

Parenting tips from Paediatrician

PROF MD ABID HOSSAIN MOLLAH and DR ANIMA FERDOUS

Even the seasoned parents need a little help dealing with common parenting issues. Here are some common, but great go-to guide, tips and advice about your child.

Immunisation:
• Give BCG and Hepatitis B vaccine at birth. Then give other vaccines as per government schedule.
• You can also give vaccines that are not yet enrolled in government immunisation programmes, like Rota virus, Typhoid, Hepatitis A, MMR etc.

Clothing:
• Always use comfortable, clean, dry clothes for your loving child.
• Use clean blanket, warm jackets during winter. You can also use room heater to keep the baby warm. If necessary, wear the little one woolen caps, gloves, socks.
• During hot weather, in summer, use soft, clean, comfortable cotton wears.
• Do not unnecessarily use extra hot clothing which can make your baby irritable.
• Try to avoid diaper. You can use cotton nappy. Promptly change nappy while it is wet.

Interaction with the child:
• Babies need love and care. Through playing with them, infants learn how to move, communicate, socialise and understand their surroundings.



MODEL: NAZIA KHAN & PROCHETA OPHELIA

- Encourage social interactions, playing outside, in park, with other children.
- Encourage them for good works. Reward and praise for good behaviour.
- Do not unnecessarily scold them. Do not spank.
- Try to take them in children's park, zoo and museum more often. Give them

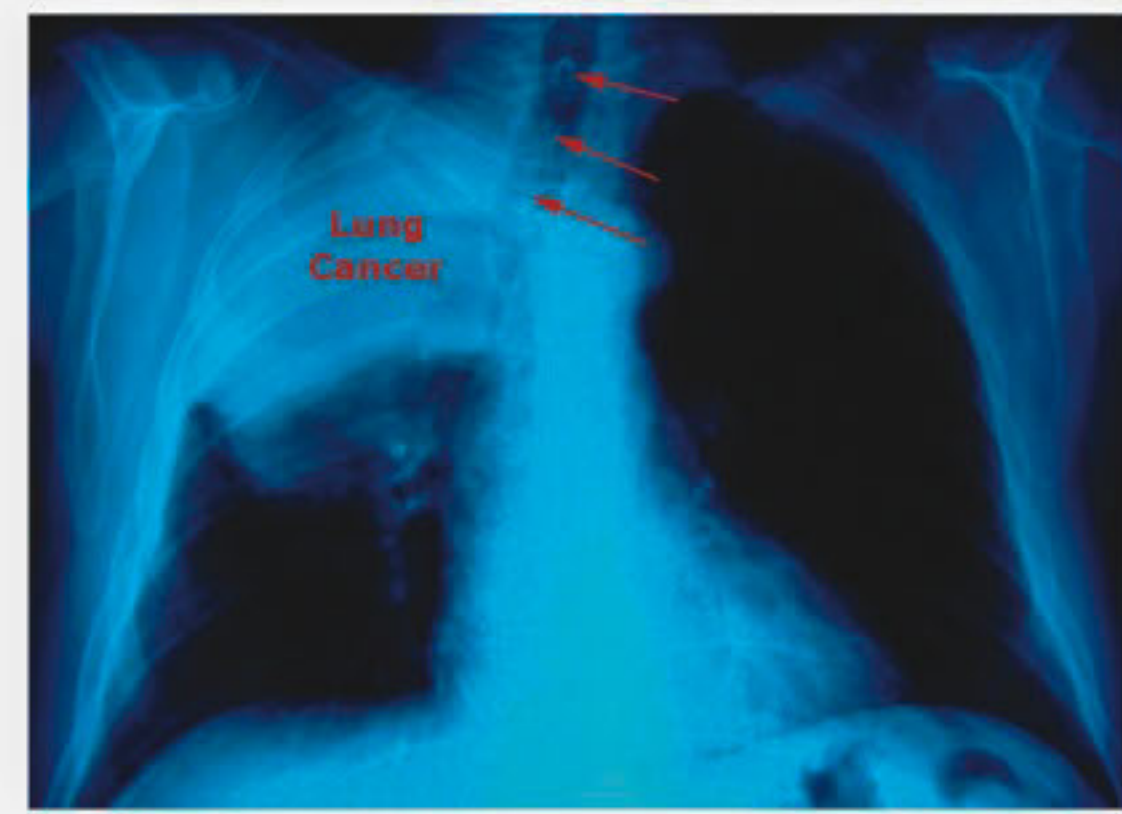
picture books. Do not let them watch too much television.

- Your child will copy your actions and words. Act and speak the way you want your child to act and speak.

General advice:
• Clear your baby's nose with saline water if congested or stuffed.
• Give oral rehydration saline frequently in case of diarrhea or loose stool.
• If baby vomits during feeding, lay the baby on one side. Do not force to feed immediately.
• Do not let anyone smoke in front your child or in home.
• In case of fever, give more liquid diet, plenty of water, vitamin C rich foods. Sponge your baby with luke-warm water. Always consult with your baby's doctor before giving your baby any medicines or herbs.
• In case of cold, you can sooth your child's throat with ginger tea, lemon tea, orange juice, honey etc, provided he/she is more than 6 months old.
• Try to avoid allergens if your child has allergic disease.
• Child aging more than 1 year should be dewarmed at every 6 monthly along with other family members with antihelminthic drug.
• Always take your baby to a paediatrician in case of any illness.

Prof Abid is Paediatrician at Dhaka Medical College (DMCH) Hospital and Dr Anima is a Postgraduate trainee.

LUNG CANCER



Warning: 'Don't ignore persistent cough'

Anyone with a cough that has lasted for three weeks or more should see a doctor, according to a campaign to reduce deaths from lung cancer.

England's biggest cancer killer, it claims 28,000 lives a year, partly because it is often diagnosed too late. The main symptom is a chronic cough — although most instances of this will not be due to cancer.

The Be Clear on Cancer lung cancer campaign is aimed at people over the age of 50, as they are most at risk.

- Other symptoms of lung cancer include:
- a cough that has got worse or changes
 - repeated chest infections
 - coughing up blood
 - breathlessness
 - feeling more tired than usual for some time
 - losing weight for no obvious reason
 - an ache or pain in your chest or shoulder that has lasted some time

"The message from this campaign is clear - if you have a persistent cough, go and see your doctor. The earlier lung cancer is diagnosed, the more likely that treatment will be successful."

Source: BBC

HEALTH bulletin

Interview

Big achievement in WaSH, but still lot more to be done



Trying to lose weight? Ditch calorie-rich rewards after exercise

If you are spending more time running, walking or pumping iron in the gym and still not losing weight, fitness experts say it could be due to too big a reward for still too little exercise. Although fitness has indisputable health benefits, it takes a lot of walking or running to burn off the calories in a donut.

Jonathan Ross, a personal trainer based outside Washington, D.C., said exercise can play a role in weight reduction, but without broader lifestyle and nutritional changes, that role is limited. She added that people must be physically active regardless of their size or whether they are losing weight.

Source: Reuters

Fiber-rich grains tied to lower diabetes risk

People who eat a diet high in fiber-rich whole grains are less likely to develop diabetes or heart disease, according to a review of past studies.

Source: American Journal of Clinical Nutrition

STAR HEALTH REPORT

WaterAid Bangladesh played a vital role in coaching field agencies and other stakeholders to reach 2.4 million school goers in around 9 thousand primary and secondary schools with school sanitation programme.

The initiatives will help to pave the way to meet the Millennium Development Goal in achieving safe drinking and sanitation facility for all by 2015.

The speakers express this at WaterAid 'development and resource partners meet' programme held at spectra convention centre in the city recently.

Speaking at the occasion WaterAid global Chief Executive Barbara Frost said, "I found the people extremely passionate and truly committed in providing safe drinking water and decent sanitation for the poor and marginalised in Bangladesh."

She also said, "Bangladesh is one of the most successful country programmes of WaterAid. Placing Bangladesh as an example, we are trying to make sure that water and sanitation become post 2015 MDG agenda globally."

In an interview to Star Health, Barbara said, "In terms of change that we have seen in water and



COURTESY: WATERAID

Barbara Frost, Chief Executive of WaterAid

sanitation coverage in Bangladesh as result of interventions from the government and all the agencies, the success is huge and there is a big behavioural change going on. But still there are lot more to be done."

Barbara mentioned that WaterAid's strategic focus has broadened to health now. The reasons of childhood mortality due to respiratory tract infection, diarrhoea are all interlinked to health.

She also added that Bangladesh was doing good in terms of inclusion of socially marginalised people to get water and sanitation coverage.

Barbara informed that Bangladesh is a priority country to fund in WaSH sector since there is huge demand from beneficiaries.

Being the home of community led total sanitation, the model from Bangladesh has spread in many countries of the world including Africa. Now it is time to think about sludge management. Although technology is quite expensive right at this moment, WaterAid is working with other organisations to find solutions in this regard.

WaterAid, which is a pioneer organisation with the vision of a world where everyone has access to clean water, safe sanitation and good hygiene, is getting engaged in high level meetings on post MDG issues; according to Barbara, they are pushing for universal access in post MDG era.

As the chief executive of WaterAid, Barbara Frost urged the government of Bangladesh to keep good progress, keep the promises and keep the issue in central. She urged to keep more budget allocation in the sector to go forward. She also committed to keep demonstrating good models through her organisation.

World Hepatitis Day

This is Hepatitis: know it, confront it

STAR HEALTH DESK

Hepatitis viruses A, B, C, D and E can cause acute and chronic infection and inflammation of the liver that can lead to cirrhosis and liver cancer. These viruses constitute a major global health risk with around 240 million people being chronically infected with hepatitis B and around 150 million people chronically infected with hepatitis C.

Despite devastating impact, hepatitis remains largely unknown as a health threat in much of the world. With a view to increasing the awareness and understanding of viral hepatitis and the diseases it causes, World Hepatitis Day observed every year on 28 July.

Millions of people are living with viral hepatitis and millions more are at risk of becoming infected. Most people with chronic infection with hepatitis B or C are unaware that they continue to carry the virus. They are therefore at high risk of developing severe chronic liver disease and can unknowingly transmit the virus to other people.

Approximately one million people die each year from causes related to viral hepatitis, most commonly cirrhosis and liver cancer. Although the burden of disease related to hepatitis infection is very high, in most countries, the problem has not been addressed in a comprehensive way for many reasons.

Viral hepatitis also places a heavy burden on the healthcare system because of the high costs of treatment of liver cancer and liver failure from cirrhosis.

Prevention of hepatitis with vaccine and other safety measures is crucial to reduce the burden.

Source: World Health Organisation



Knowing for better living

"The people will continue to prosper as long as they hasten the breaking of the fast"

Al-Hadith (Muslim, 2417)

- Take Iftar on time
- Take normal amounts of food in Iftar
- Avoid salty & fried foods in Iftar
- Drink sufficient water and juices in Iftar
- Avoid taking tea & coffee in Iftar
- Consult your doctor



In Search of Excellence

www.orionpharmabd.com

ORION
Pharma Ltd.
Dhaka, Bangladesh