

Don't suffer in silence with faecal incontinence



Faecal incontinence (FI) occurs when a person loses the ability to control their anal muscles and bowel movements, resulting in leakage of faeces and or gas. If left untreated or mismanaged, FI can lead to severe skin irritation as well as depression, causing affected individuals to withdraw from their families and society.

Most sufferers are unaware of the available treatment options and the resulting negative effects on their overall physical and psychosocial wellbeing are often overlooked. In addition, the accompanying embarrassment and fear of social stigmatisation cause the afflicted (most of whom are elderly) to suffer in silence, setting up a vicious cycle that perpetuates the misinformed notion that faecal incontinence is simply 'part-and-parcel' of growing old. Consequently, sufferers are relegated to a suboptimal quality of life.

Recently Dr Mark Wong, Director, SGH Pelvic Floor Disorders Service and Consultant, Department of Colorectal Surgery at Singapore General Hospital (SGH) shared his views with Star Health.

Based on international data, it is estimated that between 1 to 18% of the adult Western population suffers from faecal incontinence, with women and the elderly being the most 'at-risk'. Dr Wong informed that the Dept of Colorectal Surgery at Singapore General Hospital has recently concluded the Nation's first prevalence study of faecal incontinence, which revealed that an estimated 5% of the local population (approximately 200,000 citizens) is suffering from this condition. He affirmed that if the situation is extrapolated in case of Bangladesh, there must be a significant number of patients who are suffering in silence.

He described that the risk factors for women include instrument-assisted delivery (e.g. forceps and vacuum-assistance), large birth weight and a prolonged second stage of labour.

In men, the risk factors include anal sphincter injuries due to anoorectal procedures e.g. surgery for conditions such as haemorrhoids, anal fissures/fistula or colorectal cancer.

Radiation treatment for conditions like prostate cancer also contributes significantly to faecal incontinence in males.

Other risk factors are major surgery for colorectal cancer or



benign conditions, in which part of or the entire rectum is removed and trauma to the perineum or pelvis, such as pelvic fractures after road traffic accidents or penetrating injuries. Occasionally, injuries associated with sexual assault can result in faecal incontinence.

Majority of sufferers can benefit from conservative measures such as dietary modification, tailored medical therapy and pelvic floor rehabilitation. However, when the above measures fail, surgery may be the only means of providing further relief of symptoms.

GLOBAL STATISTICS



Large gains in life expectancy
People everywhere are living longer, according to the "World Health Statistics 2014" published yesterday by the World Health Organisation (WHO). Global averages show, a girl born in 2012 can expect to live to around 73 years, and a boy to the age of 68. This is 6 years longer than the average global life expectancy for a child born in 1990. WHO's annual statistics report shows that low-income countries have made the greatest progress, with an average increase in life expectancy by 9 years from 1990 to 2012.

Source: World Health Organisation

Health News

Tobacco tax raise demanded for public health

STAR HEALTH REPORT

Tobacco alone kills 57,000 people; affects 1.2 million people with 8 killer diseases in Bangladesh a year. It also causes a large economic loss of about 11,000 crore BDT per year for treatment, death and paralysis of a these population. However, the price of tobacco products did not rise even though the regular commodity prices went high by last few years.

A study by World Health Organisation and World Bank revealed that an increase of 10% tax on tobacco decreases death rate at an anticipatory level in both high and low income countries. Speakers said these at a demonstration organised by SERAC-Bangladesh, Bangladesh Anti Tobacco Alliance and Disa in Mymensingh on Thursday last.

SERAC-Bangladesh's Executive Director S M Shaikat said that Articles 11 and 18 (1) of Bangladesh constitution ensured fundamental human rights and public health protection. So it is the duty of the government to protect public health from tobacco harms by imposing high taxes.

Md Oli Ahad, a Programme Officer of SERAC's said, "Every year we lose 2,912 crore BDT after bidi consumption which could be used to generate employment for many. Besides, the annual expenses after bidi smoking can be converted into purchasing 485 crore eggs or 29 crore chicken or 2.9 million cows or 1.4 million ton rice or 2.3 million rickshaws."

Many local citizen deliberately participated in the demonstration.



f /StarHealthBD

The conservative treatment options offered include:

Dietary modifications: to improve stool consistency, as firmer stools can result in less 'leaks'.

Medications: to improve stool consistency, including anti-diarrhoeal agents and stool-bulking agents like fiber supplements.

Anoorectal biofeedback therapy: these are specific pelvic floor exercises taught by specialist nurses, comprising a series of breathing exercises that are coordinated with anal and abdominal muscle contraction and relaxation. The aim is to condition and coordinate anal muscle movements for improve sensation and overall control.

Surgical options include: Sacral nerve stimulation (SNS), Percutaneous Tibial Nerve Stimulation (PTNS), Injectable bulking agents, Anal muscle (sphincter) repair and Rectal Prolapse surgery (or Rectopexy).

There is an urgent need to educate the community and health care providers about the magnitude of the problem as the number of sufferers are likely to increase with rapidly aging population. Furthermore, in most cases, effective treatment is available and sufferers need not live with the malady.

HEALTH bulletin

Tips for breast problems



The female breast starts to transform during the period of puberty. Oestrogen, progesterone, growth hormone, insulin, thyroxine, prolactin and

cortisol hormones assist in the development and growth of the breast. In the life span of a woman she experiences many transformations regarding the shape and size of her breast.

During puberty, due to hormonal changes, a female may feel sudden pain in her breast which is not a matter to worry. Taking a few pain killers and using well fitting brassier may solve this problem. If any female experiences the growth of breast before 8 years of age or if any female does not experience the growth of breast after 14 years of age, she should consult with a doctor.

Fibrocystic disease is also related to menstruation. This is a benign condition, it is not a cancer. In this case, a female feels some painful lump in the breast. Generally these types of symptoms are reduced after the menopause.

After delivery, if the mother feeds the child with only breast milk for 4 to 6 months, the risk of osteoporosis (bone decay) and breast cancer are reduced afterwards. The mother can breastfeed her child in all other situations except heart failure or any disease of lungs or kidney. In case of some mental diseases, we advise the mother not to breastfeed her child. If the newborn baby is premature or



suffers from cleft palate, then the mother is advised not to breastfeed the child. Besides that, if the mother is HIV or Hepatitis B positive or taking medicine for tuberculosis, even then she can breastfeed her child.

If there is any benign tumor like Fibroadenoma in the breast of the mother, during the time of pregnancy, it can increase in size and some pain may also be felt. If the child is not breastfed immediately after the delivery, then there may arise some problems for the mother to breastfeed that child afterwards.

After three or four days of delivery, the breast of the newborn may increase comparatively in size and some fluid may secrete from the nipple. This is quite normal. The oestrogen of the newborn's mother is responsible for this. It goes away automatically.

Sometimes, fluid secrets from the breast nipple. It may be continuous or

it may secrete when pressure is given to the nipple. In some cases, the secretion is from one breast only. In 40% cases, the pituitary gland tumour in the brain is responsible for this kind of problem. Some medicine may also create this type of problem. Those who have this type of problem may also have other problems like osteoporosis, infertility and growing excessive hair in the face.

Among the cancer related deaths of females, 20% cases are due to breast cancer. Generally the risk of breast cancer is quite less before 25 years of age. But it can occur at any age. After menopause, the risk of breast cancer is increased. Those females who experienced menstruation earlier and/or delayed menopause have higher risk of breast cancer.

No child birth or child birth at delayed age can increase the risk of breast cancer. The risk of breast cancer is much higher in taking food containing excess fat, consuming alcohol, taking hormone replacement therapy after menopause. Birth control pills and ionized radiation increase the risk of breast cancer. If a female takes adequate vegetables and fruits and does adequate physical exercise, then the risk of breast cancer is much less.

To keep away from breast cancer or to ensure the quick identification and treatment of breast cancer, we can perform self examination of the breast, the clinical examination of the breast and take the assistance of mammography.

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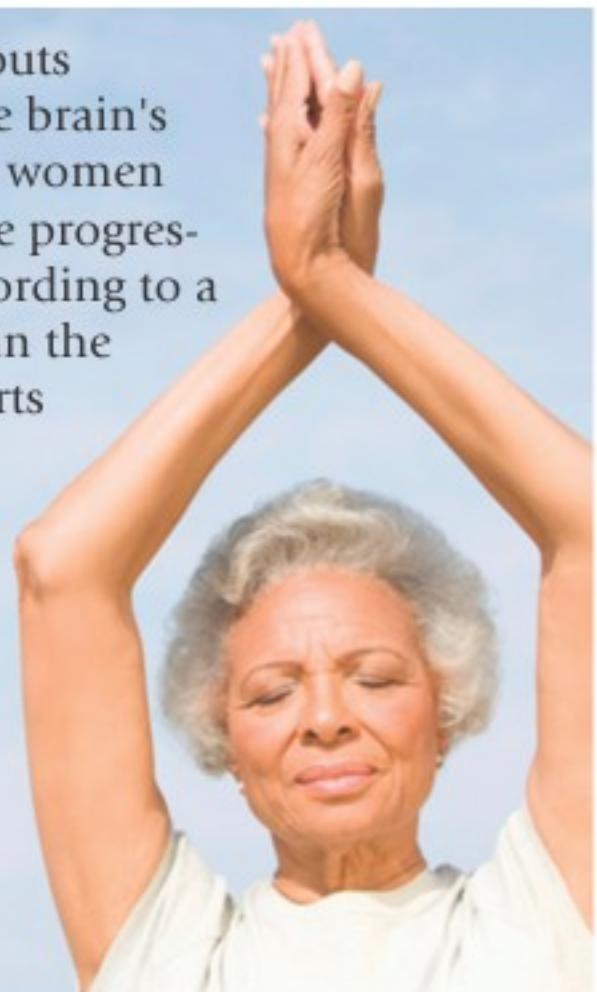
Pregnancy possible for many after childhood cancer

Despite research indicating that women who had cancer as girls have difficulty getting pregnant, a new study published in Lancet Oncology suggests that most can conceive, though it might take longer than usual.

Researchers from the U.S. and Canada found that female childhood cancer survivors tended to take longer to conceive than their sisters, but nearly two-thirds of the infertile survivors eventually did get pregnant.

Aerobic exercise may help older women at risk for dementia

Regular aerobic workouts increase the size of the brain's memory area in older women and may help slow the progression of dementia, according to a new study published in the British Journal of Sports Medicine.



Knowing for better living

If you are **overweight** you may develop **hypertension, diabetes & atherosclerosis**. These conditions will put you at high risk of cardiovascular disease.

- Exercise regularly
- Maintain a healthy diet
- Control your body weight
- Avoid smoking
- Control your diabetes
- Consult your Doctor



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