

Physiotherapy can help pregnant women

Pregnancy is one of the most wonderful events in a couple's life. Conceiving a child brings utmost joy in the life of women making her feeling complete.

Pregnancy can have a great impact on women's ability to function everyday work. Many physical and hormonal changes are responsible for making women feel at times quite uncomfortable during the pregnancy process.

However, women do not have to accept that these feelings of discomfort are unmanageable. Physiotherapy can improve women health during pregnancy by reducing discomfort, preparing the body for delivery and also to accelerate the recovery process after the birth of the baby.

Physiotherapy is able to help the body to cope with musculature, mobility, respiratory and circulatory issues. The entire nervous system can be greatly enhanced by using certain physiotherapy techniques to improve its function. By implementing a regular physiotherapy programme as part of your pregnancy care regime, you may be able to treat problems associated with lower back pain, neck and head pain, pain in the hamstrings due to the feet becoming flatter, nerve compres-



sion symptoms such as tingling sensations in the arms and bladder control problems. A physiotherapy programme can be tailored specifically for each woman's

individual needs.

It is recommended that women attend between four to six instructional sessions in order to learn how to use and incorporate

the techniques into their daily exercise or care regime. The session should focus on specific movements and exercises to reduce and manage pain effectively and to assist in development of healthy postural alignment and balance of the body. Particular techniques are designed to enhance flexibility in the soft tissues and joints.

There are variety of techniques that can be used for mental and physical relaxation. Relaxation exercises are just as important as those that help to increase strength and flexibility.

After the birth of the baby, rehabilitation can be accelerated by incorporating postpartum physiotherapy techniques into the regular exercise programme. The use of physiotherapy, combined with the professional guidance and advice of the practitioner can definitely help to make pregnancy and recovery more enjoyable. Because we should remember that this benefits gained through the use of physiotherapy will be extended to the baby, if a mother is feeling more happy and comfortable.

The write up is compiled by Umma Shaila Rumki, a specialist in women's health physiotherapy.

HEALTH bulletin

Child cured of HIV remains free of virus

A 3-year-old girl from Mississippi, USA apparently cured of HIV infection by aggressive treatment right after her birth remains free of the virus, her doctors report. Early treatment with a combination of potent antiretroviral drugs appears to have kept the virus from successfully establishing a reservoir in the child's system.

The case update reported in the New England Journal of Medicine they said that no actively replicating HIV has been found in her system by even the most sensitive tests available. The girl stopped taking HIV medication when she was 18 months old.

Lower blood sugar levels may aid memory

Higher blood sugar levels may increase the risk of memory problems, even in people who have blood sugar levels within the normal range, a new study published in the journal Neurology suggests.

Low vitamin D tied to anemia risk in kids

Children with low levels of vitamin D may be at increased risk for anemia, according to a large new study published recently in the Journal of Paediatrics. Researchers have found that kids with vitamin D levels below 30 nanograms per milliliter (ng/ml) were nearly twice as likely to have anemia as those with normal vitamin D levels.



Understanding HbA1c number to manage diabetes

HbA1c testing is very common and crucial for people living with diabetes. It refers to glycated or glycosylated haemoglobin that gives us an overall picture of what our average blood sugar levels have been over a period of weeks/months (usually 3 months). The higher the HbA1c, the greater the risk of developing diabetes-related complications.

When the body processes sugar, glucose in the bloodstream naturally attaches to haemoglobin (Hb). The amount of glucose that combines with this protein Hb is directly proportional to the total amount of sugar that is in your system at that time. Because red blood cells in the human body survive for 8-12 weeks before renewal, measuring glycated haemoglobin (HbA1c) can be used to reflect average blood glucose levels over that duration, providing a useful longer-term gauge of blood glucose control. If your blood sugar levels

have been high in recent weeks, your HbA1c will also be greater.

HbA1c targets

Targets for HbA1c are as follows:

- For people without diabetes, the range is 20-41 mmol/mol (4-5.9%). For people with diabetes, an HbA1c level of 48 mmol/mol (6.5%) is considered good control, although some people may prefer their numbers to be closer to that of non-diabetics.
- For people at greater risk of hypoglycemia (lower than normal blood sugar), a target HbA1c of 59 mmol/mol (7.5%) to reduce the risk of hypoglycemia.
- HbA1c levels between 5.7% and 6.4% indicate increased risk of diabetes (prediabetes).

In some studies, high HbA1c indicating poorer diabetes control has been associated with serious, long-term diabetic complications including: heart attack, retinopathy (blindness), diabetic nephropathy

(kidney failure).

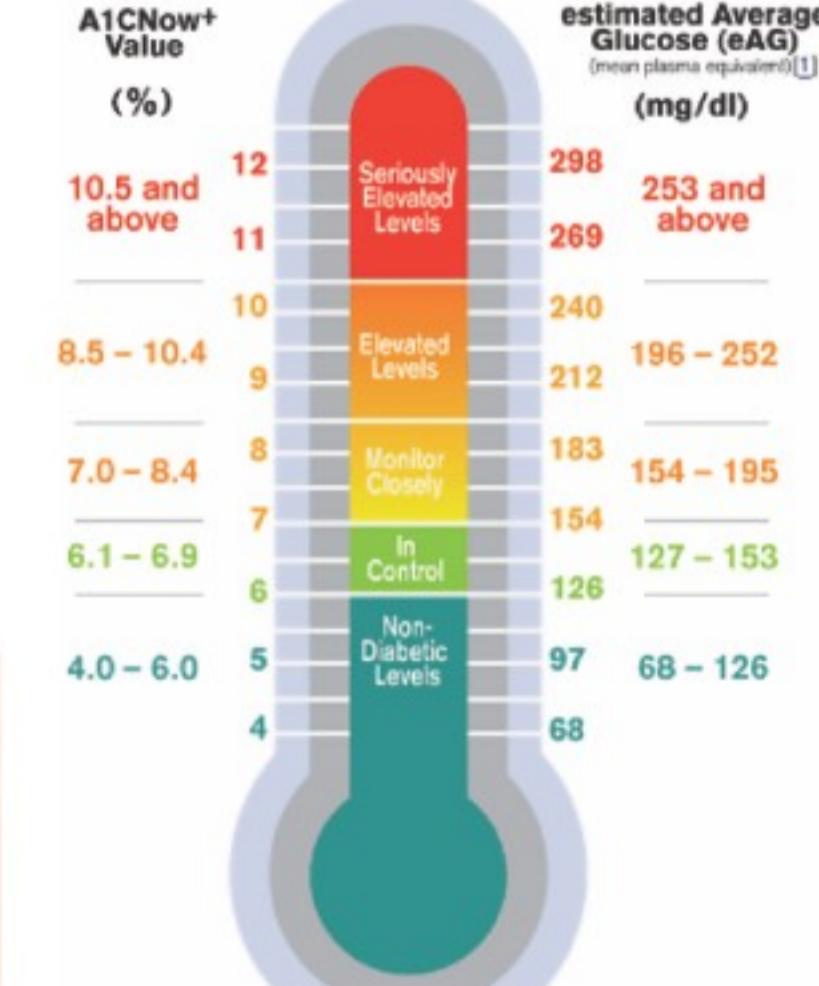
Research has also shown that people with type 2 diabetes who reduce their HbA1c level by 1% are:

- 19% less likely to suffer cataracts
- 16% less likely to suffer heart failure and
- 43% less likely to suffer amputation or death due to peripheral vascular disease

When should HbA1c levels be tested?

Everyone with diabetes mellitus should be offered an HbA1c test at least once a year. Some people may have an HbA1c test more often. This may be more likely if you have recently had your medication changed or your health team are otherwise wishing to monitor your diabetes control more than once a year.

The write up is compiled by Dr Shahjada Selim, Endocrinologist, Comfort Doctors Chamber, Dhaka. Email: selimshahjada@gmail.com



Knowing for better living

In Bangladesh

Anemia affects

46% of pregnant women

&

33% of non-pregnant women

Take plenty of Iron and Vitamin rich foods like fish, meat, fruits and green leafy vegetables.

Take care of pregnant women to ensure Iron and Vitamin rich diet everyday.

Consult your Doctor.



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THERAPY

World Occupational Therapy Day 2013

Occupational therapy is a branch of medical profession which has recently been introduced in the field of healthcare in Bangladesh. It is the profession for care of neurological, psychiatric, cardiac, pediatric and musculoskeletal conditions through different therapeutic medium.

An occupational therapist treats the patients by physical therapy, mental therapy, retraining the patients of daily living activities according to their condition. Occupational therapist also provides adaptive equipment to improve functional capability and to maintain correct posture of the patient.

Firstly the course was initiated by Dr. Richard Ghast at NITOR hospital after just liberation of Bangladesh 1972. After completion of first batch this course was discontinued due to lack of teacher and other resources. Centre for the Rehabilitation of the Paralysed (CRP) has started Occupational Therapy courses.

An occupational therapist can work in the setting of hospitals, rehabilitation centers, clinics, special schools, sensory integration corner, autism field, community based rehabilitation programmes, psychiatric hospitals, paediatric hospitals, ergonomic firms and so on.

From the year 2010, October 27 is being observed as the World Occupational Therapy Day. We should think about this profession and should help to create new places for better services for the persons with disabilities.

The write up is compiled by Occupational Therapist Md. Zahir Uddin Akanda. E-mail: zuakanda@gmail.com



Air pollution a leading cause of cancer

REUTERS HEALTH

The air we breathe is laced with cancer-causing substances and is being officially classified as carcinogenic to humans, the World Health Organisation's cancer agency recently reported the issue.

The International Agency for Research on Cancer (IARC) cited data indicating that in 2010, 223,000 deaths from lung cancer worldwide resulted from air pollution and said there was also convincing evidence it increases the risk of bladder cancer.

South Asia that includes Bangladesh has a relatively high exposure.

Air pollution, mostly caused by transport, power generation, industrial or agricultural emissions and residential heating and cooking, is already known to raise risks for a wide range of illnesses including respiratory and heart diseases.

Research suggests that exposure levels have risen significantly in some parts of the world, particularly countries with large populations going through rapid industrialisation, such as China.

IARC reviewed thousands of studies on air pollution tracking populations over decades and other research such as those in which mice exposed to polluted air experienced increased numbers of lung tumors.

The agency said both air pollution and particulate matter — a major component of it — would now be classified among its Group 1 human carcinogens. That ranks them alongside more than 100 other known cancer-causing substances in IARC's Group 1, including asbestos, plutonium, silica dust, ultraviolet radiation and tobacco smoke.

/StarHealthBD