

Dealing with motion sickness

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People are often seen nauseating in their journey. It is a common condition that we all experience during our travel through car, bus and train. Sailors and travellers have suffered from motion sickness since the earliest times. Before, it was only known to travellers of sea and is frequently mentioned as sea sickness in Greek and Roman texts.

Why does it happen?
Brain estimates motion based on the input from our vestibular system and visual system. The vestibular system is a network of nerves, channels and fluids in our inner ear, which gives our brain a sense of motion and balance. Our brain holds details about where we are and how we are moving. It constantly updates this with information from our eyes. If there is a mismatch of information between these two systems, our brain cannot update our current status and the resulting confusion will lead to symptoms of motion sickness such as nausea and vomiting.

Who are affected?
Common sufferers are young children. Study has shown that Asians and females are more prone to develop this condition. The following are the most common risk factors for motion sickness: riding a car, boat or airplane, being prone to nausea or vomiting due to other morbid-



ity, higher level of fear or anxiety, poor ventilation in the vehicle, sitting in the back seat or where you cannot see out the window, during pregnancy and migraine. **What are the symptoms?**
The principal symptom is nausea which is derived from the Greek word for ship 'naus', where the symptom was first noted among sea travellers in ancient times. Other symptoms include vomiting, dizziness, belching, increased salivation and feeling of warmth, sweating or just a simple feeling of being unwell. **How can you avoid motion sickness?**
It is best to try to prevent motion

sickness, because symptoms are hard to stop after they start. On long journeys, it may be worth taking a break to have some fresh air, drink some water and if possible take a short walk. Intermittent deep breaths may help to decrease anxiety and can prevent symptoms. Sitting in the front seat of the car or window seat of a bus and looking at a fixed point on the horizon can minimise the symptoms. At night, or in a vehicle or ship without windows, it is helpful to simply close one's eyes, or if possible, take a nap. This also resolves the input conflict between the eyes and

the inner ear. Following tips may help reduce symptoms:
• Avoid spicy, greasy, or fatty meals before travelling
• Do not overeat, eat small meals that can easily digest
• Avoid dehydration, drink plenty of water
• Do not read or watch TV
• Do not play games on your cell phone
• Rest your head against the sea to keep it still
• Avoid smoking
Many other methods of preventing motion sickness are popular, such as taking ginger, peppermint or carbonated beverage

ages but there is not much evidence that they can help, but it is safe to try them. Acupuncture bands in the wrist are also suggested but there is little scientific evidence to show they are an effective treatment for motion sickness.

How to treat?
A straight forward treatment is to minimise the discrepancy between the visual and vestibular information in the brain. Drugs that reduce vestibular nuclei activity in the brain like antihistamines and anticholinergics can prevent motion sickness.

Although motion sickness usually goes away after the motion stops and causes no lasting harm, it can be devastating for people whose jobs include frequent travel. Even those who travel often may find that symptoms get better as they are more often exposed to motion.

However, people who get anxious before a journey often have worsened symptoms of motion sickness. Although, motion sickness is frequent, we lack right information about it. Correct information might be helpful for sufferers to build their confidence, decrease anxiety and prepare before travel.

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HEALTH TIPS



Five foods that may help prevent cancer

Reach for these super foods to supercharge your odds of staying ahead of cancer and maximising your health.

- 1. Dark chocolate:** Cocoa, the raw material in chocolate, contains compounds named catechins. These catechins stop cell signaling pathways involved in tumor and cancer formation.
- 2. Walnuts:** Two handfuls of walnuts a day could cut the risk of breast cancer in half as well as reducing tumor growth by fifty percent.
- 3. Berries:** Flavonoids, the compounds that give berries their color, have been shown to reduce free radical damage to your DNA. Scientists link free radicals damage to disease — especially to the development of cancer.
- 4. Citrus fruits:** Eat a mandarin orange if you want some beta-cryptoxanthin and hesperidin, both shown to inhibit tongue, lung and colon cancers.
- 5. Melons:** Watermelons contain just as much, if not more lycopene than tomatoes. Lycopene is a powerful antioxidant useful in the treatment of skin, bladder and prostate cancer.

HEALTH bulletin

Winter diarrhoea in children

PROF M KARIM KHAN

Most of the children experience few episodes of diarrhoea in their early age. In winter, viral diarrhoea is quite common. At present if we pay a visit to any children ward, we will find many cases of diarrhoea with different grades of dehydration and electrolyte imbalance. We all know that causes of diarrhoea may be due to virus, bacteria, parasite etc. In Bangladesh and other countries during winter, most of the causes of diarrhoea is due to virus and the commonest responsible one is Rota virus. Sudden onset of vomiting, frequent loose watery stool like corn soup with increased thirst are the predominant feature. Sometimes fever may be associated. Contaminated food and water is

the source of the Rota virus. Consequences of such diarrhoea may cause dehydration and electrolyte imbalance and occasionally may follow acute kidney injury or renal failure. Often Rota virus diarrhoea is called stomach flu. Treatment should be started as early as possible. Start ORS as soon as possible to prevent dehydration and electrolyte imbalance. If the child is less than one year old, 10-20 tea spoonful of ORS should be given for each stool or vomiting. If age is two years or more, 20 to 40 tea spoonful of ORS should be given for each stool or vomiting. Antibiotics does not help in viral diarrhoea. Zinc syrup can reduce the duration, frequency and further attack. If dehydration is severe, hospitalisation is recommended for

administration of intravenous cholera saline. Following frequent diarrhoea, perianal (area around the anus) soreness is common. Zinc oxide cream application may help to reduce the irritation. To prevent this viral diarrhoea, most important measure is proper hand washing with water and liquid soap. Anti Rota viral vaccination also helps, which should be given in 2-6 months of age. Exclusive Breast feeding in first six month prevents diarrhoea episodes. Maintaining proper personal hygiene is very important. Take care of your kids in winter. **The author is a Professor of Paediatrics at Community Based Medical College, Mymensingh. E-mail: mmukhkan@gmail.com**



Dementia loved ones benefit from visits

Spending time with loved ones with dementia is important even after they fail to recognise the faces of friends and family, a dementia charity says. A survey found that 42% of the public think that there is no point in keeping up contact at this stage. But the Alzheimer's Society said family visits stimulated feelings of happiness, comfort and security. Even as the condition progresses, it said people with dementia can still hold an "emotional memory". This means they continue to feel happy long after a visit or experience that they may have forgotten. The charity is calling on people to visit friends and relatives with dementia regularly and help them take part in activities they enjoy. In a separate survey by the charity of 300 people affected by dementia, more than half said they were no longer taking part in any, or hardly any, social activities. And 64% said they felt isolated following their diagnosis. However the charity says that people's busy lives often mean they don't manage to follow up on these good intentions, leaving many living with dementia feeling isolated.



Know Your Symptoms Irritable bowel syndrome

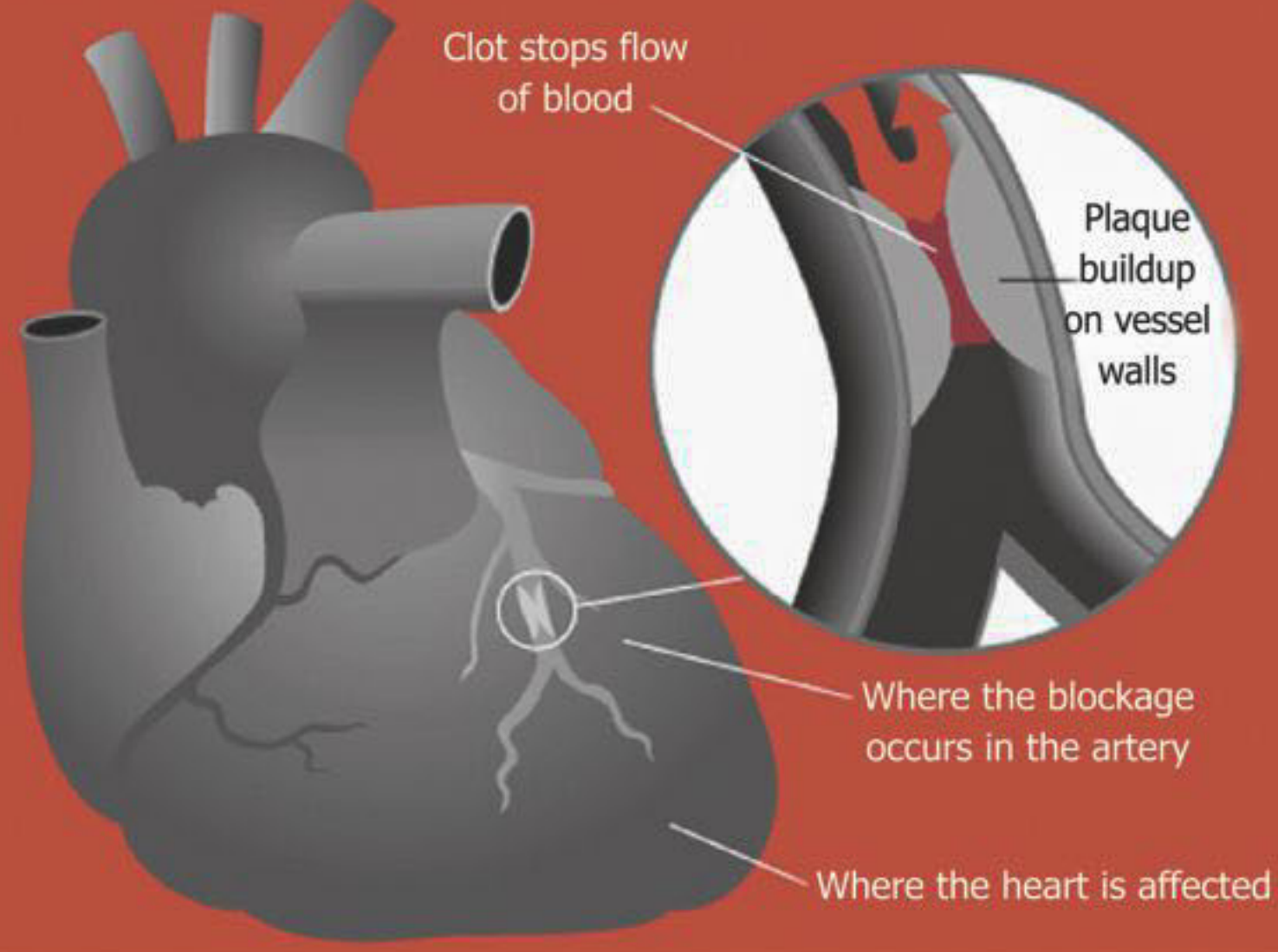
Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine (colon). IBS commonly causes cramping, abdominal pain, bloating, gas, diarrhoea and constipation. It is a chronic condition that you will need to manage for long term. Even though signs and symptoms are uncomfortable, IBS — unlike ulcerative colitis and Crohn's disease, which are forms of inflammatory bowel disease — does not cause changes in bowel tissue or increase your risk of colorectal cancer. Only a small number of people with IBS have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Others will need medication and counseling. Symptoms may include abdominal distension, abdominal pain, bloating, change in stool consistency, constipation, diarrhoea, flatulence, mucus in stool, straining to have a bowel movement, watery stool etc. Your doctor may be able to help you find ways to relieve symptoms as well as rule out colon conditions, such as inflammatory bowel disease and colon cancer. Your doctor can also help you avoid possible complications from problems such as chronic diarrhoea.



Common signs and symptom of heart attack include -

- Chest pain or discomfort (angina) which can feel like pressure, squeezing, fullness, or pain in the center of the chest
- Lightheadedness or fainting
- Shortness of breath, which can occur with or without chest pain

- Discomfort in the upper body including the arms, neck, back, jaw, or stomach
- Nausea and vomiting
- Women (and some men) may have atypical symptoms such as abdominal distress, nausea, and fatigue, without chest pain



Acute coronary syndrome (ACS) refers to a group of conditions due to decreased blood flow in the coronary arteries such that part of the heart muscle is unable to function properly or dies

- If having a heart attack,**
- Call emergency right away & chew an adult-size (325 mg) non-coated aspirin
 - Angioplasty, also called percutaneous coronary intervention (PCI), Is a procedure that should be performed within 90 minutes of a full thickness (STEMI) heart attack
 - Fibrinolytic ("clot-busting") therapy should be given within 30 minutes of a heart attack if PCI is not available

