

World Breastfeeding Week

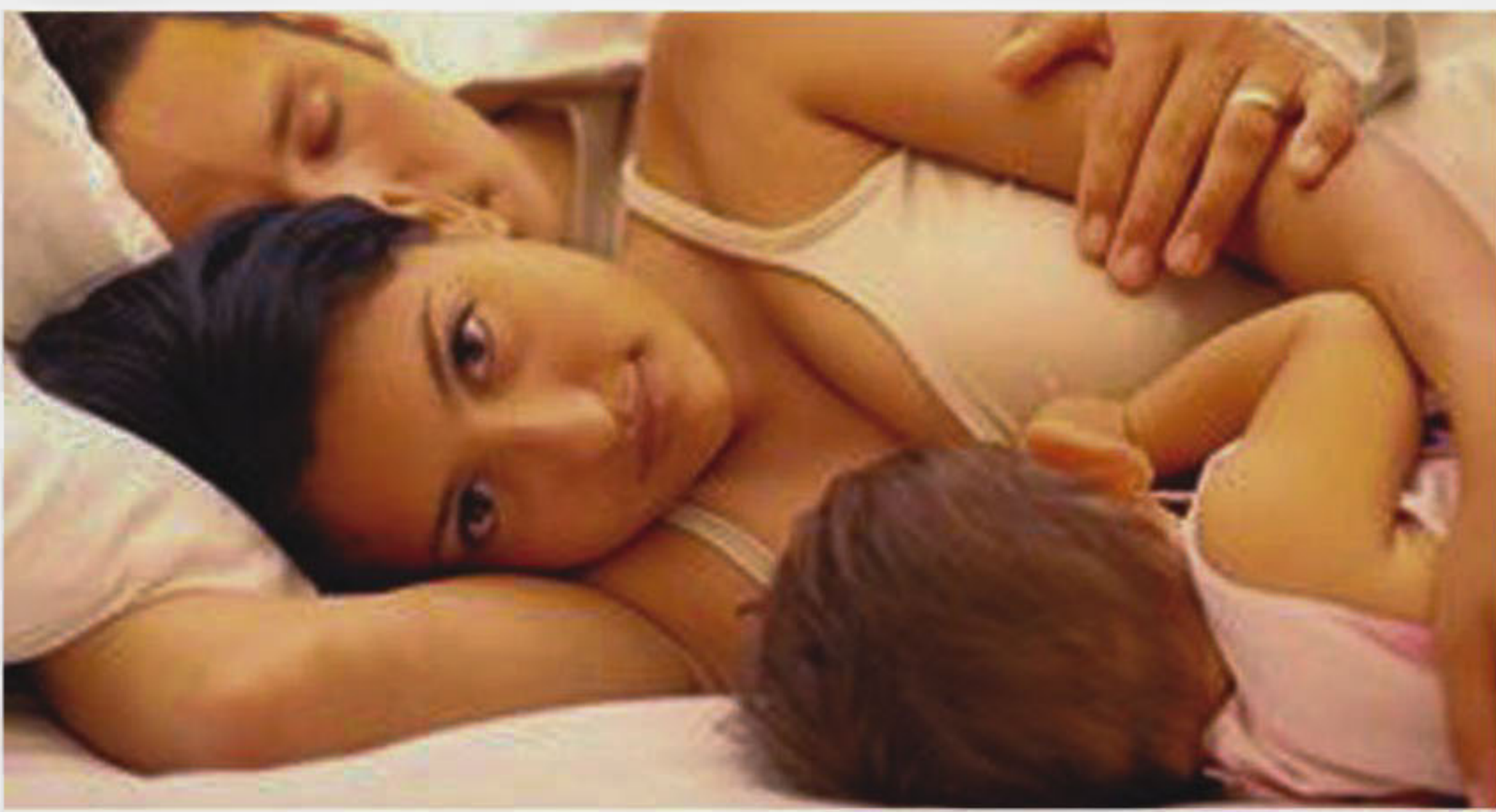
Boosting breastfeeding in Bangladesh

STAR HEALTH DESK

Breastfeeding is the first and single most important and inexpensive public health intervention for all newborn, infants and young children with a lifelong impact on health and survival. In infancy, no gift is more precious than breastfeeding; yet barely one in three infants is exclusively breastfed during the first six months of life.

The World Health Organisation (WHO) recommends that infants start breastfeeding within one hour of life, are exclusively breastfed for six months, with timely introduction of adequate, safe and properly fed complementary foods while continuing breastfeeding for up to two years of age or beyond.

With a view to increasing and sustaining the protection, promotion and support of breastfeeding, World Breastfeeding Week is celebrated every year from 1 to 7 August around the world. To enable a mother to breastfeed, she needs to be supported by a team including family, community, healthcare professionals, policy makers. Most women is able to breastfeed with proper support.



Thus, everyone has a role to play to promote and ensure breastfeeding. A women expecting should plan breastfeeding before her baby is born. Families and health professionals can explain benefits of breastfeeding during antenatal period.

Right after the baby is born, we should encourage skin to skin contact between the mother and her baby and strongly encourage initiating breastfeeding within an hour. Caregivers can help

recognise the signs when baby is ready to feed and also help proper positioning of baby during breastfeeding.

If the baby is born in facility, the caregivers concerned should give the mother confidence and support to continue breastfeeding and reassure that breast milk is all that her baby needs for healthy growth in first six months. Mother should be encouraged to take plenty of healthy food, water and rest.

Father also can help his partner to support in breastfeeding his baby. He should help in household work to reduce the stress for his partner and make sure she gets enough rest. Father can burp the baby after a feed which helps digestion and removal of gas from stomach. Other family members can also play a crucial part. They can also boost the confidence of mother and reduce the workload of mother by helping in house work

and taking care of the other children of that mother.

The workplace policy and environment can play a major role in protecting and supporting breastfeeding. In work, enough maternity leave should be ensured and there should be friendly place to breastfeed or express and store milk. Being a new mum, it is not always easy to balance work and feeding her baby. Thus, colleagues should also extend their hand to help new mum in continuing breastfeeding.

Breastfeeding is crucial for baby but it is not a single handed job of the mother. In order for mothers and families to practice optimal breastfeeding practice, teamwork is thus essential. Healthcare professionals specially midwives will help determine the success or the failure of breastfeeding and subsequent health of the newborn throughout the life course. Home based support by community health workers specially trained in breastfeeding support, during pregnancy, first week after birth and beyond in very effective in a country like Bangladesh.

Source: World Health Organisation

DID YOU KNOW?



Heart attack survival rates influenced by time of arrival at hospital

The time at which heart attack patients arrive at the hospital may affect their chances for survival, new research published in the journal Circulation: Cardiovascular Quality and Outcomes suggests.

Research shows that heart attack patients who arrive at the hospital at nighttime, during the weekend or on a holiday have a 13% increased risk of dying, compared with patients who arrive during regular hours.

Every year, millions of people suffer a ST-elevation myocardial infarction — the most severe type of heart attack, which is caused by a complete blockage of blood flow to the heart. Restoring blood flow as quickly as possible by giving clot-busting medication or performing an angioplasty to open the blocked vessel is critical for survival, according to the American Heart Association (AHA).

During angioplasty, a catheter or tube with a deflated balloon at the tip is threaded into the heart. The balloon is then inflated in the blocked artery to restore blood flow. A mesh tube, called a stent, may also be implanted to help keep the artery open.

Patients who arrived at the emergency room at night, on the weekend or during a holiday have a longer waiting time than people who come on regular business hour. The AHA recommends patients who have a ST-elevation myocardial infarction undergo an angioplasty within 90 minutes.

HEALTH bulletin



Extra exercise could help depressed smokers quit

Quitting smoking is harder for people with depression, according to a new review published recently in Nicotine & Tobacco Research.

Depression can make it more difficult to ride out the anxiety, cravings or lack of sleep that come with trying to quit cold turkey, scientists found. But extra exercise — even just a walk — could help people quit faster, researchers said.

Adults who have abused alcohol may be at risk for memory problems

Middle-aged adults with a history of alcohol abuse are more than twice as likely as others to develop severe memory problems later in life, according to a new study published in the American Journal of Geriatric Psychiatry.

The British researchers said their findings could help doctors identify those at risk for memory problems who might benefit from help for problem drinking.

Home remedy for holiday problems

PROF M KARIM KHAN

Many people have just started office after Eid holiday. Many have taken a bit longer vacation. Whatever it may be, most of us are still in mode of celebration. When we are in mood of holiday, it is easy to forget our healthy routine and indulge in too much food that can create problems like stomach upset, diarrhoea, vomiting, dehydration, abdominal pain, peptic ulcer problem, fever, sore throat, headaches, nausea, allergic rash, minor cuts and burn, insects bite, exacerbation of asthma, diabetes, hypertension, gouty arthritis etc.

Diarrhoea is a common happening in holiday. In such case, we should start taking oral rehydration saline (ORS) immediately to prevent dehydration and electrolyte imbalance. They should seek medical attention if the dehydration is severe.

After the month of Ramadan fasting when body gets used to fasting schedule, sudden change in food habits may cause an upset to our body's system and may trigger undesirable side effects such as

indigestion, heart burn and dyspepsia. We should try to avoid taking too much deep fried food and take medication to reduce stomach acid before meal.

For minor cuts and burn, we should clean the wound with drinking water properly and may use over the counter antiseptic solution to prevent infection. To clean and cover such wound, keeping sterile gauze and bandage at home may help you in crisis time. If the wound is grossly contaminated, we should seek help of emergency department.

Asthma patients must keep extra one inhaler during this time as nearby drug shop may not be open. Asthma patients should avoid known allergic food, deodorant and perfumes.

Known diabetic patient should keep oral anti diabetic drugs and those who are using insulin try to keep them in adequate amount at home. Please be careful about taking sweet foods, though they may be palatable after a long fasting.

Hypertensive patients are advised to procure adequate amount of anti-hypertensive drugs.



Those, who have angina or chest should always keep anti-anginal spray for emergency purpose and be careful about food intake.

Chronic Kidney disease (CKD) patients should strictly follow the advice on fluid and protein intake, specially people on dialysis. They should choose food smartly and keep the contact number of their doctor for any emergency situation.

Sudden allergy, itching and insect bite may interfere your happy mood. So, keep anti-histamine in your first aid box at home to combat that situation if it really occurs.

Do not try any new food for your kids less than 12 month old at this time, this is not the proper time. Too much journey and too many foods may make your child sick.

Keep the contact number of your doctor, nearby hospital emergency department in your contact list for any emergency. Stay hale and hearty and enjoy the holiday.

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Health Tips

Soothing bug bites

Nothing can ruin a nice summer evening faster than being bitten by bugs. The American Academy of Paediatrics suggests how to take the sting out of those itchy or painful bumps:

- Use calamine lotion liberally, taking care to avoid the eyes and genitals.
- Apply a cold compress to areas that are irritated.
- For bee or wasp stings, soak a cloth in cold water and hold over the sting.
- Promptly remove a stinger if stung by a bee to stem the release of venom.
- Consult a doctor before applying any other treatments, or if itching is severe.



/StarHealthBD

Knowing for better living

Studies show that walking at least **two hours** a week reduced the incidence of premature death from cardiovascular disease by about **50% !**

Exercise regularly

Maintain a healthy diet

Control your body weight

Avoid smoking

Control your diabetes

Consult your Doctor



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