent pauses in breathing at night.

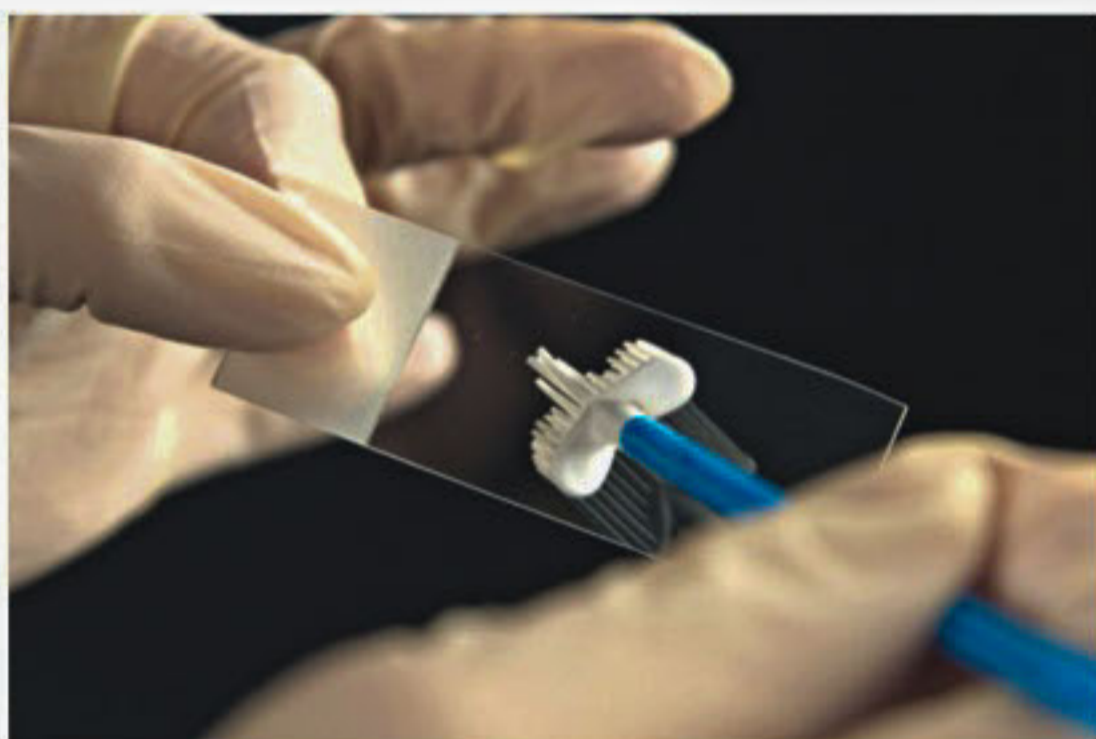
Researchers said that people might just close their eyes for a second or two. One of the warning signs is when they have trouble remembering the last few miles that they have driven, or when you miss an exit. It could be because you actually fell asleep for a second.

Even being tired and sleep deprived without actually nodding off can be a serious problem on the road. Fatigue slows reaction times and can lead to poor judgment. Studies show that going without sleep for 20 to 21 hours and then getting behind the wheel is comparable to having a blood alcohol level of about .08 percent, which is the legal limit in most states.

Researchers advised that people should look for a place in this situation to pull over and drift off for a few minutes. Then maybe grab a cup of coffee afterward. The safest thing is to look for a place that's secure where you can take a quick nap.

Source: The New York Times

HEALTH bulletin



Fluid from Pap test used to detect ovarian, endometrial cancers

Using cervical fluid collected from routine Pap smears, U.S. researchers were able to spot genetic changes caused by both ovarian and endometrial cancers, offering promise for a new kind of screening test for these deadly cancers.



Low wages linked to raised risk for high blood pressure

The lowest paid workers are at greater risk for high blood pressure than those taking home bigger paychecks, according to a new study published in European Journal of Public Health.

WELLNESS CORNER

Give tummy time to baby, help enhance development

STAR HEALTH DESK

When the baby is awake, placing him or her on tummy or belly for a short period with supervision is called tummy time. It is a significant contributor of physical development of the baby.

While on tummy, baby lifts its head, which strengthens the development of strong head, neck and shoulder muscles and promote certain motor skills. Being able to control head better reduces your baby's risk of sudden death (called SIDS).

Spending time on tummy also helps your baby's head become round instead of developing flat spots on the back of her head (called positional plagiocephaly).

Tummy time can begin right after birth. When you put your baby on tummy, always place on a smooth, flat surface with no loose items (toys, blankets, pillows) around, which might block its airway.

Some babies initially resist tummy time because they do not have good control and find it hard to lift their heads. But the more practice your baby gets, the better s/he will like it.

Usually there is no set amount of time but experts recommend for few minutes. As your baby gets used to tummy time, place your baby on his or her stomach more



frequently or for longer periods of time. For a 3- to 4-month-old baby, some research suggests aiming for at least 20 minutes of tummy time a day. We should pick our baby up if s/he starts crying or fussing.

Remember, however, to never leave your baby unattended during tummy time. If your baby becomes fussy or sleepy during tummy time, change his or her activity or place your baby to sleep on his or her back in the bed.

The following are some tips for turning tummy time into playtime:

- When the baby cannot support

his/her own head at all, put on your chest tummy down. Or put her across your lap on stomach for burping.

- Get on the floor with your baby. Make faces, talk to them, get a tummy time mat, and hold colorful toys or a rattle in front of them.

- If the baby starts to fuss, divert its attention. Turn on its back, then blow raspberries on her tummy. Flip her onto her stomach and make the same raucous noises on her back.

Source: www.webmd.com

HEALTH TIPS

Don't neglect warning signs of lung disease

Your lungs are delicate organs, and whatever is in the air you breathe can directly affect their health. The American Lung Association says warning signs of lung disease include:

- A cough that lasts at least a month.
- Shortness of breath after little or no activity, or that does not improve after you've finished exercising.
- Wheezing or other signs of difficulty breathing.
- Chronic chest pain that lasts at least a month.
- Producing blood when you cough.

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Knowing for better living

You can reduce **30%** risk of cancer death!

Maintain a healthy body weight

Exercise regularly

Avoid tobacco use

Take lots of vegetables & fruits

Avoid alcohol use



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