

Valve repair for rare heart disease now in Dhaka

National Heart Foundation Hospital & Research Institute, Dhaka now performs cone repair for Ebstein's anomaly, a rare heart disease

STAR HEALTH REPORT

A team lead by Dr. Maj (Rtd) M. Quamrul Islam has recently started cone repair surgery to treat Ebstein's anomaly at the National Heart Foundation Hospital & Research Institute in Dhaka, Bangladesh.

What is Ebstein's anomaly? Ebstein's anomaly is a rare heart defect that is present at birth (congenital). In Ebstein's anomaly, tricuspid valve — the valve between the chambers on the right side of the heart — does not work properly. Blood leaks back through the valve, making the heart work less efficiently. Ebstein's anomaly may also lead to enlargement of the heart or heart failure.

Symptoms: Mild forms of Ebstein's anomaly may not cause symptoms until later in adulthood. If signs and symptoms are present, they may include shortness of breath, especially with exertion, fatigue, heart palpitations or abnormal heart rhythms (arrhythmias), a bluish discoloration of the lips and skin caused by low oxygen (cyanosis).

When to see a doctor

If you or your child has signs or symptoms of heart failure — such as feeling easily fatigued or short of breath, even with normal activity — or is showing blue skin coloration around the lips and nails (cyanosis), seek advice from an cardiac expert.

Treatments and drugs: Treatment of Ebstein's anomaly depends on the severity of the defect and your signs and symptoms. The goal of treatment is to reduce your symptoms and avoid future complications, such as heart failure and arrhythmias. Treatments may include regular monitoring, medications, surgical heart repair (Tricuspid valve repair, Tricuspid valve replacement, closure of the atrial septal defect or ASD, Maze procedure), radiofrequency catheter ablation, heart transplantation.

Facilities available in Bangladesh:

A team lead by Dr. Maj (Rtd) M. Quamrul Islam has recently started cone repair surgery to treat Ebstein's anomaly at the National Heart Foundation Hospital & Research Institute in Dhaka, Bangladesh.

Dr. Quamrul had training on



the procedure at Mayo Clinic in the USA and now he has introduced the operative procedure in Dhaka, Bangladesh.

Since Ebstein's anomaly is a rare disease, there is shortage of patients; moreover all the

patients are not properly diagnosed. Some patients from the corner of the country cannot reach the right place to seek proper treatment - many of them cannot afford the treatment even. These drawbacks are the principal hindrance getting proper

treatment.

Dr. Mohammad Ziaur Rahman, a member of the surgery team explained that there are various management of the disease. The first line of treatment is usually conservative treatment by medicine and monitoring. But it does not work in the long run and ultimately the patients require surgery.

Some cardiac surgeons replace the affected valve which ultimately lead to many complications and require other treatment modalities to compensate those. So one of the best treatment options is repairing the affected valve.

Repairing affected valve, which is called cone repair - requires technical skill which was not available in Bangladesh. But now it is performed by the team lead by Dr. Quamrul Islam. Already they have performed couple of cases and the patients are quite okay on follow up.

Dr. Zia told that they need more referral from other cardiologists and cardiac surgeons. It is necessary spreading the message that the procedure is now performed in Dhaka, the capital city of Bangladesh.

HAVE A NICE DAY

Importance of electrolytes - 2



Sodium-Potassium balance in a human body is very important. Potassium has a strong relationship with sodium.

Some drugs are responsible for electrolyte disproportions. A study revealed that 20% of patients taking diuretics commonly prescribed for

high blood pressure/heart related problems end up with reduced sodium and potassium levels.

An overall electrolyte imbalance can be manifested in several ways. The symptoms will depend on which electrolyte is out of balance, and whether that level is too high or too low. Generally there could be weakness, confusion or lethargy.

An altered level of magnesium, sodium, potassium, or calcium may produce one or more of the following symptoms: blood pressure changes, irregular heartbeats, nervous system disorders like seizures and convulsions, bone disorders etc. There could also be twitching, numbness, muscle spasm etc.

Hypercalcemia is a common disorder among cancer patients. It often results from the destruction of bones due to bone metastases (development of secondary malignant growths at a distance from a primary site of cancer). As there are other symptoms which may develop due to the result of the cancer itself or cancer treatment, it is sometimes difficult to identify hypercalcemia straight away.

Main causes for electrolyte imbalance are vomiting for prolonged period, severe dehydration, kidney diseases and congestive heart failure etc. Above and beyond, 'acid and alkaline imbalance' in the body can cause 'electrolyte crisis' as well.

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HEALTH bulletin



Drinking water does not prevent a hangover

Raiding the fridge or downing glasses of water after a night of heavy drinking won't improve your sore head the next day, Dutch research suggests. Instead, a study concluded, the only way to prevent a hangover is to drink less alcohol.

More than 800 students were asked how they tried to relieve hangover symptoms, but neither food nor water was found to have any positive effect. Among 826 Dutch students, 54% ate food after drinking alcohol, including fatty food and heavy breakfasts, in the hope of staving off a hangover.

With the same aim, more than two-thirds drank water while drinking alcohol and more than half drank water before going to bed.

Although these groups showed a slight improvement in how they felt compared with those who had not drunk water, there was no real difference in the severity of their hangovers.

The paper is presented at the European College of Neuropsychopharmacology conference.

Is there anything missing in your son?

PROF M KARIM KHAN

One day in the evening a couple came to me with their son who was ten days old. They came for a routine checkup. The baby was born at full term by caesarean section and it was an uneventful birth. Apparently there was no problem detected. After a thorough clinical examination, it was revealed that the testes on the left side was found missing. So obviously my diagnosis was undescended testes on the left side. Knowing the fact, the parents became very concern and anxious. After performing an ultrasonography the missing testes was located in the inguinal canal. Expectantly it might descend within a month or so. The parents of the child were counseled and were advised to come back after a few months.

Testicles or testes are male sex glands that produce sperm and sex hormones. Usually both testicles are located in the scrotum. Undescended testes mean that one or both testicles are missing from the scrotum and are lodged instead in the groin or inside the lower abdomen. Other terms for undescended testicles include empty scrotum, monorchism and cryptorchidism. Undescended testicles should not be confused with retractile or retractable testicles.

About five percent of all boys are born with this condition. Premature and low birth weight babies are at increased risk. Associated problems



are poor self image, hernia, trauma, infertility, decrease in androgenic hormones and some may develop malignancy.

We can wait for six months to a year, hoping that it will come down to the scrotum. If it does not occur naturally, surgical intervention is necessary and preferable. Injecting

hormone to facilitate the testes to come down is an option but not ideal rather controversial. Having a child without any defect is the best gift from the Almighty.

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Health benefits of Clove

Like other spices, cloves are available throughout the year. They are renowned for providing their uniquely warm, sweet and aromatic taste to ginger bread and pumpkin pie.

Clove contains significant amounts of an active component called eugenol, which has made it the subject of numerous health studies, including studies on the prevention of toxicity from environmental pollutants like carbon tetrachloride, digestive tract cancers, and joint inflammation.

Clove's following health benefits are specially noticeable.

- Helps with cough and cold symptoms
- Natural mouth freshener
- Fights nausea
- Helps gastric upsets
- Avoids bloating
- Reduces mouth ulcers
- Fights tooth pain and bleeding gums
- Helps control high cholesterol levels
- Increases blood circulation
- Works as an antiseptic



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Knowing for better living

In BANGLADESH

Every hour **6** Children die due to MALNUTRITION

Simple Steps can save Lives

- Proper intake of Nutritional foods
- Awareness for breastfeeding
- Nutrition education
- Immunization
- Consult with Doctors

