

# Prepare yourself before visiting a doctor

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How should be your preparation before visiting a doctor's chamber? Do you know the right answers regarding your physical problem, on which the doctor may ask questions? Do you have necessary documents?

Many a times while coming out of a doctor's chamber, it appears in your mind that you could not provide the doctor with proper information about your problem, or you could not ask the right question about the disease.

But if you get prepared before visiting the doctor, you might have had a better conversation. It also becomes convenient for the doctor to identify your disease and provide you with the proper treatment — both the patient and the doctor can get mental satisfaction.

We can categorise the problems of women in two different types, with which they generally visit Gynaecology and Obstetrics department. Except the pregnancy, the other problems of the reproductive organs are irregular menstruation, tumour, cancer, infection, infertility etc.

The characteristic of a disease largely depends on the patient's age and marital status. For

example, irregular menstruation is common in young age and the risk of cancer is greater in old age. If you visit a doctor regarding the complications of irregular menstruation, you should know the answers of some questions like the duration of the complication, details about menstrual cycle, if the cycle is associated with abdominal pain, when was the last menstruation etc.

Many women suffer from abdomen pain. Before visiting a doctor, you should get some points very clear, e.g. exact position of the pain, duration, if the pain is felt suddenly or there is mild pain for a few days, severity of the pain, if the pain is felt always or sometimes, does the pain remain in one part or it spreads to the other parts of the body, if the pain has any relation with menstruation, sexual or physical activities, food intake, urination or evacuation of bowel etc.

Sometimes you may feel some lumps in the abdomen. You should try to remember for how many days you are feeling this lump. Is it slowly getting bigger in size? Is there any pain and does it have any relation with the menstruation?

Many a times you may feel that something is coming to the outer side from the vaginal path. In this



case, you should inform the doctor about: you are feeling this for how many days, the number of your children, if there was any problem during child delivery, method of child delivered normally or caesarean section etc. Besides these problems, if there is any complication in urination or evacuation of bowel; if you have any problem regarding cough, constipation or asthma; if you still have menstrual cycle or have you experienced menopause etc.

If there is any bleeding after you experienced menopause, you should visit a doctor and inform.

If any couple is staying

together for one year and fails to conceive a child after trying for it, they should consult a doctor. Inform the doctor if you have a history of abortion earlier, any problem in sexual activities, your birth control method, any major operation in the abdomen, any medicine being used on regular basis and so on.

Besides, you should not forget to inform your doctor certain things. They include any operation earlier, if you required blood transfusion at that time; if you smoke or drink alcohol; if you have known allergy to any medicine; if you or any of your

family members got diabetes or high blood pressure; if you take any medicine or steroid regularly? Married patients should also mention a gynaecologist if she experienced abortion or ectopic pregnancy earlier.

Before entering the doctor's chamber, a woman should urinate and evacuate the bowel properly. Otherwise the doctor may face difficulty during physical check up. Many a times the correct identification of disease gets hindered due to this matter.

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## HEALTH bulletin

## Trick to get rid of formalin

MD ABDUL HAKIM

Formalin is in great triumph on a tremendous public panic by dint of multidimensional bamboozle bid taken to focalise foods formalin by means of various campaigns, discussions, talk shows, raids and drives across the country now a days.

The widespread formalin applying in fruits, vegetables, fishes, meats and milks for long term preservation poses a massive threat to the public health and nutrition at an alarming level.

Formalin (40% aqueous solution of colour free and pungent formaldehyde) is in traditional application in paints, plastics, textile, nail varnish, constructive industries and renowned to preserve human corpse. Our traders are applying the chemical in foods to aid an attractive look and keep them fresh for their ignorance, negligence and financial gaining.

According to different sources, the level of formalin used in different foods, especially in the fruits are horrible and at toxic level for human consumption.

Formalin is naturally available in various food stuffs at various ranges and also available in the air. Formalin inhalation poses greater health risks than consumption.

There are digital trick to spread out panic about simple conditions but the simple and economic technologies to conquer this trouble are hardly advised. The trick the consumers can maintain for their healthy eating are:

- Soaking fruits in fresh water,



chlorinated water, tepid water

- Reduction of fruits peel is the best option
- Soaking and washing vegetables in fresh water
- Soaking fishes in fresh water or hot water or vinegar or in brine solution
- Cooking fishes to vaporise formalin in order to having 96°C boiling point and 100% volatility of formalin
- Soaking meats in fresh water
- Cooking meats to vaporise formalin in order to having 96°C boiling point and 100 % volatility of formalin
- Heating of milk
- Adding fresh water with milks in very low amount prior to heating
- Boiling milk to vaporise formalin in order to having 96°C

boiling point and 100 % volatility of formalin

The quality controllers avoid the adherence of formalin in processed food but the raw foods are not in formalin curbed in markets. It is the acme dilemma on the route of ensuring safe food to both the carnivorous and vegetarian consumers in the adulterated era.

It is high time to take immediate bid for proper action to get formalin free foods in our markets for enjoying sound health. The preparation is essential leaving no stone unturned to the dashing beginning and splashing steps in various situations towards formalin rebuking movement to carry the day.

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### End of life planning does not make cancer patients hopeless

For a small group of advanced cancer patients, using an online tool for learning about end-of-life medical decisions and developing an advance directive document did not lead to psychological distress, according to a new study published in the Journal of Pain and Symptom Management.

Doctors who initiate these conversations can do a lot to decrease patient stress and anxiety, but many physicians are hesitant and are also pressed for time.

### Sierra Leone's president calls for week of fasting, prayer over Ebola

Sierra Leone President Ernest Bai Koroma asked the country to begin a week of fasting and prayers on Thursday to end the Ebola virus that has killed more than 2,700 of his countrymen, reports Reuters.

The worst outbreak on record of the virus is still spreading in West Africa, especially in Sierra Leone, and the number of known cases globally has exceeded 20,000, the World Health Organisation (WHO) said on Wednesday.



### 2014 IN REVIEW

### Key health issues in 2014

Health headlines have recently been dominated by the Ebola outbreak in West Africa and humanitarian emergencies in many other countries. 2014 also saw major public health successes, and a clearer understanding of a number of public health threats. The World Health Organisation (WHO) produced reports on a range of critical health issues and provided new advice to help countries improve their people's health. Here are a few highlights:

- Nicaragua is first country to ratify new international protocol to eliminate illicit tobacco trade
- WHO ensures wounded in South Sudan get to hospital for life-saving treatment
- Medical supplies air-delivered to north-east Syria
- Immunising against measles in the Central African Republic
- WHO opens public consultation on draft sugars guideline
- 7 million premature deaths annually linked to air pollution
- WHO South-East Asia Region certified polio-free
- WHO supplies arrive in Guinea to support the Ebola outbreak response
- WHO issues its first hepatitis C treatment guidelines
- WHO's first global report on antibiotic resistance reveals serious, worldwide threat to public health
- WHO concludes MERS-CoV mission in Saudi Arabia
- Director-General announces new initiative to end childhood obesity
- World Health Assembly
- Safe blood and blood products are crucial for saving mothers' lives in most critical moments during childbirth and pregnancy
- Ebola challenges West African countries as WHO ramps up response
- Bangladesh expands training of midwives to improve maternal and neonatal health
- Eight small countries in Europe join forces to improve health
- Mongolia certified measles free
- People most at risk of HIV are not getting the health services they need
- WHO Statement on the Meeting of the IHR Emergency Committee regarding the 2014 Ebola outbreak in West Africa
- Urgently needed health supplies arrive in Gaza
- WHO calls for stronger action on climate-related health risks
- First WHO report on suicide prevention calls for coordinated action to reduce suicides worldwide
- PAHO urges countries to eliminate mosquito breeding sites to prevent the spread of dengue and chikungunya
- Record every birth and death, make every life count
- Europe leads the world in eliminating trans fats
- Health officials from the Americas chart a path toward universal health coverage
- Improved data reveals higher global burden of tuberculosis
- WHO convenes industry leaders and key partners to discuss trials and production of Ebola vaccine
- Naloxone: A take-home antidote to drug overdose that saves lives
- "Ageing well" must be a global priority
- Ukraine conflict: upholding the right to health for all
- New WHO guide to prevent and control cervical cancer
- Scale-up in effective malaria control dramatically reduces deaths
- New study highlights need to scale up violence prevention efforts globally
- Health partners unite to build stronger systems for health in Ebola-affected countries

To learn details about each points, you can visit <http://bit.ly/2014-health-in-review>

Source: World Health Organisation



## Knowing for better living

**30 minutes** of activity a day can help prevent heart attack and stroke

Take low fat diet

Be physically active

Avoid smoking

Eat vegetables and fresh fruits

Maintain healthy weight

Consult your Doctor



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