

# Can you get rid of aging ailments?

DR GOLAM NABI

What to expect as you get older and what to do about it? We all know that aging will likely cause you to develop wrinkles and gray hair. But do you know how the aging process will affect your teeth, heart, bones, eyes and sexuality? Find out what kind of changes you can expect in your body as you continue aging and what can you do to keep your good health at any age.

## What is happening to your heart?

As you age, your heart rate becomes slightly slower and your heart might become bigger. Your blood vessels and your arteries also become stiffer, causing your heart to work harder to pump blood through them. This can lead to high blood pressure or heart attack. So what you can do to keep your heart healthy?

## Include physical activity in your daily routine:

Try regular walking, swimming or other aerobic exercise you enjoy. Regular moderate physical activity can help you maintain a healthy weight, lower blood pressure and lessen the extent of arterial stiffening.

**Eat a healthy diet:** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium (like kacchi biriyani and fast food).

**Don't smoke:** Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, try to quit.

**Manage stress:** Stress can take a toll on your heart. Take steps to reduce stress or learn to deal with stress in healthy ways.

**Get enough sleep:** Quality sleep plays an important role in healing and repair of your heart and blood vessels. People's needs vary, but generally aim for 4 to 6 hours of sound sleep per night.



## What's happening to your bones, joints and muscles?

With age, bones tend to shrink in size and density — which weakens them and makes them more susceptible to fracture, especially in women. So what you can do to keep them healthy?

**Get enough calcium:** For adults aged 19 to 50 years, 1000 mg of calcium is required in a day which increases to 1200 mg a day for women aged 51 and older and men aged 71 and older. Dietary sources of calcium include dairy products like milk, cheese and yoghurt, almonds, broccoli, small fish, tofu etc.

**Get adequate vitamin D:** For adults aged 19 to 70 recommended daily dose is 600IU of vitamin D a day which increases to 800 IU a day for adults 71 and older. Though people get adequate vitamin D from sunlight, other sources of vitamin D include oily fish such as Hilsha, Pangas

catfish, egg yolks and supplements.

**Include physical activity in your daily routine:** Exercises, such as walking, jogging, climbing stairs and strength training can help you build strong bones and slow bone loss.

## What's happening to digestive system?

Constipation is more common in older adults. Many factors can contribute to constipation including a low-fiber diet, not drinking enough fluid and lack of exercise. What you can do to prevent constipation?

Make sure your diet includes high-fiber foods, such as fruits, vegetables and whole grains. Limit meats that are high in fat and sweets which might cause constipation. Drink plenty of water and other fluids. Don't ignore the urge to have a bowel movement which can cause constipation.

## What's happening to your bladder and urinary tract?

Loss of bladder control or urinary inconti-

nence is common with aging. Certain medical conditions such as diabetes might contribute to incontinence. Menopause for women and an enlarged prostate for men can also contribute to it. So what you can do to promote bladder and urinary tract health?

**Go to the toilet regularly:** Consider urinating on a regular schedule, such as every 2-4 hours. Slowly extend the amount of time between your voiding.

**Do Kegel exercises:** Tighten your pelvic floor muscles, hold the contraction for 5 seconds and then relax for 5 seconds. Try it 4-5 times at a time. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

**Avoid bladder irritants:** Acidic foods, caffeinated drinks, alcohol and carbonated beverages can make incontinence worse.

## What's happening to your memory?

Memory might naturally become less efficient with age. It might take longer to learn new things or remember familiar words or names. So what you can do to keep your memory sharp?

**Eat a healthy diet:** A heart-healthy diet might benefit your brain. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources such as fish, lean meat and skinless poultry. Too much alcohol can lead to confusion and memory loss.

**Stay mentally active:** Mentally stimulating activities help keep your brain in shape and might keep memory loss at bay.

**Be social:** Social interaction helps ward off depression and stress, which can contribute to good memory.

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## HAVE A NICE DAY

### Modern medicine's danger-land!



Dr Rubaiul Murshed

"One of the first duties of the physician is to educate the masses not to take medicine", once said William Osler. Some believe he is the father of modern medicine. Today, the pharmaceutical industry's power, wealth and involvement in our everyday life in all aspects are unthinkable.

Although their roles vary from country to country and dangers of their products are also not exactly the same. But in Bangladesh we do not have enough reliable data to make a concrete conclusion. Certainly the situation is not good other than the economic benefits to the industries.

Today, diseases produced as a result of medicine is documented as a health hazard throughout the world. US Medline (with over 7,000 articles, reports, and scientific research papers) demonstrated that a considerable number of people have suffered from adverse drug reactions since 1966 in their country. These harmful effects, which can be serious and even lethal, are associated with every side of modern medicine including drugs, other medical therapies, diagnostic procedures and surgery.

Now, one can say that the current medical system is probably the leading cause of death and injury in the US. Their surprising statistics uncovered so many problems with conventional medicine — which are really dangerous. It is now well established that every medication, including those that are supposed to be sold without a prescription has also an associated side effect.

We also need to have data to find the fundamental deficiencies existing in the current medical approach in our country and that will guide Bangladesh health care services towards a new knowledge land.

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## HEALTH bulletin

# Global leaders urged to ensure all people can access essential health services

STAR HEALTH REPORT

On the second annual Universal Health Coverage Day yesterday, a coalition of more than 700 organisations in 116 countries came together to say that universal health coverage was right, smart, and overdue. The coalition urged world leaders to deliver on promises to achieve universal health coverage because health is a human right that reduces poverty, fuels economic growth, and builds resilience to threats from disease outbreaks to climate change.

On Universal Health Coverage Day 2015, hundreds of millions of people worldwide are still waiting for access to lifesaving health services or fall into poverty paying for needed health care. To address these inequities, more than 100 countries across the income spectrum have begun working toward universal health coverage, increasingly demonstrating its feasibility.

"When The Rockefeller Foundation first began its work to advance universal health coverage, it seemed to many to be a pipedream. Today, we are truly inspired to see how rapidly support for universal health coverage has grown, including its recent recognition in the Sustainable Development Goals," said Judith Rodin, President of The Rockefeller Foundation. "Universal health coverage is key to building

resilient health systems that make both people and planet healthier in the face the increasingly common shocks and stresses posed by climate change, urbanisation, and globalisation."

Universal Health Coverage Day, inaugurated by The Rockefeller Foundation, marks the anniversary of the United Nations' unanimous 2012 resolution urging governments to ensure universal access to quality

health care without financial hardship.

"Universal health coverage is one of the most powerful social equalisers among all policy options," said Dr. Margaret Chan, Director-General of the World Health Organisation. "The global community has recognised this approach as a pro-poor pillar of sustainable development that builds social cohesion and stability — valued assets for every country."



PHOTO: THOMAS MUNITA/WAITING FOR HEALTH

Muzammil, 37, is comforted from his pains by his stepmother while waiting outside a pharmacy for the pharmacist to arrive. Incredibly poor sanitation in the area make deaths from diarrhea and stomach infections all too common. With virtually no doctors around, pharmacists are the only people treating diseases and injuries.



PHOTO: WHO

## New global framework to eliminate rabies

A new framework to eliminate human rabies and save tens of thousands of lives each year has been launched by the World Health Organisation (WHO), the World Organisation for Animal Health (OIE), the Food and Agriculture Organisation of the United Nations (FAO) and the Global Alliance for the Control of Rabies (GARC).

The framework calls for 3 key actions — making human vaccines and antibodies affordable, ensuring people who get bitten receive prompt treatment, and mass dog vaccinations to tackle the disease at its source.

"Rabies is 100% preventable through vaccination and timely immunisation after exposure, but access to post-bite treatment is expensive and is not affordable in many Asian and African countries. If we follow this more comprehensive approach, we can consign rabies to the history books," says WHO Director-General Dr Margaret Chan.



PHOTO: COURTESY

## Nestlé organised PGPN convocation

Nestlé Nutrition Institute (NNI) organised the convocation of the certification course titled 'Post Graduate Programme on Paediatric Nutrition' (PGPN) recently, says a press release. 110 paediatricians from Bangladesh were recognised by giving certificates for participation in the programme.

Commerce Minister Mr. Tofail Ahmed, MP, was present at the event as the Chief Guest. The event was chaired by Professor Dr. Md. Maniruzzaman Bhuiyan, Principal, Holy Family Red Crescent Medical College and Hospital and President at BPMPA. At the programme Professor Dr. Syed Modasser Ali, Ex Adviser to the Honourable Prime Minister was presented as the convocation speaker.

NNI, in collaboration with Boston University, USA launched the year-long course among Health Care Professionals in the South Asian Region. The programme was designed to provide updated, relevant, and practical knowledge in key aspects of paediatric nutrition to participants through online presentations, online video case-based presentations, lectures and discussion panels.

The programme ended with a workshop and certification hand-over, wrapped in a convocation ceremony. 1200 Health Care Professionals participated in the programme this year, out of which 110 are from Bangladesh. The certificate recipients will become members of the programme's alumni, and will be entitled to certain privileges.

200 renowned paediatricians, gynecologists, scientists and nutritionists were present in the programme. Also present were eminent faculty members from Boston University. Last year, the programme was held in Kolkata, India.

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## SORE THROAT

Sore throat symptoms include pain, burning or scratching sensations at the back of throat, pain when swallowing, and tenderness in the neck

### Signs & Symptoms:

difficulty breathing

an earache

bloody mucus

fever over 101 degrees F

difficulty swallowing

joint pain

a rash

a lump in the throat

