

Gynecological Physiotherapy

A new window for women's health

DR FERDAUSI MAHEEN

Farzana (not a real name), 27, got pregnant for the first time. She works in a software company and needs to sit for long period of time to complete his office works. From the very beginning of her pregnancy she has been suffering from back pain, which is increasing day by day as her baby grows up inside, causing disruption in normal activities at office and home. Like Farzana, back pain is a common complaint in the months leading up to delivery, especially during the final trimester and after delivery (in most cases after caesarean section).

Gynecological physiotherapy is a non-surgical treatment for a number of women's health problems. We treat women who suffer from pregnancy related musculoskeletal problems and women who have problems with their bladder, bowels, uterine prolapse and many other antenatal and postnatal problems. Research based evidence and health guidelines recommend that regular physiotherapy



exercises are the first line treatment option for post pregnancy pain and parasthesia (an abnormal sensation, typically tingling or pricking like 'pins and needles', caused chiefly by pressure on or damage to

peripheral nerves), which is widely used in the developed countries. **Why does back hurt?** Hormones released during pregnancy cause the body's joints and ligaments to become

softer and elastic. A growing baby also causes the center of gravity to shift. Abdominal muscle stretches and weakens, which leads to changes in posture and spinal alignment. It results in forward flexion of the

hips associated with forward rotation of the pelvis and sacrum. This produces a 'swayback' effect in the lumbar spine and a painful back. If pressure is placed on the sciatic nerve or on a spinal disc, pain may radiate through the hips, buttocks and legs.

How can you prevent back pain during pregnancy?

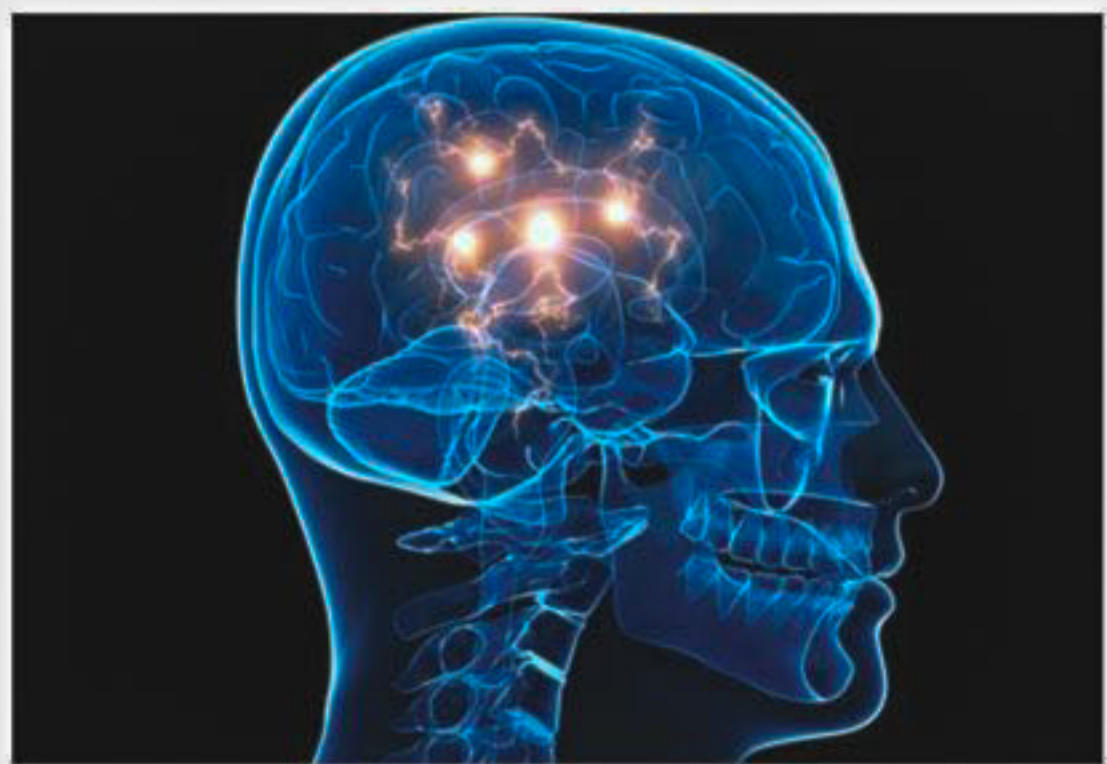
- Maintain a reasonable activity level
- Regular exercises under qualified gynecological physio-therapist's supervision
- Maintain good posture keeping your shoulders back and buttocks tucked under; when sitting, keep your feet slightly elevated
- Choose a chair that supports your back and change positions frequently
- Avoid bend over and lift using the back. Instead, squat using the knees, keeping back straight as you lift.

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HEALTH bulletin

Dementia halted in mice brains

Tweaking the brain's immune system with a drug has prevented mice developing dementia, a study shows — reports BBC. The team at Duke University, in the US, showed immune cells which start attacking nutrients in the brain may be a trigger for the disease. They say their findings could open up new avenues of research for a field that has not developed a single drug to slow the progression of the disease. Experts said the findings offered new hope of a treatment. The researchers identified microglia - normally the first line of defence against infection in the brain - as major players in the development of dementia. They found some microglia changed to become exceptionally adept at breaking down a component of protein, an amino acid called arginine, in the early stages of the disease. As arginine levels plummeted, the immune cells appeared to dampened the immune system in the brain.



Diabetes in children

PROF M KARIM KHAN

The term diabetes mellitus describes a metabolic disorder of multiple etiologies characterised by chronic hyperglycemia (excess blood sugar level) with disturbances of carbohydrate, fat and protein metabolism resulting from defects of insulin secretion, insulin action or both. Type 1 diabetes mellitus is the most common endocrine metabolic disorder of childhood and adolescence, with important consequences for physical and emotional development. 10% of all diabetes are childhood diabetes. Globally 15 million children suffers from the disease. Polyuria, polydipsia, polyphagia, fatigue and weight loss are the predominant features of diabetes in children. Sometimes they may present with diabetic ketoacidosis (a life-

threatening problem that affects people with diabetes when the body cannot use sugar i.e. glucose as a fuel source because there is no insulin or not enough insulin; fat is used for fuel instead — when fat breaks down, waste products called ketones build up in the body). Fasting plasma glucose >7 mmol/L and 2 hours after breakfast >11.1 mmol/L; RBS > 11.1 mmol/L are diagnostic. Interestingly it has been seen that only 10% of the diabetic children having the family history of the disease in identical twin 25-50% suffers from diabetes. Autoimmune destruction of beta cells of pancreas has been demonstrated in Type 1 DM. Environmental factors and some viral infections (Mumps, Coxsackie virus, Cytomegalovirus) trigger the onset of autoimmunity in genetically susceptible individuals.

Acute complications are hypoglycemia (low blood glucose level), ketoacidosis and chronic complications are irreversible micro and macrovascular pathology, which includes retinopathy, nephropathy, neuropathy. Management of diabetes in children is a challenging task as they do not always like to obey the given instruction. Diet, discipline and drug are the mainstay of management. Here insulin is the drug to be used to keep blood sugar in control. Help of parents, relatives and teachers are very crucial in proper management of diabetes in children. Long, active, healthy, comfortable normal life can be enjoyed with proper management. The writer is a Professor of Paediatrics at Community Based Medical College, Mymensingh. E-mail: mmukhan@gmail.com

HAVE A NICE DAY

Beauty & the beast-2



Wild anger makes one irrational. Eventually that may lead to depression and other mental health troubles. Explosive anger causes lasting scars in the people you love; and is especially extremely damaging to children. It has been seen that angry peoples' faces become bitterer in their later life as compared to those who are calm in nature. So, let's follow some top tips to get anger under control:

Good people blame less

When something goes wrong some love to play 'Blame-Game'. The root cause could be their constant failure or inferiority complex. Many angers are from small humiliations day after day and triggers from a very small issue. Unfortunately, sudden anger at that moment is masking the true feelings. Smart and wise people fight to reduce their ego. Think before you speak. In the peak of the moment, it is easy to say something that instantly harms one. Once something is out of your mouth — you cannot get that back just like killing someone you did not intend. Take a few moments to collect your thoughts before saying anything — practice it. The intelligent try to compromise and forgive old unresolved issues.

Once you are calm, express your anger
If someone provokes/upsets you — react intensely after 24-48 hours. Breathe deeply and repeat calming words, such as 'this crisis is not permanent/nothing is permanent'; keep repeating it to yourself. Practice this useful technique seriously. Eventually, you will be able to use them automatically when you are in a tense situation. Because when you are angry, your thinking can get overly dramatic. When something goes wrong, you might tell yourself, "everything is ruined!" With cognitive restructuring, you replace those kinds of thoughts with more reasonable ones; such as, "This is frustrating, but it is not the end of the world."

Art of talking
Find out the difference between 'dirty words' and 'hard words'. Avoid words like "never" or "always". Extreme statements like "Over my dead body", "I never did anything wrong", "Why should I apologise?" or something related to your close ones are very irritating and offensive. Such statements also push away and humiliate your partner who might otherwise be willing to work with you on a solution. Stop back-biting habit. Make requests rather than demands and give priority to people you have taken for granted.

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Divorcees have more heart attacks

Divorcees are more likely to have a heart attack than their peers who stay married, US research suggests. An analysis of 15,827 people showed women were worst affected, and barely reduced the risk if they remarried. The study, published in the journal Circulation, argued that chronic stress, linked to divorce, had a long-term impact on the body.



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Knowing for better living

Take calcium rich foods like milk, dairy products, nuts, soya foods, leafy vegetables & fruits

Take Vitamin-D rich foods like seafood, cod liver oil, egg & mushroom

Exercise regularly like walking and jogging

Take medicines consulting with physicians

In Bangladesh ...

1 out of 5 men suffers from osteoporosis !



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