

# Adolescents falling through gaps in HIV services

For World AIDS Day 2013, WHO launches new HIV recommendations to increase testing, counselling, treatment and care for this neglected group.

STAR HEALTH DESK

More than 2 million adolescents between the ages of 10 and 19 years are living with HIV, and many do not receive the care and support that they need to stay in good health and prevent transmission. In addition, millions more adolescents are at risk of infection.

The failure to support effective and acceptable HIV services for adolescents has resulted in a 50% increase in reported AIDS-related deaths in this group compared with the 30% decline seen in the general population from 2005 to 2012.

The new recommendations from the World Health Organisation (WHO) "HIV and adolescents: Guidance for HIV testing and counselling and care for adolescents living with HIV" are the first to address the specific needs of adolescents both for those living with HIV as well as those who are at risk of infection. The recommendations have been released recently on occasion of World AIDS Day 2013 which is being observed today.

Expert from WHO said that adolescents face difficult and often confusing emotional and social pressures as they grow from children into adults. Adolescents



need health services and support, tailored to their needs. They are less likely than adults to be tested for HIV and often need more support than adults to help them maintain care and to stick to treatment.

Adolescent girls, young men who have

sex with men, those who inject drugs or are subject to sexual coercion and abuse are at highest risk. Experts identified many barriers, including harsh laws, inequalities, stigma and discrimination which prevent them from accessing services that could

test, prevent, and treat HIV.

About one-seventh of all new HIV infections occur during adolescence. Unless the barriers are removed, the dream of an AIDS-free generation will never be realised.

WHO recommends governments review their laws to make it easier for adolescents to obtain HIV testing without needing consent from their parents. The guidelines also suggest ways that health services can improve the quality of care and social support for adolescents. And they highlight the value of involving this age group to create an adolescent-centered approach to the services that work for people of their age.

Young people need to be better equipped to manage their HIV infection and take ownership of their health care. Zimbabwe has set an example of such leadership by developing adolescent friendly services, and as a result they achieved good treatment outcomes among adolescents. Experts urge all countries to be inspired by these examples and strengthen support for adolescents living with HIV.

Source: World Health Organisation

## TIPS

### Want to stay young? Start moving

Study finds it's never too late to reap the anti-aging benefits of exercise

A new study published in the British Journal of Sports Medicine finds that exercise among older adults helps ward off depression, dementia and other health problems, such as heart disease, cancer and diabetes.

Exercise increased the odds of healthy aging as much as sevenfold, the researchers found. And apparently it is never too late to start: Even adults who do not begin exercising until they are older could increase their odds of healthy aging threefold, the researchers said.

People who partook in moderate or vigorous physical activity at least once a week were three to four times more likely to be healthy agers, compared with those who remained inactive, the researchers found. Moreover, people who were active at the start of the study were seven times more likely to be healthy agers than people who were inactive and remained so, the researchers found.

The benefits of exercise include better circulation and improved bone, muscle, cardiovascular and organ health. Even the brain benefits from regular exercise, which increases communication between neurons and slows the brain tissue loss associated with aging and mental decline.

Researchers said that partnering with someone is a real motivator for exercise. Family and friends can play a major role insisting exercise in any form convenient for them.

## HEALTH bulletin

### Chew more, eat less? It could work

People who increased the number of times they chewed their food before swallowing ate less over the course of a meal, in a new study published in Journal of the Academy of Nutrition and Dietetics. Researchers have found that meal sizes shrunk when adults chewed extra before swallowing — whether they were normal weight, overweight or obese.

### Multivitamins may help fight HIV progression

New research published in the Journal of the American Medical Association suggests that basic multivitamin and selenium supplements might greatly lower the risk that untreated people with the AIDS virus will get sicker over a two-year period.

### More walking tied to lower stroke risk among men

Older men who spend several hours walking each day are less likely to have a stroke than their peers who rarely walk, a new study published in Journal Stroke suggests. Researchers said that maintaining an active lifestyle, specifically by spending more time on all forms of walking, could be an important part of stroke prevention strategies in older people.



## 10 Facts about Antacids

1. Antacids work to neutralise stomach acid. They are used to relieve acid indigestion, upset stomach, sour stomach, and heartburn.

2. Antacids are taken by mouth. They contain ingredients such as aluminum hydroxide, calcium carbonate, magnesium hydroxide, and sodium bicarbonate, alone or in various combinations. Antacid products may also contain other ingredients such as simethicone, which relieves gas.

3. Antacids containing aluminum hydroxide or calcium carbonate can weaken protein digestion, and lead to constipation. While antacids containing magnesium hydroxide, or sodium bicarbonate, may cause diarrhoea. For this reason, the combination therapy is much better.

4. Antacids differ in how quickly they work and how long they provide relief. Those that dissolve rapidly in the stomach, such as magnesium hydroxide and sodium bicarbonate, bring the fastest relief. Antacids that contain calcium carbonate or aluminum dissolve more slowly and can take up to 30 minutes to begin working. The longer an antacid stays in the stomach, the longer it works.

5. Antacids are meant to be used only occasionally. They should not be taken continuously for more than two weeks unless under a physician's directions. Taking antacids over long periods could mask the symptoms of a serious stomach or intestinal problem, such as peptic ulcer disease. Older people should be especially careful, as they may have ulcers without showing the typical symptoms.

6. If any signs of appendicitis or inflamed bowel are present, antacids should not be taken. Symptoms of appendicitis include cramping, pain, and soreness in the lower abdomen, bloating, and nausea and vomiting. Anyone whose symptoms do not improve after taking antacids or who has black, tarry stools should call a physician. These symptoms could be signs of a serious condition that needs medical attention.

7. Antacids, especially ones that contain aluminum, can interfere with Calcium, Zinc, and Magnesium absorption and function. It is not uncommon for the elderly to over consume antacids due to frequent and reoccurring indigestion, and heartburn, and thus encourage mineral deficiencies. Antacids may interact with many other medicines. When this happens, the effects of one or both drugs may change, or the risk of side effects may be greater. Anyone taking a prescription drug should check with his or her physician before taking antacids.



8. Side effects are very rare when antacids are taken as directed. They are more likely when the medicine is taken in large doses or over a long time. Minor side effects include a chalky taste, mild constipation or diarrhea, thirst, stomach cramps, and whitish or speckled stools. These symptoms do not need medical attention unless they do not go away or they interfere with normal activities.

9. Other uncommon side effects may occur. Anyone who has unusual symptoms after taking antacids should get in touch with his or her physician.

10. If there are children around, you have to find an area where you can lock up your antacids. This medication should be stored in a dry place away from heat and humidity. Antacid suspension need not to be refrigerated.

The write up is compiled by  
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### Warning signs of a serious sore throat

A sore throat can be triggered by allergies or by something more serious, such as a bacterial or viral infection. So how do you know when a sore throat is more serious? The U.S. Centers for Disease Control and Prevention mentions these warning signs:

- If the sore throat persists longer than a week.
- If there are problems swallowing or breathing.
- If there is excessive drooling among younger children.
- If there is a temperature higher than 100.4°F.
- If there are patches of pus on the back of the throat.
- If a skin rash develops.
- If there is blood in the phlegm or saliva.
- If there are symptoms of dehydration, including fatigue, dry mouth, infrequent urination or no tears.
- If there has been exposure to someone with strep throat.

/StarHealthBD

## Knowing for better living

Over **50%** of kidney failure can be prevented !

Drink plenty of water

Control your blood pressure

Check your diabetes regularly

Maintain healthy weight

Eat low-fat diet

Avoid smoking & alcohol

Consult your Doctor



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