

Perception of Diabetes among youth and prevention strategy

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Bangladesh has been experiencing epidemiological transition from communicable to non-communicable diseases with a huge burden of Diabetes and other chronic diseases. Research and surveys around the world shows that Diabetes is gradually affecting more people at their young age. Urbanisation, unhealthy food habit and sedentary lifestyle, physical inactivity and increasing obesity are some major reasons behind the increase of the disease burden on young people. Many people in this group are not often aware of Diabetes, have misconception and do not know that there are ways to prevent or delay it.

In order to know the perception of young people about diabetes and its preventive strategy, a study has been recently conducted by the Diabetic Wellbeing Foundation (DWF) that surveyed university students of Dhaka City who are at the age range between 15 to 28 years.

It is crucial to know the youth's assessment of their risk of getting Diabetes. The greater the risk of getting diabetes, the more a person engages in activities that increases the risk. Regarding the cause of Diabetes, among the youth of private universities of Bangladesh, 27.8% of the youth believe that chronic disease like diabetes are given by God. However, quite a good percentage of youth popula-



tion (49.3%) believe that Diabetes is not given by God and 22.9% of the youth do not have any perception regarding the causes of the chronic condition. Similarly, Diabetes is considered as curse by 33.2% of the youth and is considered not as a

curse by 53.7%.

Regarding the history of family having Diabetes, 41% of youth consider that their family members has Diabetes, and they will inherit the disease easily; 29.3% does not have any knowledge on family history

could be a risk factor for having Diabetes, and 29.8% disagrees that they will have Diabetes if they have any family history.

59% of the young people consider that Diabetes is a disease for the middle age and older people, 20.5% have no idea and 20.5% consider that Diabetes is not a disease for the middle age and older people. 46.8% of the young people consider that Diabetes can be prevented, 23.4% have no knowledge about it and 29.8% consider that Diabetes cannot be prevented.

It is apparent from the findings of the research that more awareness is clearly needed to address and prevent Diabetes. Involvement of family and community is crucial for developing a health programme and for providing a supportive environment in which for change of behaviour.

Prevention and awareness programme should be focused on youth who can turn the rising tide of Diabetes by adopting healthy lifestyle. Long term interventions are needed by different stakeholders e.g. government, NGO, health clubs, educational intuitions, local communities etc. to address the issue properly and to lessen the huge burden of Diabetes and its devastating consequences.

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HEALTH bulletin



Later teen bedtimes tied to school problems and distress

Adolescents perform worse in school and to have greater emotional distress than peers who go to bed earlier on school nights, according to a new U.S. study published in the Journal of Adolescent Health.

Researchers said that if teens' sleep patterns are in conflict with their natural circadian rhythms, then that also has repercussions on cognitive function and emotional regulation as well as potential health consequences.

Experts advise parents to set sleep rules so that teens get about nine hours of sleep every night, with bedtimes that are similar each night, including on the weekends.

One or two hours of sports each day best for teens

Playing sports is known to have a positive impact on teenagers and a new study published in Archives of Disease in Childhood suggests one to two hours of playing time each day may be optimal for young people's well-being.

Researchers found adolescents tended to be worse off if they played sports for only a couple of hours per week or if they practiced close to three hours each day or more.

New guidelines for the screening and treatment of cervical cancer

STAR HEALTH DESK

Cervical cancer (cancer of the lower part of uterus), leads to hundreds of thousands of premature deaths among women. Whilst investments and cytology-based programmes to prevent and treat cervical cancer have improved and led to strong reductions in high-income countries, in low-and middle-income countries, deaths among women remain high.

In low- and middle-income countries, cytology-based programmes are very difficult to implement and where they are implemented, the screening coverage is low. Therefore, new strategies for screening and treatment had to be considered in order to increase coverage in all countries and ultimately decrease cervical cancer incidence and mortality.

For the first time the World Health Organisation (WHO) issued recommendations, based on the available evidence, on the use of a screen and treat approach using visual inspection with acetic acid (VIA) for screening and treatment with cryotherapy or when feasible Human Papillomavirus (HPV) testing followed by treatment.

As a result of a demonstration project, visual inspection with acetic acid (VIA) cryotherapy have been incorporated into the cervical cancer-prevention services in existing

reproductive health services in several countries. VIA is an attractive alternative to cytology-based screening in low-resource settings. Similarly, cryotherapy has been selected as the treatment option for the eligible test-positive cases.

The alternative simple and safe cervical cancer-prevention techniques simplify the process and render it feasible and acceptable to women and providers in low-resource settings.

Scaling-up programmes will facilitate extension of cervical cancer-

prevention services to the target population in both urban and rural areas through development of referral linkages with high-level health facilities.

These new guidelines combined with HPV vaccination, support the commitment of Member States to implement cervical cancer prevention programme as part of the 2013-2020 Global Action Plan for the Prevention and Control of Noncommunicable Diseases and will help ensure that cervical cancer ceases to be a public health problem.



PERSPECTIVE

Disability and its faces

M NURUN NABI

Disability is a broad term, covering a wide range of topics including impairments, limitation of activities and restriction of participation.

Impairment is a physical problem with proper functioning of body parts; limitation of activities is a difficulty encountered by an individual in executing a task or action; while restriction of participation is a problem experienced by an individual getting involved in life situations. It describes as alteration in a person's ability to function, caused by changes in various subsystems of the body or to mental health.

For example, a three-year-old child who is not able to walk has a disability because a normal three year-old can walk independently. Handicap is the term used to describe a child or adult who, because of the disability, is unable to achieve the normal role in the society commensurate with his/her age and socio-cultural milieu.

As an example, a sixteen-year-old person who is unable to care for his own sanitation or hygiene is handicapped. On the other hand, a sixteen-year-old who can walk only with the assistance of crutches but who attends a regular school and is fully independent in activities of daily living is disabled but not handicapped.

All disabled people are impaired, and all handicapped people are disabled, but a person can be impaired and not necessarily be disabled, and a person can be disabled without being handicapped.

Some note that women who are disabled face what is called a "double disability", meaning they must not only deal with the stereotypes and challenges posed by femininity, but they also deal with those posed by being disabled. Culture also tends to view women as fragile and weaker than men, stereotypes which are only heightened when a woman has a disability.

There are two models of disability — medical and social. The medical model is presented as viewing disability as a problem of the person, directly caused by disease, trauma or other health conditions which therefore requires sustained medical care provided in the form of individual treatment by professionals. The social model of disability underscores the issue of disability as a socially created problem and a matter of full integration of individuals into society. Experts suggest that the best model is the one that address health and social issues people with disability face.

The write up is compiled by M Nurun Nabi, Developments Activist and Poet.
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Baby undergoes rare liver transplant

Ten-month-old Rand was diagnosed with a serious liver disease called Biliary Atresia at three month of age. The only option that could cure the disease was to transplant the organ.

Recently when her parents consulted doctors at Mount Elizabeth

Novena Hospital, Singapore, they took a challenging step to transplant a new liver. The baby underwent a "flipped liver" transplant which is extremely rare procedure, making her probably the youngest person in the world to undergo the controversial procedure. The surgeons took the left part of her father's liver, flipped it and placed it in the right side of her body.

The liver comprises two main parts, the bigger right lobe and the left lobe. A donated liver is usually implanted on the same side it came from to allow for the normal reconstruction of blood vessels and the bile duct. But in this case, only the left part of her father's liver was suitable for donation and left part is transplanted to the right side of baby's liver. The baby was successfully discharged after the procedure.



/StarHealthBD

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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