

Know the reasons of infertility

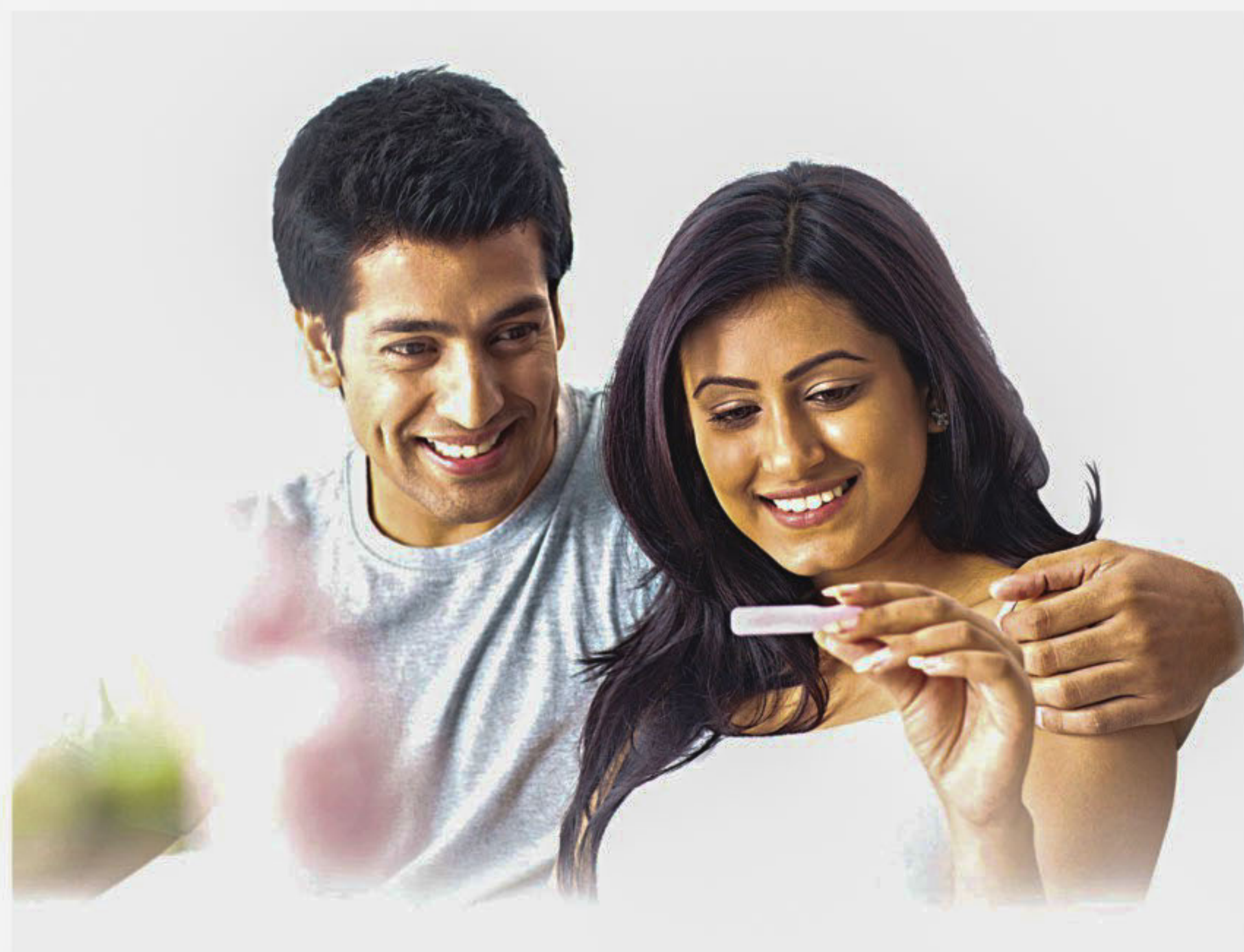


In married life children are like an anchor between the father and mother. A woman possesses a dormant desire

to be a mother. In most cases, this desire exceeds everything including her career development or physical beauty. In case of a man the outer expression can be less but he also wants to live through his children. In our country a childless couple confronts many familial and social incidents, which make their conjugal life unhappy. In many cases that ends up in a bitter divorce or suicide.

If a couple lives together continually for one year and fails after trying to conceive a child, then they should consult with a doctor. In this entire world 10-15% couples are suffering from infertility. In most cases women are blamed for the failure to conceive a child. But the statistics show that women are responsible in 50% cases only.

A woman is born with a specific number of ova. Ova are secreted in every month from the ovary. The ovum gets fertile in fallopian tube, and then the fertile ovum enters the uterus. The fertile ovum then gets stuck in the uterus. For the next nine months the child slowly grows there. After crossing puberty, in every month some of these ova



are spent. In this way these ova are completely finished at one point of time. In case of a man the sperm is produced constantly. As such the influence of age is much more on a woman than a man. Even then it is assumed that fertility is reduced for a man after reaching the age of 40 years. And for a woman, this age is 30 years.

The woman who experiences regular menstruation, it is

assumed that in any day between 10th to 18th days of her menstruation, a mature ovum is secreted from the ovary. After secretion the ovum stays for only one day to become fertile. For this reason it is very important for the husband and wife to have sexual intercourse during that period to achieve conception. In case of irregular menstruation, it is assumed that the secretion of

ovum is not regular or the ovum could not mature completely. The number of sperm, their ability to move, size etc. influence the ability of fertilisation. If the sperm is less in number, or if there is any problem in the size or movement of the sperm, the fertilisation may not occur. Excess heat, nylon undergarments, smoking, alcohol consumption, usage of high dose steroid, blood

pressure lowering medicines etc. may hamper the production of sperm.

If the Fallopian tube is closed the ovum cannot get fertile and enter the uterus. It can be closed for various reasons such as infection. Due to a disease named Endometriosis, the uterus, ovary, fallopian tube and other organs of the female reproductive system are stuck together in such a way that the regular activities of these organs are obstructed. Defect in the structure of uterus, tumor or polyp may create the problem of infertility.

For a male, any congenital defect in his reproductive organ may lead to infertility. So if a male child is observed to be born with any abnormality in his reproductive organ, the parents are advised to consult with the doctor.

When a doctor is visited by any childless couple, the doctor talks to them, asks their detailed history, performs necessary tests and identifies why the conceiving of child for this couple is delayed. After diagnosis appropriate medical treatments are initiated with the consent of the patient. The medical treatments are comparatively costly and to some extent time consuming. Most of these procedures are outdoor procedure. That means, the patient does not need to get admitted in the hospital to get those medical treatments.

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DID YOU KNOW?

Five steps to beat inflammation

What we put into our bodies nutritionally and how we treat our bodies physically can have a huge impact on our overall health, including inflammation. This article will identify five steps that you can start following now to help eliminate, prevent, and/or reduce chronic inflammation. Nutrition and lifestyle changes will help you to feel better as well as lower your risk for chronic diseases.

Step one: Go Mediterranean

Many experts recommend the Mediterranean diet as an anti-inflammatory way of eating. The Mediterranean diet is not really a "diet" in the sense that we are used to, meaning it is not a weight loss plan, but instead a healthy and lifelong change to eating and lifestyle.

Step two: Be choosy about carbohydrates

Carbohydrates encompass starches, sugars and fiber. Whole grains are much healthier and offer much more in the way of nutritional value than refined grains do.

Step three: Power up on plant foods

Plant-based foods have loads of benefits including a lower risk for type 2 diabetes, heart disease, certain types of cancer, and hypertension, as well as better blood sugar control and weight management.

Step four: Shoot for a healthy weight

Losing just 10% of your body weight can reduce inflammation by reducing the pro-inflammatory chemicals in the blood.

Step five: Get active

Exercise is a lifestyle habit that plays an extremely important role in managing and reaching a healthy weight and overall better health. Exercise boasts an endless list of health benefits, including improved insulin resistance, better blood sugar control, improved heart health, lowered LDL and increased HDL, improved sleep quality, better immune function, lowered blood pressure, protection against metabolic syndrome, weight loss, and decreased stress.

HEALTH bulletin

Height increase is possible!

MD MOFAKHKHARUL BARI

A larger set of population with short stature are very unhappy about their height. Patient with psychological state of short stature dysphoria seem to feel an intense need to increase their height. With proper psychological screening we can do stature lengthening. Regarding this, our experience is always positive. Safe and successful height increase of 2-3.5 inches can be accomplished. The result is an outcome of increased happiness and improved self image.

Most patients with constitutional short stature (CSS) or low normal stature (LNS) require only modest increase in stature compared to the extreme amount of lengthening required by patients with dwarfism. Patients with LNS and CSS also do not usually have deformity with the bones. This is not simply a cosmetic operation. This surgery is done for patients who are really mentally healthy.

Physical examination include height is in measure; range of motion of hips, knee and ankle are recorded; vascular and neurologic examination is performed; LLD or deformity can potentially be corrected during stature lengthening; X-rays are done with femur and tibia (AP and lateral views).

These are measured to uncover any LLD or deformity. Lower extremity lengths and both femur and tibia are measured. Tibia to femur ratio is measured (normal is 0.8) MAD (mechanical axis deviation) and joint orientation

angles are recorded.

We strictly follow the Kurgan teaching, the Ilizarov ring fixator for gradual distraction as well as consolidation. This is well established and has been used for the longest time. The main disadvantage is excessive time in frames, soft tissue tethering by wires. The main advantage is that the corticotomy can be done in the metaphyses of tibia.

The usual goal for lengthening for stature for most patients with Ilizarov fixator is 2-3.5 inches. Our preference for tibia lengthening over femoral lengthening is because of several good reasons. First of all, tibial lengthening makes one's leg look longer than femoral lengthening.

The reason for this is that the level of the knees and feet are obvious but the level of the hips is not obvious. When we see long lower legs, we extrapolate that the rest of the

person has a normal proportion, which gives the impression that the individual is taller than they really are. Furthermore, wearing short skirts and dresses shows the length of the lower legs but not the thighs; therefore one gets more mileage in apparent increased height from tibial than from femoral lengthening.

Secondly, we prefer tibia lengthening as technically it can be performed in one operation in a reasonable period of time. There is much less blood loss in tibial lengthening. Thirdly, we prefer bilateral tibial rather femoral lengthening is that it is much easier and better tolerated to have two Ilizarov ring fixator on both the legs than on both thighs.

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Six benefits of restful sleep

1. Supports healthy mood: Adequate sleep leads to a fresh and cheerful mood.
2. Improves memory: Studies have shown significant impact of sound sleep on improved memory.
3. Promotes healthy weight: A good night's sleep can help you maintain a healthy weight.
4. Lowers stress: A good night's sleep makes you able to tackle the day's stress more easily.
5. Promotes immunity: Sleep exerts a strong regulatory influence on immune functions. A good night's sleep is the key to boost immunity.
6. Supports cellular health: Partial night sleep deprivation reduces natural killer and cellular immune responses in humans.

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Knowing for better living

150 minutes of moderate physical activity per week reduces the risk of heart disease by 30%

- Take low fat diet
- Be physically active
- Eat vegetables and fresh fruits
- Maintain healthy weight
- Consult your Doctor



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