

## SHOULDER IMPINGEMENT SYNDROME

# A common cause of pain and weakness in shoulder

Shoulder Impingement Syndrome (SIS) is a common cause of shoulder pain, often seen in aging adults. It occurs when there is impingement of tendons or bursa — structures that support bone and muscle in the shoulder.

Overhead activity of the shoulder, especially repeated activity including painting, lifting, swimming, tennis and other overhead sports are big risk factors of SIS. Other risk factors include bone and joint abnormalities.

Many times, we mix up frozen shoulder (FS) with Shoulder Impingement Syndrome (SIS). The main difference is that SIS produces pain while movement and decreases with rest and sleep. But FS is a big cause of sleep disturbance.

The typical symptoms of impingement syndrome include



difficulty reaching up behind the back, pain with overhead use of the arm and weakness of shoulder muscles.

If tendons are injured for a

long period of time, the tendon can actually tear in two, resulting in a rotator cuff tear. This causes significant weakness and can make it difficult for the

person to elevate his/her arm.

Pain control and repair of wasted muscle (if any) is the main aim of management. Oral painkillers remain the most

common treatment for impingement syndrome. Medicine is usually given for one to three weeks since it often takes that long to fully treat the problem.

It is strongly recommended that you should not take these medications without consulting a doctor as these have several side effects like bleeding, gastric irritation and may not be suitable for you.

Daily stretching in a warm shower will help. You should work to reach your thumb up and behind your back. Avoid repetitive activities with your injured arm, particularly activities where the elbow would move above shoulder level.

The write up is compiled by Dr Mohammad Ali, Director and Chief Consultant of Hasna Hena Pain and Physiotherapy Research Center (HPRC), Dhaka. E-mail: physiomali@yahoo.com

## MEDICAL IMAGING

### Novel way to enhance endoscopy imaging

STAR HEALTH REPORT

Endoscopy is a procedure by which doctors' look inside our stomach and other parts of our gut to identify any lesion. It uses an instrument called an endoscope that has a tiny camera attached to a long, thin tube and pass it through mouth or anus to see inside the intestine.

Endoscopy is widely used to diagnose peptic ulcer, cancer, causes of bleeding from gut, explore reasons of abdominal pain like Crohn's disease. When it comes to getting a good image to diagnose those diseases accurately, there are only few tools more useful than conventional endoscopy. One of the problems with endoscopy capsules, which measure only 11 millimetres by 26 millimetres, is they can jump areas of tissue without imaging them. So doctors do not get a continuous picture and are not also satisfied with the current image quality from endoscopy capsules.

With a view to improving the quality of image, which will lead to more consistent, accurate diagnosis, a Bangladeshi scientist Dr Khan Arif Wahid has developed a chip that will be used inside their next-generation endoscopic capsule. Dr Wahid is currently the Associate Professor of Department of Electrical and Computer Engineering of University of Saskatchewan, Canada.

In order to meet the existing challenges, Wahid's team has developed algorithms that much more efficiently capture and process images. This innovation will allow a more complete, real-time diagnosis of gastrointestinal diseases and may make it possible to add features to future endoscopy capsules.



Khan Wahid displays a recently fabricated chip (centre of the metallic device) that will be used inside their next-generation endoscopic capsule, together with sample intestinal images of a patient.

## Mediterranean diet: Follow world's healthiest diet

STAR HEALTH DESK

The Mediterranean diet is a modern nutritional recommendation inspired by the traditional dietary patterns of southern Italy, Greece, and Spain. The diet is abundant in fruits, vegetables, whole grains, legumes and olive oil. It encourages moderate consumption of dairy products (mostly as cheese and yogurt), moderate to high consumption of fish, low consumption of meat and meat products specially red meat, which contains more saturated fat.

Several research studies have shown that benefits of following a Mediterranean-style eating pattern are many: reduction of risk of heart attack, stroke and Alzheimer's disease, improved weight loss, better control of blood glucose (sugar) levels and diabetes, reduced risk of depression etc.

For all these reasons, most experts encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of major chronic diseases. Here are some tips to follow the useful and healthiest diet:

1. **Replace butter and margarine with healthy oils as often as possible:** Use olive oil—a good source of heart-healthy monounsaturated



fats—as your primary fat for cooking and baking. Other plant-based oils, such as canola or walnut oil, are also rich in heart-healthy monounsaturated and beneficial omega-3 fatty acids.

2. **Switch up your proteins:** Swap out most of your red meat and get your protein from skinless chicken, fish, beans, nuts and other plants. Start by making a few small changes. Aim to eat fish of any kind—except for fried, of course—twice a week.

3. **Eat veggies all day long:** Most people do not get enough vegetables. Aim for 3 to 8 servings of vegetables a day. A serving size is ½ to 2 cups depending on the vegetable. Pick vegetables in a variety of colors to get a range of antioxidants and vitamins.

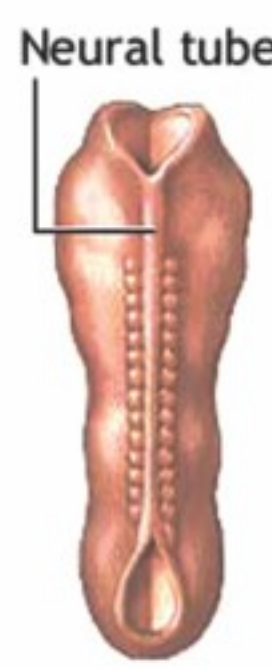
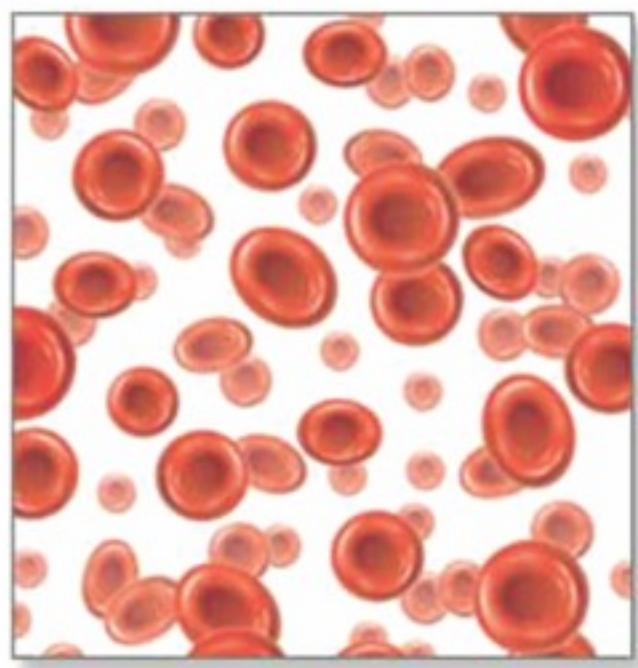
4. **Enjoy fruit for dessert:** Generally a good source of fiber, vitamin C and antioxidants, fresh fruit is a healthy way to indulge your sweet tooth.

5. **Set aside enough time to savor every bite:** Eating like a Mediterranean is as much lifestyle as it is diet. Instead of gobbling your meal in front of the TV, slow down and sit down at the table with your family and friends to savor what you are eating. Not only will you enjoy your company and your food, eating slowly allows you to tune in to your body's hunger and fullness signals. You are more apt to eat just until you are satisfied than until you are busting-at-the-seams full.

Source: [www.eatingwell.com](http://www.eatingwell.com)

## HEALTH bulletin

Folic acid is necessary for red blood cell production and neural tube formation



### Folic acid in pregnancy tied to lower autism risk

Women who took extra folic acid in the weeks before and just after becoming pregnant were less likely to have a child with autism, according to a new study which appears in the Journal of the American Medical Association.

### First-born may be at greater risk for diabetes, hypertension

First-born children may be at greater risk for diabetes or high blood pressure, a new study published in the Journal of Clinical Endocrinology & Metabolism contends.

The study authors noted their findings could have serious public health implications for countries like China, where a one-child policy means first-born children comprise a large portion of the overall population.

## Fitness may lower dementia risk



Being physically fit in midlife is associated with a lower risk of dementia in old age, a new study published in The Annals of Internal Medicine.



/StarHealthBD

## Knowing for better living

### 7 serious symptoms in children to never ignore !

1. High fever
2. Skin infections or rashes
3. Frequent sore throats
4. Breathing problems
5. Severe stomach bug
6. Stiff neck
7. Sleep problems or change in behaviour

Ensure healthy foods for children

Ensure enough sleep and exercise

Ensure child's physical, mental & social well-being

Keep children safe



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