

Greater investment in breast-feeding could add \$300b

STAR HEALTH REPORT

Greater investment in breastfeeding could add \$300 billion into the global economy and save about 820,000 lives each year, finds a study from The Lancet.

When countries, rich or poor, support breastfeeding through meaningful investments and programmes, it has an impact on their bottom line and the health of women and children. The Lancet Breastfeeding Series, released recently, finds that globally, the costs of lower cognitive ability associated with not breastfeeding amount to more than \$300 billion each year, a figure comparable to the entire global pharmaceutical market.

About 820,000 child deaths could be prevented annually (about 13 percent of all under-5 child deaths) by improving breastfeeding rates, in addition to the lives already saved by current breastfeeding practices.

The new costing data in the study were derived by modelling the economic benefits of improved cognition based on estimates from a 2015 meta-analysis, showing that longer breastfeeding is associated with higher performance on intelli-



gence tests among children and adolescents. Studies also show that increased intelligence as a result of breastfeeding (three IQ points on average) translated to improved academic performance, increased long-term earnings, and improved productivity.

According to Series co-lead, Dr. Nigel Rollins with the

Department of Maternal, Newborn, Child and Adolescent Health at the World Health Organization, "This new research demonstrates that breastfeeding results in improved child development, with huge economics gains for individuals, families, as well as at the national level."

In addition, research in the first paper, Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect, confirms the lifesaving importance of breastfeeding in low-, middle-, and high-income countries, as well as in both rich and poor households, including:

lives a year – 87 percent of them infants under six months of age.

- Nearly half of all diarrhea episodes and one-third of all respiratory infections would be prevented with breastfeeding.

- For each of the first two years a mother breastfeeds over her lifetime, she decreases her risk of developing invasive breast cancer by six percent. She also benefits from reduced ovarian cancer risk.

- Approximately 20,000 breast cancer deaths are prevented each year by breastfeeding; improved rates could prevent another 20,000 deaths each year.

- Breastfeeding is one of the few positive health-related behaviors that is more common in poor rather than rich countries, and in poor countries, is a more frequently used behavior among poor mothers. In the absence of breastfeeding, the poor-rich gap in child survival would be even greater.

Research in the second paper, Why invest, and what it will take to improve breastfeeding practices?, finds that despite the overwhelming evidence confirming the importance of breastfeeding, women worldwide lack the necessary support they need to breastfeed and face daily barriers.

SYMPTOM CHECKER

Know the symptoms of Gout

Gout is a condition that was first identified as early as 2640 BC by the ancient Egyptians. In the 5th Century BC, Hippocrates, the legendary Greek physician, referred to gout as "unwalkable disease," noting links between the condition and certain lifestyle habits.

Gout is a common form of inflammatory arthritis — a condition affecting the joints and musculoskeletal system. It is the most common form of inflammatory arthritis in men, and although it is more likely to affect men, women become more susceptible to it after the menopause.

Despite its long history, gout remains a major public health concern, with an increasing number of people suffering from what can be an extremely painful condition. Gout has also been related to an increased incidence of cardiovascular and metabolic disease.

This complex form of arthritis is characterised by the onset of sudden and severe pains. Fortunately, gout is treatable and there are preventative measures that can be taken to reduce the risk of developing the painful condition.

The signs and symptoms of gout almost always occur suddenly, often at night and without warning. They include:

- **Intense joint pain:** Gout usually affects the large joint of your big toe, but it can occur in your feet, ankles, knees, hands and wrists. The pain is likely to be most severe within the first 4-12 hours after it begins.
- **Lingering discomfort:** After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks. Later attacks are likely to last longer and affect more joints.
- **Inflammation and redness:** The affected joint or joints become swollen, tender, warm and red.
- **Limited range of motion:** Decreased joint mobility may occur as gout progresses.

HEALTH bulletin

Depression: Recognising the physical symptoms



Brazilian President Dilma Rousseff has declared war on mosquitoes responsible for spreading the Zika virus in a recorded TV message to the nation, reports BBC.

She said a national mobilisation day would be held today, during which thousands of soldiers and state employees would work to eradicate the insects in homes and offices.

Ms Rousseff said most mosquitoes breed in or near people's homes. Zika has been linked to babies being born with underdeveloped brains.

It is spreading through the Americas and the World Health Organisation (WHO) has declared the microcephaly disease linked to the virus a global public health emergency.

In her address, Ms Rousseff said that substantial federal resources were being released to fight Aedes aegypti mosquitoes, because it was a fight that "cannot be lost".

"All of us need to take part in this battle," she said. "We need help and good will from everyone. Collaborate, mobilise your family and your community. I will insist, since science has not yet developed a vaccine against the Zika virus, that the only efficient method we have to prevent this illness is the vigorous battle against the mosquito."

STAR HEALTH DESK

Most of us know about the emotional symptoms of depression. But you may not know that depression can be associated with many physical symptoms, too.

In fact, many people with depression suffer from chronic pain or other physical symptoms. These include:

- **Headaches.** These are fairly common in people with depression. If you already had migraine headaches, they may seem worse if you're depressed.
- **Back pain.** If you already suffer with back pain, it may be worse if you become depressed.
- **Muscle aches and joint pain.** Depression can make any kind of chronic pain worse.
- **Chest pain.** Obviously, it is very important to get chest pain checked out by an expert right away. It can be a sign of serious heart, stomach, lung or other problems. But depression can contribute to the discomfort associated with chest pain.
- **Digestive problems.** You might feel queasy or nauseated. You might have diarrhea or become chronically constipated.
- **Exhaustion and fatigue.** No matter how much you sleep, you may still feel tired or worn out. Getting out of the bed in the morning may seem very hard, even impossible.
- **Sleeping problems.** Many peo-



ple with depression cannot sleep well anymore. They wake up too early or cannot fall asleep when they go to bed. Others sleep much more than normal.

- **Change in appetite or weight.** Some people with depression lose their appetite and lose weight. Others find they crave certain foods — like carbohydrates — and weigh more.

- **Dizziness or lightheadedness.** Because these symptoms occur with many conditions, many depressed people never get help, because they don't know that their physical symptoms might be caused by depression. A lot of doctors miss

the symptoms, too.

These physical symptoms are not "all in your head." Depression can cause real changes in your body. For instance, it can slow down your digestion, which can result in stomach problems.

Depression seems to be related to dysregulation of nerve cell networks or pathways that connect brain areas that process emotional information. Some of these networks also process information related to how the body senses physical pain.

So many experts think that depression can make you feel pain differently than other people.

Source: www.webmd.com

Hidden health benefits of green apples

Apples are not only tasty and juicy but also offer countless medicinal values. Out of the many varieties of apples, perhaps green apples offer the most health as well as cosmetic benefits.

The number of benefits of green apple is amazing; from weight control to skin whitening, prevention of heart diseases and even certain cancers. Green apples taste different from the regular red ones, being mostly somewhat sour. The major health benefits of green apples are:

- They contain a lot of fiber, which is good for digestion and prevents spikes in blood sugar, which is much helpful for diabetics. Being a fiber rich fruit they also help relieve chronic constipation. They are also useful in controlling diarrhea because of this property.
- If one eats green apples there are less chances of colon cancer. The secret behind the health benefits of green apples are its several anti oxidants.
- Green apples are beneficial in treating gout and reducing blood pressure as well.
- Some studies say that green apples help relieve rheumatism in many cases.
- Green apples are also used as an appetizer in many tonics for general health and wellbeing. They help secrete the gut juices and improve the appetite.
- They are a store house of plenty of vitamins such as vitamin C, vitamin A, riboflavin, and vitamin B6. Doctors advise to take green apples if someone is on tuberculosis treatment.
- Regular consumption of green apples lessens the chances of liver and skin problems. Due to its rich vitamin A, B as well C content, they are very good for the nourishment of skin and also have a whitening effect on the skin.
- They also have plenty of minerals such as calcium, iron, magnesium, copper, zinc, manganese, iron, and potassium.
- Green apples have shown significant help in people who are trying to lose weight.



diabetes mellitus (or diabetes) is a chronic, lifelong condition that affects your body's ability to use the energy found in food. There are three major types of diabetes: type 1 diabetes, type 2 diabetes and gestational diabetes

types 1 DM results from the pancreas's failure to produce enough insulin. This was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes". The cause is unknown.

types 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. Previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM). Primary cause is excessive body weight and not enough exercise.

Gestational Diabetes, is the third main form and occurs when pregnant women without a previous history of diabetes develop a high blood-sugar level.



Total deaths from diabetes are projected to rise by more than 50% in the next 10 years. Most notably, they are projected to increase by over 80% in upper-middle income countries

- #### Symptoms
- Frequent urination
 - Excessive thirst
 - Unexplained weight loss
 - Extreme hunger
 - Sudden vision changes
 - Tingling or numbness in the hands or feet
 - Feeling very tired much of the time
 - Very dry skin
 - Sores that are slow to heal
 - More infections than usual

