

How to handle nasal fractures

A broken nose is any crack or fracture in the bony portion of the nose. This is usually a result of external trauma. Blows to the face during altercations, vehicle accidents, falls and sports injury are the most common reasons for a fractured nose. Nasal fractures are often cited as the most common type of facial fracture, accounting for approximately half of all facial fractures in several studies.

It is usually caused by blows to the front or side of the nose by penetrating wounds. Causes of a broken nose are related to trauma to the nose or face.

It is usually obvious that there is an injury to the nose due to bruising, swelling, and bleeding from the nose. A history of traumatic injury should lead to suspicion of a broken bone in the nose or nasal fracture.

Signs that suggest a person has a broken nose may include the following:

- Tenderness when touching the nose
 - Swelling of the nose or face
 - Bruised nose
 - Bruising under the eyes (black eye)
 - Deformity of the nose (crooked nose)
 - Depression or lateral displacement
 - Nosebleed
 - When touching the nose, a crunching or crackling sound or creaking sensation like that of rubbing hair between 2 fingers
 - Pain and difficulty breathing out of the nostrils
 - Nasal obstruction
- It is advised to seek medical care in the following situations:
- The pain or swelling does not go away



Nasal fracture is a common type of injury. But sometimes it can be dangerous causing serious complications.

in 3 days

- The nose looks crooked
- Breathing through the nose is not possible after the swelling has gone down
- A fever develops
- Recurring nosebleeds develop
- A significant injury that requires medical attention possibly exists

Go to a hospital's emergency department immediately if the following signs or symptoms are present:

- Bleeding for more than a few minutes from one or both of the nostrils
- Bleeding from the nose does not stop

- Clear fluid draining from the nose
 - Other injuries to the face or the body
 - Open laceration to the nose or the face
 - Loss of consciousness (fainting)
 - Severe or unrelenting headaches
 - Repeated vomiting
 - Decrease or change in vision
 - Neck pain
 - Numbness, tingling, or weakness in the arms
 - Significant injury that may require immediate medical attention
- Taking the following actions at home may help reduce the symptoms of a

broken nose.

- Place ice wrapped in a cloth over the nose for about 15 minutes at a time and then remove the ice
 - Take acetaminophen, paracetamol or ibuprofen to reduce pain
 - Elevate the head, especially when sleeping, to avoid increased swelling of the nose. Prop the head up with pillows
1. Early: If the patient is seen very early, before swelling appears, reduce immediately. Local analgesia is often sufficient.
 2. Intermediate: When the swelling is marked and the landmarks lost, leave until the swelling has subsided.
 3. Late (7-14 days): Probably the most satisfactory time to treat is as soon as the swelling has subsided.
- When the swelling has subsided reduction can be undertaken under local or general anaesthesia.
4. Malunion: Requires rhinoplasty.
- Best clinical practice includes:
- Avoid drug and alcohol use. Many nose breaks occur during or after abuse of these drugs
 - Follow safety rules when participating in sports and physical recreation
 - Wear a seatbelt and helmet at all times while riding in a motor vehicle or motor cycle
 - Make sure children are in an approved car seat when riding in a vehicle

The Write up is compiled by Prof Kamrul Hassan Tarafder, Dpt of Otolaryngology, Head & Neck Surgery, Bangabandhu Sheikh Mujib Medical University (BSMMU).

HEALTH bulletin

Slow eating might help curb calories

As people look for fresh strategies to cut back on calories and shed pounds, a new study in the Journal of the Academy of Nutrition and Dietetics suggests that simply eating more slowly can significantly reduce how much people eat in a single sitting.

Slow eating seemed to increase water intake and stomach swelling, researchers said, while also affecting the biological process that determines how much food people consume.

Peer pressure may influence your food choices

Peer pressure might play a part in what you eat and how much you eat, a new review in the Journal of the Academy of Nutrition and Dietetics suggests.

British researchers said their findings could help shape public health policies, including campaigns to promote healthy eating.



STAR HEALTH DESK

With the start of a new year, many people set goal for a healthier life. They think, it is a good time to start something good and shade the bad habits that impact negatively on their health. There are a number of small but significant changes stated below that can help people achieve their goal and stay hale and hearty.

Walk every day

One of the best and most convenient forms of exercise is walking. You do not need any special clothes, you do not need to plan ahead and you do not have to work travel anywhere special to do it. Aim to walk briskly, so that you are raising your heart rate, for around 20 minutes a day, more if you can fit it in. There are more benefits to your health than simply physical fitness. Getting out into the fresh air can relieve stress and make you more mentally alert.

Use the stairs

You may feel you should challenge

yourself to a 20-minute daily run. A small change simply using stair instead of lifts and escalators can help then. You can start with your own stairs at home for a spot of exercise, too. You could use the bottom stair as a gym step or make extra trips up and downstairs, going up two steps at a time.

Step up your fibre intake

Eating plenty of dietary fibre in the form of whole grains, wholemeal products, brown rice, pulses, mixed seeds and fibrous fruit and vegetable is not only great for weight control, it also helps regulate your blood-glucose levels and encourages a healthy digestive tract and cardiovascular system.

Sleep more

It is easy to get into a routine of going to bed too late, and some of us prolong our evenings because of the stressful nature of our day jobs. Late nights, though, do result in more stress in the longer term. So, we should eat earlier in the evening and

going to bed half an hour or an hour earlier on week-nights.

Watch your carbohydrate

If your diet is based around lots of rice, potatoes and other carbohydrates, try to adjust the balance so that you eat enough fruit and vegetables. Carbs should make up around a third of your daily diet, as should fruit and vegetables, and the best carbs are the unrefined ones like potatoes in their skins and brown rice.

Drink more water

There are lots of benefits to drinking more water. It keeps your skin hydrated and plumped up, flushes out toxins from your bloodstream and organs, helps to curb overeating and increases mental agility. Research measuring how much water we lose naturally has shown that we should drink about 1.2 litres of fluid every day. This is the equivalent of about six 200ml or eight 150ml glasses.

Source: www.ivillage.co.uk

FACTS

Understanding brain death

STAR HEALTH DESK

Now a days, we often hear the word brain death and some people become puzzled by it. Actually, brain death is same as death. Brain death occurs when a person no longer has any activity in their brain stem and no potential for consciousness, even though life support can keep their heart beating and oxygen circulating through their blood.

Brain death occurs when a critically ill patient dies sometime after being placed on life support. This situation can occur after, for example, a heart attack or stroke. The heart continues to beat while the ventilator delivers oxygen to the lungs because the heart can initiate its own beating and does not depend on brain). Despite the beating heart and warm skin, the person is dead. Since the brain has stopped working, the person will not breathe if the ventilator is switched off.

Brain death is not the same as other states of unconsciousness like coma. Because someone in a coma is unconscious but still alive and recovery possible.

Some of the signs of brain death include:

- The pupils do not respond to light
 - The person shows no reaction to pain
 - The eyes do not blink when the eye surface is touched
 - The person does not breathe when the ventilator is switched off
 - An imaging test shows no brain activity at all
- Brain death is a difficult situation of family. Because life support machines keeps heart beating, it gives the illusion that the person is still alive. Family members may hold a false hope that the person is just comatose and could wake up with time or treatment.
- It is important for the medical professionals to fully explain that brain death is final, and that the person is dead and has no chance of ever regaining consciousness again.
- If the person wished to donate organ, brain death is the ideal situation when organ can be preserved best and transplant to a person who need it to survive.

Mobile health service for the poor in Naogaon

Tarango Multipurpose Development Center, an NGO that has been providing maternal and child care in the village Ekorkuri of Naogaon District since 2010. Recently they have started a mobile health service at their Mother Child Health Center for the villagers specially for those who do not have any money to travel to hospitals, poor mothers and children, single mothers and widows.

They set a mobile medical team to reach those people at their home and deliver healthcare services with medical equipment and medicine. This is funded by the Else-Kroener-Fresenius-Foundation with a view to providing medical care for people in hard to reach area and bringing healthcare at the doorsteps of the poor.



Global Alliance for Improved Nutrition (GAIN) in partnership with the Government of Bangladesh and the development partners supported the first ever national micronutrient survey of Bangladesh, revealed in a workshop recently held in Dhaka. The survey result reveals a high proportion of Bangladeshis are suffering from deficiencies of multiple micronutrients. The poor, marginalised women, food insecure and people living in slum suffer the higher burden.



Knowing for better living

In Bangladesh . . .

Cancer is the leading cause of death among women of **15-49** years of age !

Take healthy diet

Exercise regularly

Maintain healthy weight

Avoid smoking & exposure to smoke

Get regular health check-up

Consult with doctor before taking any birth control pill



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