



Exclusive breastfeeding is a right of the child. The benefits of exclusive breastfeeding are enormous not only to the baby, but also in many other ways to the family and nation.

FARIA SHABNAM

Seema, a mother of 2 month old boy lives at Kamrangirchar slum and works at a garments factory. When she was asked about exclusive breastfeeding, she smiled and said, "I know that, I need to breastfeed exclusively for first six months, but I have to resume work 2 months after. I will have to start from home at 7 am and will return on 7 pm. How can I breastfeed my baby?"

Rashida, a mother of 5 month old girl works at a private company. She angrily threw a lot of questions — "Are you joking? Will I go home during lunch time or will I bring her at office? Do you think my office will allow this? How can I breastfeed my daughter while I already joined my office?"

Mira, another worker of a reputed garments factory is blessed that her factory has crèche as per buyer compliance.

Exclusive Breastfeeding

Breastfeeding by working mother

She said, "We have crèche but it is at another block. We are allowed to spend half an hour with our babies at crèche, but I dare to go and the reason is floor supervisor shouts and indirectly shows fear of taking out portions of salary!"

Bangladesh is still far away to provide working mothers with the knowledge, support and tools they need to apply exclusive breastfeeding and raise healthy children. However, various community interventions have been initiated with multifaceted programmers for behaviour changing, educating and counselling families on breastfeeding and household work sharing, providing girls with education, life skill and discouraging the harmful practices regarding exclusive breastfeeding.

According to Bangladesh Demographic and Health Survey (BDHS) 2014 preliminary findings, 55% of infants under the age of 6 months are exclusively breastfed. This lowered proportion than that of reported in 2011 BDHS (64%) is a staggering chasm.

A very welcomed move by the Government of Bangladesh was to extend paid maternity leave to six month from four months. The

step was taken to combat malnutrition and to ensure the healthy growth of the newer generation. According to the Bangladesh Service Rules, a public servant can enjoy full paid maternity leave for six-months twice during the tenure of her service. But are the temporary workers at state owned office and private sectors can enjoy this leave? The answer is mostly NO. Few of the basic causes of this deprivation are the inactivity of relevant Acts and lack of enforcement of the existing laws. Maternity leave is still an issue of mercy and sometimes viewed as special benefit or privilege for the women employee.

Another reason for not meeting exclusive breastfeeding is less confidence of the right holders (read, Mothers). Much more voice should be raised and self-confidence should be built up by the working mothers. They should keep in mind that their working status should not lead to the lower rate of breastfeeding.

Women employed away from home can continue exclusive breastfeeding feeding through a variety of approaches. A mother should breastfeed as often as possible when she is with her

infant — she can express her breast milk in a clean covered bowl and ask caregiver to feed the infant with spoon during her absence; she can take a breastfeeding break at office to express her breast milk and store in a glass bottle.

Duty bearers (read Employer) should take into account that maternity leave benefits not only increase the chances of women employee to get back to their work and play an important role to increase organisational fidelity, efficiency, job satisfaction but also develop productive, healthy future human resources for the nation.

Much more needs to be done to support mothers — good counselling and support, providing lactation kit for pumping and storing milk, breastfeeding breaks, establishment of a good quality crèche or workplace breastfeeding room, allowing women to spend time with infant at crèche will help to create conducive environment in families in the community and at workplace to make a significant difference.

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HAVE A NICE DAY

Importance of electrolytes - 1



Almost all forms of life including humans cannot exist without electrolytes. These regulate our muscle and nerve function, hydration, blood pH, blood pressure and what not! Electrolyte levels are kept constant by our kidneys and several hormones.

Older people are more susceptible to dehydration and over-hydration. They are also more at risk to abnormal electrolyte levels. This is because their kidneys do not work so well when they become older. Also when people exercise or go through strenuous hard work — they sweat and lose electrolytes, mainly sodium and potassium.

These must be replaced to maintain electrolyte concentrations. Fresh fruits and vegetables are good sources of sodium and potassium. Excess electrolyte levels in our blood are filtered out by normal kidneys.

Our heart muscles and nerve cells use electrolytes to maintain voltage across their cell membranes. The level of an electrolyte in the blood can become too high or too low. Wrong electrolyte levels can lead to either weak muscles or muscles that contract too severely.

Body electrolyte levels also tend to alter when water level in the body changes. If our consumption of necessary electrolytes is imbalanced, there can be severe health consequences. The most common imbalances are excessive or too little sodium and potassium. Another very common phenomenon that can reduce the ability to absorb these minerals includes drinking high amount of beverage that contains caffeine. If a person has any of the potassium deficiency symptoms, s/he has to take action to change their dietary habit and begin eating healthier alternatives.

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Health Events



Thyrocare Bangladesh Limited recently organised an awareness programme at Gulshan Club. Prof Dr M Iqbal Arslan, Secretary General, Bangladesh Medical Association (BMA) was present at the event as the Chief Guest. BMA leaders, renowned doctors and top management of Thyrocare Bangladesh Limited were present at the programme. Speakers congratulated Thyrocare Bangladesh Limited for their righteous effort to contribute to the society.



Children from various districts joined Save the Children's Race for Survival in Dhaka which took place recently with Md Fazle Rabbi Miah, MP, Honourable Deputy Speaker of National Parliament of Bangladesh as the Chief Guest at his residence. The children presented a letter in appreciation of his hard work to achieve MDG 4. The letter had 4 additional demands stated on behalf of the children of Bangladesh.

/StarHealthBD

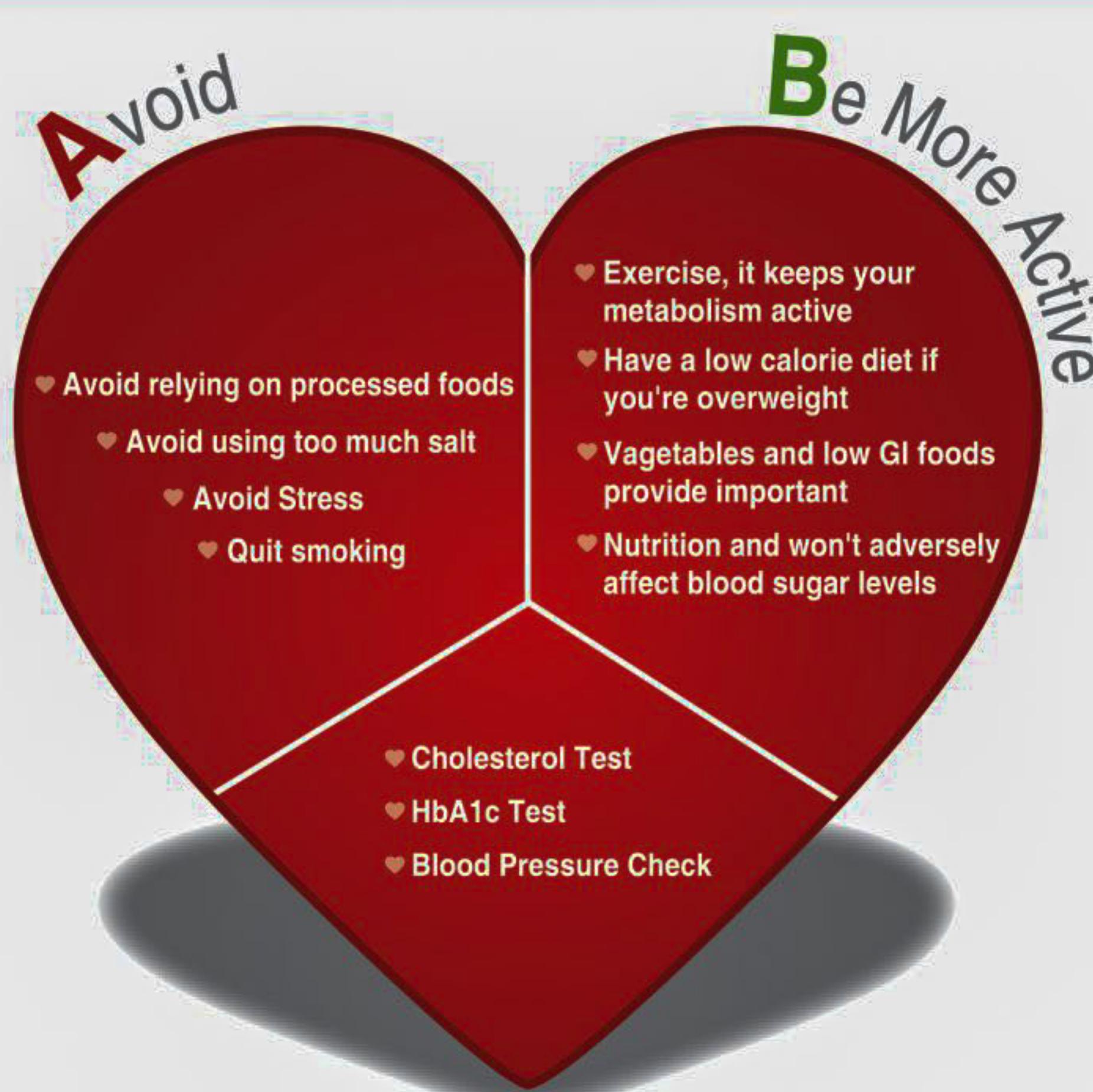
THE HEART HEALTH

Globally **17.3 million** deaths occur due to Heart disease, according to report from the "American Heart Association". Within **2015 to 2030** the number will rise to more than **23.6 million**



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