

Prediabetes

A wake up call to avert diabetes

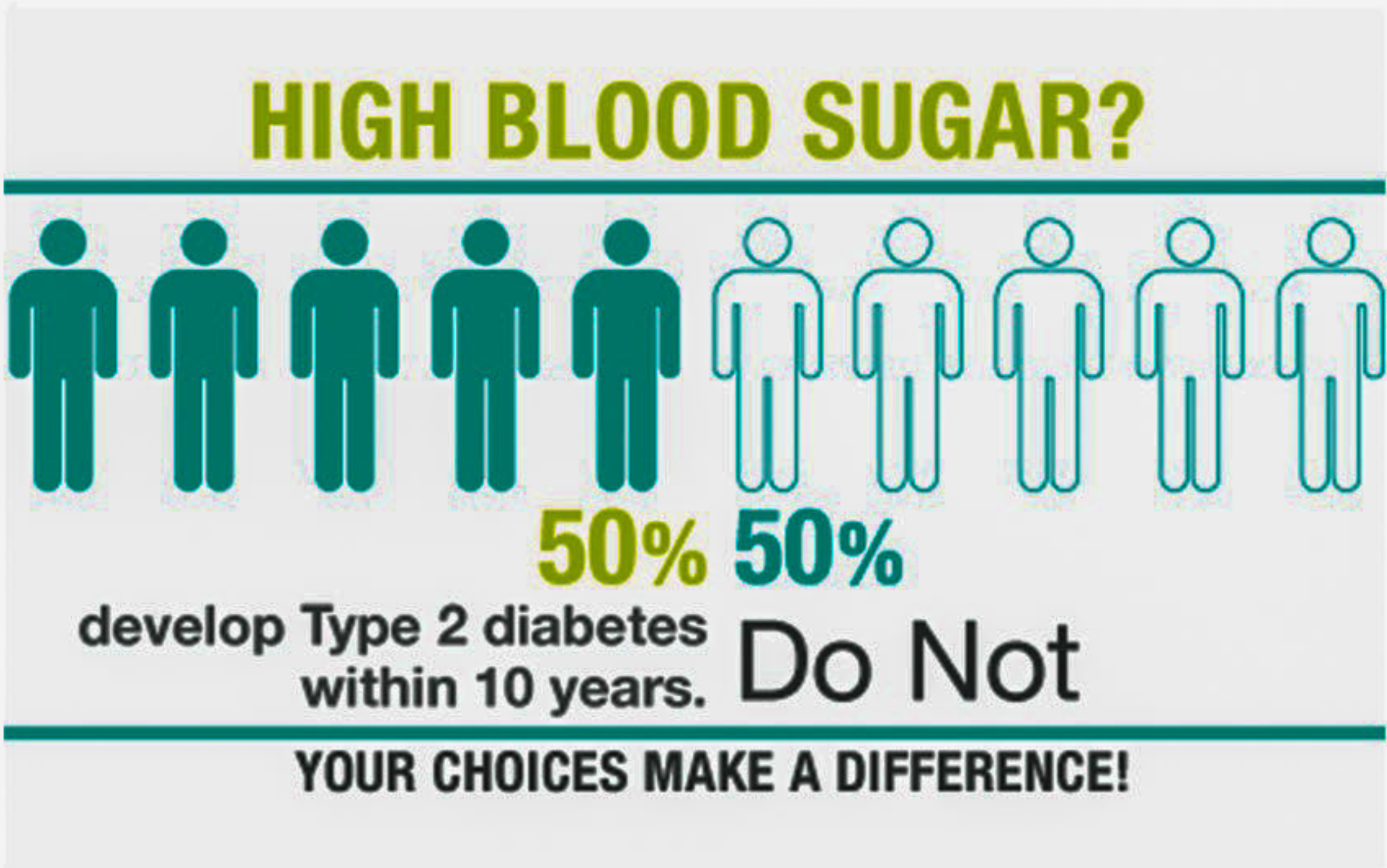
STAR HEALTH DESK

After a routine test of her blood sugar 2 year ago, Mrs Madhobi (not a real name), an overweight 45-year-old woman, learned that Type 2 diabetes was bearing down. She had a blood glucose level higher than normal but not yet in the range of diabetes — a condition called prediabetes. Up to 70% of people with prediabetes will go on to develop diabetes, but most of them do not even know they are at higher risk.

While not everyone with the condition will progress to full-blown diabetes, over time, prediabetes can cause much the same underlying damage to body tissues and organs. Prediabetes is a wake-up call for all to act to prevent, delay diabetes or halt these damaging effects.

Mrs Madhobi, who lives in Dhaka, considers herself lucky to have been forewarned. She realised that while she was still relatively healthy, she could make a concerted effort to stay that way.

From the last 2 years, she has kept track of her caloric intake, the kinds and amounts of the carbohydrates she eats, and the overall healthfulness of her diet. She exercises five days a



week, walking for 30 minutes. She is down 25 pounds from her top weight.

Mrs Madhobi also monitors her blood sugar routinely and takes a drug called Metformin to help keep it within a normal range. Periodically, her doctor checks her blood level of hemoglobin A1C, another

indicator of diabetes, to be sure it has not risen.

With all these, she is trying to keep diabetes at bay. Additionally, these give her healthy habits that are crucial to maintain health at or above her age.

Diabetes is now an out-of-control epidemic responsible for a devastating toll in health, lives

and medical care costs. Among its serious complications are heart disease, stroke, kidney damage, nerve damage, eye disease (which can lead to blindness), foot damage (which can lead to amputations) and hearing loss. In fact, diabetes is the No. 1 cause of blindness, kidney failure, amputations and leads to some

serious complications are heart disease, stroke, nerve damage and hearing loss. If this tsunami continues to roll forward, experts predict that by 2050 the number of adults with diabetes will reach one in three.

But how can we avert the rising trend? In theory, it is possible to avert the impending health crisis. Because complications typically take 20 years to become apparent, identifying people at risk of diabetes early and taking corrective action could delay onset of the disease and its devastating consequences, perhaps for the rest of their lives.

The American Diabetes Association has created a simple seven-question test to help people assess their risk; a paper copy can be found at www.diabetes.org. Important factors include a family history of the disease, prior gestational diabetes, being overweight or obese, physical inactivity and older age.

So, when you have a diagnosis of prediabetes, it is not over yet. You still have time to fight and prevent diabetes.

Source: The New York Times

DID YOU KNOW?

Positions are key when sex causes back pain!

Guided by movements of couples engaged in sexual intercourse, a new report published in the journal Spine suggests that alternatives to the traditional missionary-style position can help men who have lower back pain. The findings report that side-by-side intercourse, known as spooning and thought by some to be a cure-all, however is not recommended for everyone.

Back pain during sex is a major issue for many people and there has been little, if any, research into the best positions, the Canadian study authors pointed out.

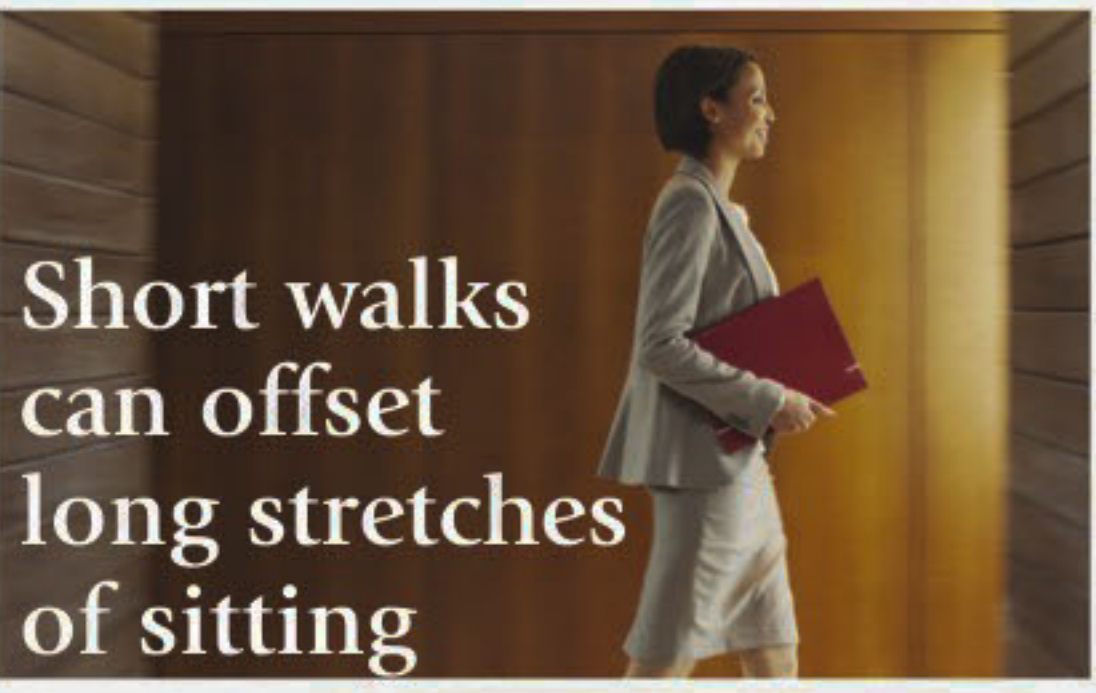
Patients with severe disc or arthritis conditions, may find certain positions painful. And for those with chronic spine conditions, talking to their partners about pain; exploring new positions and making adjustments to the positions previously used are generally recommended.

The study authors suggested that men who get back pain from flexing their spines forward should avoid the side-by-side position, use the back position and also use their hips, not their spine.

For men who feel back pain when they extend their spines, it would be exactly the opposite: avoid the back position, use the side position. And men who feel back pain from simple movement of their spine should focus on using their hips, the study suggested.

HEALTH

bulletin



Short walks can offset long stretches of sitting

Taking really short but frequent walks can counteract the harm caused by sitting for long periods of time, a new study published in the journal Medicine & Science in Sports & Exercise suggests.

Sitting for a prolonged period of time can cause impairment of blood vessel function, which is an early marker of cardiovascular disease, and that breaking sitting time prevents the decline in that function. While sitting, muscles are not contracting and pumping blood to the heart as effectively. As a result, the ability of blood vessels to expand from increased blood flow can become impaired. Being sedentary is also linked to high cholesterol and a larger waistline, which increase the risk for heart and metabolic disease.

Statins may help prevent diabetes-related nerve damage

Cholesterol-busting drugs called statins may also help prevent common and serious diabetes complications, a new study published in The Lancet Diabetes & Endocrinology indicates.

Although the drugs are known to lower the risk for heart attack and stroke among those with type 2 diabetes, Danish researchers report statins may also help protect against diabetes-related damage to small blood vessels in the body that can lead to blindness and amputations.

Minimally invasive and robotic surgeries are trending in urology

STAR HEALTH REPORT

Now a days, almost all kind of surgeries in urology (e.g. surgeries related to kidney, urinary bladder, prostate etc.) are being performed in Singapore by key hole approach or by robotic surgery for more precise and accurate surgical intervention, less blood loss, less pain faster recovery and shorter hospital stay. Dr Gerald Tan was sharing this recently with Star Health during his short visit in Dhaka, Bangladesh.

Dr Gerald Tan is a Consultant Urologist and accredited Robotic Surgeon at Mount Elizabeth Hospital (Orchard & Novena campuses) with a keen interest in minimally invasive urologic surgery and urologic cancer therapies.

Now more gynaecologists are using robotic procedures to repair urine leakage or incontinent, which is common in women.

There are lot of usages of robotics, especially da Vinci® surgery. Although the cost of robotic surgery are higher due to sophisticated equipment, but patients are willing to pay due to the outcome of surgery. As a result the whole scenario is being changed day by day. Dr Tan thinks that within the next few years, robotic surgery will take over most of the procedures.

He mentioned the example of New York city where about 50 robots are operating, whereas in Singapore there are 6 robots operating in urological procedures. As it requires,

technical expertise to operate the robotics, it requires time to develop and popularise.

Dr Tan informed that there was a benefit of training the junior doctors in robotic surgery. In conventional surgery, a surgeon needs hands on practice to learn the procedure; but in robotic surgery, many doctors can see the procedure at the same time. So more doctors can be trained if proper facilities are there. So doctors from foreign countries can also learn the procedure as they don't require to operate the patients.

For setting up the robotic surgery centre, it does not only matter the financial issues, but it matters mostly setting up the entire team for the procedure.



Disaster preparedness in layman's terms

STAR HEALTH REPORT

A national campaign to bring awareness of natural hazards such as earthquakes, storms, and flooding to local communities has been launched in Bangladesh. The campaign encourages university students and journalists around the country to act as advocates for better preparedness to disasters, which pose a growing threat to the citizens of the country.

Implemented by Asian Disaster Preparedness Center (ADPC) with support from the Royal Norwegian Ministry of Foreign Affairs, the programme trains journalists to better pass the message of disaster preparedness to the public.

In addition, more than 500 university students from different study fields in Dhaka, Chittagong and Khulna are trained on disaster preparedness, and encouraged to share their reports on the topic online as part of a national competition called iPrepare.

Every year, more than 10 million people in Bangladesh are affected by disasters, and the economic damages rise up to more than USD 0.5 million. ADPC actively supports the Bangladesh government in disaster preparedness through risk assessments and capacity building. More information about the campaign can be found at: www.adpc.net/iprep



Knowing for better living

Cardiovascular disease is the world's number one killer which causes 17.3 million deaths globally

Exercise regularly

Maintain a healthy diet

Control your body weight

Avoid smoking

Control your diabetes

Consult your Doctor

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