

The myth about low back pain

The prevalence of back pain has not changed, but unhelpful ideas about it have increased; for example, if you have got back pain, you have damaged your back; if your back hurts, don't move; and if you have got back pain, a disc is out of place.

Low back pain is one of the most disabling health conditions across the world. Many people have been suffering back pain due to wrong treatment. It is very usual that if anyone of us suffers back pain we visit healthcare professionals to become better and get relief from sufferings. Many patients complain that they feel worse after the treatments. Many back pain treatment options have been promoted over the years as different healthcare professionals but unfortunately these treatments were failure to solve the bad backs.

Fortunately 90% of people with acute LBP will have their pain resolve within 8 weeks, regardless of the type treatments they receive or not treated at all, 5% within 12 weeks. But 70% of those who fully recover in 8 weeks can expect to experience progressive episodes of LBP in the future. Those who report a



recent onset of back pain, half will have a recurrence of that pain within a year. It is unusual to have back pain only once in your life.

If the clinician does not explain low back pain correctly, then patients think there is something seriously wrong with their back. But research showing that 95% LBP is non-specific, although there are some common findings like osteo-

arthritis, spondylosis, spinal canal stenosis, disc herniation in patients with low back pain but these also occur in asymptomatic people. Hence such conditions may not be the cause of the pain.

Professor Chris Maher, a leading medical researcher and director of the Musculoskeletal Division at the George Institute for Global Health, says, "The treatment that is endorsed for acute back pain is quite simple,

but patients get more complex care; they get more of the wrong sort of treatment."

It is showing that these traditional treatment approaches have been woefully ineffective at treating or preventing acute episode of low back pain

"If you send people off for imaging they are more likely to end up being offered surgery," Maher says. "If you send them off for imaging, about a third will

come back with something found." Patients then focused on the imaging results and could become quite disabled by them.

But asymptomatic patients with no back pain have been found to have a high incidence of positive MRI findings.

A prospective study of Weber stated 280 patients with herniated discs. The surgical group demonstrated a more rapid recovery than the non-operative group, at 4 years, however, the outcomes were roughly equivalent, and at 10 years there were no appreciable differences in outcome.

Keep in mind to consider the risk and benefits of a treatment you may be offered.

The only things that have been shown in research to work is giving people a specified exercise routine after the occurrence of back pain and a skilled and knowledge based experienced Physiotherapist can play a key role to prescribe and implement this specified exercise programme.

The write-up is compiled by Dr Dollur Rahman, Senior Consultant of Physiotherapy at Bangladesh Physiotherapy Hospital, Gulshan, Dhaka.

LOOKING BACK



Is juicing making you fat?

Slowly sipping a glass of delicious, freshly made fruit juice is one of life's great pleasures. From plain and simple orange or apple to complex concoctions containing vegetables, herbs or even spices, it has never been more popular.

It's perhaps no wonder: advocates claim drinking juice and smoothies is incredibly healthy — an easy way of getting huge amounts of micronutrients including vitamins, minerals and cancer-preventing antioxidants into our bodies. Well, unfortunately, they are not always as healthy as you'd think.

Experts are so concerned about the dangers in terms of sugar content. Our addiction to juice is being held partly responsible for weight gain, the spread of type 2 diabetes, and even dental problems.

What's more, health advisers argue that so much damage is done to the goodness in fruit when you extract the juice or turn it into a smoothie in a blender, it is far better to just eat the original apple, banana or orange.



How 3.5 inch heels could prematurely age your joints

Walking in stilettos this high causes changes to the gait seen in ageing and those with arthritic knees. Stanford University research could help explain why osteoarthritis is twice as common in women as men.

Study shows that the higher the heels, the more a woman's gait changes. Other research shows that when a woman slips on a pair of heels, it takes on average just more than an hour for her feet to start to hurt. Other recent research has shown that when a woman slips on a pair of heels, it takes, on average, just over an hour for her feet to start to hurt.

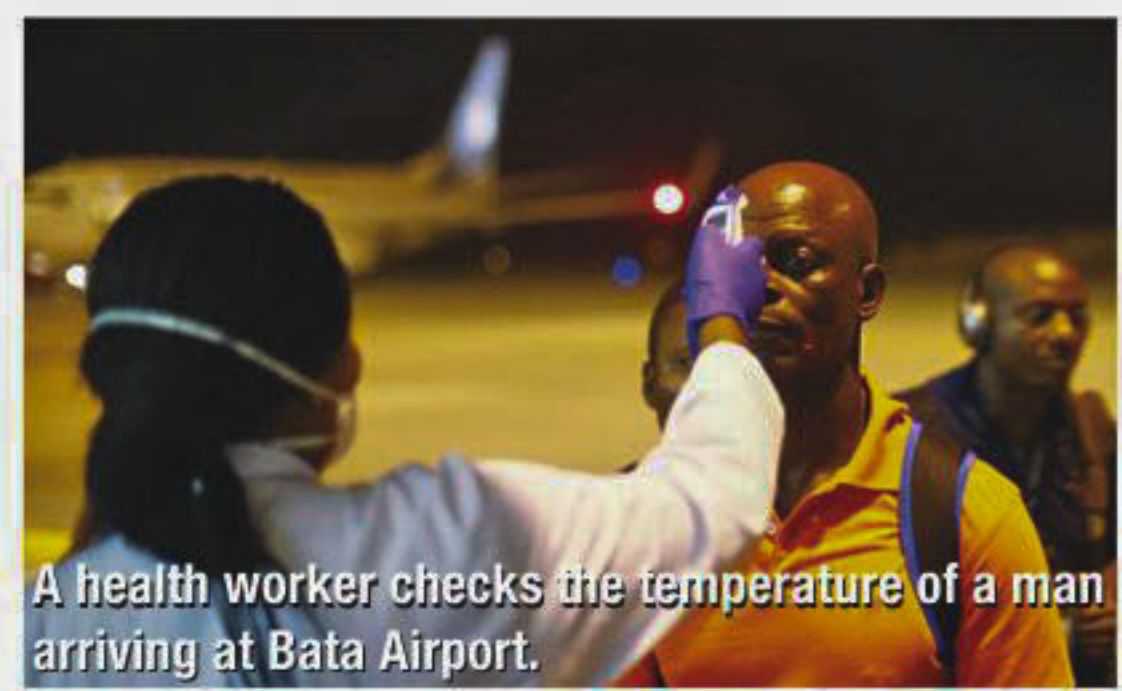
The survey, for the College of Podiatry, found that women are three times as likely as men to cram their feet into uncomfortable shoes — and that as a result, nine out of ten have suffered problems from bunions and corns to sprains and strains.

Experts warn that the prolonged wearing of high heels can also trigger stress fractures and trapped nerves.

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HEALTH bulletin

Pain relievers and upset stomach



A health worker checks the temperature of a man arriving at Bata Airport. PHOTO: REUTERS

Ebola outbreak in West Africa appears to be slowing down: UN

An outbreak of Ebola that has claimed more than 8,400 lives in West Africa appears to be slowing down, though the battle to contain the disease is not over, the U.N. special envoy on Ebola said on Thursday.

Asked about lessons to be taken and suggestions that the World Health Organisation (WHO) had been slow in sounding an alarm about Ebola, Nabarro said: "I hope that the result of this epidemic and the investigations done ... will better enable us to work out the way in which to predict" an outbreak, reports Reuters.

Better prevention could cut high cost of leprosy complication

The loss of earnings and cost of treatment for a common complication of leprosy can seriously damage the finances of Indian households with a leprosy patient, and better prevention could help, a study said recently.

More than one third of households affected by the leprosy complication face catastrophic costs exceeding 40% of their income, the study in the journal PLOS Neglected Tropical Diseases said.

Many of us suffer from the aches and pains of everyday life. When our joints or muscles ache, we go to our doctors for pain killer or pain relief medication. Usually pain medication whether prescription or those we buy over the counter relieve our discomfort. Most of the time our pain medication does not cause additional problems. But in some people, pain medications like aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) can irritate stomachs or worse.

Aspirin and the more common NSAIDs, like ibuprofen, naproxen, can cause upset stomachs, bleeding and even ulcers in some people. These side effects usually happen in

one of two ways: either the individual taking the medication is sensitive to the ingredients or is at risk for stomach problems or the medication is not being taken as directed.

While NSAIDs decrease the inflammation process they also decrease the stomach's ability to protect itself from stomach acids. Stomach acid is needed to digest the food we eat. But with decreased protection the acids can eat or irritate the stomach lining causing stomach upset or even ulcers.

The lack of stomach protection is an increased problem for elderly individuals as the stomach's ability to protect itself decreases with age.

NSAIDs also interfere with the blood clotting process so bleeding can be a problem not only in the stomach but other parts of the body as well. You can protect yourself from stomach irritation by this ways:

First decide if a medication that is not an NSAID will work. Paracetamol or other related medications do not have the stomach upset problems of the NSAIDs.

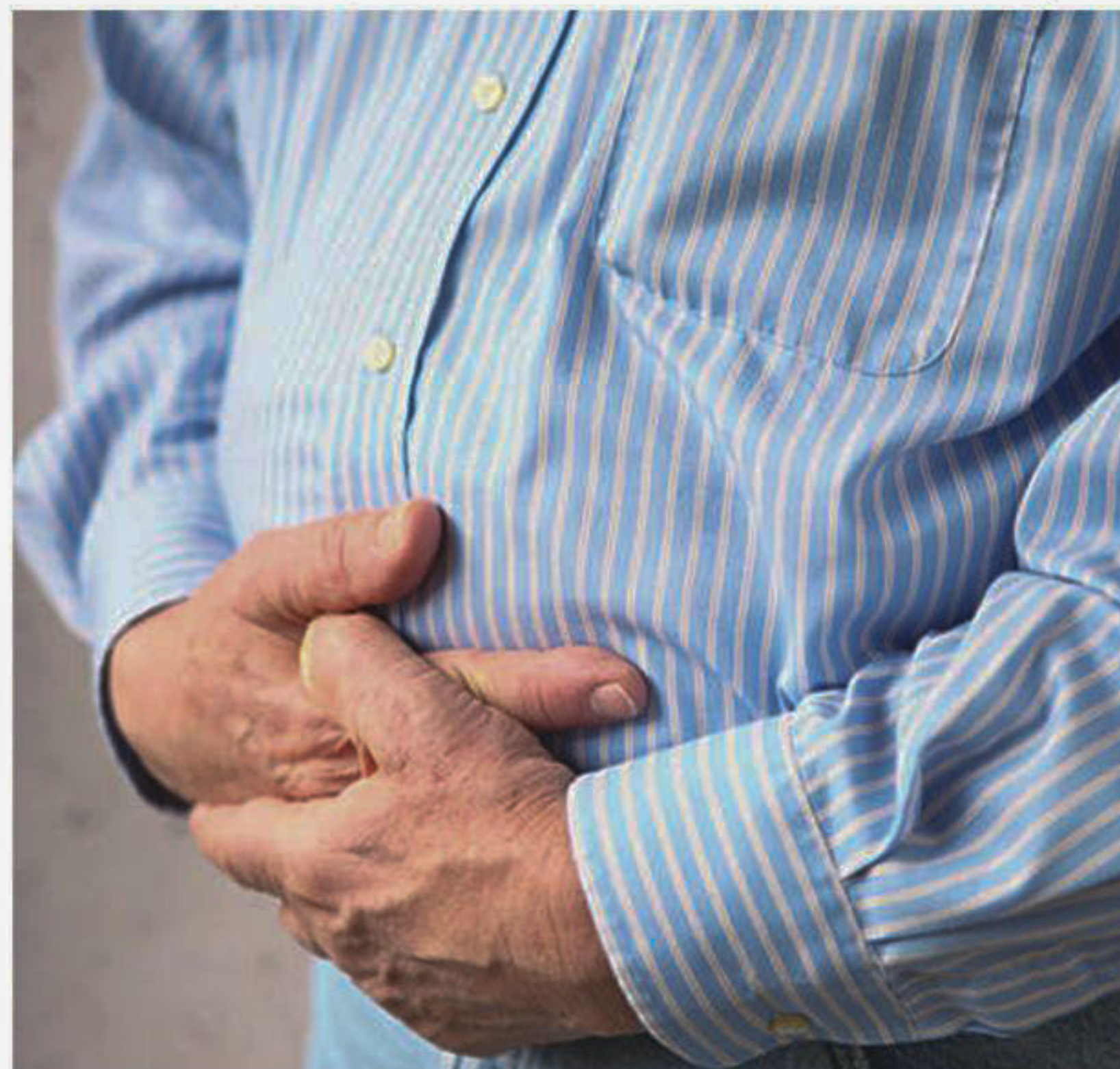
Second, read the directions of the medication you are taking. If the medication says: take only 6 in 24 hours then don't take more. If you are supposed to take the medication with food, that means more than a cracker or a piece of candy. Check with your pharmacist or doctor for specific recommendations. Take the medication with a full glass of water, unless you are on some sort of fluid restriction. The full glass insures the pill will dissolve correctly and also will not irritate your stomach.

Third, if your doctor decides you need long term treatment with NSAIDs, ask your doctor about taking a proton pump inhibitor or H2 blocker. These medications help protect your stomach from possible bleeding problems.

Fourth, if you have stomach pain, bloody bowel movements, dizziness, or vomit blood call your doctor immediately or go to a hospital.

Fifth, non-steroidal anti-inflammatory drugs can be very effective in relieving aches and pains. But be careful of potential side effects. Take time to read the instructions and use only as directed.

The write up is compiled by Muhammad Arifur Rahman, Asst. professor of Dpt of Pharmacy, Daffodil International University.



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