

Female condom may be an effective alternative

DR TAREQ SALAHUDDIN

Are you planning a pregnancy? Or do you want to wait to have your next child? Condom may be a good method of contraception.

People are usually reluctant to use condoms; and when we talk about condoms, most often we mean the male condoms. If your partner or even you do not prefer a male condom, female condom may be the right alternative.

Yes, female condom is a safe and enjoyable contraceptive method. It also protects against sexually transmitted infections (STIs), including HIV. Both men and women enjoy sex with the FC2 female condom.

The Female Health Company (FHC) manufactures, markets and sells the FC2 female condom, the only currently available product under a woman's control that is approved by the U.S. Food and Drug Administration (FDA), which provides dual protection against unintended pregnancy and sexually transmitted infections ("STIs"), including HIV/AIDS.

FC Female Condoms (FC) have undergone extensive testing for efficacy, safety and acceptability in the United States and many countries around the world. Certain studies have shown that having FC available allows women and men to access more prevention options and results in an increase in protected sex



acts and a decrease in STIs, including HIV/AIDS. FC has high acceptability among both men and women in many countries.

The FC2 female condom is a strong, soft and transparent sheath that is 17 centimetres long, about 6.5 inches. It has an inner and an outer ring that hold it in place during sex. It is easy to insert into the vagina. FC2 has a perfect fit. It lines the walls of the vagina, allowing the penis to move freely inside the condom during sex, the silicone-based lubricant giving a natural sensation. Both men and women

enjoy sex with the FC2 female condom.

FC2 has many advantages. Just like a male condom, the FC2 female condom completely blocks sperm and the bacteria or viruses that cause STIs. The outer ring provides added protection against STIs by covering the woman's external sex organs and the base of the penis. FC2 is for single use only.

FC2 is a great and enjoyable safer sex option for all women and men who are sexually active. Moreover FC2 can be used by men and women who are sensitive to latex, women who are menstruating,

women who are pregnant, women who have recently given birth, women who are (pre or post) menopausal and women who have had a hysterectomy.

The FC2 female condom and its predecessor FC1 have been the subject of extensive research around the world, both in clinical settings and in 'real life' projects. Findings from these studies have repeatedly demonstrated that:

There is an increase in the number of protected sex acts when female condoms and male condoms are both accessible to men and women.

FC1/FC2 is acceptable to a wide range of women and men, providing it is introduced with carefully designed programmes.

FC1/FC2 is highly effective in preventing both pregnancies and sexually transmitted infections, including HIV.

It is not always easy to talk about safer sex. When and how do you start? The timing, place, knowing what to say and how you say it are key to effective negotiation. The first tip is not to wait until you or your partner is sexually aroused to discuss safer sex. In the heat of the moment, you and your partner may be unable to talk effectively. All you need is to support each other for an effective result.

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For more information and user guideline, please visit the Facebook page of Star Health page.

NUTRITION

Tackling malnutrition and its consequences

Malnutrition, in all forms, is a major contributor to disease and early deaths for mothers and children. Undernutrition, including vitamin and mineral deficiencies, contributes to about one third of all child deaths, and impairs healthy development and life-long productivity. At the same time, growing rates of overweight are linked to a rise in chronic diseases. The result is a double burden of malnutrition.

A key indicator of chronic malnutrition is stunting — when children are too short for their age group compared to the World Health Organisation (WHO) child growth standards. About 165 million children globally are stunted, according to 2011 figures, resulting from not enough food, a vitamin- and mineral-poor diet, inadequate child care and disease. As growth slows down, brain development lags and stunted children learn poorly.

For healthier babies, WHO recommends exclusive breastfeeding for six months, introducing age-appropriate and safe complementary foods at six months, and continuing breastfeeding for up to two years or beyond. Worldwide, about 20% of deaths among children under-five could be avoided if these feeding guidelines are followed. Appropriate feeding decreases rates of stunting and obesity and stimulates intellectual development in young children.

The rise in overweight and obesity-another face of malnutrition worldwide is also a major public health challenge. People of all ages and backgrounds face this form of malnutrition. As a consequence, rates of diabetes, cardiovascular disease and other diet-related conditions are escalating worldwide.

Often poor information leads to poor nutrition. Thus, awareness on proper nutrition through locally available food is crucial to tackle malnutrition.

Source: World Health Organisation

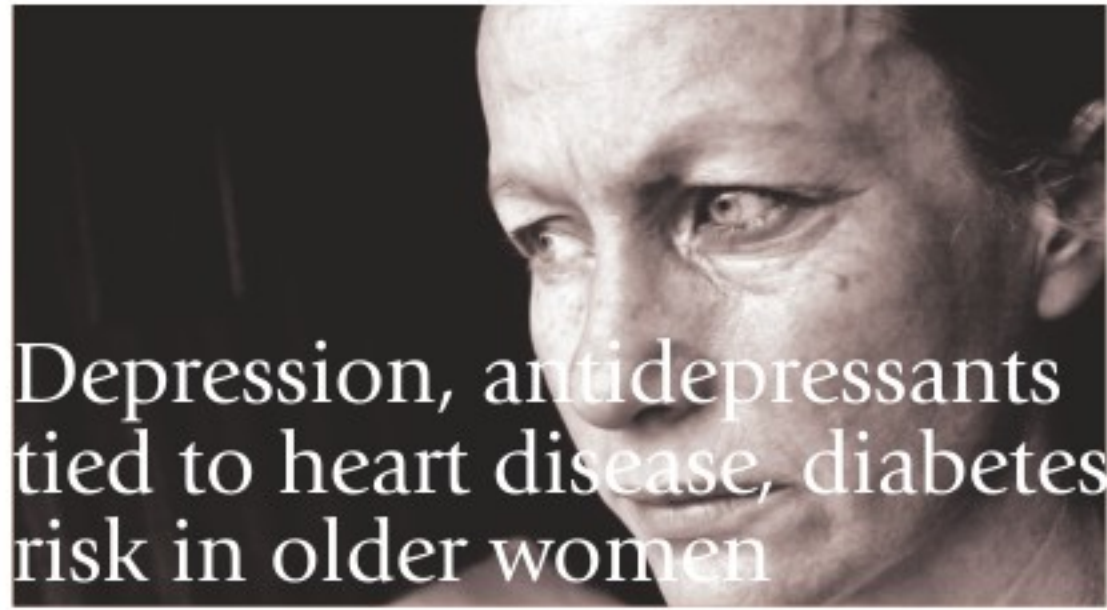
HEALTHbulletin

All fat is not bad: study shows exercise creates good fat

Two new studies of mice and humans suggest that exercise can train fat to behave differently than the fat that develops from sedentary behavior, and that this good fat may elicit metabolic improvements in other tissues, according to research presented recently at the American Diabetes Association's 73rd Scientific Sessions.

Mother's age tied to risk of delivery complications

Teenage mothers are at increased risk of delivering their babies prematurely, while older moms are more likely to give birth via Caesarean section, according to a new study published in International Journal of Obstetrics and Gynecology.



Depression, antidepressants tied to heart disease, diabetes risk in older women

Older women who have depression or take antidepressants may be at increased risk for diabetes and cardiovascular disease, a new study published in the American Journal of Public Health suggests.

Emerging mobile health in Bangladesh

DR ALI HAIDER RASHIDEE

Mobile health, better known as mHealth is an emerging discipline for medical and public health practice. The Global Observatory for eHealth (GOe) of the World Health Organisation (WHO) defined mHealth or mobile health as medical and public health practice supported by mobile devices, such as mobile phones, patient monitoring devices, personal digital assistants (PDAs), and other wireless devices.

mHealth applications include the use of mobile devices in

- Medical teleconsultations even from the most remote areas within the telecom network
- collection of clinical data for monitoring of patients' vital signs/test results real-time
- supporting treatment and medication compliance
- collecting community health data
- advising on health issues
- sending health alerts and reminders, and
- communicating between health-care workers.

On October 17, 2012, The International Telecommunication Union (ITU) and WHO launched a new partnership called the 'mHealth' Initiative to use mobile technology, in particular text messaging and applications, to help combat non-communicable diseases (NCDs)

such as diabetes, cancer, cardiovascular diseases and chronic respiratory diseases.

There are few mHealth programmes going on in Bangladesh. The government health services has established free teleconsultation with government doctors, SMS services for patient management and communication with staff, etc.

The Mobile Alliance for Maternal Action (MAMA) Bangladesh program from D.Net with assistance from USAID and Johnson and Johnson, provides Bangla voice messages to pregnant women to

support the antenatal, natal and post natal informational needs for the mother and the newborn.

Many mobile phone companies are providing medical advice and prescriptions to millions of callers in their networks at nominal fees, alleviating some of the access and timeliness related challenges in health.

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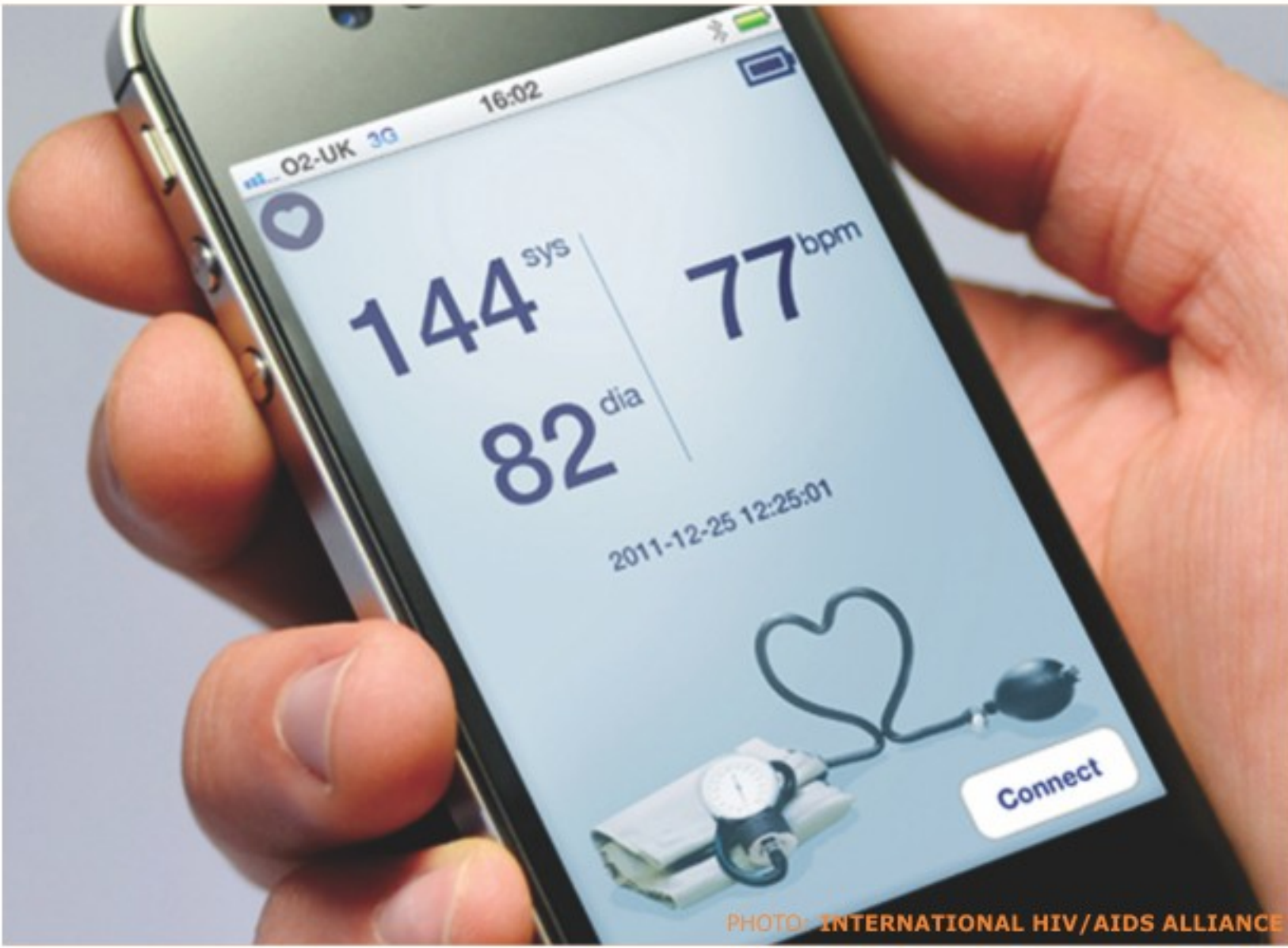


PHOTO: INTERNATIONAL HIV/AIDS ALLIANCE

Health Tips

Eat right for healthier sight

The right diet can help improve eye health and ward off eye problems. The Academy of Nutrition and Dietetics mentions these foods that can help promote healthier eyes:

- Nutrient-rich kale, which can help protect against sunlight damage, cataracts and macular degeneration.
- Sweet potatoes, which are rich in beta carotene and may help thwart macular degeneration.
- Strawberries, which are rich in vitamin C and may help reduce the risk of cataracts.
- Omega-3 fatty acid-rich salmon, which can help manage dry eyes and reduce the risk of macular degeneration.
- Green tea, which is loaded with antioxidants and may help protect against macular degeneration and cataracts.



/StarHealthBD

Knowing for better living

75% migraine sufferers are female!

Sleep adequately

Reduce the effects of estrogen

Use sunglasses in bright environments

Identify migraine triggers

Consult your Doctor



In Search of Excellence

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