

WHO calls for worldwide use of smart syringe

STAR HEALTH DESK

Use of the same syringe or needle to give injections to more than one person is driving the spread of a number of deadly infectious diseases worldwide. Millions of people could be protected from infections acquired through unsafe injections if all healthcare programmes switched to syringes that cannot be used more than once. For these reasons, the World Health Organisation (WHO) is launching a new policy on injection safety to help all countries tackle the pervasive issue of unsafe injections.

A 2014 study sponsored by WHO, which focused on the most recent available data, estimated that in 2010, up to 1.7 million people were infected with hepatitis B virus, up to 315,000 with hepatitis C virus and as many as 33,800 with HIV through an unsafe injection. New WHO injection safety guidelines and policy released provide detailed recommendations highlighting the value of safety features for syringes, including devices that protect health workers against accidental needle injury and consequent exposure to infection.



The study, "Evolution of the Global Burden of Viral Infections from Unsafe Medical Injections, 2000-2010", was authored by J Pépin et al.

WHO stresses the need to reduce the number of unnecessary injections as a critical way of reducing risk. There are 16 billion injections administered every year. Around 5% of these injections are for immunising children and adults, and 5% are for other procedures like blood

transfusions and injectable contraceptives. The remaining 90% of injections are given into muscle (intramuscular route) or skin (subcutaneous or intradermal route) to administer medicines. In many cases these injections are unnecessary or could be replaced by oral medication.

Transmission of infection through an unsafe injection occurs all over the world. The new smart syringes WHO

recommends for injections into the muscle or skin have features that prevent re-use. Some models include a weak spot in the plunger that causes it to break if the user attempts to pull back on the plunger after the injection. Others have a metal clip that blocks the plunger so it cannot be moved back, while in others the needle retracts into the syringe barrel at the end of the injection.

Syringes are also being engineered with features to protect health workers from "needle stick" injuries and resulting infections. A sheath or hood slides over the needle after the injection is completed to protect the user from being injured accidentally by the needle and potentially exposed to an infection.

WHO is urging countries to transition, by 2020, to the exclusive use of the new smart syringes, except in a few circumstances in which a syringe that blocks after a single use would interfere with the procedure. One example is when a person is on an intravenous pump that uses a syringe.

The organisation is also calling for policies and standards for procurement, safe use and safe disposal of syringes that have the potential for re-use in situations where they remain necessary, including in syringe programmes for people who inject drugs. Continued training of health workers on injection safety - which has been supported by WHO for decades - is another key recommended strategy.

Source: World Health Organisation

HAVE A NICE DAY

Mother of all milks



Milk, the most ideal food — was the *mantra* — we have been hearing since our childhood. But does the great popularity of cow's milk signify that it is really the best?

Well, before that we must admit that all humans have been created to be sustained entirely upon mothers' milk for at least the first six months of life. There is no other food in the world better than mothers' milk.

However, we need to remember that all other milk are not created equal. The difference between cow's milk and goat's milk may not seem noticeable upon first examination. A closer look, however, discloses several key factors that play an essential part in how milk from either goats or cows matches up with the human body in its various stages.

Even though goat milk, like cow's milk and human milk, contains lactose. Many people with lactose intolerance can drink goat milk; as it has been hypothesised that the goat milk is superior in digestibility. Goat milk is more completely and easily absorbed than cow's milk, leaving less undigested residue behind in the colon.

Why would someone choose goat's milk over the far more popular and available cow's milk? The nutrient composition of goat milk is very different than that of cow's milk. In addition to containing 13% more calcium than cow's milk, goat milk also has 25% more vitamin B6, 47% more vitamin A, 134% more potassium and 350% more niacin. Goat milk is also higher in chloride, copper and manganese and contains 27% more of the essential nutrient selenium.

Goat milk contains none of the controversial Bovine Growth Hormone (BGH). Full-fat cow's milk is high in saturated fat, so those at risk of heart disease or diabetes should drink it in small amounts or avoid it completely.

Goat's milk contains different proteins and fats to cow's milk, making it easier for some people to digest. Goat's milk is high in phosphorus, zinc, essential fatty acids and contains as much potassium, magnesium, iron and calcium as cow's milk.

People learned from ancestors that it was goat milk that helped them to recover when they became very ill. There is another reason why goat milk is so good for us when we are sick, it is high in sodium — the star mineral. Sodium is our youth element. When the stomach is upset, goat milk will help to settle it down. Goat milk also has very high fluoride content and keeps the tooth enamel on the surface from decaying.

Goat's milk is a natural alternative to cow's milk and can comfortably be consumed by many patients who suffer from cow milk allergies or sensitivity. It is a good choice for patients with diarrhoea, asthma, bloating and irritability may be suffering from allergy of cow's milk.

A University of Granada study showed drinking goat's milk regularly may help to reduce cholesterol levels, and support those with iron deficiency anaemia. You may have noticed that the list of alkaline foods is devoid of any animal dairy products, except for this one.

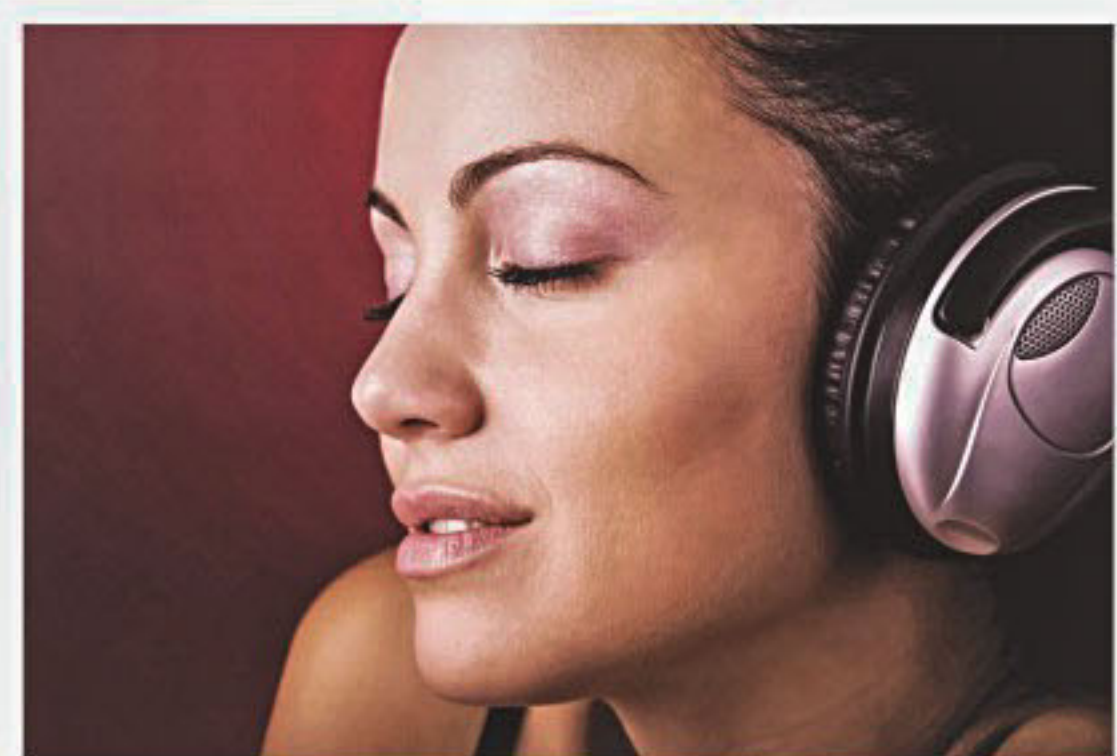
Goat's milk is different than cow's milk, and it is better-tolerated by most people than cow's milk. It also reacts differently in the body than cow's milk does; whereas cow's milk is acidifying, goat's milk is slightly alkaline. So while it will not make a huge difference in how alkaline you are, you can drink it without worrying about its acidity.

In ancient Greece, milk was only prescribed as a medicine, and then it would usually be goat's milk. It was mostly made into cheese. Great heroes from ancient time to Gandhi used to drink goat's milk regularly. It is considered a good choice for health-conscious people. Go with the healthier choice.

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HEALTH bulletin

Nutritional care for Breast cancer patient



Cut music to 'an hour a day'

People should listen to music for no more than one hour a day to protect their hearing, the World Health Organisation (WHO) suggests.

It says 1.1 billion teenagers and young adults are at risk of permanently damaging their hearing by listening to "too much, too loudly".

Risk factors for heartburn: excess weight, smoking

Excess pounds and smoking might each raise the likelihood of frequent heartburn or gastroesophageal reflux disease (GERD), according to a large study from Norway published in the American Journal of Gastroenterology.

Other factors linked to higher odds of new GERD symptoms included getting older, being a woman, having less education, and even quitting smoking - if it led to weight gain.

Breast cancer is sometimes called the *rich woman's disease*, because only women who can afford to eat a diet high in red meat and dairy usually get breast cancer. Researchers have discovered a link between the disease and eating too much fat. They estimate that we may be able to prevent as many as 9% cases by changing our diet.

Smart nutrition and a diet that keeps you at a healthy weight can help reduce your risk of breast cancer. The role of specific dietary factors in breast cancer causation is not completely resolved. Effects of energy balance clearly account for an important part of international differences in breast cancer rates.

Breast cancer prevention starts with healthy lifestyle — maintain a balanced diet and stay physically active. You can lower your risk by limiting alcohol, not smoking, controlling your weight, being physically active, breastfeeding and limiting dose and duration of hormone therapy.

Experts claim the latest findings show that making simple dietary changes, such as drinking skimmed milk, could curb the rising tide of breast cancer. Eating a lot of red meat in early adult life may slightly increase the risk of breast cancer. Overall, we observed there was a higher risk of breast cancer among women who ate foods rich in animal fat such as red meat, cheese, ice

cream and butter during their 20s, 30s and 40s.

Fresh fruits and vegetables are nature's defenders. It may help to prevent breast cancer if you replace animal fats with polyunsaturated fats (in many vegetable oils and margarines) and monounsaturated fats (such as olive oil). Eat more isoflavones (found in soy, peas and beans) and lignans (found in vegetables, fruits, grains, tea and coffee). Eat more fiber from wheat bran, cereals, beans, fruit and vegetables.

Make sure you have enough calcium in your diet — from milk and other dairy foods, green leafy vegetables (such as broccoli, cabbage and okra, but not spinach), soya beans, tofu, nuts, bread, and fish. The results suggest that women who chose healthier sources of protein — such as chicken, nuts and lentils — had a decreased risk of breast cancer.

There are no food or dietary supplements that will act as magic bullets to prevent breast cancer from returning. Some food that fight with breast cancer include mashroom, broccoli, pomegranate, lentil and bean. Garlic seems to have an impact on cell cycling.

An apple a day may keep breast cancer away — but there is a catch. Lab studies show that apple peel can actually fight the spread of cancer cells. Walnuts and fish oil contain many helpful nutrients and healthy

omega-3 fatty acids, which help your body fight inflammation. Other great sources of omega-3 fatty acids include certain fish and fish oil and pumpkin seeds.

Green tea and white tea both seem to show some benefit in breast cancer prevention. Eat mostly plant foods. Choose foods that are minimally processed.

Every patient should be scheduled to meet with a registered dietitian during treatment of breast cancer. During this visit, you are given a full assessment to identify daily goals for calories and protein. Your dietitian will monitor your nutrition status from the beginning to the end of your cancer treatment, making modifications as needed to minimise side effects and treatment interruptions before they arise.

Have your diet evaluated to ensure that you are getting sufficient of the protective nutrients to support your medical treatment for breast cancer. Your body will thank you! If you follow these guidelines, you will be eating a healthier diet. This helps you keep your weight within normal limits and can help protect against breast cancer. You can reduce your risk of cancer by having a healthy lifestyle.

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Knowing for better living

Hypertension is a silent killer!

It is a risk factor for stroke, heart, kidney & eye diseases!

Check your blood pressure regularly

Check your diabetes regularly

Control your body weight

Avoid smoking

Exercise regularly

Consult your Doctor



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