

Protecting the girls' reproductive health

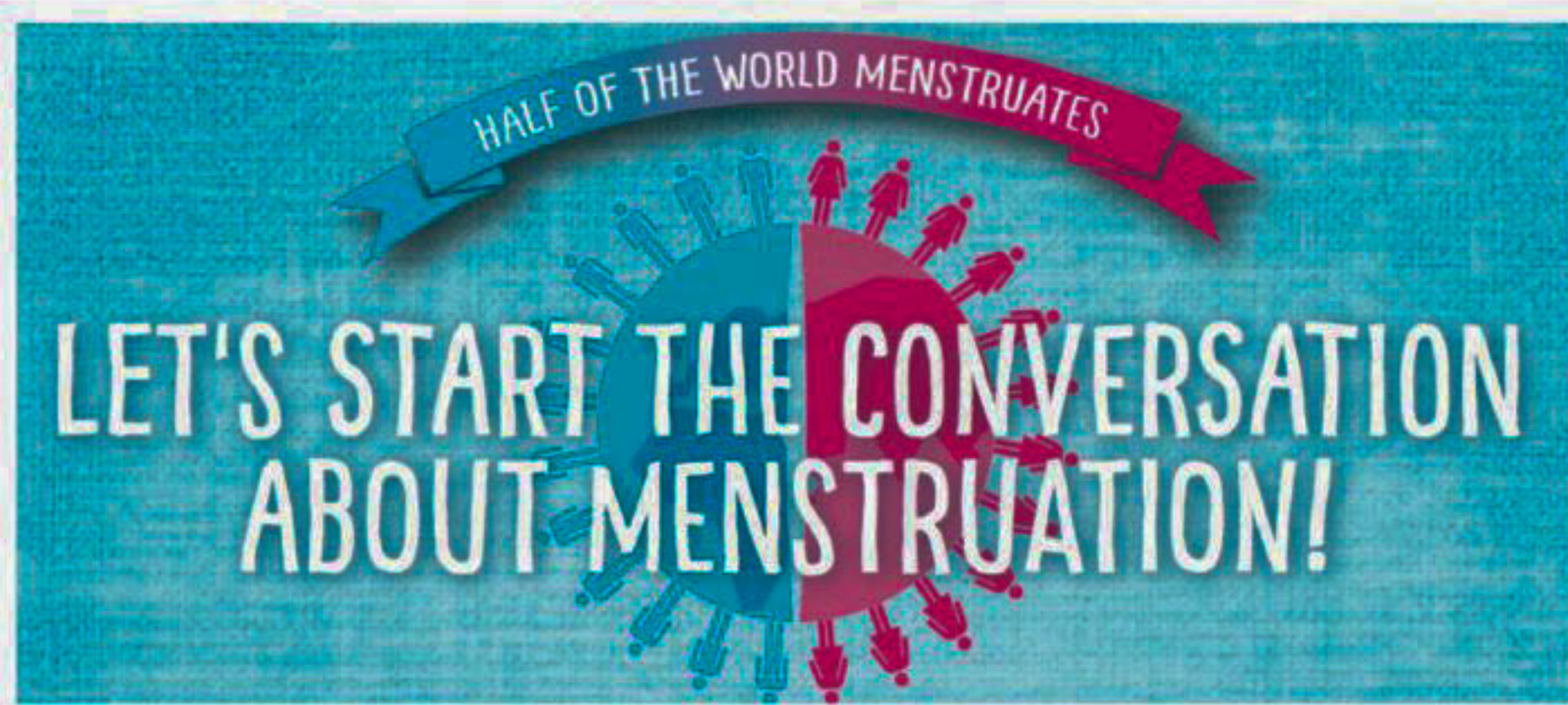


When a girl reaches adolescence from childhood, her body experiences various transformations due to hormone change. Menstruation is one of those. After reaching puberty, in every month ovum is secreted from the two ovaries situated on the both side of the uterus of women. This is called ovulation. This ovum passes through the fallopian tube and gets into the uterus. The membrane inside the uterus is called endometrium. If zygote is not formed from the union of ovum and male sperm, then the endometrium has no further work for that month. Then it becomes disabled and falls from the uterus. This is called menstruation.

Usually for a woman, menstruation starts at the age of 10-16 years and continues up to the age of 46-51 years. In usual condition, menstruation occurs after every 28 days on an average, and remains for 3-7 days.

Although it is a natural process, unfortunately there is no open discussion in the society, or even in her family, regarding menstruation. If a girl knows about it earlier, then it becomes much easier for her to adjust with that change and to manage this period without any shame or fear. Otherwise they remain ignorant about these physical processes and hygiene they need to maintain.

Menstruation continues through a cycle. After puberty, it takes 2-3 years for the cycle to become regular. Before and during menstruation, 80% women experience



some kind of difficulty like fatigue, weakness, body ache, headache, absence of attention, short temper, feeling heavy in abdomen and breast, secretion of white fluid, increase of blood sugar and blood pressure, increase of appetite, increase of metabolism, increase of weight up to 2 Kg due to the accumulation of water and salt, vomiting tendency. All these are normal.

Sanitary napkin, cotton or napkins made from cloth can be used so that the menstruation blood does not roll down through the legs and sticks to the clothing. Proper hygiene should be maintained in this regard to avoid any infection.

Advice for the adolescent girls: if menstruation starts suddenly after going to school, college or outside and your cloth gets stained with blood, then take a sweater or jacket from any of your friends or known person and wrap it around your waist. Then that stain will not be seen. After that, take a napkin and go straight to the bathroom. If you don't want to be in

such situation, then maintain a calendar for menstruation cycle. It is better to keep extra underwear, sanitary pad in the bag around the date.

During this period take normal food, because you would feel weak with an empty stomach. To prevent anaemia, take foods which contain iron. Eat sour fruits and green vegetables. Abstain from taking tea or coffee. Take calcium containing foods. Refrain from taking extra salt in the food before and during menstruation. The storage quantity of water and salt in the body will be less due to this.

During this time, a light pain can be felt in the abdomen. This pain can be removed by light exercise, at least one bath daily with light hot water and in some cases by taking pain killer medicine.

Using cotton under garments is preferable. Because it can easily absorb sweat and water contents, and there is a less possibility of infection. Change your under garments daily every after 3-4 hours.

Many people feel embarrassed to go to a shop and buy napkins. You can purchase napkin box during the monthly shopping from the market. So there will be no wastage of time or embarrassment due to the hasty shopping in the time of need. Usually the seller will wrap the napkin in a paper packet and give it to you. You can also take a separate bag to carry the napkins.

Many a times, you face difficulty regarding where and how you should dispose of the used napkins. Wash every used napkin with water, wrap it with old newspaper and throw it in the toilet bin. Do not ever flush it in the toilet.

There is a tendency among a large portion of adolescent girls to remain absent in the school during menstruation. A girl remains outside of the house for around 6-10 hours due to school and study. For this reason, the educational institutions should have facilities so that the female students can get, change and dispose of napkins easily when they require. Different toilet facility for the girls is also necessary. There should be a sanitary napkin store under the responsibility of any staff or teacher, who can provide the girls with it when they require.

There should be adequate supply of water in the toilet. Every toilet should contain a bin with cover, so that used napkins can be dumped there. There should be supply of paper for the wrapping of used napkins. Necessary measures should be taken for the final disposal of this wastage.

Our collective effort will ensure that our daughters are growing up as resources with possibilities.

HEALTH TIPS

Low light can damage eye sight and lead towards Myopia

The eyes are the most precious, important and sensitive parts of our body. Our eyes need constant, special care to be safe from these problems.

There are four kinds of major problems that can hamper our eyesight: Myopia, Hyperopia, Presbyopia and Refractive error. Here we are going to discuss about Myopia. Very simply to say, Myopia is problem with nearsightedness. There is a popular misconception that only the most studious kids in schools wear glasses.

According to a study published in The Lancet, a major reason behind the Myopia suffered by students is the hard work they put into studying. They also spend a lot of time indoors, away from natural light.

According to scientists, a natural hormone named Dopamine prevents the growth of pupils. Properly sized pupils mean less chances of Myopia. Natural light helps the human body produce more dopamine. So, exposure to natural light is a great way to reduce Myopia or nearsightedness.

If you want to keep your child safe from nearsightedness, there are some fairly easy steps you can take. Let them play outside regularly, for one. The exposure to natural light will help their bodies produce more dopamine. The children should be allowed to play at least one to one and a half hours per day, 10-14 hours a week in natural light.

Here are some other helpful things you can do:

- Don't let your children stare at the computer or TV for longer than 30 minutes at a time. Encourage them to rest their eyes at regular intervals
- If they are reading, advice them to not hold the reading material too close their face
- Change the insufficient light bulbs from your house and install flicker free LED lights

Source: BBC Online

HEALTH bulletin

Story of excellence

CEO of Mount Elizabeth Hospital shared views with Star Health



Liberia declared Ebola-free after weeks of no cases

The World Health Organisation (WHO) has declared Liberia free of the Ebola virus, confirming that the country has had no new cases in 42 days.

President Ellen Johnson Sirleaf told the BBC that Liberia had "crossed the Rubicon" and would be celebrating a concerted effort to stem the disease.

More than 4,700 deaths from Ebola have been recorded in Liberia, more than in any other affected country.

Neighbouring Guinea and Sierra Leone continue to fight the outbreak.

It has claimed over 11,000 lives across the region since last year.

The WHO regards a country Ebola-free after a 42-day period without a new case - twice the maximum incubation period.

The WHO is warning against complacency. Its statement warns that there is "a high risk that infected people may cross into Liberia over the region's exceptionally porous borders".

STAR HEALTH REPORT

Mount Elizabeth Hospital has been serving Asia Pacific for over 30 years as a leading medical hub, earning the trust of patients from all over the region with its strategic pairing of exceptional medical talents with advanced technology. Their hospitals have received the renowned Joint Commission International (JCI) accreditation of quality care.

In a move to provide patients with greater access to their wide spectrum of services, they extended their presence in Singapore from one hospital in the city (Mount Elizabeth Orchard), to an additional, new location in the heart of Singapore (Mount Elizabeth Novena).

Recently the CEO of Mount Elizabeth Hospital Ms Joycelyn Ling has shared some information about their hospitals with Star Health. Here are some excerpts from that conversation.

Question: Every hospital talks about their capabilities and success stories. How does Mount Elizabeth hospital stand apart?

Answer: Mount Elizabeth Hospital is in a unique position because we have over 500 active specialist doctor in various sub-specialities for a 345 bedded hospital. Patients who seek care can be assured that they have fast access to the multi-disciplinary team of specialists to address their varying



Joycelyn Ling, CEO of Mount Elizabeth Hospital, Singapore

clinical needs and complexities.

Question: There are technological advancements in the medical field every year. What are the latest technological advancements available at Mount Elizabeth hospital?

Answer: Mount Elizabeth Hospital continues to invest in cutting edge technology and advanced treatments to the patients. Recently, we have introduced Cryoablation which is a new treatment for patients with cancers. We have also brought in a new Pentero Microscope with the latest software that will significantly improve the surgeon's ability to visualise blood vessels and blood flow during complex Neurosurgery and Orthopaedic surgery. By end of 2015, we will also have a 3-D camera system to enhance our capability in key-hole

(laparoscopic) surgery, while many other hospitals are still using a 2-D system. These investments will allow our doctors to perform difficult microsurgery with greater clarity so as to reduce the risks of potential surgical complications and promote earlier recovery for patients.

Question: When international patients go overseas for treatment, they often face various challenges like cultural differences, languages barriers. How does Mount Elizabeth help Bangladeshi patients to overcome these?

Answer: Mount Elizabeth Hospital recognises that patients who come to us from various countries have different needs and often, when they come, they are anxious and need assistance. Our staff at our International Patient Centre are at hand to assist with language translation, hotel or other travel arrangements and also with visa applications.

Question: When patients go back to Bangladesh, how does Mount Elizabeth hospital help them for post treatment follow up?

Answer: Mount Elizabeth Hospital has a Patient Assistance Centre office in Dhaka & Chittagong to help connect doctors and patients. Many of our doctors also have a close working relationship with Bangladeshi doctors and can assist to facilitate the transfer of care when patients return home.

Mobile health clinics help Nepal

As Nepal struggles to deal with the physical aftermath of the 7.8 magnitude earthquake that struck on 25 April, the country also has to deal with a rise in mental health disorders triggered by the disaster. Mobile mental health clinics are treating patients in and around Kathmandu and will shortly extend help to more remote affected districts, the World Health Organisation (WHO) features on its website.

WHO estimates that 5% to 10% of people impacted by humanitarian emergencies will suffer from a mental health condition as a result. Together with the United Nations High Commissioner for Refugees (UNHCR), the Organisation has launched a new practical guide to help non-specialist health workers better identify, assess and manage mental health needs in emergencies.



70-year-old Gayatri Chatse still feels as though the ground is moving. Since the earthquake she has suffered from back pain and headaches, which the doctor diagnoses as anxiety disorder.

f /StarHealthBD

Knowing for better living

By 2030 more than **23.3 million** people will die annually from CVDs

- Check your blood pressure regularly
- Check your diabetes regularly
- Control your body weight
- Avoid smoking
- Exercise regularly
- Consult your Doctor



In Search of Excellence

www.orionpharmabd.com

ORION Pharma Ltd. Dhaka, Bangladesh