

Understanding physical changes in puberty

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Puberty is called maiden stage of youth. Various mental and physical changes occur due to hormonal changes when girls turn to adolescence from their childhood.

It usually happens after 12 years of age but takes a couple of years more to reach at mature stage. In case of female, menstruation begins between 10 and 16 years and various changes in physical appearance occur including well-shaping of limbs, widening of loin, change of voice, well development of breasts, accumulation of fat, hyper-pigmentation and start of growing hair at some places of the body.

Acne or pimple may appear on back and face. Black spot might be seen under the eyes. Puberty also brings changes in food habit. Some avoid eating as nausea at the sight of food. Striation is seen in the body since weight increases. Many may suffer from deficit of thyroid hormone. But most of the problems improve after 20 years of age. Overweight can be controlled if one adopts intake of one thousand kilocalories daily. Many of the girls feel uneasy at the time of changing outer shape of body and opt for loose costume while some others feel attraction towards opposite sex.



If menstruation and corresponding physical changes do not occur even after 16, the situation is called delayed puberty. On the other hand, precocious puberty is called

when menstruation commences before 8 years of age. But in both cases, it is good for girls to consult with physicians because other causes may remain behind it.

Menstruation runs periodically or in cycle. Monthly cycle of menstruation in some cases takes 2 to 3 years to be regular after it starts. Usually menstruation occurs in every 26 to 30 days and 80 percent females suffer from some of the physical problem such as gloominess, weakness, pain, frustration, insomnia, headache, lack of attention, short temper, feeling of heavy breasts and lower abdomen and release of leucorrhoea (thick whitish discharge from vagina) etc.

The most common scenario during menstruation is to feel pain at abdomen. Intensity of pain at times compels the girl to stop going to the school or college. Those who do excessive exercise or do dieting to reduce weight or suffer from stress may face the same problem. But in many cases problems run out automatically. Weight can increase up to two kilos by retention of salt and fluid in the body. Vomiting tendency ends following start of menstruation.

Ignorance and misinterpretation over natural changes of puberty in the society make girl's family anxious. We should create mass awareness about the common problems and solutions so that every girl can lead a happy and healthy adolescent life.

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OVERVIEW

Key facts about Dementia

- Dementia is a syndrome in which there is deterioration in memory, thinking, behaviour and the ability to perform everyday activities.
- Although dementia mainly affects older people, it is not a normal part of ageing.
- The total number of new cases of dementia each year worldwide is nearly 7.7 million, implying one new case every four seconds.
- Alzheimer's disease is the most common cause of dementia and may contribute to 60-70% of cases.
- Dementia is one of the major causes of disability and dependency among older people worldwide.
- Dementia has physical, psychological, social and economical impact on caregivers, families and society. People with dementia are frequently denied the basic rights and freedoms available to others. For example, physical and chemical restraints are used extensively in aged-care facilities and acute-care settings.
- The high cost of the disease will challenge health systems to deal with the predicted future increase of cases. The costs are estimated at US\$ 604 billion per year at present and are set to increase even more quickly than the prevalence.
- Early diagnosis improves the quality of life of people with dementia and their families.
- Improving the awareness and understanding of dementia across all levels of society is needed to decrease discrimination and to improve the quality of life for people with dementia and their caregivers.

Source: World Health Organisation

HEALTH bulletin

Middle-East Respiratory Syndrome and Hajj

PROF M KARIM KHAN

This time Hajj visa has been restricted for old and sick people because of fear of epidemic Middle-East respiratory corona virus outbreak.

Corona virus affects respiratory system very early and may cause acute respiratory distress syndrome which may need ICU care. Case fatality is also high. Mode of transmission is not very clear, but the disease may be transmitted through respiratory route as droplet infection; fortunately person to person transmission is low. So in a huge gathering like Hajj, spread of the disease is very likely. Corona virus like other viruses affects the persons who are elderly and having less immunity, malnourished, especially with diabetes or other chronic diseases.

World Health Organisation (WHO) is very concerned, but announced that Middle-East Respiratory Syndrome (MERS) — the new Coronavirus in the Middle-East is not yet considered a public health emergency. They requested all the member states to continue surveillance for the MERS.

Though the situation is not an emergency one at present, but WHO says the situation is a serious one. To date, MERS has infected near 100 people and killed about 50 people.

Thus far, all confirmed cases can be traced back to one of four Middle Eastern countries: Jordan, Qatar, the

United Arab Emirates, and Saudi Arabia. But the majority of cases have occurred in Saudi Arabia the same country millions of pilgrims are now flocking to for Hajj and Umrah.

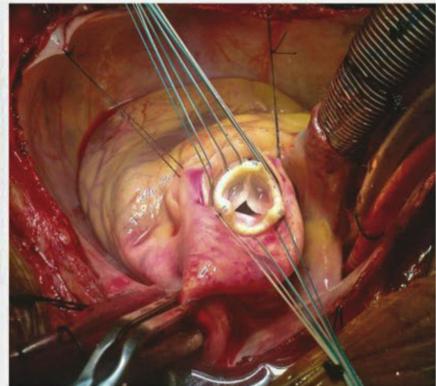
The Middle East respiratory syndrome coronavirus (MERS-CoV) is a novel coronavirus first reported on 24 September 2012, by Egyptian virologist Dr. Ali Mohamed Zaki in Jeddah, Saudi Arabia.

MERS has an incubation period of about 12 days. After initial attack, there appears fever, malaise, cough,

severe pneumonia and then renal failure and subsequently multi organ failure.

So those who are planning to perform Hajj and Umrah must be careful about the disease and should follow the instruction provided by the Saudi Health authority. Early detection and prompt treatment is the key strategy to save life.

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Prompt surgery may be best for heart valve leak

People with a leaky heart valve will live longer if surgeons repair the leak promptly, even if the patient is not feeling any symptoms, a new study published in the Journal of the American Medical Association finds.

Doctors usually employ a strategy of watchful waiting rather than surgery when treating healthy people who have mitral valve regurgitation, which is back-flow leakage through the valve that separates the two chambers on the left side of the heart.

Mediterranean diet may counter genetic risk of stroke

Mediterranean diets heavy in two foods — olive oil and nuts — are linked to a lower rate of strokes in older people whose genetic makeup boosts their risk of diabetes, according to a new study published in the journal Diabetes Care.



Health Tips

If you have braces

Eating healthy is especially important when you have braces. That means avoiding sugary foods, which could lead to plaque build-up and tooth decay. The American Dental Association's website offers this additional advice for people who wear braces:

- Do not eat corn on the cob, popcorn and whole apples.
- Avoid sticky foods, such as chewing gum and chewy candies.
- Eat a nutritious, balanced diet.
- Practice good oral hygiene and ask your orthodontist or dentist about any other foods you should avoid.

Health News

Apollo Hospitals introduces One Stop Diabetes clinic

As Diabetes is the main cause of kidney failure, teeth and gum disease, blindness, cardiovascular diseases and serious foot problems, Apollo Hospitals, Dhaka introduces a One Stop Diabetes Clinic for comprehensive management of Diabetes and its complications, says a press release.



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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