

World Diabetes Day

# Understand diabetes: know the risks

1 in 2 people with diabetes don't know they have it: Diabetes is silent and a big challenge for the 21st century. It is a chronic, incurable, costly, and increasing, but largely preventable non-communicable disease (NCD) which is responsible for millions of deaths annually, debilitating complications, and incalculable human misery.

In order to unite and inspire global diabetes community to produce a powerful voice for diabetes education, World Diabetes Day is observed every year on November 14. Experts tell that everyone is concerned and everyone has a role to play in helping to turn the tide of diabetes to protect our future.

There are many risk factors for type 2 diabetes. They include: Obesity and overweight, lack of exercise, previously identified glucose intolerance, unhealthy diet, increased age, high blood pressure and high cholesterol, a family history of diabetes, history of diabetes during pregnancy, ethnicity etc.

Once identified, people at high risk of diabetes should have their plasma glucose levels measured



by a health professional to detect Impaired Fasting Glucose or Impaired Glucose Tolerance, both of which indicate an increased risk of type 2 diabetes.

Prevention efforts should target those at risk in order to delay or avoid the onset of type 2 diabetes. There is substantial

evidence that achieving a healthy body weight and moderate physical activity can help prevent the development of type 2 diabetes. In primary prevention there is an important role for the diabetes educator to help people understand the risks and set realistic goals to improve health.

International Diabetes Federation (IDF) recommends a goal of at least 30 minutes of daily exercise, such as brisk walking, swimming, cycling or dancing. Regular walking for at least 30 minutes per day, for example, has been shown to reduce the risk of type 2 diabetes by 35-40%.

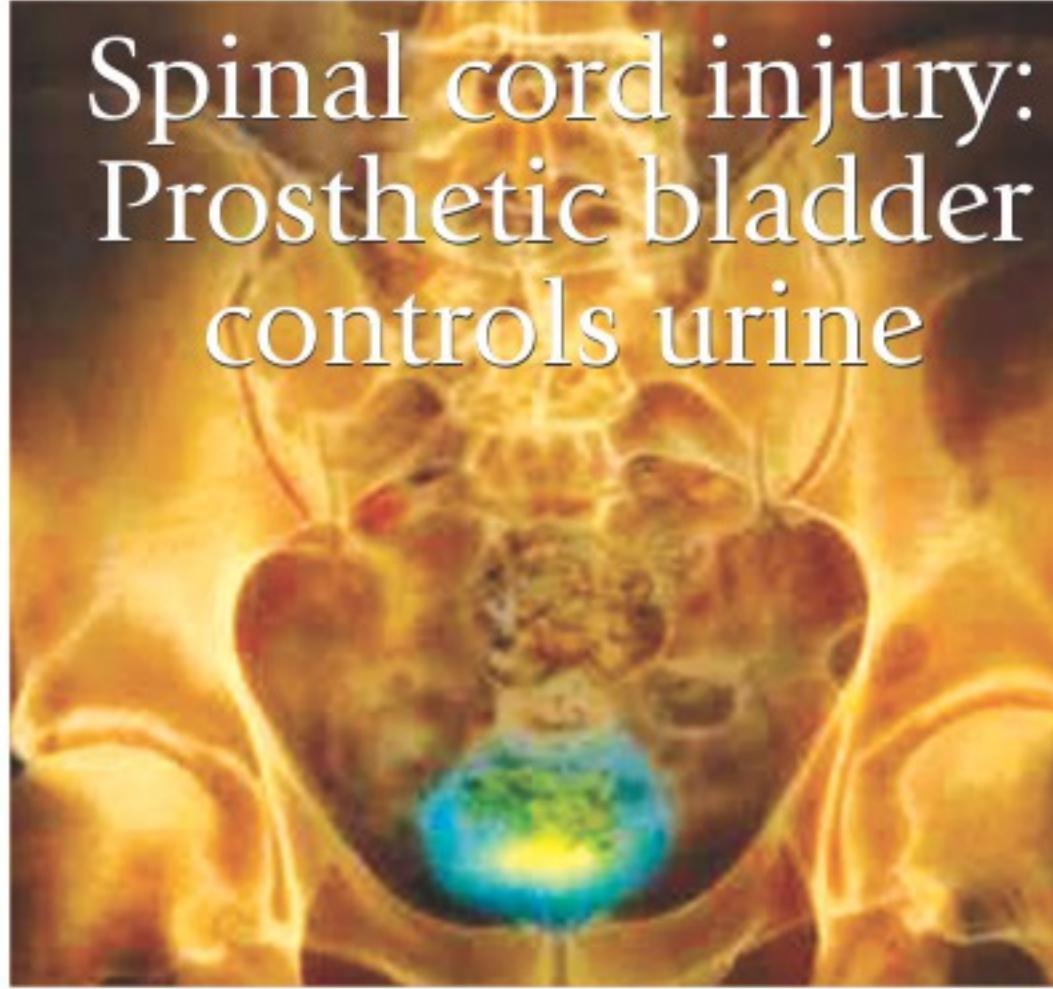
At present, type 1 diabetes cannot be prevented. The environmental triggers that are thought to generate the process that results in the destruction of the body's insulin-producing cells are still under investigation. Type 2 diabetes, however, can be prevented in many cases by maintaining a healthy weight and being physically active.

Unless action is taken to implement effective prevention and control programmes, the total number of people with diabetes will reach 380 million by 2025.

The explosion in diabetes will overwhelm healthcare systems everywhere and subvert the gains of economic development. Investment in diabetes education and diabetes prevention programmes will save money in the long term and deliver significant returns in quality of life for people with diabetes and people at high risk of diabetes.

**The write up is based on information from International Diabetes Federation (IDF), compiled by Dr Shahjada Selim, Endocrinologist at Comfort Doctors Chamber, Dhaka. Email: selimshahjada@gmail.com**

## INNOVATION



A device that could one day restore bladder function to patients with a severed spinal cord has been devised by UK researchers and successfully tested in animals.

Nerve damage in spinal cord injury can leave no sense of when the bladder is full or control over when the contents are released. A study, published in *Science Translational Medicine*, showed a device to read the remaining nerves' signals could be used to control the organ.

The loss of bladder, bowel and sexual function after spinal cord injury is often rated by patients as having the biggest impact on quality of life. When the spinal cord is injured, signals passing up from the bladder cannot tell the brain when the bladder is full. Going the other way, signals from the brain cannot tell the bladder when it is time to go to the toilet. Researchers at the University of Cambridge have devised a solution that uses the nerves still around the bladder. Electrodes wrapped around bundles of nerves can interpret signals that say the bladder is full. Stimulating other sets of nerves can get the bladder to contract on demand and prevent it emptying of its own volition.

**Source: BBC Health**

## HEALTH bulletin

### Too little sleep linked to heart disease risk

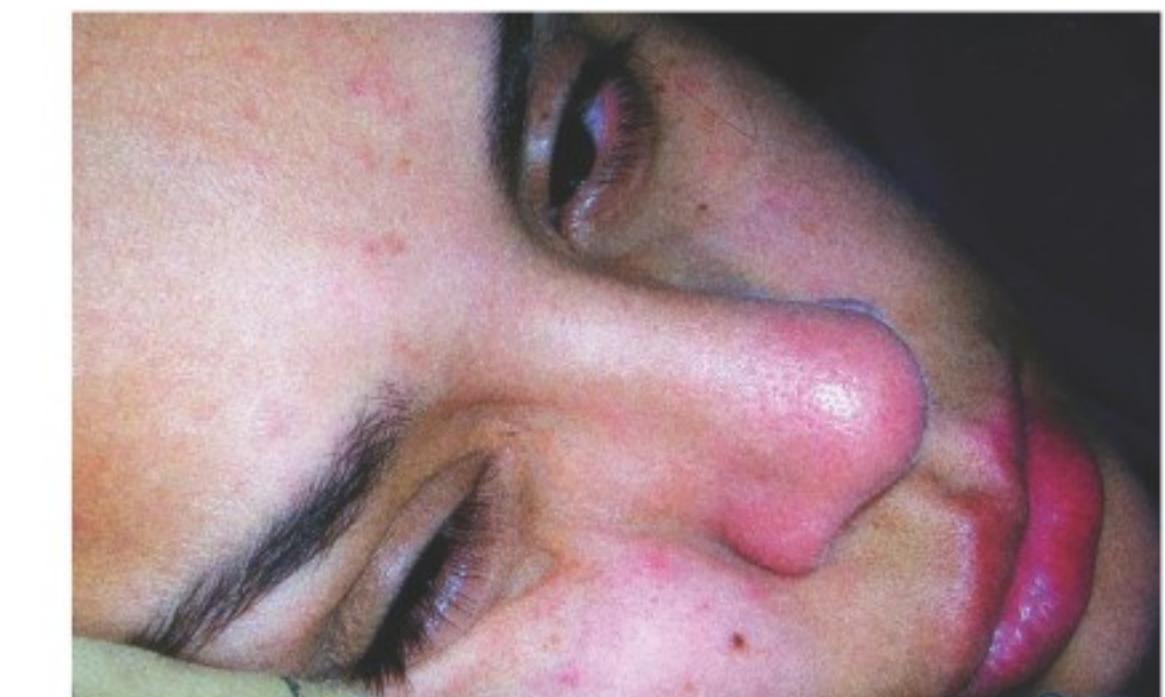
People who tended to get less than six hours of sleep nightly were more likely to have high blood pressure, high cholesterol, diabetes and to be obese, according to a large U.S. study recently published in the journal *Sleep Medicine*.

### Migraines tied to raised risk of depression, suicidal thoughts

People who suffer from migraines are twice as likely to be depressed as others without the debilitating headaches, according to a new study published recently in the journal *Depression Research and Treatment*.

Those who experience migraines, particularly people younger than 30, are also more likely to consider suicide, the Canadian researchers said.

Routine screenings and interventions are needed for those migraine sufferers at greatest risk for both depression and suicidal thoughts, the study authors contend.

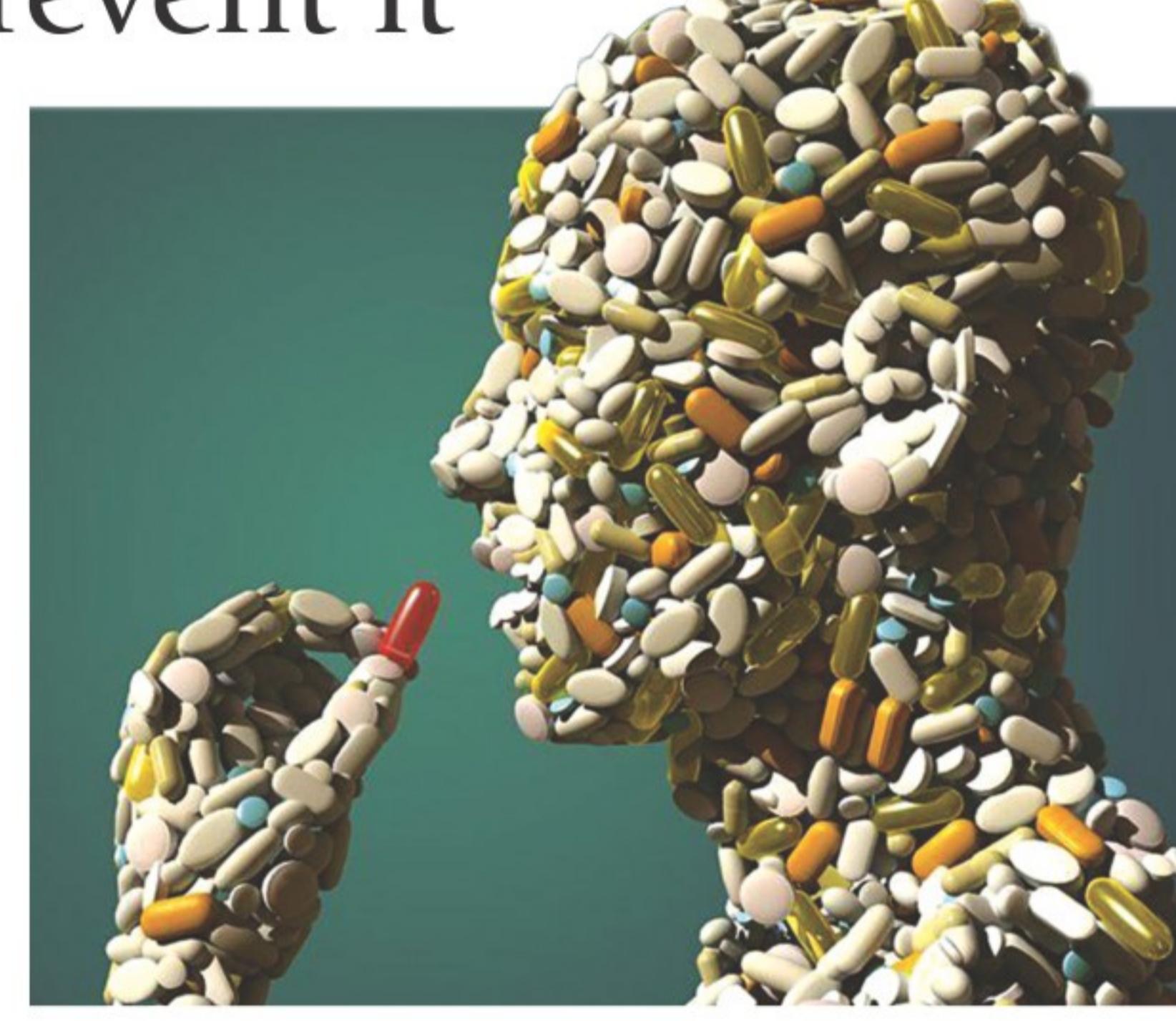


### Risks of self-medication and ways to prevent it

With the availability of drugs and medicine, many of us use them without doctor's prescription, without knowing the proper ways. Self-medication as means of self-care through the purchase of over-the-counter (OTC) medicines is, and always has been common in the society for a wide variety of minor ailments, such as headaches, colds and indigestion. But such products can often be misused or abused.

Over-the-counter medicine have emerged as drugs of serious misuse across Bangladesh and other neighboring countries. One report estimates that there are 4 million drug misusers in the South Asian region, where Bangladesh accounts for half a million of the total. Along with the common practices of self-medication, almost every drug store salesperson is illegally involved in the recommendation and sells of prescription only medicines in Bangladesh.

The phenomenon of self-medication is increasing day by day and attributes as one of the main reasons for medication error and microbial resistance to the antibiotic. So, we have to keep in mind that medicine must be buying with prescription except OTC medicine and we have to take this proper way to avoid medication errors. A few simple, common sense tasks can help you to avoid medication errors and ensure your safety.



1. Be certain the prescription is legible.
2. Keep medications in their original, labeled containers or use a pill box or pill reminder to avoid errors and better organise your medications.
3. Do not take medication in the dark where you can easily pick up the wrong container.
4. Read the label every time you take a dose of medication to confirm you have the correct drug and are taking it properly.
5. Never take medication which was prescribed for another person.
6. Do not store medication in

direct light, heat, or humidity.

7. Do not store ointments near toothpaste where an easy mix-up could occur.

8. Learn how to dispose of your old, expired or unused medications in a safer, more environmentally-friendly way.

9. Obtain printed information about any new medication you receive from the pharmacy.

**The write up is compiled by Muhammad Arifur Rahman, Asst. Professor of Dpt of Pharmacy, Daffodil International University. E-mail: arif\_pr@daffodilvarsity.edu.bd**



### "Saving Brains" of children in Bangladesh

Icddr,b has received grant awards from Grand Challenges Canada, funded by the Government of Canada, to undertake two bold and creative projects aimed at improving the early brain development of children in Bangladesh, says a press release.

Both the projects fall under icddr,b's child development research area. A total of 14 projects have received grants under Grand Challenges Canada's 'Saving Brains' programme: five in Africa, six in Asia and three in Latin America and the Caribbean.

#### 60% of children are developmentally at risk

Almost 60% of children in Bangladesh are at risk of poor physical and mental development due to low body weight (22%) and under nutrition (41%), poverty and sub-optimal stimulation due to low parenting knowledge. Almost 60% of the patients of icddr,b are children, many of whom suffer from developmental problems due to malnutrition and other related illnesses.

/StarHealthBD

### Knowing for better living

Maintain a healthy body weight

Exercise regularly

Avoid tobacco use

Take lots of vegetables & fruits

Avoid alcohol use

You can reduce 30% risk of cancer death!



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