

World Psoriasis Day

# Hope. Action. Change.

**PROF DR M U KABIR CHOWDHURY**  
A new era started with hope and vision for millions of psoriasis patients on October 29, 2004. The International Federation of Psoriasis Associations (IFPA) declared the psoriasis day on that day.

**What is psoriasis?**  
Psoriasis is a common, chronic, relapsing, immune-mediated, inflammatory disorder with primary involvement of the skin and a strong genetic predisposition. The disease onset usually occurs in younger ages. Skin lesions typically represent erythematous, inflammatory plaques and silvery scaling expressing the inflammatory changes and keratinocyte hyperproliferation.

A substantial proportion of psoriasis patients experience an inflammatory polyarthritis (psoriatic arthritis). Psoriasis and psoriatic arthritis cause major physical, functional and psychosocial disability.

With increasing severity the spectrum of psoriasis is associated with signs of systemic inflammation and several comorbidities including cardiovascular diseases, the metabolic syndrome, an increased risk for mortality and shorter life-span. Special types include nail psoriasis, pustular psoriasis (localised to palms and soles, or general-

ised), psoriatic erythroderma, inverse psoriasis and various forms of palmo-plantar involvement.

**World Psoriasis Day**  
Goal of World Psoriasis Day is to produce awareness among the psoriasis sufferers, families and friends including kins and surroundings. Awareness about psoriasis will help every individual concerned about the disease. According to present data there are 1.25 million patients of psoriasis in the world.

**The theme of World Psoriasis Day 2015 is: Hope. Action. Change.**

**Hope:** Man cannot live without hope. Chronic patients of psoriasis first need hope of cure which will guide them to cure or control disease. Tension, stress and agitation increase most of the chronic diseases including psoriasis. Optimism is a word very much needed for a patient to have self confidence to cure or control his disease. Be confident on yourself because self confidence will guide you to have a normal peaceful life.

**Action:** All of us should have empathy for patients rather than sympathy. Psoriasis is not an infectious or contagious disease. Each and every person must believe that there is no harm to shake hands or embrace a psoriasis patient. Nothing will happen even in conjugal life of non



psoriatic spouse. Control of the disease already exists.

**Change:** We need realistic diagnostic tools which includes clinical eye, good laboratory with trained experts. We need open discussion between physician, patients and the relatives about the disease with helping attitude and empathy. Psoriasis patients should think that they are no longer alone which will help them to have normal, happy and hopeful life. This will bring hope, action and change in the mind of

each and every psoriasis patient in the world.

**Some facts about psoriasis**  
So far it is proven that psoriasis is not infectious or contagious.

There are some dietary restriction to red meat, citrus food, too much spicy and oily food, tobacco, smoking and alcohol aggravate the disease.

It is a controllable disease but may relapse which when nobody knows. A patient may have psoriasis free life even 30 years without treatment.

Psoriasis is a disease that is easy to diagnose but difficult to treat. There is no complete cure but there are quite a number of modalities of treatment to control the disease process.

**Psychological advice**  
Psychological condition of the patients is an important factor in the treatment of psoriasis. Worry, tension, emotional upsets and stress may exacerbate it.

The importance of treating not only the skin but the whole patient has been stressed. Supportive group therapy may be beneficial.

Secondary depression is a common problem in these patients, but one should be cautious in using antidepressants and other related drugs because sometimes they may worsen not only the skin disease but the emotional problems too.

Meditation is a good approach for controlling psoriasis as the disease is aggravated by mental stress. So, relaxation due to meditation is helpful to prevent relapse of the disease.

A hopeful message for psoriasis patients in Bangladesh is one of the multinational company is about to bring the latest biologics drug to the country.

**The writer is a Professor of Dermatology and Principal of M H Samorita Hospital & Medical College.**

## HEALTH NEWS

### Pink road show for breast cancer awareness



**Bangladesh Breast Cancer Awareness Forum organised a Pink Road Show on October 31, 2015 across Dhaka city to raise awareness on breast cancer. Cancer specialists, survivors, social workers and volunteers participated in the road show by wearing pink and distributed leaflets containing important information on breast cancer.**

### Ananta Jalil named as goodwill ambassador of ICAAP12



Popular Bangladeshi film actor Ananta Jalil was introduced as a goodwill ambassador of the 12th International Congress on AIDS in Asia and the Pacific (ICAAP12) at a press conference yesterday held in Dhaka. The Ministry of Health and Family Welfare of Bangladesh nominated Jalil as the goodwill ambassador for creating social awareness on AIDS especially among the youth.

Sharing his feeling on becoming the goodwill ambassador of ICAAP12, Jalil said, "Creating social awareness among the young generation is my social responsibility. The ICAAP12 organisers have honoured me by selecting as the goodwill ambassador for the congress."

The ICAAP12 will be held at Bangabandhu International Conference Centre during November 20-23, 2015.

### Cardiovascular summit held in Dhaka

Medtronic in partnership with D16 Pharma and Biotec organised a cardiovascular summit in Dhaka on November 6, 2015 to address the barriers to the treatment of cardiovascular diseases in Bangladesh.

In a day long summit, the organisers brought together eminent physicians, cardiologists, surgeons and experts in healthcare from India and Bangladesh.

The summit was organised with a view to increase patient access to appropriate therapies by improving diagnosis, educating physicians on right treatment options and new treatment modalities available to cardiovascular diseases which may significantly improve patient care.

To support the endeavour of educating medical practitioners, Medtronic has set up first of its kind, simulator based therapy and procedure training center in Dhaka, Bangladesh.

Mr Milind Shah, Managing Director and Vice-President South Asia, Medtronic said, "We have to ensure that knowledge around the technology is rapidly disseminated and skill is developed among medical practitioners so that a wider range of patients get benefitted from innovative therapies across the geographies and socio-economic strata."

## HEALTH bulletin



### Acupuncture & Alexander technique help alleviate chronic neck pain

Both acupuncture and the Alexander technique can improve chronic neck pain, according to a study in the Annals of Internal Medicine.

Over 500 UK patients with nonspecific neck pain of at least 3 months' duration were randomised to one of three strategies: 12 acupuncture sessions plus usual care, 20 one-to-one Alexander technique lessons plus usual care, or usual care alone.

The Alexander technique is a method of changing how one carries out daily activities, with a focus on reducing tension through coordination, balance, posture, and spatial awareness.

At 12 months, both the acupuncture and Alexander technique groups had significantly greater reductions in a score measuring neck pain and disability (about a 30% reduction from baseline), compared with usual care alone (23%). The pain/disability reductions with acupuncture and the Alexander Technique were considered clinically significant.

### Bilateral Choanal Atresia

## First ever endoscopic laser assisted surgery performed in United Hospital

#### STAR HEALTH REPORT

There are many birth defect which needs to be corrected immediately following delivery of baby. Such a condition is bilateral choanal atresia.

Choana means back opening of nose and choanal atresia means absence of opening into the throat at the back of the nose. It is one of the least known birth defects with an occurrence of one in every 5000-8000 births.

It is a life threatening birth defect in which the nasal passage does not properly develop in the baby in mother's womb. During the sixth week of pregnancy, a membrane fails to properly develop thus an obstruction occurs in the nasal passage of the baby. This is a life-threatening event because it may take 6-12 weeks for a newborn to develop the ability to breathe through its mouth.

There are two forms of choanal atresia. Unilateral choanal atresia is less threatening to a newborn because the nasal passage is only blocked on one side. This allows an infant to breathe somewhat normally at birth, but bilateral choanal atresia with blockage of both sides of the nasal passage, is life threatening because the baby cannot breathe at birth.



A few weeks ago, a pre-term baby who was delivered at 32 weeks by caesarian section, was brought to the United Hospital in Dhaka from a local hospital of Keraniganj. The baby had severe cyanosis (bluish discoloration due to lack of oxygen) and failure in breathing with progressive breathing difficulty. He was also having difficulty in sucking mother's breast as he could not suck more than 3-5 seconds at a stretch.

The baby was admitted in Neonatal Intensive Care Unit of the United Hospital. After necessary investigation, the ENT and Head

Neck Surgeon Prof. Dr. Zillur Rahman diagnosed the baby with bilateral choanal atresia as he had absence of opening at the back of the nose and there was no communication between his nose and throat for breathing.

After a difficult anaesthesia, Endoscopic LASER assisted surgery was done on the five days old baby, first of its kind in the country.

The baby recovered from the anaesthesia well and was kept in neonatal ICU where he showed good breathing with good feeding performance.

## Peptic Ulcer Disease

### Symptoms

- Burning pain in the middle or upper stomach between meals or at night
- Bloating
- Heartburn
- Nausea or vomiting

In severe cases,

- Dark or black stool (due to bleeding)
- Vomiting blood (that can look like "coffee-grounds")
- Weight loss
- Severe pain in the mid to upper abdomen

### Prevention

- Don't smoke
- Avoid alcohol
- Don't overuse aspirin and/or NSAIDs
- If you have symptoms of an ulcer, contact your doctor