

How different relationships can be effected by Diabetes

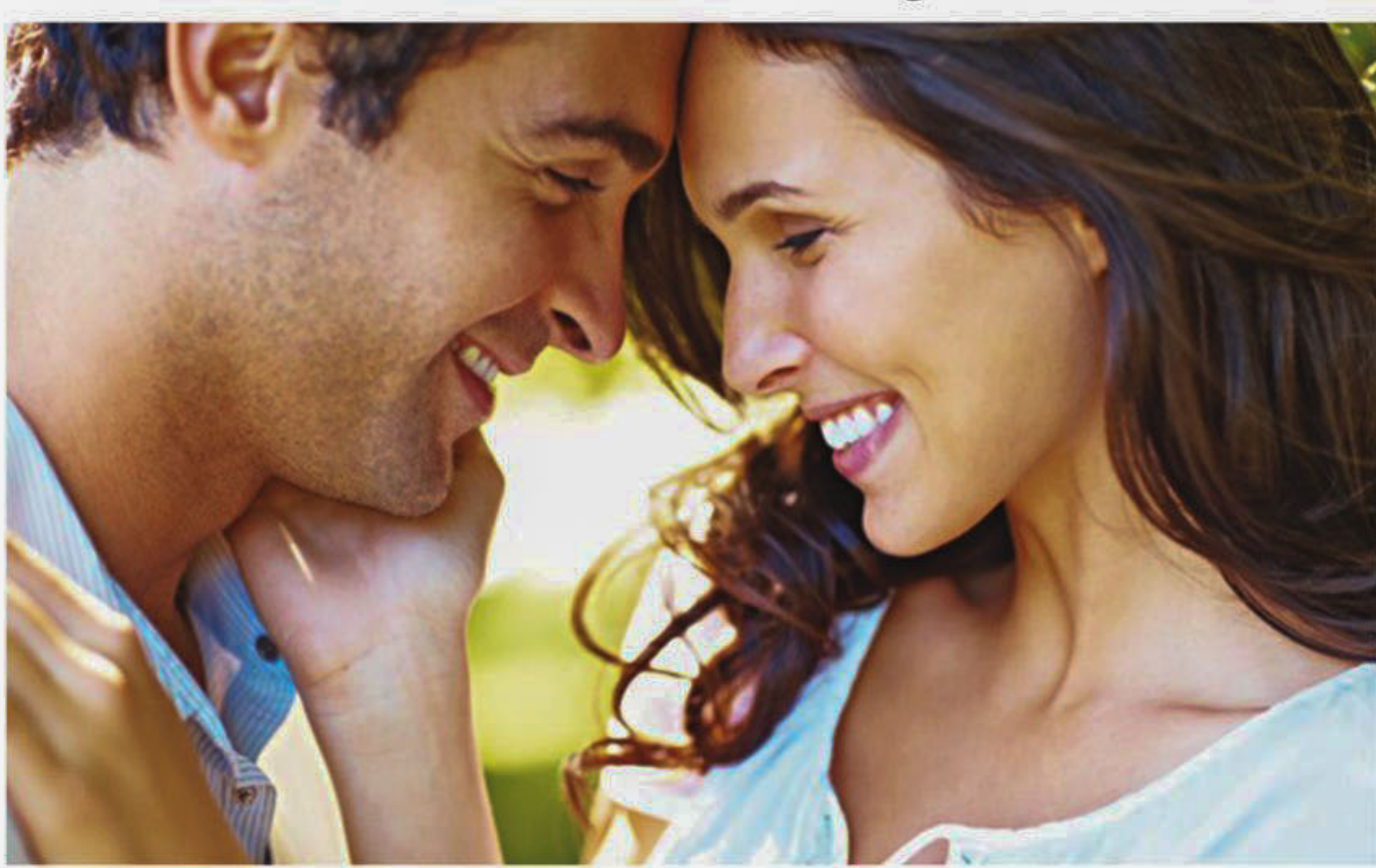
Diabetes will invariably have some effect on the relationships you have. In some cases the effects may be trivial but for some diabetes can be a lurking source of friction.

How we deal with the pressures of diabetes can make a real difference to the relationships we have with others, be they friends, family, work colleagues or one off acquaintances. One key which can sometimes help is to tell people about your diabetes.

Diabetes diagnosis
Being diagnosed with diabetes can be a traumatic moment and coming to terms with it can be a long process. Accepting your diagnosis is no easy task but it can be of benefit, directly or otherwise, for your interpersonal relationships.

Daily routines
Having a daily routine is something of a cornerstone of good diabetes management but inevitably there will be times when the best routine for your diabetes will conflict with the situation you may find yourself in. It can help to explain to people you are with what things you need to take into account to manage your diabetes and why.

Food choices
Diabetes can make food choices



something of a prickly issue at times. Different people are affected in different ways. Don't let yourself fall into the trap of expecting others to read your mind. If people are making you feel uncomfortable then by all means let them know.

Stress
Stress is regularly cited as a growing issue in this century and

diabetes on top of everyday stress does not help matters. Much stress comes from trying to meet overwhelming expectations. It can be difficult to control your emotions when you feel on edge and high or low blood sugar numbers at the time can make things a touch harder.

Often, the best way to prevent stress from creeping into your

relationships is to find a way to allow some of the pressure to subside.

Take a break, remove yourself as best you can from the cause of the stress and review your situation and priorities.

Effects of diabetes complications upon relationships
Complications and the threat of complications can affect your

quality of life. If you suffer from complications or the early stages, you may feel vulnerable at times. It can be tempting to withdraw yourself from the reality and this can include pushing people away.

Don't be too hard on yourself and allow yourself to embrace the people who will support you.

Effects of hypoglycemia on relationships
Some people may be particularly sensitive to hypoglycemia. They may not know how to react and you may find it a surprise if a friend or loved one reacts more strongly to your hypo than you. Hypoglycemia can be the worst part of diabetes for some people. If hypos are at times affecting your relationships with others, have a read of our information on hypoglycemia and relationships.

Emotions of children with diabetes
Diabetes and a child's emotions can be quite a potent mixture. How do you know how much slack to allow and what about keeping things fair for any siblings? We try to answer these questions and more in our diabetes and emotions in children guide.

Source: www.diabetes.co.uk

COCONUT WATER

One of the best natural drinks

Coconut water is the clear nutrient rich fluid which is found inside immature coconuts and also referred to as green coconut water because the immature coconuts are green in colour.

Coconut water contains carbohydrates and electrolytes such as potassium, sodium and magnesium and vitamin C. Due to its high nutrients, people drink coconut water as an energy-rich beverage.

Benefits of coconut water:

- Dehydration related to diarrhoea or exercise can be treated by using coconut water as a solution.
- Coconut water helps to relieve problems related to the urinary tract such as polyuria and strangury.
- In case of kidney stones, doctors or pharmacists recommend to drink coconut water in addition to regular medications, which helps to dissolve kidney stones and allows their easy passage out of the body.
- Coconut water relieves the intestines of harmful toxins and destroys the intestinal worms, if patients drink it with a teaspoonful of olive oil for 3 days.
- It relieves gas related problems present in alimentary canal by its carminative action.
- Coconut water helps to kill the pathogens including the Herpes virus.
- Coconut water helps to reduce digestion problems during pregnancy. It also boosts up the body's immunity.
- Drinking of coconut water on a regular basis helps to reduce high blood pressure.
- Coconut water can help bring about a soothing effect on the skin when skin with sunburns and heat boils.

It is important to note that, all of above benefits can be availed only when it is fresh.

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HEALTH bulletin

Preventing obesity for healthy life

M A JABBAR

It needs attention and action of all concerned when the World Health Organisation (WHO) facts reveal that at least 2.8 million people are dying each year globally as a result of being overweight or obese.

Worldwide obesity has more than doubled since 1980. In 2014 more than 1.9 billion (39%) adults of 18 years and above were overweight. Of these over 600 million (13%) were obese.

Most of the world's population lives in countries where overweight and obesity kills more people than underweight. 42 million children under age of 5 were overweight or obese in 2013.

Overweight and obesity: It is an abnormal or excessive fat accumulation that impairs health. Body mass index (BMI) is a simple index of weight or height that is commonly used to classify overweight and obesity in adults. A person's weight in kilograms is divided by the square of his height in meters.

WHO defines: BMI greater than or equal to 25 is overweight and BMI greater than or equal to 30 is obesity.

Once considered a high-income country problem, overweight and obesity is now on the rise in low and middle income countries, particularly in urban settings.

Bangladesh perspective: A health survey conducted by icddr,b in seven divisional cities namely

Dhaka, Chittagong, Sylhet, Barisal, Khulna, Rajshahi and Rangpur reveals that 52% mothers of children of 5 to 18 years are overweight and of them 15% are obese. Of the children 14% are with overweight and of them 4% are obese.

The survey reveals that the rate is higher in Dhaka which is 57% for mothers and 22% for children and in Chittagong 64% for mothers and 13% for children. The rate of obese in families of well-off children is 27% as against 3% of the children of poor families.

High calorie intake and less physical work is the main reason for overweight and obese.

Overweight and obesity and

related diseases are preventable. Healthy lifestyle, contamination-free safe and healthy diet, limiting energy intake from fats and sugars, consumption of fruits and vegetables, adequate intake of water and regular physical exercise are important factors to combat overweight and obesity.

Pollution-free clean environment and arrangement for good number of playground should be made available to combat overweight and obesity. Awareness is important to control overweight and obesity.

The writer is Executive Secretary of ADHUNIK, national anti-tobacco organisation of Bangladesh.



Natural fertilisation device for IVF

A private UK fertility clinic is offering couples a new form of IVF treatment that lets conception occur in the womb rather than in the lab, reports BBC.

Doctors hope that making fertilisation more natural will mean healthier pregnancies.

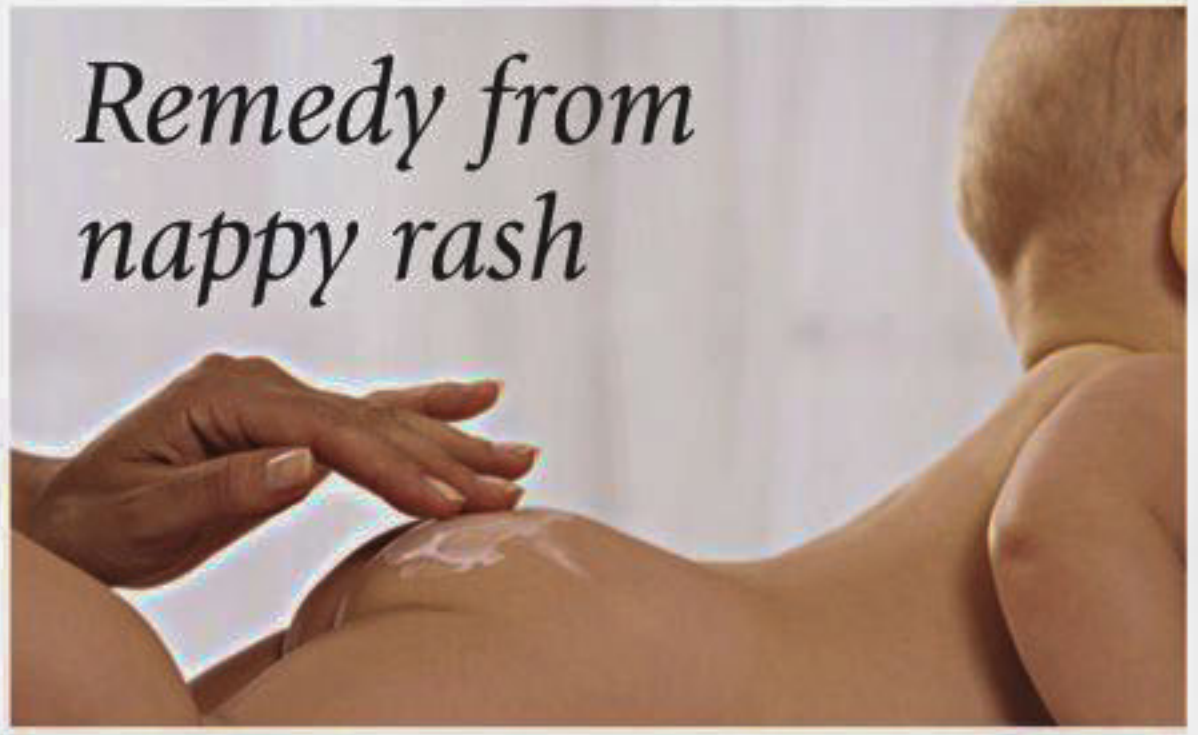
The Complete Fertility clinic in Southampton is first in the UK to use the AneVivo device method.

It is a tiny tubular capsule that is loaded with the sperm and egg before being placed into the uterus.

Prof Nick Macklon, head of the clinic, insisted it was not a gimmick. The technique, which costs around £700 per go, has been approved by the UK's fertility watchdog, the HFEA.



The AneVivo device



Remedy from nappy rash

PROF M KARIM KHAN

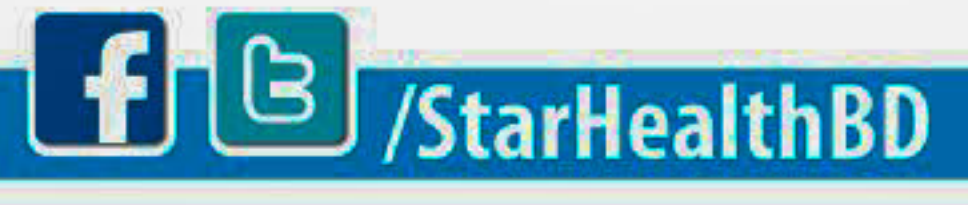
Nappy rash is a very common problem for the kids. It occurs due to irritation of the perianal skin due to persistent irritation by urine and feces. It may occur due to use of occlusive plastic plant. The affected area become red, excoriated, itchy and sometimes weepy. If the situation is not taken in to account superadded fungal and bacterial infections are not unlikely.

But how to handle the problem? The following tips may help to some extent.

1. Leave the nappy off while at home and allow air to come in contact; keep the area dry as far as possible.
2. Change the nappy as and when necessary.
3. Use quality napkin.
4. Wipes the area often.
5. Clean the area with Luke warm water.
6. Do not use talc powder or any other powder.
7. Do not use tight plastic pants.
8. Zinc oxide cream use is very helpful. If not improve mild steroid with antifungal cream may be applied.
9. Home made soft cloth nappy is an effective alternative to nappy available in market.
10. Olive oil may be used during nappy change.

Sometimes mothers ask whether nappy can be used at night or during sleep. Yes it can be used but better to avoid during night.

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Dry Skins: Causes & Remedy

WINTER WEATHER

When the temperature drops, the humidity level plunges too. Dry air leaves skin parched

Install a humidifier at home

AGING

As hormone levels change over the years, skin becomes thin and parched

Keep a bottle of lotion next to bed so it's the first and last thing you use each day.

IRRITANTS

Lots of everyday fabrics and products can irritate skin- from dryer sheets to perfume

Keep a bottle of lotion next to bed so it's the first and last thing you use each day.

STEAMY SHOWERS

Setting the shower too steamy soothes your body, but it doesn't do any good to skin

Dial down the shower temperature to lukewarm, and keep showers short.

YOUR HEALTH

If your skin is especially scaly & red, It could be a skin condition, like atopic dermatitis or psoriasis. It can also be a symptom of diseases such as diabetes or can underactive thyroid gland

Visit your dermatologist immediately

THE RUB-DOWN

Friction strips the skin and enhances the dryness

Use hands or a soft washcloth instead

