

Breast Cancer

Are corporate women more at risk?

PROF DR ANISUR RAHMAN

Breast cancer is the second most common cancer in women of Bangladesh. Like many other cancers, our knowledge of breast cancer has increased many folds over the last decade. Although even today, the doctors are not very sure about what causes breast cancer, numerous studies conducted all over the world have found several factors which are associated with it.

Some of these factors are not within our control, like, female gender, advancing age, family history of breast cancer, early start of menstruation and late stoppage of menstruation etc. Other factors which have been associated with breast cancer are related to our life style.

Being 50% of our population, the women of our country are coming more and more to the work force. With better education, change in social environment, change in attitude and overall attaining self-confidence, corporate sector in Bangladesh is increasingly being populated by women. The demand of the job, the competitive pressure and the



ever increasing desire to succeed has led to change in the life style. Unfortunately many of these changes in lifestyle are also associated with breast cancer. One must be very clear that none of these factors are directly implicated with breast cancer. But several major studies all over the world have again and again found association of these factors with breast cancer.

These factors include not

having a child or delay in the birth of first child, choosing not to or not being able to breast feed the child, leading a sedentary lifestyle and not being able to exercise, obesity, consumption of high fat diet and fast foods, indulgence in smoking and alcohol, use of hormone replacement therapy (HRT) etc.

The desire to succeed in career may make some women to delay in starting a family. Similarly

tight office timing may prevent many mothers from breast feeding their children. In these days of ubiquitous computer in our workplace, we work almost all day at our desks and there is very little time or opportunity for physical exercise. In the same note it may be said that during working days it is convenient to have fast food for lunch, leading to large intake of fat.

So what can be done? The best

advice is to be aware. If you are between 30 to 40 years, then regular breast self-examination once a month should be done. If you are 40 and above then along with monthly examinations, annual mammogram is advocated.

Mammogram is a special type of X-ray of the breast that can detect very early breast cancer. Along with these measures, try to lead a healthy life style. Eat right, avoid fat and red meat and take lot of green vegetable. Make time everyday to do regular exercise; even 45 minutes of brisk walking 5 days a week has been found beneficial. Avoid alcohol and smoking, which are the cause of many other diseases also.

If you do discover a breast lump, avoid denial, don't be shy and seek prompt medical advice. Consult a surgeon. Remember, breast cancer like many other cancers can be treated best if diagnosed early. The sooner, the better.

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HEALTH

bulletin

Balance training seems to prevent falls by elderly

Exercise programmes meant to prevent falls in seniors may also help prevent injuries caused by falls, according to a new review published in the British Medical Journal.

Fall-related injuries are common among seniors and a major cause of long-term pain and disability. They also increase the risk of having to go to a nursing home and have a high economic cost.

Aerobics might boost brain health for older adults

Older adults can boost their brain health by engaging in aerobic exercise, according to a new study published in the journal Frontiers in Aging Neuroscience.

Researchers found that, in addition to improving physical fitness, activities such as running or biking can enhance memory and brain function by increasing blood flow in specific parts of the brain.



Multidisciplinary approach to manage autism

MD ZAHIR UDDIN AKANDA

The term of autism means a developmental disorder which is characterised by impaired social interaction and communication. At the age of three years, repetitive and restricted behaviour may also be seen. Although autism has a strong genetic basis but in some cases it is associated with different agents which cause birth defects. The number of people diagnosed with autism has increased dramatically since the 1980s in developed countries but some later in developing countries.

The symptoms include lack of social or emotional behavior, disturbance in person relation, disturbance in communication, disturbance in sensory processing,

parrot like repetitive use of language or idiosyncratic language and persistent preoccupation with parts of objects and overall developmental delay. Onset must be prior to age three years, with delays or abnormal functioning in either social interaction, language as used in social communication or symbolic or imaginative play.

In Bangladesh, there is no correct statistical information about autism. Most of the time, the children with autism spectrum disorder are detected by general paediatrician. But the management needs multidisciplinary approach including occupational therapy, sensory integration treatment, cognitive therapy, behavioural modification techniques, speech

therapy, treatment based school, psychotherapy, dietary management etc.

A proper screening and assessment is necessary as early as possible to get optimal development and to include in normal society.

Early management behind the problems of children can give better solution. It is our hope that all doctors and pediatricians will send that kind of children who have behavioral problems, autistic symptoms, inattentive to activity, poor brain function, etc to the concerned specialist for better and optimal management.

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HAVE A NICE DAY

the most romantic love story isn't Romeo and Juliet who died together..



but Grandpa and Grandma who grew old together.

Enjoying growing old

The other day I was watching a movie named, 'Still Mine' (True Story), and at the end I was so moved that I must recommend readers 'aged above 45' to watch the movie when they are free. These days some people say that life begins at 57 (usual retirement age) instead of '40'.



Dr Rubaiul Murshed

In fact, ask people how they feel about getting older! The society has made a taboo that old age means 'hypertension, uncontrolled diabetes, stiffening joints, poor eyesight, weak or enlarge prostate, hormonal changes, memory loss, overall weakness and lastly, 'financial stress'. Yet this is true that we can not measure ageing properly.

Well, is financial stress related to 'happiness' at this stage? Interestingly, surprising part happens after mid-life crisis (say 45-55). In this regard, a curious finding has been published a couple of years back in the highly reputed 'The Economist'. I found one of their issues that, 'conventional economics uses money as a proxy for utility, the dismal way in which the discipline talks about happiness. But some economists unconvinced that there is a direct relationship between money and well being, have decided to go to the nub of the matter and measure happiness itself'

Now, here comes a wonderful word that is 'happiness'. And for happiness we need to look at two things. First, mental happiness and second physical happiness. Our existing setting has established a mind-set that old people are not that good in creation or new ventures.

A study by the Kauffman Foundation, found that Americans aged 55-64 have launched more business than those aged 20-34 in every year since 1996. Conscientiousness also tends to rise with age and older workers have lower levels of absenteeism than younger colleagues. Time is changing. Today's senior citizens are different than those of earlier generations. Studies found that enjoyments dip in middle age and falls sharply thereafter. Sadness rises slightly in middle age and falls thereafter. Anger declines throughout life.

In reality, this is the best time to use all valuable experiences one has gathered all these precious years. Knowledge along with know-how comes from learning the hard way, but at this time, there's not that much left to learn the 'hard' way.

So, try to be proactive and get a new and novel career after 57 using your wisdom. Side by side, update yourself -get into social and political arguments (well if you enjoy!).

But certainly to be active and confident, you need to maintain your physical health. A good marriage is needed between physical and mental state. Be determined and drop the pretenses. You can sit back relaxed and smile at the "young people" still trying to amaze others with newer fashions, high tone of voices and restive lifestyle — because at last you have reached the right highway.

You need to develop your own life style. During winter! Rain! Or too hot! No problem — you need to be a little bit more cautious (physically). And if you have some extra money/accessories/clothes try to do something good and enjoy life. Prayer is a good medicine. Do good-desires of your heart — and help others to enjoy every second of it.

To be continued about physical health

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In Search of Excellence

Knowing for better living

Drink plenty of water

Take fiber rich diet

Take lots of vegetables & fruits

Exercise regularly

Avoid foods that are rich in sugar & fat

Avoid tea, coffee, alcohol & soft drinks

Consult your Doctor

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About 80% of people suffer from constipation at some time during their lives !