

World Health Day 2015

From farm to plate, make food safe

STAR HEALTH DESK

New data on the harm caused by foodborne illnesses underscore the global threats posed by unsafe foods, and the need for coordinated, cross-border action across the entire food supply chain, according to World Health Organisation (WHO), which next week is dedicating its annual World Health Day to the issue of food safety.

World Health Day will be celebrated on 7 April, with WHO highlighting the challenges and opportunities associated with food safety under the slogan "From farm to plate, make food safe."

"Food production has been industrialised and its trade and distribution have been globalised," says WHO Director-General Dr Margaret Chan.

"These changes introduce multiple new opportunities for food to become contaminated with harmful bacteria, viruses, parasites, or chemicals."

Dr Chan adds: "A local food safety problem can rapidly become an international emergency. Investigation of an



outbreak of foodborne disease is vastly more complicated when a single plate or package of food contains ingredients from multiple countries."

Unsafe food can contain harmful bacteria, viruses, parasites or chemical substances,

and cause more than 200 diseases — ranging from diarrhoea to cancers. Examples of unsafe food include undercooked foods of animal origin, fruits and vegetables contaminated with faeces, and shellfish containing marine biotoxins.

WHO is issuing the first findings from what is a broader ongoing analysis of the global burden of foodborne diseases. Some important results are related to enteric infections caused by viruses, bacteria and protozoa that enter the body by

ingestion of contaminated food. Efforts to prevent such emergencies can be strengthened, however, through development of robust food safety systems that drive collective government and public action to safeguard against chemical or microbial contamination of food.

At the consumer end of the food supply chain, the public plays important roles in promoting food safety, from practising safe food hygiene and learning how to take care when cooking specific foods that may be hazardous (like raw chicken), to reading the labels when buying and preparing food. The WHO Five Keys to Safer Food explain the basic principles that each individual should know all over the world to prevent foodborne diseases.

Food safety is a cross-cutting issue and shared responsibility that requires participation of non-public health sectors (i.e. agriculture, trade and commerce, environment, tourism) and support of major international and regional agencies and organisations active in the fields of food, emergency aid, and education.

HAVE A NICE DAY

The best exercise-2



Dr Rubaiul Murshed

A lot of us feel that we have little time to go outside for walking or to the gym. But most of our multi-tasking household works can burn a lot of fat.

Some experts recommend at least 30 minutes of moderate exercise at least five days a week to maintain good health. And you can count any kind of physical activity, including housework.

Here is how some of our ordinary and routine household activity works can have a helpful effect on our whole body (Calories burnt in 1 hour*):

- Walking at a moderate pace (287*)
- Dusting (173.6*)
- Gardening (287.8*)
- Mopping floors (193.7*)
- Washing car or something like that (234*)
- Cleaning windows (180.3*)
- Ironing (113.1*)
- Walking up & down stairs, (moderate) (516.3*)

* Values are based on a 37yr old female, 5ft 5, weighing 168 pounds. Those who weigh more than this will burn more calories; those who weigh less will burn fewer calories.

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HEALTH bulletin

Occupational therapy to manage Autism

RABEYA FERDOUS

Most of the people are not aware about autism. Autistic children are increasing day by day. Parents are very anxious about their children and also proper treatment.

Autism is a general term used to describe a group of complex developmental brain disorders known as Pervasive Developmental Disorders (PDD). It is a complex developmental disability that typically appears during the first two years of life and is the result of a neurological disorder that affects the functioning of the brain, impacting development in the areas of social interaction and communication skills.

The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation.

The aim of occupational therapist is to increase the persons as much as possible. Occupational Therapist provide following treatment for autism:

- Self help skills training (Dressing, feeding, brushing, toileting etc)
- Increase attention skills



- Increase communication
- Facilitate play activities that instruct as well as aid a child in interacting and communicating with others.
- Sensory integration therapy
- Behavioural Modification
- Develop adaptive techniques and strategies to get around apparent disabilities (for example, teaching keyboarding when handwriting is simply impossible; selecting a weighted vest to enhance focus; etc.)

There is presently no known cure for Autism Spectrum Disorder (ASD). However, early intervention,

specialised education and structured support can help develop an individual's skills. Every individual with ASD will make progress, although each individual's progress will be different. Progress depends on a number of factors including the unique make up of the individual and the type and intensity of intervention. With the support of family, friends and service providers, individuals with ASD can achieve a good quality of life.

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Improving newborn survival

STAR HEALTH REPORT

The implementation of Comprehensive Newborn Care Package (CNCPC) in Kushtia district has been recently launched in Dhaka by the Directorates of Health Services (DGHS) and Directorates of Family Planning (DGFP) with technical support from Saving Newborn Lives Programme of Save the Children in Bangladesh.

Bangladesh government adopted evidence-based, newborn death-cause-specific four new newborn interventions for national scale-up in July 2013. The Government of Bangladesh also declared its commitment to ending preventable child deaths in the country by 2035 in the declaration on 'Ending Preventable Child Deaths by 2035: Bangladesh Call for Action'. This declaration categorically included essential newborn care, new newborn health interventions and specialised newborn care and district and sub-district level as the strategy to reduce newborn mortality.

Against this backdrop, the DGHS and DGFP developed CNCPC with technical support from SNL, Save the Children incorporating healthy newborn care (like immediate and essential newborn care including Chlorhexidine use, postnatal care), sick newborn care or care for newborn complications (birth asphyxia management, sepsis management, KMC and judicious use of antenatal corticosteroid) and Comprehensive Social Behavioural Change Communication for promoting Healthy maternal newborn health behaviour and proper care seeking for newborns.

This package will be implemented in Kushtia with technical support from SNL, Save the Children in Bangladesh to measure the strength of implementation so that those interventions could be implemented at scale within the existing government system later on.

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Is fish oil safe during chemotherapy?

Fish oil supplements might make cancer chemotherapy less effective — but many people with cancer were taking those supplements in a recent survey, reports Reuters.

All six of the fish oil supplements the researchers tested contained a specific fatty acid that's been found to reduce the effectiveness of chemotherapy in mice, the researchers report in JAMA Oncology.

People receiving chemotherapy should refrain from taking fish oil supplements and discuss any supplement with their doctors, said Dr. Emile Voest, the study's lead author from the Netherlands Cancer Institute in Amsterdam.

People should be cautious about going overboard with avoiding all omega-3 fatty acids, because they are an essential part of the diet that the body cannot make on its own, said Stacy Kennedy, an expert on oncology nutrition at the Dana-Farber Cancer Institute in Boston.

Omega-3 fatty acids are found in oily fish like salmon and flaxseed and canola oils



Knowing for better living

Cardiovascular diseases cause 29% of all deaths globally!

Take low fat diet

Be physically active

Ban smoking at your home

Eat vegetables and fresh fruits

Maintain healthy weight

Consult your Doctor



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