

World Hepatitis Day: Prevent hepatitis. Act now

STAR HEALTH DESK

'Hepatitis' means inflammation of the liver and also refers to a group of viral infections that affect the liver. Viral hepatitis – a group of infectious diseases known as hepatitis A, B, C, D, and E. They are transmitted through different routes: Hepatitis A and E through contaminated food and water; Hepatitis B – through unsafe blood and other bodily fluids; Hepatitis C – mostly through infectious blood; and Hepatitis D – serving as an additional infection in the presence of Hepatitis B. These viruses all cause acute hepatitis which is characterized by fatigue, loss of appetite, fever and jaundice. Viral hepatitis affects hundreds of millions of people worldwide, causing acute and chronic liver disease.

Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation. Worldwide 400 million people are living with hepatitis B or C. Every year 1.4 million people die from viral hepatitis and yet all of these deaths could be prevented. With awareness and under-



standing of how we can prevent hepatitis we can eliminate this disease and save 4,000 lives day.

Viral hepatitis can be prevented, but most people don't know how. That is why in 2010 the World Health Organization made World Hepatitis Day one of only 4 official disease-specific world health days, to be celebrated each year on the 28th July. The date of 28 July was chosen for World Hepatitis Day in honor of the birthday of Nobel Laureate Professor Baruch Samuel Blumberg. Dr. Blumberg discovered the hepatitis B virus

in 1967 and two years later developed the first hepatitis B vaccine and won the Nobel Prize. Millions of people across the world now take part in World Hepatitis Day, to raise awareness about viral hepatitis, and to call for access to treatment, better prevention programs and government action.

In May 2014, World Health Assembly delegates from 194 governments adopted a resolution to promote global action to prevent, diagnose, and treat viral hepatitis. On World Hepatitis Day, events will take place

around the world focusing on preventing hepatitis B and hepatitis C.

Prevention
Hepatitis infection can be prevented by providing safe food and water (hepatitis A and E), vaccines (hepatitis A, B, and E), screening of blood donations and provision of sterile injecting equipment and assuring infection control (hepatitis B and C).

For Hepatitis A, Immunization of children (1-18 years of age) consists of two or three doses of the vaccine. Adults need a booster dose six to

12 months following the initial dose of vaccine. The vaccine is thought to be effective for 15-20 years or more.

Safe and effective vaccines provide protection against hepatitis B for 15 years and possibly much longer. Currently, the Center for Disease Control and Prevention recommends that all newborns and individuals up to 18 years of age and adult participating at risk of infection be vaccinated. In many parts of the world, widespread infant vaccination programs have led to a decrease in new cases of hepatitis B. There is currently no vaccine to prevent hepatitis C, but research is ongoing.

In General:

- Wash your hands after going to the bathroom and before fixing food or eating.
- Use latex condoms, which may lower the risk of transmission.
- Avoid tap water when traveling to certain countries or regions. Ask your doctor about risks before you travel.
- Don't share drug needles.
- Don't share personal items—such as toothbrushes, razors and nail clippers—with an infected person.

HAVE A NICE DAY

Black diamond - 2



Black seed oil is known around the world by many names because of its ancient accepted history and medicinal judgment. This oil is made from a remarkable herb called *Nigella sativa*.

The uniqueness of the seed is realised by many names. It is known as roman coriander, black onion seed. In Indian subcontinent we call it Kalojira (Bangla) or kalonji (Hindi/Urdu). French call it carvi and in Arab it is known as habbatulbarakah or habbatus-sauda. In Hebrew it is known as kezah and siyah daneh in Persian language.

Many researchers consider this seed oil as a potentially life-saving medicinal food. A lot of people strongly believe that this is the *Remedy For Everything But Death*. According to an article, this humble, but very powerful seed, kills MRSA, heals the chemical weapon poisoned body, stimulates regeneration of the dying beta cells within the diabetic's pancreas, and yet too few even know it exists.

Black seed is actually more of a description than a proper name. Many health experts claim that it is, indeed, a true universal remedy - able to help cure everything from allergies to hypertension.

Quite possibly, the most promising research has been done connecting *Nigella sativa* to multi-drug resistant bacteria. This is a real big deal because these so-called "superbugs" are becoming a significant public health risk. And according to the National Institute of Health (NIH) - strains of bacteria and viruses that are antimicrobial-resistant are becoming virtually impossible to treat; including HIV, staphylococcal, tuberculosis, influenza, gonorrhea, candida, and malaria.

What more can you ask for? Just don't ignore the healing power of this black diamond seed.

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HEALTH bulletin

Bad news for the "Kumvokornos"



As we all know, the Bengali word "Kumvokorno" means "people who sleeps longer hours". While these people are enjoying many happy hours in bed – sleeping and dreaming, the researchers from University of Cambridge discovered a new association between longer hours of sleeping and stroke!

Yes, sleeping more than eight hours in a day increases the stroke risk.

A recently published study in "Neurology" journal revealed the relationship between sleep duration over time and subsequent risk of stroke.

However those who slept for less than six hours were also in danger, with their risk rising by 18 per cent, suggesting that there is an optimal amount of rest needed for good health. Longer sleep duration affects the older people more adversely as the results suggests.

So, the researchers indicated further research to be done to understand the causal pathways of longer duration of sleep and stroke.

While the scientists are looking for more evidences and trying to establish causal pathways, do not oversleep yourself to be on the safe side!

The article is compiled by Dr. Md. Shajedur Rahman Shawon, a fellow of Karolinska Institutet.

A novel insulin analogue for treating Diabetes Mellitus



Diabetes is a progressive disease which only can be compared with atom bomb which should be defused within time. Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications.

The current scenario is not quite up to the mark which keep consistently compel us to urge to a fearful state. According to IDF (International Diabetes Federation), there were 5.9 million cases of diabetes in Bangladesh in 2014. The figure is expected to be doubled by 2030.

There are three main types of diabetes mellitus: Type 1 DM results from the pancreas' failure to produce enough insulin. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes". Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop. This form was previously referred to as "non-insulin-dependent

diabetes mellitus" (NIDDM). Gestational diabetes is the third main form and occurs when pregnant women without a previous history of diabetes develop a high blood sugar level. Insulin is the medication which was continuously being used to treating diabetic patient since 1922. After crossing so many stages like: bovine insulin, human insulin, NPH insulin, now new generation insulin analogues are being used. Latest innovation in this field is a new generation co-formulation analogue insulin Ryzodeg®. This insulin is the novel combination of a true basal insulin degludec and

short acting (bolus) insulin aspart, which consisting two different insulins in a simple device unlike other premix insulins. This can provide the efficacy of reducing HbA1c (Glycated haemoglobin) is a form of hemoglobin that is measured primarily to identify the average plasma glucose concentration over prolonged periods of time), reducing hypoglycaemia (fall of blood sugar level) and nocturnal hypoglycaemia and providing a simple regimen compared to others.

The writer is a Director of BIRDEM Academy.



Knowing for better living

150 minutes of moderate physical activity per week reduces the risk of diabetes by 27%

Control your diabetes

Control your blood pressure

Control your body weight

Avoid smoking

Exercise regularly

Consult your Doctor