

Mismanagement of medical waste

DR MASUM A PATWARY

The rapid growth of the medical facilities around Dhaka and the rapid move towards the use of disposable medical products has contributed to the massive amount of medical waste produced by such facilities like hospitals, clinics, pathology and diagnostic centres. This can be a threat for communicable diseases to the people exposed to those waste. It is not only a hazard to the individuals directly exposed to medical waste, but also to the surrounding community and to the wider environment. Many countries maintain stringent management systems for management and safe disposal of medical waste to minimise the risk. However, for rapidly growing megacity Dhaka, it has become a cause for concern that needs to be seen as an emergent threat.

Our research in collaboration with Teesside University UK and Stanford University USA revealed that there may be a layered arrangement of hidden networks. These networks may operate at every level and influence the bottom layers of the arrangement, comprising scavengers and unofficial recycling operatives. Interaction



between the networks does not appear to be constructive, with evidence of corruption, subservience. It appears that the layered network structure is stabilised by aspects of poverty, caste and fatalism. Many people rely on the present

unregulated and informally managed system for their livelihoods, including waste workers, waste scavengers, truck drivers, waste dealers and union leader. Healthcare establishment operatives and officials are engaged to sell high sensitive

drug such as Morphine and Pethidine injection, painkillers, including sleeping pills to the waste scavenger. They are involved with this illegal activity to earn their daily cash money and use date expired medicine as a drug. Drug dealers have developed a strong network with the scavengers.

Barriers to adoption often appear to include a lack of resource and a lack of commitment at the national level, but there is also evidence for cultural and organisational barriers. Thus, to minimise the potential risks associated with medical waste, it is necessary not only to identify the structured network, but also identify how the network is structured to a plan for socio-cultural and organisational acceptance from top to bottom. Therefore, we need to identify the behavioural and socio-cultural aspects towards structured network that may influence psychological attitudes on proper medical waste management.

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HEALTH bulletin

Mild depression tied to diabetes complications

Even mild bouts of depression may worsen the health complications that often go along with type 2 diabetes, according to a new study published in the journal Diabetes Care.

Canadian researchers followed more than 1,000 patients for five years and found that those who experienced multiple episodes of low-level depression were nearly three times more likely than those without depression to have greater disability, such as reduced mobility, poor self care and worse quality of life.

Sodas, other sweet drinks tied to higher risk for endometrial cancer

Older women who drink lots of soda and other sugary beverages may be at higher risk for endometrial cancer, a new study suggests.

Endometrial cancer involves tumors in the lining of the uterus, and typically affects women in their 60s or 70s, according to the U.S. National Cancer Institute (NCI). They found that those who drank the largest amounts of sugar-sweetened beverages had a 78 percent higher risk for a tumor known as estrogen-dependent type I endometrial cancer.

The more sugar-sweetened beverages a woman drank, the greater her risk, according to the study published in the journal Cancer Epidemiology, Biomarkers & Prevention.



Facts behind abortion and its management



Dr Nowshen Sharmin Purabi

When a baby is delivered within 22-24th weeks of pregnancy, the baby cannot survive independently. This is called abortion. In developed countries,

however, delivery before 20th week of pregnancy is considered as abortion. Among every 100 pregnancies, 10-20 pregnancies come to the conclusion through abortion. Among these, 75% occur during the first 12 weeks.

In 50% cases, abortion in first 3 months happens due to the chromosomal defects of the baby. In 10-15% cases, the deficiency of progesterone hormone in mother, deficiency or abundance of thyroid hormone and diabetes can be the reasons for abortion. The infections through bacteria, virus and parasites are liable for abortion in 5% cases.

When conception occurs, the embryo implanted inside the uterus. If the environment of this uterus becomes adverse for that fertilised embryo, it accounts for 10-15% cases of abortion. For example, if opening of uterus is loose, if there is a tumor in uterus, if there is any congenital defect in uterus, then that fertilised egg does not get any favorable environment to grow in that uterus. Then abortion takes place.

Among the couples, where husband's blood group is A and wife's blood group is O, there is also higher possibility of abortion. Smoking, drinking liquor, intra uterine contraceptive device, chemotherapy used for cancer treatment, arsenic, lead etc. can be responsible for abortion. Besides all

these, in 40-60% cases, the actual reason behind abortion cannot be explained.

The women who give the history of abortion, they usually say their menstruation is stopped for a few days. In some cases they say, after the pregnancy test they found that they are pregnant, suddenly they experience bleeding through vagina and abdominal pain. Some give the history that they experience passage of some fleshy mass through vagina.

During the pregnancy, usually there is not supposed to be any kind of vaginal bleeding. In case of abortion the bleeding can be a few little drops. Its color can be purple red — in some cases, dark red or brown in color. Abdominal pain can be continuous, always there is pain in the lower abdomen. It can be

frequent with some interval.

If the abortion is done by unskilled hand in unclean environment, or after abortion, if some part remains in the uterus, then there can be some infections. This infection, in 80% cases, is confined within the uterus. But in some cases, this infections spread to the adjacent organs, like fallopian tube and the ovary. It can be the cause behind the death of the mother.

If a pregnant woman with negative blood group experiences abortion, then within 72 hours of the abortion, Anti D Gamma Globulin injection should be instilled in her muscle.

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HEALTH TIPS



If you are feeling forgetful

Forgetfulness may be a normal sign of aging, or a warning sign of a condition such as Alzheimer's disease. In case of the former, the National Institute on Aging suggests how to help sharpen your memory:

- Create lists or use a calendar.
- Associate what you want to remember with something meaningful, such as a favorite song or TV show.
- Engage in new hobbies that challenge you physically and mentally.
- Get plenty of regular exercise.
- Find healthy ways to manage anxiety and stress, and see a doctor if you struggle with these feelings.

Don't ignore persistent morning headache and vomiting in kids

PROF DR M KARIM KHAN

Couple of weeks back Adar a seven years old apparently healthy boy came to me with his parents having a history of headache, nausea, vomiting, vision problem for the last three months. These symptoms are more prominent in the morning prior to go to school. Parents thought that Adar doing these just to avoid school and thus they ignored it. Recently his mother noted that his walking is not well coordinated as it was before. After meticulous examination it revealed that he has developed some neurological deficit. Examined his fundus (inside back of the eye) I found papilloedema (swelling of optic disc that is caused by increased intracranial pressure). After a CT scan of brain diagnosis was confirmed as brain tumor.

Brain tumor is the second most common malignant condition of children and adolescent. It is next to leukemia.

In Brain tumor symptoms and signs are produced because of increased intracranial pressure (pressure inside skull and thus in the brain tissue and cerebrospinal fluid) and focal brain dysfunction. Common signs and symptoms include headache, nausea, vomiting, vision and speech problem, problem with walking and coordination. There may be focal seizure and cranial nerve palsy.

Symptoms appear slowly but it is progressive. Early diagnosis and prompt treatment is very important to avoid complications.

Surgery and radiotherapy is the mainstay of treatment. Now a days there are many competent and skilled neurosurgeons available in Bangladesh. They are doing these brain surgery in district level hospitals with very good outcome.

Please do not neglect persistent morning headache and vomiting of your child. Be happy and healthy always.

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/StarHealthBD

Knowing for better living

Ensure adequate nutrition for pregnant mother

Keep away pregnant mother from stressful situation

Ensure adequate rest for pregnant mother

Avoid smoking & exposure to smoke

Keep away pregnant mother from infection

Avoid conception before 18 & above 40 years of age

Consult your Doctor

In Bangladesh ...

Incidence of premature birth & congenital birth defects are increasing day by day !



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