

World Physiotherapy Day

Shaping physiotherapy for future

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Physiotherapy is an integral part of modern medical science to keep the patients fit, active and healthy those who suffer pain, paralysis, disabilities, arthritis, and movement related disorders and disability. With the increase of non-communicable diseases including diabetes, pain, paralysis, stroke, cancer etc., the demand and application of physiotherapy has been increasing rapidly.

Physical therapists help people maximise their quality of life, looking at physical, psychological, emotional and social wellbeing. They work in the health spheres of promotion, prevention, treatment / intervention, habilitation and rehabilitation.

Unfortunately, physiotherapy in Bangladesh has not yet got the recognition it deserves. World Physiotherapy Day which is going to be observed today is an excellent opportunity to make people and policymaker about the importance of physiotherapy.

This year, the day is being observed with the slogan "Fit for the future" pointing to the many ways individuals of all ages may gain or regain physical fitness, range of motion and mobility.

In Bangladesh, university graduate physiotherapists have been practicing and providing this service since 1971 started with treatment and rehabilitation for war victims. Despite some development of this discipline, physiotherapists have been still facing discrimination and severely prejudiced by the all segments of in professional life.

Since the introduction of medical degree in physiotherapy in 1973, Physiotherapists have been refused registration status despite being qualified medical practitioners.

Due to discriminatory treatment of the government, Physiotherapists are denied form the right to livelihood as well as freedom of profession or occupation as guaranteed in articles 32 and 40 of the constitution and prejudiced to

refuse to as registered status.

Although the profession in Bangladesh has already passed more than 50 years, still there is no authority to regulate it. Many people are being treated by quacks (without degree) and are frequently victimised. Authority concerned is still turning blind eye on it. But there is dire need to take urgent initiatives to provide proper physiotherapy treatment for millions of patients.

Physiotherapists provide services that develop, maintain and restore people's maximum movement and functional ability. They can help people at any stage of life, when movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors. Thus, it is essential to frame appropriate and necessary regulations under the BMDC Act to give due recognition to the physiotherapists.

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JET LAG



'Molecular basis' for jet lag found

Scientists believe they have figured out why it takes us so long to adapt when we travel to new time zones.

BBC

Researchers at Oxford University say they have found the "molecular brakes" that prevent light resetting the body clock when we fly — causing jet lag. Experiments, reported in the journal Cell, showed "uncoupling" these brakes in mice allowed them to rapidly adapt. Researchers hope the discovery will help find new drugs for jet lag and mental health treatments.

The body clock keeps us in tune with the pattern of day and night. It means we sleep at night, but also affects hunger, mood and blood pressure. Light acts like a reset button to keep the clock to time, but when we fly around the world it takes time for our body clocks to adjust. The resulting fatigue, which can last for days, is known as jet lag.

Master clock

The research team was trying to figure out why people do not instantly adapt. They looked in mice as all mammals have the same core body clock mechanisms.

They focused on the "master clock" in a part of the brain, which keeps the rest of the body in sync, called the suprachiasmatic nuclei. They were looking for sections of DNA that changed their activity levels in response to light.

They found a huge numbers of genes were activated, but then a protein called SIK1 went round turning them all off again. It was acting as a brake by limiting the effect of light. Experiments to reduce the function of SIK1 meant the mice could rapidly adjust their body clock when it was shifted six hours — the equivalent of a flight from the UK to India.

Reset

Prof Russell Foster said, "We reduced levels by 50-60%, which is big enough to get a very, very big effect. What we saw was the mice would actually advance their clock six hours within a day [rather than taking six days for untreated mice]."

He said some mental health disorders including schizophrenia were linked to an out-of-tune body clock, so these findings may open up new areas for research.

HEALTH bulletin



Blueberries, not fruit juice, cut type-2 diabetes risk

Eating more fruit, particularly blueberries, apples and grapes, is linked to a reduced risk of developing type-2 diabetes, suggests a study in the British Medical Journal. Blueberries cut the risk by 26% compared with 2% for three servings of any whole fruit — but fruit juice did not appear to have the same effect.



Broccoli slows arthritis

Eating lots of broccoli may slow down and even prevent osteoarthritis, UK researchers believe. The University of East Anglia team has tested on cells and mice showed that a broccoli compound — which humans can also get from Brussels sprouts and cabbage — blocked a key destructive enzyme that damages cartilage.



Facts about women and lung health

STAR HEALTH DESK

Many think that lung diseases predominantly affect male. But recent statistics suggest that the number of women diagnosed with lung diseases has been gradually increasing and even surged ahead of men in some cases. In fact, lung disease is a leading cause of death among women.

World Health Organisation (WHO) estimated that about 16.2% of all deaths among women worldwide are attributable to lung diseases, including respiratory infections (7.4%); chronic obstructive pulmonary disease (COPD) (5.1%); tuberculosis (1.8%); trachea, bronchus and lung cancer (1.4%); and asthma (0.5%). In low-income countries, lower respiratory infections, including pneumonia, are the leading single cause of death among

women (11.4%).

Three of the most common lung diseases in women are asthma, chronic obstructive pulmonary disease (COPD) and lung cancer.

Asthma is a chronic disease of the airways in the lungs that has rose 97% in women compared to a 22% increase in men over a 14-year period. Women are more likely than men to have asthma and are more likely to die from it. Many experts think that air pollution and allergens play a role in this increase. Breathing tobacco smoke also is linked to an increased risk of asthma.

The number of women diagnosed with chronic obstructive pulmonary disease (COPD) has surged ahead of men. COPD are the conditions that limit airflow into and out of the lungs and make breathing difficult. COPD usually gets worse with time. Many experts think that cigarette smoking, a

main cause of COPD, has increased among women and it is more damaging to women than to men.

Lung cancer is a fatal disease and more women now die of lung cancer than from any other type of cancer. Tobacco and indoor air pollution from using solid fuels for heating and cooking are considered as major risk factor. Research shows a strong association between indoor air pollution and COPD and between exposure to coal smoke and lung cancer. As most women in Bangladesh rely on solid fuel for cooking, light and heating, the risk is even greater for them.

Lung health in women should be a priority. We all should work to increase awareness among general population and sensitised policymakers to take appropriate steps to tackle lung diseases in women.



The Obstetrical and Gynaecological Society of Bangladesh (OGSB) in collaboration with USAID supported Maternal and Child Health Integrated Program (MCHIP) organised a policy session on "Increased Skilled Attendance at Birth-Challenges and Options" at the 22nd International Scientific Conference of OGSB held recently.

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