

World AIDS Day 2014

Closing the gap in HIV prevention and treatment

STAR HEALTH REPORT

The number of people who are newly infected with HIV is continuing to decline in most parts of the world — a decline of 38% from 2001. Progress has been dramatic in stopping new HIV infections especially among children. AIDS-related deaths have fallen by 35% since 2005. The percentage of people living with HIV who are not receiving antiretroviral therapy has been reduced from 90% in 2006 to 63% in 2013.

These statistics are encouraging and renew our hope. Ending the AIDS epidemic by 2030 is possible, but only by closing the gap between people who have access to HIV prevention, treatment, care and support services and people who are being left behind.

In order to increase awareness on these issues, World AIDS Day 2014 will be observed on December 1. The UNAIDS's focus for the 2014 campaign is closing gap in HIV prevention, treatment, care and support services.

Closing the gap means empowering and enabling all people, everywhere, to access the services they need.



• By closing the HIV testing gap, the 19 million people who are unaware of their HIV-positive status can begin to get support.

• By closing the treatment gap, all 35 million people living with HIV will have access to life-saving medicine.

• By closing the gap in access to medicines for children, all children living with HIV will be able to access treatment, not just

the 24% who have access today. • By closing the access gap, all people can be included as part of the solution.

The UNAIDS Gap report shows that a lack of data on people most affected by HIV, coupled with widespread stigma and discrimination, punitive legal environments, barriers to civil society engagement and lack of investment in tailored

programmes are holding back results. It confirms that countries that ignore discrimination and condone inequalities will not reach their full potential, and face serious public health and financial consequences of inaction. The report emphasises the need for equal access to quality HIV services as both a human rights and public health imperative.

The report outlines that to close the gap between people who are reached with HIV services and people who are not will require research and innovation combined with protective laws that promote freedom and equality for all people. It will also require increased commitment from the global community and countries most affected to the remarkable returns on investment that have been witnessed over the last 10 years to continue so that the end of the AIDS epidemic can be achieved by 2030.

Closing the gap on HIV treatment will bring enormous benefits in keeping people healthy and alive, and in reducing new infections. But closing the treatment gap alone will not be sufficient to end the AIDS epidemic. Experts recommend a parallel increased in prevention effort is required, including condom programming, harm reduction, voluntary medical male circumcision and continued focused on those groups who continue to experience high rates of infection and are not currently reached.

Source: UNAIDS

DID YOU KNOW?

Obesity tied to half a million cancers globally

Obesity is associated with close to 500,000 new cancer cases worldwide each year, and nearly two-thirds of obesity-related cancers occur in North America and Europe, a new report published in The Lancet Oncology shows.

The analysis of data from 184 countries showed that excess weight was associated with 5.4% of new cancers in women in 2012, and 1.9% of new cancers in men in 2012.

Scientists hypothesise that excess body fat may trigger cancer by changing insulin, glucose and hormone levels, and increasing chronic inflammation.

Among women, postmenopausal breast, endometrial and colon cancers accounted for nearly three-quarters of obesity-related cancers, while colon and kidney cancers accounted for more than two-thirds of obesity-related cancers in men.

The study indicates a call for global support to prevent or reduce the burden of obesity. If this current rising trend of obesity continues, it will certainly boost the future burden of cancer, particularly in countries, where the largest increases in the rate of obesity have been seen in recent years.

Although a higher weight may not necessarily cause cancer, maintaining a healthy weight is thought to be associated with a lower risk of many chronic diseases.

If you are currently overweight or obese, experts recommend that it is best to start by taking steps to lose weight through nutrition and exercise. Aim to lose 5% to 10% of your body weight as your first goal. Seek help from healthcare professionals who can help you lose weight.

Source: The Lancet Oncology

HEALTH bulletin

Is your child unruly?

DR AHMED HELAL

For last few months, an 11 year old boy Rahul (not a real name), is showing serious violation of social norms. He is using slang with his parents, spends more time out of house and frequently misses school without any good reason. He tries to hit to his mother if his demands are not fulfilled. He has stolen money from his father's wallet and frequently refuses to admit it. Sometimes he involves in fighting with his classmates.

This boy clearly has behavioural problem. It might be a mental problem called conduct disorder. It is repetitive and persistent pattern of behavior in which the basic rights of others or major age-appropriate norms are violated. These behaviours are often regarded as antisocial behaviours. Children and adolescents with this disorder have great difficulty following rules and behaving in a socially acceptable way. They are often viewed by other children, adults and social agencies as bad or delinquent, rather than mentally ill.

Exact cause of conduct disorder is unknown. But family history of such behavioural problem, parent with antisocial activities, abused by others, stressful home environment, unstable or broken family may contribute to develop conduct disorder.

Parents are worrying about child's problem and puzzled often. From the context of medical science this



problem has to address scientifically. To deal with a child with these symptoms parents should do the followings:

• **Acknowledge your role and do not blame the child:** Parents should reevaluate their own behaviour, and if needed, the entire family should seek help from the mental health professionals.

• **Do not get into a power struggle with a child:** Be firm in disciplining your child and let them know that there boundaries that they have to observe.

• **Find child's potentiality:** Child's potentiality not overt always, it is the guardian's duty to explore it. Try to find out the interest and never push on an issue where the child has no interest.

• **Set rules in your home for all members of the family:** Such as no hitting, shouting, name calling, cursing, or ridiculing. Be firm about the boundaries of acceptable behaviour.

• **Reward good behaviour and create clear consequences for bad behaviour:** If children fail to comply, do not automatically spank or yell. Instead, respond gently and follow through with the punishment.

• **Behave respectfully to others:** Remember that children mimic you. If you want youngsters to behave respectfully, you must behave respectfully — even if you feel a meltdown coming on.

• **Avoid quarrel in front of child:** Always avoid domestic violence and quarrel in front of child. Do not blame each other for child's problem.

• **Obtain a proper diagnosis from a psychiatrist:** Seek help from mental health professionals like psychiatrists or psychologists.

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Yogurt every day may help keep diabetes away



Eating a serving a day of yogurt may lower your risk of developing type 2 diabetes, according to a new study published in the journal BMC Medicine.

Exactly how the yogurt may help is not certain. The thinking by many experts is that the probiotics (good bacteria) in yogurt alter the intestinal environment in a beneficial way, helping to reduce inflammation and improve the production of hormones important for appetite control.

Although yogurt has beneficial role in risk reduction, experts opined that there is no replacement for an overall healthy diet and maintaining [a healthy] body weight.

Jogging may help seniors walk better

Jogging helps seniors maintain their ability to walk, according to the study published in the journal PLoS One. Researchers have found that joggers who ran at least 30 minutes three times a week were 7-10% more efficient at walking than those who did not jog. They opined that running keeps people younger, at least in terms of efficiency.



Knowing for better living

Smoking, being more than 10 kg overweight, physical inactivity using the contraceptive pill and immobility can lead to the formation of **blood clots**.

Take low fat diet

Be physically active

Avoid smoking

Eat vegetables and fresh fruits

Maintain healthy weight

Consult your Doctor



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