

Dealing with infertility

DR M A BASHED

Infertility is a problem that affects both husband and wife. It is a problem that reaches deep into emotional life and invades intimate relationship. The desire of the children by women is stronger than self interest in beauty, stronger than the claims of career. Childlessness is generally a tragedy of married women. Children bridge a marital bondage.

Childlessness may result from recurrent abortion and stillbirth but the commonest cause is a failure to conceive. Sterility (infertility) is an absolute state of inability to conceive, sub-fertility is a relative state of lowered capacity to conceive. Secondary sterility and sub-fertility are the same states of developing after an initial phase of infertility. All these conditions can affect people.

Nearly 15% of marriages of reasonable age and desirous of having children prove sterile. The incidence of infertility is increasing in Bangladesh. It is



because of late marriage, general hygienic condition, improper medication, random use of oral contraceptives for long time.

Fertility is a relative rather than an absolute state. Comparatively few individuals are sterile or fully fertile. The majority fall some-

where in between these two extremis.

The fertility of a marriage is sum of the fertilities of the two partners. This explains why some couples fail to reproduce, when they separate. Fertility also sometimes varies in the same

individual and there are periods of physiological sterility.

The impediments of early diagnosis and treatment of patients are still many including poor socioeconomic status, lack of health awareness, social taboos and restoring to treatment by

unqualified village health workers.

Unhealthy magazine, spurious advertisements and publications also cause a great loss to the couples. Sadly enough, the qualified physicians also sometimes fails to refer the unfortunate childless couples to specialist care where appropriate treatment is available.

Advance diagnostic tools like hormone analysis, Hysterosalpingogram, Laparoscopy, Cervical Scoring, Antiserum, Antibodies detection, Swim up method of sperm separation, BBT and their judicial interpretation can ensure proper diagnostic and adequate treatment within a reasonable time and expenditure.

Considering the cost, time consumption IUI (intra uterine insemination) has a definite place in practice of assisted reproduction to bring an invaluable smile in shattered mother.

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AWARENESS

Don't use antibiotics unnecessarily

The development of antibiotics was one of the most important advances in medicine. Many people had died by some bacteria induce disease such as tuberculosis because of no effective treatment. Now it becomes treatable with antibiotics.

Antibiotics are subgroup of anti-infective derived from bacterial sources and are used to treat or prevent the bacterial infections. Abuse or misuse of antibiotics make difficult to get good treatment. It is very important to improve the people's knowledge about antibiotics.

• Antibiotics should not be taken by the patients without prescription.

• Patients must complete a prescribed course of treatment; otherwise the probability of drug-resistant strains of organisms will be increased.

• The common psychology of some patients is to stop antibiotics if they feel better. But it is needed to continue taking antibiotic as the doctor has prescribed; otherwise you become sick again because of some dangerous alive bacteria.

• If the disease is caused by viruses, antibiotics will not be intended to cure disease.

• Action of antibiotics against specific disease will be reduced or stopped due to abuse or misuse of it.

• Resistant alive bacteria are more dangerous and cause infection has become more difficult to treat.

• Antibiotic must be taken on time. Irregular administration of antibiotic allows multiplying bacteria and increasing the problems. Patients should maintain the correct time to take antibiotic by setting *Antibiotic Reminder* alarm.

• Patient should not take antibiotic following prescription used by another person even in same diseases.

• Antibiotics can interact with other medicine, even with foods and drinks. So patients should carry his/her previous prescription when s/he meets with doctor or pharmacist. Patients should tell the doctor if they feel something wrong after taking antibiotics.

• Patients need to avoid drinking alcohol while taking antibiotics.

• If patients have developed any type of allergic reaction to any antibiotic in the past, they should tell the doctor or pharmacist to avoid same kind of antibiotic.

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HEALTH bulletin

When a child is hyperactive

DR AHMED HELAL

All healthy children are vivacious by nature. Everybody likes lively children who are active in their daily life. But sometime few children are hyperactive and sometimes impulsive with lack of attention. They create problem in their home, school and other social setting.

In medical terminology they called as Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD) or Hyperkinetic/Hyperactive child. This is a childhood mental disorder which can affect a child's ability to learn and get along with others.

It is a mental disorder that begins in childhood and can continue through adolescence and adulthood. It makes it difficult for a child to focus and pay attention. For children with ADHD, levels of inattention, hyperactivity and impulsive behaviours are greater than that of other children in their age group. ADHD can make it harder for a child to do well in school or behave at home or in the community.

ADHD often runs in families and other causes are smoking or drinking of mother during pregnancy, birth complications, very low birth weight, exposure of infant to lead or other toxic substances, extreme neglect, abuse or social deprivation, food

additives like artificial colouring, which might make hyperactivity worse.

ADHD has many symptoms. Some symptoms at first may look like normal behaviour for a child, but it makes them much worse and occur more often. Children with ADHD have few symptoms that start in the first 12 years of their lives.

Children with ADHD may:

- Get distracted easily and forget things often
- Switch too quickly from one activity to the next
- Have trouble with directions
- Daydream too much
- Have trouble finishing tasks like homework or chores
- Lose toys, books, and school supplies often
- Fidget and squirm a lot
- Talk nonstop and interrupt people
- Run around a lot
- Touch and play with everything they see
- Be very impatient
- Blur out inappropriate comments
- Have trouble controlling their emotions.

Boys are more likely than girls to have ever been diagnosed with ADHD. The average age of ADHD diagnosis is 7 years of age, but children reported by their parents as

having more severe ADHD are diagnosed earlier.

Children with ADD/ADHD need structure, consistency, clear communication and rewards and consequences for their behaviour. They also need lots of love, support and encouragement.

There are many things parents can do to reduce the symptoms of ADD/ADHD without sacrificing the natural energy. In most cases, ADHD is best treated with a combination of medication and behaviour therapy. No single treatment is the answer for every child and good treatment plans will include close monitoring, follow-ups and any changes needed along the way.

The team made with Psychiatrist, Psychologist and Paediatrician can deal with ADHD. In Bangladesh, National Institute of Mental Health in Dhaka and Bangabandhu Sheikh Mujib Medical University have special child guidance clinic for the management of ADHD. Early intervention shows better improvement; so any child has the symptoms of ADHD need to consult for professional management.

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Being active tied to lower alcoholism risk

Getting more exercise throughout life is tied to a reduced risk of abusing alcohol that requires treatment, according to a new study from Denmark.

In a group of adults followed for 20 years, those who reported being more active in their free time were less likely to need hospitalization or treatment for an alcohol use disorder, but the direction and explanation for the relationship is unclear, according to *Alcohol and Alcoholism* journal.

Men and women who reported at least low levels of physical activity were 30 to 40 percent less likely to be diagnosed with an alcohol use disorder than those in the sedentary group.

Compression stockings may ease sleep apnea

Wearing compression stockings during the day may slightly improve sleep apnea at night, a small study suggests published in *Sleep Medicine*.

In obstructive sleep apnea, breathing repeatedly stops and starts during sleep because the airway becomes narrowed or blocked.

The condition affects people raising their risk of high blood pressure, heart attack, stroke, irregular heartbeat and diabetes. It also raises their risk of being sleepy and fatigued during the day, because they sleep poorly at night.

The gold-standard therapy for obstructive sleep apnea is a continuous positive airway pressure, or CPAP, device.



How to choose heart-healthy proteins

Heart-healthy fish, poultry and meat provide body-fueling protein without all the unhealthy fat. The American Heart Association recommends these heart-healthy choices:

- Choose skinless, trimmed cuts of meat, and limit totals to 6 ounces or less per day.
- Eat at least two servings each week of grilled or baked fish, particularly oily fish.
- Season meat with low-sodium, low-fat products, such as herbs or spices.
- Use meatless proteins in entrees, salads or soups. Examples include beans, lentils, peas or tofu.

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Knowing for better living

If you have heart disease or diabetes you are likely to have high levels of **cholesterol**.

Exercise regularly

Maintain a healthy diet

Control your body weight

Avoid smoking

Control your diabetes

Consult your Doctor



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