

International Lead Poisoning Prevention Week

Saving children from lead poisoning

Lead poisoning has devastating health consequences, in particular for children, with childhood lead exposure estimated to contribute to 600,000 new cases of children with intellectual disabilities every year. Overall, 99% of children affected by high exposure to lead live in low- and middle-income countries, says the World Health Organisation (WHO) on the occasion of International Lead Poisoning Prevention Week of Action, and calls on countries to strengthen national actions to eliminate lead paint.

Lead a major source of poisoning

Lead paint is a major source of potential lead poisoning for young children. It may be found in the home, on toys, furniture and on other objects. Decaying lead paint on walls, furniture and other interior surfaces creates lead-contaminated dust in the home that young children easily ingest. Mouthing lead-painted toys and other objects also exposes young children to lead. The sweet taste of lead paint means that some children even pick off and swallow small chips of paint.

It is estimated that 143,000 deaths per year result from lead poisoning and lead paint is a major contributor to this. Its use creates a health problem for many years into the future. Even in countries that have banned leaded paint decades previously, such paint continues to be a source of exposure until it is finally stripped and replaced. The cost of replacing lead paint means that people living in older, poorly-



On the occasion of International Lead Poisoning Prevention Week, WHO urges countries to address lead paint as a first step.

maintained housing are particularly at risk, and this disproportionately affects economically-deprived communities. **Phasing out lead in paint** WHO has identified lead as one of ten chemicals of major public health concern, and lead requires action by Member States in order to protect the health of workers, children and women of reproductive age. Such actions include adopting regulations and procedures to eliminate the use of

lead decorative paints and provide information to the public on renovation of homes where lead paint may have already been applied. The International Lead Poisoning Prevention Week of Action, provides an excellent opportunity to raise awareness of the widespread availability of lead paint. Worldwide, 30 countries have already phased out the use of lead paint. The Global Alliance to Eliminate Lead Paint,

co-led by WHO and UNEP, has set a target of 70 countries by 2015. At high levels of exposure, lead damages the brain and central nervous system to cause coma, convulsions and even death. Children who survive such poisoning are often left with intellectual impairment and behavioural disorders. At lower levels of exposure, which cause no obvious symptoms and that previously were considered safe, lead is now known to produce a spectrum of injury across multiple body systems. In particular, lead affects brain development in children, resulting in reduced IQ, behavioural changes such as shortening of attention span and increased antisocial behaviour, and reduced educational attainment. These effects are believed to be irreversible. Adults are at increased risk of kidney disease and raised blood pressure. **International Lead Poisoning Awareness Prevention Week of Action** The International Lead Poisoning Awareness Prevention Week of Action runs from 20-26 October 2013. This year's theme — Lead-Free Kids for a Healthy Future — underscores the importance of avoiding the use of lead paint and using safe alternatives in order to prevent children coming to harm from lead poisoning.

Source: World Health Organisation

FACT SHEET

10 information about Paracetamol

1. Paracetamol (acetaminophen) is a pain reliever and a fever reducer. It is used to treat many conditions such as headache, muscle aches, arthritis, backache, toothaches, colds, and fevers.
2. Take this medicine exactly as directed on the label, or as prescribed by doctor. An overdose of paracetamol can cause serious harm. The maximum amount of paracetamol for adults is 1000 mg per dose and 4000 mg per day.
3. Measure the liquid form of paracetamol with a special dose-measuring spoon or cup, not a regular table spoon. You may need to shake the liquid before each use.
4. The paracetamol chewable tablet must be chewed thoroughly before you swallow it. Make sure your hands are dry when handling the paracetamol disintegrating tablet. Place the tablet on your tongue. It will begin to dissolve right away. Do not swallow the tablet whole. Allow it to dissolve in your mouth without chewing.
5. To use the paracetamol effervescent granules, dissolve one packet of the granules in at least 4 ounces of water. Stir this mixture and drink all of it right away.
6. Do not take a paracetamol rectal suppository by mouth. Wash your hands before and after inserting the suppository. Try to empty your bowel and bladder just before using the paracetamol suppository. Avoid handling the suppository too long or it will melt in your hands.
7. For best results from the suppository, lie down and insert the suppository pointed tip first into the rectum. Hold in the suppository for a few minutes. It will melt quickly once inserted and you should feel little or no discomfort while holding it in. Avoid using the bathroom just after inserting the suppository.
8. Before using paracetamol, tell your doctor if you have liver disease or a history of alcoholism. Do not use this medication without first talking to your doctor if you drink more than three alcoholic beverages per day or if you have had alcoholic liver disease (cirrhosis).
9. Before using paracetamol, tell your doctor if you are pregnant. This medication can pass into breast milk and may harm a nursing baby.
10. Do not use this medication if you are allergic to acetaminophen or paracetamol. Stop using paracetamol and call your doctor if you still have a fever after 3 days of use or if you have a skin rash, ongoing headache, or any redness or swelling.

The write up is compiled by Muhammad Arifur Rahman, Asst Prof of Dpt of Pharmacy, Daffodil International University.

HEALTHbulletin



Eat more nuts to cut risk of cancer and heart disease

Nut-eaters reduce their risk of death from cancer and cardiovascular disease, according to a study published in the journal BMC Medicine. The results suggested that people who eat more than three servings of nuts (1 serving - 28g or about an ounce) a week had a 55% lower risk of death from cardiovascular disease and a 40% reduced risk of death from cancer.

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.

Source: JAMA Psychiatry

Relief from knee pain

There are many causes of knee pain. Osteoarthritis is most common. Osteoarthritis is a condition in which the natural cushioning between joints-cartilage wears away. When this happens, the bones of the joints rub more closely against one another with less of the shock-absorbing benefits of cartilage. The rubbing results in pain, swelling, stiffness, decreased ability to move and, sometimes, the formation of bone spurs. While age is a major risk factor for osteoarthritis of the knee, young people can get it too. For some individuals, it may be hereditary. For others, osteoarthritis of the knee can

result from injury or infection or even from being overweight. The chance of developing osteoarthritis goes up after age 45. Women are more likely to have osteoarthritis than men. Almost everyone will eventually develop some degree of osteoarthritis. However, several factors increase the risk of developing significant arthritis at an earlier age. Weight increases pressure on all the joints, especially the knees. Every pound of weight you gain adds 3 to 4 pounds of extra weight on your knees. Genetic mutations that might make a person more likely to develop osteoarthritis of the knee. It



may also be due to inherited abnormalities in the shape of the bones that surround the knee joint. People with certain occupations that include a lot of activity that can stress the joint, such as kneeling, squatting or lifting heavy weights (55 pounds or more), are more likely to develop osteoarthritis of the knee because of the constant pressure on the joint. People with rheumatoid arthritis, the second most common type of arthritis, are also more likely to develop osteoarthritis. People with certain metabolic disorders, such as iron overload or excess growth hormone, also run a higher risk of osteoarthritis. Prevention is better than cure here. Patient should loose the overweight first, if the cause is excess weight. Strengthen of quadriceps muscle can increase the shock-absorbing ability of knee. Manual traction of knee can facilitate to increase the space between two condyles (round prominence at the end of a bone). Ultrasound therapy can remove pain substance and stimulate regeneration of affected cartilage by increasing nutrition supply. Strong painkiller can subside acute pain. NSAIDs can help to reduce pain for short time. Glucosamine supplements are also helpful for regeneration of cartilages.

The write-up is compiled by physiotherapist Dr Mohammad Ali. Email: drmali2008@gmail.com

HEALTH TIPS



A sprain in the neck — when to consult

A sudden impact from a car crash or a bad fall can lead to a neck sprain. If you have any of these symptoms mentioned by the American Academy of Orthopaedic Surgeons, you should visit your doctor:

- Neck pain, particularly pain at the back of the neck that worsens when you move.
- Pain in the neck that becomes worse about a day after an injury.
- Pain and muscle spasms in the upper area of the shoulder.
- A headache that affects the back of the head.
- A sore throat, feeling tired and irritable, or having trouble sleeping and concentrating.
- Numb sensation in the hand or arm, or a tingling sensation or weak feeling affecting the arms.
- Limited range of motion or stiffness in the neck.



/StarHealthBD

Knowing for better living

Inappropriate use of **antibiotic** leads to antibiotic resistance !

- Take antibiotic on Doctor's prescription
- Complete the duration of antibiotic treatment even if the symptoms improve earlier
- Store antibiotic in proper place
- Do not take same antibiotic by yourself even for similar infection
- Do not take antibiotic after expiry date
- Consult your Doctor



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