

Congenital heart diseases and available interventions in Bangladesh

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Congenital heart disease (CHD) refers to structural or functional heart disease present at birth, even if first discovered later. In Bangladesh incidence of congenital heart diseases was found up to 25/1000 live birth in one year in a study conducted in CMH Dhaka.

As the incidence of CHD is increasing in Bangladesh, the magnitude of the problem is becoming enormous in the country. The existing number of trained personnel for paediatric cardiology and paediatric cardiac surgery is inadequate. CMH Dhaka is the only centre in Bangladesh where non surgical cardiac interventions for congenital and structural heart lesions are available for patients of any age group starting from newborn since 1998.

Pediatric cardiology unit of CMH Dhaka is the first unit of its kind in Bangladesh, established in August 1998. Trans-catheter cardiac interventions on various complex and simple heart disease are available in this centre. Civilian non entitled patients are also eligible to get this treatment in CMH Dhaka after permission from the authority. This treatment is given as outpatient basis with 24 hrs observation in CMH. There are several milestone achievements of the paediatric cardiology unit of CMH Dhaka.

The range of interventional treatment options for structural heart diseases including congenital and valvular heart diseases has developed rapidly over the last few years. Catheter based procedures for CHD has emerged as a valuable



alternative to medical and surgical therapy in our country. This treatment is replacing the option of cardiac surgery in many cases.

CMH Dhaka is the centre in Bangladesh where any kind of medical treatment including interventions are possible for patient with congenital heart diseases. As a result, patients are referred to the paediatric

cardiologist of CMH Dhaka from all the cardiac centers of the country for life saving and curative interventions. Thus this centre is saving foreign currency by preventing many patient from going abroad.

Paediatric cardiology is a rapidly growing subject and newer interventions are coming everyday. The cardiac centre of

CMH Dhaka tries to bring technology from outside the country.

As the resources and manpower is limited, it is not possible for our government to have a centre of excellence in every government hospital.

The writer is an Interventional Paediatric Cardiologist at Combined Medical Hospital (CMH), Dhaka, Bangladesh.

ICFP 2013

Family planning leaders to call for 'full access, full choice'

Thousands of political leaders, scientists, healthcare professionals, advocates and young leaders from around the globe will gather in Addis Ababa, Ethiopia, from 12-15 November 2013 for the Third International Conference on Family Planning (ICFP 2013), says a press release. Organised around the theme "Full Access, Full Choice," ICFP 2013 will call attention to the wide-ranging benefits of helping couples plan and space their births and take stock of progress to ensure that everyone has access to voluntary family planning services and methods that meet their needs.

ICFP 2013 will be held one year after the 2012 London Summit on Family Planning, which generated unprecedented political will and financial support to reduce global unmet need for family planning by giving 120 million more women access to modern contraceptives by 2020. At ICFP 2013, participants will share the latest data, research and programme findings to help achieve the Summit's goal. The conference, which is jointly organised by the Ministry of Health of Ethiopia and the Bill and Melinda Gates Institute for Population and Reproductive Health at Johns Hopkins Bloomberg School of Public Health, will be preceded by a High-Level Ministerial Meeting on 12 November, focusing on youth and the Demographic Dividend.

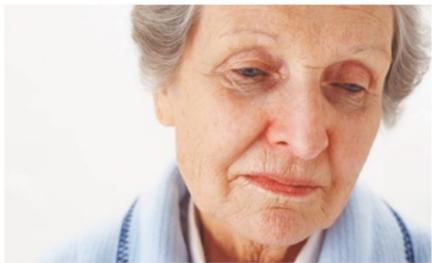
The conference will recognise nations that have made new or expanded commitments to family planning and have seen the benefits of doing so. Among them is the conference's host country, Ethiopia.

"Ethiopia has seen firsthand how giving a woman the resources she needs to plan her pregnancies improves not only the woman's life, but also the health and well-being of her family and community," said Dr. Kesetebirhan Admasu, Ethiopia's Minister of Health. "We look forward to sharing Ethiopia's successes with the international community, and are eager to learn from the experiences of others who are expanding access to family planning."

HEALTH bulletin

Saving children from injury

HEALTH TIPS



Depression with diabetes may speed mental decline

In a study of middle-aged and older people with type 2 diabetes, declines in thinking and memory that are often linked to later dementia happened faster in those who were depressed compared to those who were not — according to a report published in medical journal JAMA Psychiatry.

Ultrasound device might be a mood booster

Imagine putting on special ultrasound headphones and cheering up when you are feeling blue. Such a device could someday be an option, a new study published in the journal Brain Stimulation suggests. The researchers found that ultrasound waves applied to specific areas of the brain seemed to improve people's moods.

Every day around the world, the lives of more than 2,000 families are torn apart by the loss of a child to an unintentional injury or so-called accident that could have been prevented. The grief that these families suffer is immeasurable and often impacts entire communities. Such tragedy can change lives irrevocably.

Injuries are the leading cause of death for children after their first birthday. There is also high morbidity associated with childhood

injuries. A large proportion of these injuries (for example, falls, burns, drowning) occur in either the home or in leisure environments. Among those children who live in poverty, the burden of injury is highest, as these children are less likely to benefit from the protective measures others may receive.

Child injuries have been neglected for many years and are largely absent from child survival initiatives presently on the global agenda. Through the World report

on child injury prevention, the World Health Organisation (WHO), the United Nations Children's Fund and many partners have set out to elevate child injury to a priority for the global public health and development communities. The report suggests that child injury and violence prevention programmes need to be integrated into child survival and other broad strategies focused on improving the lives of children.

Children's maturity and their interests and needs differ from adults. Therefore, simply reproducing injury prevention strategies that are relevant to adults does not adequately protect children. There are proven interventions such as child car seats, cycling helmets, child-resistant packaging for medications, fencing around swimming pools, hot water tap temperature regulation and window guards, to name a few.

Implementing proven interventions could save more than a thousand children's lives a day. Child injuries are a growing global public health problem. Evidence-based interventions and sustained investments by all sectors prevent the loss of healthy life in the youngest members of our community.

Source: World Health Organisation



Coping with shoulder arthritis

Arthritis of the shoulder occurs when the shoulder joint becomes inflamed, causing pain and stiffness. The American Academy of Orthopaedic Surgeons offers these tips to ease the symptoms of shoulder arthritis:

- Make adjustments as you perform daily activities to ease strain on your shoulder.
- Consider physical therapy to help improve range of motion.
- Speak with your doctor about taking nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation and control pain.
- Ice the shoulder two to three times a day for 20 minutes at a time.

  /StarHealthBD

Knowing for better living

In Bangladesh ...

1 out of 5 men suffers from osteoporosis !

Take calcium rich foods like milk, dairy products, nuts, soya foods, leafy vegetables & fruits

Take Vitamin-D rich foods like seafood, cod liver oil, egg & mushroom

Exercise regularly like walking and jogging

Take medicines consulting with physicians



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