

Saving women from violence

1 in 3 women suffer physical and/or sexual violence worldwide, 30% of them suffer abuse from intimate partner, reveals a new report by the World Health Organisation

Violence against women and its consequences to physical, mental and reproductive health is not a new phenomenon. What is new is the growing recognition that acts of violence against women are not isolated events but rather form a pattern of behaviour that violates the rights of women and girls, limits their participation in society, and damages their health and well-being.

According to a new report released by the World Health Organisation (WHO) in partnership with the London School of Hygiene & Tropical Medicine and the South African Medical Research Council, physical or sexual violence is a public health problem of epidemic proportions that affects more than one third of all women globally.

Some 35% of all women will experience violence either intimate partner or non-partner. The study finds that intimate partner violence is the most common type of violence against women, affecting 30% of women worldwide.

The study highlights the need for all



sectors to engage in eliminating tolerance for violence against women and better support for women who experience it. It emphasises the urgent need for better care for women who have experienced violence. These women often seek health-care, without necessarily disclosing the cause of their injuries or ill-health.

New WHO clinical and policy guidelines has been released with the aim to address this lack of knowledge. Experts

stress the importance of training all levels of health workers to recognise when women may be at risk of partner violence and to know how to provide an appropriate response.

They also point out that some health-care settings, such as antenatal services and HIV testing, may provide opportunities to support survivors of violence, provided certain minimum requirements are met.

- Health providers have been trained

how to ask about violence.

- Standard operating procedures are in place.
- Consultation takes place in a private setting.
- Confidentiality is guaranteed.
- A referral system is in place to ensure that women can access related services.
- In the case of sexual assault, health care settings must be equipped to provide the comprehensive response women need — to address both physical and mental health consequences.

Violence against women is pervasive globally and it is a major contributing factor to women's ill health. It is not a small problem that only occurs in some pockets of society, but rather is a global public health problem of epidemic proportions, requiring urgent action. It is the high time for the world to take action: a life free of violence is a basic human right, one that every woman, man and child deserves.

Source: World Health Organisation

WARNING

Ice cream or poisoning cream

PROF M KARIM KHAN

Ice cream is a popular, palatable, delicious food. Globally, people of all age group love it very much. It is available in almost everywhere. It has special appeal in the hot summer. Vendors take this opportunity and sell ice cream by the side of the road in front of all schools. School children love it very much. Low cost ice creams are colorful to attract the children. These are made by tape water, saccharine and harmful dye.

Recently Bangladesh Standard & Testing Institute (BSTI) paid visit to different ice cream factories and tested some low cost ice creams. They found, the dye used were for garments industry to color the clothes and they are not consumable by human being. These are toxic to human body and can impair liver, kidney and blood system. They may produce cancer, chronic and acute allergy, bowel problem, skin problems and may be neurotoxic which may ultimately cause death. Just for profit factory owners are offering poison to the kids.

So please be aware of these poisonous ice cream and keep it out of reach of your beloved kids.

The writer is a Professor of Paediatrics at Community Based Medical College, Mymensingh. E-mail: mmukkh@gmail.com

HEALTH bulletin



Obesity linked to greater risk of hearing loss in teens

In addition to the well-known health risks of being overweight, a new study published in the journal The Laryngoscope finds that obese teens may be at increased risk for hearing loss.

Experts urge screening of overweight kids because many may be unaware their hearing is impaired.

Even silent strokes can harm memory, thinking

People who experience stroke-like symptoms for transient time — so-called silent strokes — but do not have full-blown strokes are still at higher risk for memory and thinking problems, a new study published in the journal Neurology reveals.

Polluted air linked to autism risk

Pregnant women who live in smog-filled areas may be twice as likely to have children with autism, a new study in Environmental Health Perspectives suggests.

Early marriage on the airwaves

STAR HEALTH REPORT

Every Saturday morning in Munshiganj, an agricultural area outside Dhaka, Bangladesh, a two-hour radio programme entirely dedicated to sexual and reproductive health and rights (SRHR) is broadcast.

Friends' Circle is one of 25 programmes produced by Radio Bikrampur, which claims an audience of 300,000 and receives some 500 texts from listeners each day. Listeners in a 17 Km radius are eager to receive the SRHR information. In a culture where discussing sex and sexual health remains taboo, the radio show is filling a void of silence. Aimed primarily at young people, it is also listened to by parents and others, opening up avenues of conversation.

One young listener, Shahnaz, explains: "I got to know about such topics like puberty and HIV which I couldn't talk to anyone else about as these are sensitive issues. I was a bit scared to talk to my parents but now, after listening to the show, the shyness isn't there anymore."

The radio show is supported by HASAB, a partner of the International HIV/AIDS Alliance in Bangladesh. Through the European Commission funded programme 'Community Action for Sexual and Reproductive Health and Rights in Asia', HASAB has been able to design the radio programme and its content, provide a two-day workshop for radio jockeys on key issues, and fund the station with half of the production costs for the show.

Lipi, 19, is one of Radio Bikrampur's young radio jockeys. She is in her second year of university and got the role after undergoing three interviews.

"I am very passionate about radio," she says. "I like doing the work because it's a remote area to some extent and people don't talk

very openly. It's important for students of class 10 and 11 (age 15 and 16) in particular to know about these issues."

Early marriage is a hotly discussed topic on the show — hardly surprising when Bangladesh has one of the highest rates of child marriage in the world. Child marriage puts young girls at increased risk of HIV for a number of reasons including having unprotected sex from an early age, and typically their husband will be an older man who has had more sexual partners.

Also typically, young wives will be cut off from education when they are married, limiting their access to SRHR information despite the fact that they are at great risk of complications during pregnancy and child birth.

"Through the shows girls now know their rights, that they shouldn't go for early marriage and that they can protest to their parents and say no, it's not the right age to get married," Lipi proudly asserts.

The radio station has directly intervened to prevent two early marriages after it became aware of

them through the radio show. The station was able to contact the local Upazila Nirbahi Officer (UNO), Chief Executive of the sub-district, who in turn threatened legal action if the marriage took place before the girls were 18.

HASAB hopes not just to continue supporting radio Bikrampur but to replicate the success in other parts of the country. Supporting the radio show is just one initiative under the programme which has reached around 150,000 young people with SRHR information as well as parents, religious leaders, healthcare providers and decision makers.

The work in Bangladesh dovetails with a new ambitious three year programme funded by the Ministry of Foreign Affairs of the Government of the Netherlands (BUZA). Its aim is to improve the sexual and reproductive health and rights of young people living with and affected by HIV in five countries — Bangladesh, Burundi, Ethiopia, Myanmar and Uganda — and expects to reach over one million young people over the three years.



PHOTO: INTERNATIONAL HIV/AIDS ALLIANCE

Lipi, one of Radio Bikrampur's young radio jockeys is talking about early marriage to create awareness in a radio programme — Friends' Circle.

Health Tips

Tips for Diabetes testing and its prevention



PROF DR MD TAHMINUR RAHMAN

Diabetes is a common diseases nowadays in our society. Often it comes to our mind that — what are the major tests performed to screen, monitor and diagnose the disease, or if there any other tests that might get missed. Following are the list of diagnostic test usually performed to scree, diagnose and monitor Diabetes.

- Oral Glucose Tolerance Test (OGTT) for detection of new diabetes patient
- Blood sugar: fasting, random, 2 hours after breakfast/lunch/dinner
- HbA1c: monitors sugar control for last 3 months
- Microalbumin, 24 hours Urinary Total Protein (UTP) with Albumin-Globulin (AG) ratio to detect protein loss in urine
- Creatinine Clearance Rate (CCR), Serum Creatinine and Urea to test kidney function
- Urine: routine and microscopy examination

Preventive measures

- Adequate physical activity including walking, physical exercise, swimming
- Diet control; adequate balanced diet as per BMI. Restrict carbohydrate, protein, fat and take more fresh vegetables, sour fruits, fiber rich food, sea food and fish
- Avoid red meat, junk food, fast food and soft drinks, tinned food
- Avoid junk foods, soft drinks and drink plenty of water and fresh fruit juice
- Avoid mental and physical stress
- Avoid smoking and alcohol consumption
- Take more fresh fruits, vegetables and high fiber diet
- Control obesity and lipid profile
- Periodic checkup by physicians
- Live controlled life by following social, family, religious values

The writer is the Vice Principal and Professor of Pathology, Anwer Khan Modern Medical College, Dhaka. E-mail:mtahminur@yahoo.com



/StarHealthBD

Knowing for better living

In Bangladesh ...

Dengue fever is more common in late July & incidence raises for the next 2-3 months !

Dengue is transmitted by Aedes mosquito

Use mosquito net to prevent mosquito bite

Don't allow unwanted water accumulation

Use only Paracetamol to reduce the fever

Consult your Doctor



In Search of Excellence

www.orionpharmabd.com

ORION
Pharma Ltd.
Dhaka, Bangladesh