

## New Recommendations

# Treat all people living with HIV and decrease new infections

## STAR HEALTH DESK

The world is poised to end the AIDS epidemic by 2030 – provided it can accelerate the pace of progress achieved globally over the past 15 years, according to a new World Health Organisation (WHO) report, says a press release.

Already, much has been achieved. This year, the Millennium Development Goal that called for halting and reversing the spread of HIV on a global basis was met.

By 2014, the number of HIV deaths was reduced by 42% - from a peak of more than 2 million in 2004 to an estimated 1.2 million.

Since 2000, an estimated 7.8 million lives have been saved, fewer people are acquiring HIV, and projections of an end to the epidemic by 2030 – a goal once considered unattainable by many experts – are now realistic, according to the WHO report, Global Health Sector Response to HIV 2000-2015.

The rapid scale-up of access to antiretroviral therapy (ART), one of the greatest public health achievements in recent times, has made treatment available to more than 16 million people living with HIV across the globe. Today, more than 11 million people in the WHO African Region alone are receiving HIV treatment, versus about 11,000 who were taking the medications 15 years ago. That is a thousand-fold increase.

Yet more must be done. Globally 60%



of all people living with HIV have not yet enrolled in antiretroviral treatment.

**Treatment for all people living with HIV** Recent findings from clinical trials have confirmed that the early and expanded use of antiretroviral treatment saves lives by keeping people living with HIV healthier and by reducing the risk that they will transmit the virus to partners.

In September, that confirmation led WHO to recommend that all people living with HIV start ART as soon as possible after diagnosis.

At ICASA, WHO is presenting a set of recommendations to enable countries to expand treatment to all – rapidly and efficiently. These recommendations include using innovative testing strategies to help more people learn they are HIV positive; moving testing and treatment services closer to where people live; starting treatment faster among people who are at advanced stages of HIV infection when they are diagnosed; and reducing the frequency of clinic visits recommended for people who are stable on ART.

## Improving HIV prevention

The same drugs that help people living with HIV to remain healthy also prevent people at substantial risk of contracting HIV from becoming infected. Pre-exposure prophylaxis, or PrEP, is the use of an antiretroviral medication to prevent the acquisition of HIV infection by uninfected persons. In a quest to step up prevention, WHO now recommends PrEP be offered to all people at substantial risk of HIV infection.

Other established prevention tools continue to reduce the number of new HIV infections. They include male condoms and female condoms, participation in behaviour-change programmes and other prevention services for key populations.

## Ending AIDS as part of the SDG agenda

At the UN General Assembly in September, world leaders endorsed the Sustainable Development agenda. This agenda includes the target of ending the AIDS epidemic by 2030.

Increasing emphasis on and targeting of effective prevention alongside increased treatment is also essential to reducing new infections from the current 2 million per year to the UN target of less than 500,000 by 2020 and 200,000 by 2030.

Achieving these targets will require bold action, with the health sectors of nations around the world playing a central role.

The effort is at a critical juncture, with success within reach, and failure likely to result in a resurgence of the disease and its costs.

## NUTRITION FOR KIDS

Read this before giving Junior Horlicks to your loving kids

PROF M KARIM KHAN

In Bangladesh, Horlicks is one of the popular malted milk hot drink. It is liked by mom and kids. This popular drink was developed by the founders James and William Horlick. It is now marketed and manufactured by GlaxoSmithKline (Consumer Healthcare) in the United Kingdom, South Africa, New Zealand, Bangladesh, Pakistan, India, and Jamaica, and under licence in the Philippines and Malaysia. Horlicks is mostly a carbohydrate drink as in 20 gms, 14 gms carbohydrate and sugar, 2 gms protein and some vitamins and minerals.

Manufacturer in their literature mentioned that Junior Horlicks is for the kids having age 4-6 years and regular Horlicks is for kids more than 6 years. But actually what is happening – our moms are giving junior Horlicks to babies even less than 2 years of age. It is not wise and not recommended by the producer even.

Horlicks provides some instant energy but its use below 2 years is not recommended. Because of clever marketing we are being attracted in such a way that we forget to go through the literature provided with the product. Because of advertisement even the poor people are now buying it for their kids leaving the main food aside.

Locally available intelligently prepared less costly energy dense food is much more superior to any fancy drink. We are to be cautious and concerned regarding choosing right food in right time for our beloved kids.

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## HEALTH bulletin



### Personally tailored diabetes care reduces mortality in women but not men

A follow-up study to assess the effects of personally tailored diabetes care in general practice has revealed that such care reduces mortality in women, but not men, according to a report published on The Lancet. The study was conducted by Dr Marlene Krag, University of Copenhagen, Denmark, and colleagues.

After 6 years of tailored treatment there no effect was seen on mortality and other pre-defined non-fatal outcomes.

The data upto 2008 showed that women given structured personal care were 26% less likely to die of any cause and 30% less likely to die of a diabetes-related cause than women given routine care. Women given the personal care intervention were also 41% less likely to suffer a stroke, and 35% less likely to experience any diabetes-related endpoint. None of these differences were seen between the personal care and routine care points in men, but the differences between genders were only statistically significant for all-cause mortality and diabetes-related death.

The authors say: "Structured personal diabetes care could provide women with significant attention and thus provide an incentive to treatment adherence."

## Depression in adolescence increases the risk of early heart disease

A very recent scientific statement from the American Heart Association (AHA) said that adolescents with major depression and bipolar mood disorder have increased risk of getting early heart disease and therefore must need early intervention to prevent it.

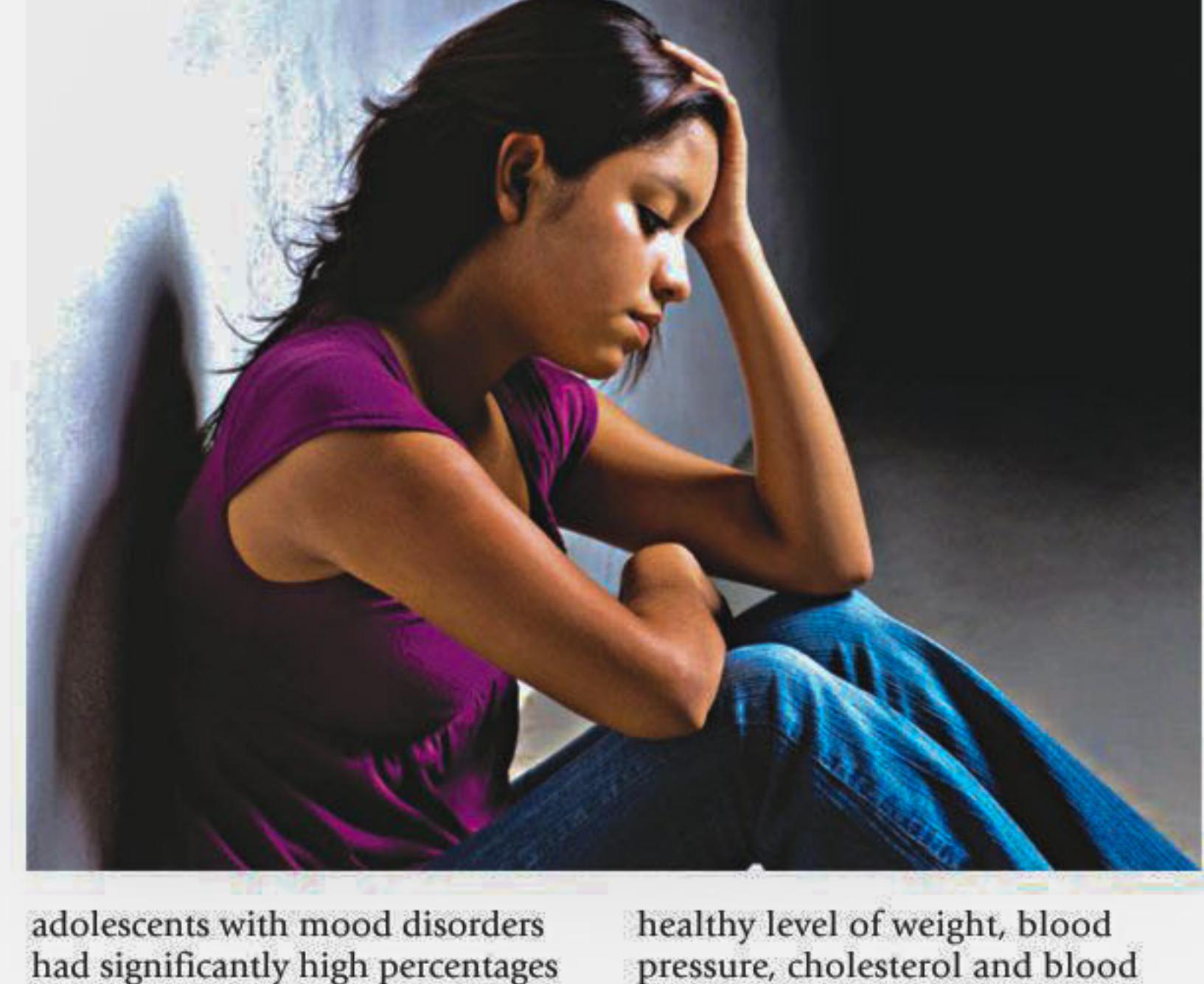
According to Mayo Clinic, depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychological counseling or both.

Depressive patients have persistent severe apathy which interfere with their ability to work, sleep, study, eat and enjoy life.

On the other hand, bipolar mood disorder affects individuals with period of extreme highs i.e. mania and extreme lows i.e. depression.

The published study in the journal "Circulation" reported that



adolescents with mood disorders had significantly high percentages of risk factors for heart diseases. These risk factors include obesity, high blood pressure, and unhealthy cholesterol levels.

Sleep problems, physical inactivity, smoking and treatment related weight gain and metabolic changes increases the risk of heart diseases.

The scientific committee stated, based on available data, these adolescent must be put to preventive efforts like maintaining

healthy level of weight, blood pressure, cholesterol and blood sugar level.

As chronic diseases like cardiovascular diseases starts in early stage of life and manifest in later life, identification of risk factors like depression in early life will provide important opportunity to prevent heart diseases.

The article is compiled by Dr. Md. Shajedur Rahman Shawon, a fellow of Karolinska Institutet. E-mail: dr.shajedur@gmail.com

## Tips for winter diseases

Have you ever thought about the diseases that come around every winter season? Living in this cold environment three to four months of every year, we tend to get used to the various winter ailments circulating around us. Here are some tips to help you stay away from these ailments.

**Common cold:** The common cold attacks all ages. Initial symptoms are headache, irritated throat, muscle aches and sneezing.

**Tips:** Limit your exposure with sick people and practice healthy habits. If you catch a cold, it is best to use disposable tissues instead of cloth. This practice will reduce the spreading of cold viruses to others.

**Asthma:** Common symptoms of Asthma include wheezing, coughing, tightness of chest and shortness of breath. Symptoms are usually worse at night and in the early morning.

**Tips:** The best tips to stay indoors on very cold and windy days. Wear a scarf over your nose and mouth if you want to go out. If you take medications (inhalers), always keep it with you.

**Influenza:** Influenza is commonly known as the 'flu'. Symptoms include headache, fever, cold, body aches, chills, fatigue and cough. Symptoms can be mild to severe.

**Tips:** Flu vaccine gives good protection against flu and control influenza. Frequent hand washing reduces the risk of infection.

**Arthritis:** Cold weather may trigger or worsen the Arthritis and may increase arthritic pain.

**Tips:** If your arthritic pain is due to cold weather, you should exercise or keep your body mobilised. Vitamin D and foods rich in omega-3 fatty acids have been noted to curb inflammation and pain associated with arthritis.

**Norovirus:** Norovirus is an extremely infectious stomach bug causing excessive diarrhoea.

**Tips:** Drink plenty of fluids to prevent dehydration. To reduce the risk of dehydration, you should drink oral rehydration fluids.

Tips are compiled by Amit Sarker, a Lecturer of Department of Pharmacy at Primeasia University. E-mail: amit.pharmacy30@gmail.com

/StarHealthBD

## Acute Otitis Media (Ear Infection)

AOM occurs when your child's eustachian tube (the tube that runs from the middle of the ear to the back of the throat) becomes swollen or blocked and traps fluid in the middle ear. The trapped fluid can become infected. In young children, the Eustachian tube is shorter and more horizontal than it is in older children and adults, making it more vulnerable to infection.

### Risk Factor

- Being between six months and 36 months old
- Being bottle fed instead of breastfed (infants)
- Drinking while laying down (infants)
- Recent cold, flu or sinus infection
- Exposure to cigarette smoke
- Recent ear infection
- Exposure to high-levels of air pollution
- Cold climate
- Genetic



### Treatments

- Home Care
- Applying a warm, moist washcloth over your infected ear
- Consult with doctor