

World Health Day 2016

# Beat diabetes

Scale up prevention, strengthen care and enhance surveillance

DR SHAHJADA SELIM

Diabetes is one of the largest global health emergencies of the 21st century. Each year more and more people live with this condition, which can result in life-changing complications. In addition to the 415 million adults who are estimated to currently have diabetes (expected to be 642 million in 2040), there are 318 million adults with impaired glucose tolerance, which puts them at high risk of developing the disease in the future.

Diabetes and its complications are major causes of death in most countries. Type 2 diabetes is the most prevalent form of diabetes and has increased alongside cultural and societal changes.

Greater education is needed to improve the diagnosis and management of all types of diabetes and to embed lifestyle changes that will slow the rise in type 2 diabetes. While educational programs can help improve the management of people with diabetes, public health education is needed at the population level to encourage behavior change to prevent type 2 diabetes.

Early diagnosis can prevent or delay the long-term health complications of people who are undiagnosed with type 2 diabetes.



### World Health Day 2016: Key messages

The World Health Organisation (WHO) focused the World Health Day on 7 April 2016 on diabetes because:

1. The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries.

2. A large proportion of diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes.

3. Diabetes is treatable.

Diabetes can be controlled and managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response.

4. Efforts to prevent and treat diabetes will be important to achieve the global Sustainable Development Goal 3 target of reducing premature mortality

from noncommunicable diseases (NCDs) by one-third by 2030. Many sectors of society have a role to play, including governments, employers, educators, manufacturers, civil society, private sector, the media and individuals themselves.

**Goal of World Health Day 2016:** Scale up prevention, strengthen care, and enhance surveillance

The main goals of the World Health Day 2016 campaign were to:

1. Increase awareness about the rise in diabetes, and its staggering burden and consequences, in particular in low- and middle-income countries;

2. Trigger a set of specific, effective and affordable actions to tackle diabetes. These will include steps to prevent diabetes and diagnose, treat and care for people with diabetes; and

3. Launch the first Global report on diabetes, which will describe the burden and consequences of diabetes and advocate for stronger health systems to ensure improved surveillance, enhanced prevention, and more effective management of diabetes.

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## KIDS CORNER

### Hidden hunger of our children



PROF M KARIM KHAN

About a month ago, I examined a boy of 4 years old with the complaints of pallor, decrease attention, loss of interest, rough skin, decrease vision at night.

After taking through history including dietary history and meticulous physical examination, I got the clue of different micronutrient deficiency in the patient. Few lab tests helped me to confirm the diagnosis. My patient had deficiency of Iron and vitamin A; he was treated with drug, diet and found remarkable improvement within couple of weeks.

Hidden hunger is a form of under nutrition that occurs when intake and absorption of vitamins and minerals are too low to sustain good health and development.

All vitamins and micronutrients are required for maintaining good health in true sense, but we consider Iron, Vitamin A, Zinc and Iodine as more important.

Globally prevalence of Iron deficiency is in almost 1.6 billion, Vitamin A in 190 million, Zinc in 1.2 billion, Iodine in 1.8 billion children. Burden of these micronutrient deficiency is enormous (data from Unicef Global hunger index).

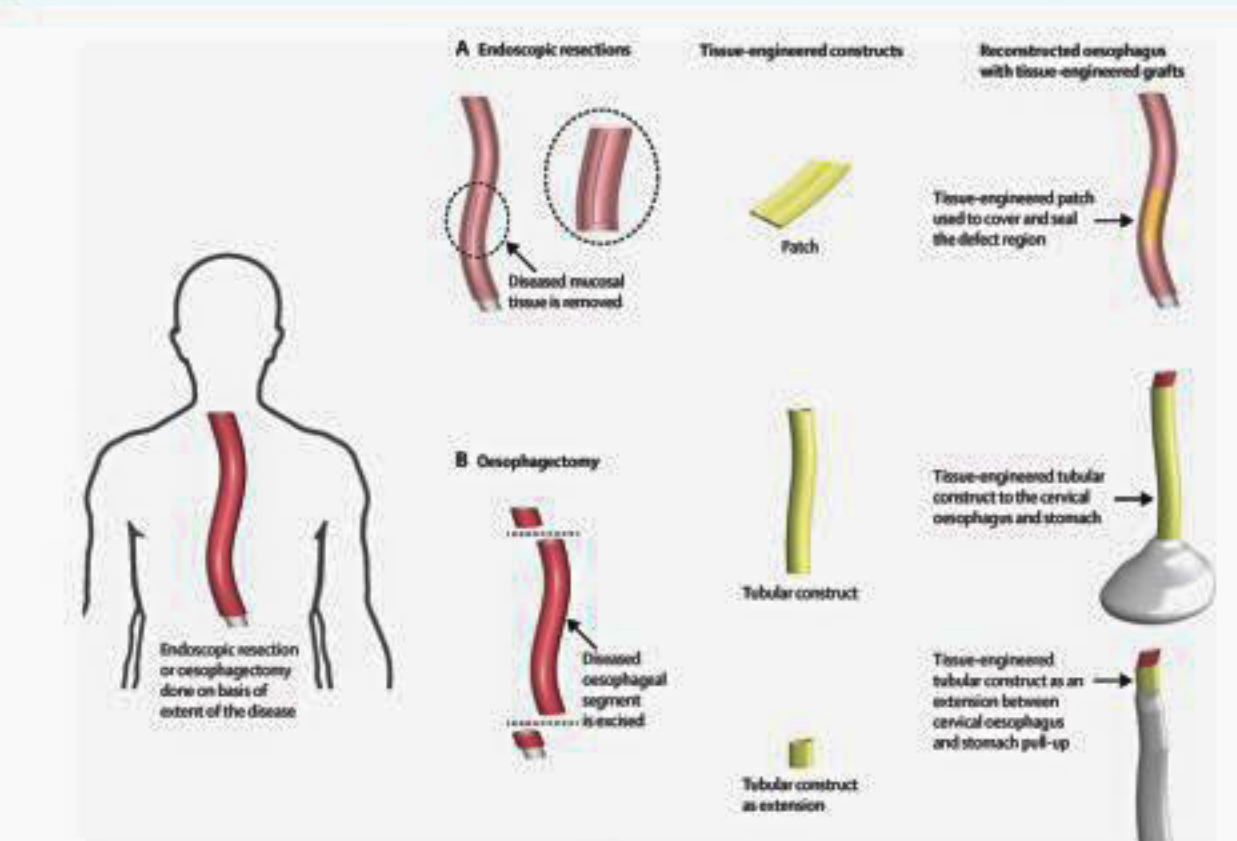
In Bangladesh, micronutrient deficiency especially Iron, vitamin A, Zinc and Iodine is quite remarkable. All these micronutrients are essential for better growth and development of the children, especially cognitive development.

To combat this situation, we need to develop awareness in the parents. Very simple measures like, exclusive breast feeding up to six month and there after along with breast milk vitamins and mineral rich complementary food should be given. Hygienically prepared vegetable khichuri, meat, fresh fruits may help a lot to prevent micronutrient deficiency.

Take care of your sweet kids.

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## HEALTH bulletin



### Reconstructing new oesophagus tissue in a critically ill patient

Writing in The Lancet, US doctors report the first case of a human patient whose severely damaged oesophagus was reconstructed using commercially available FDA approved stents and skin tissue.

Seven years after the reconstruction and 4 years after the stents were removed, the patient continues to eat a normal diet and maintain his weight with no swallowing problems.

Until now, this regeneration technique has only been tested in animals. The authors, reporting on the outcome of the procedure, say that research, including animal studies and clinical trials, are now needed to investigate whether the technique can be reproduced and used in other similar cases.

The oesophagus is a hollow muscular tube that connects the mouth to the stomach carrying food and liquids. Removal of the oesophagus (oesophagectomy) to treat cancer or injury requires reconnecting the remaining part of the oesophagus to the stomach to allow swallowing and the passage of food. Part of the stomach or colon is used to make this connection.

## Diabetes and gallbladder problems connections

PROF DR ANISUR RAHMAN

The evidence that people with diabetes are at greater risk of gallstones is clear, but no specific cause is known. Perhaps it is because people with diabetes are generally overweight and obesity is linked to gallstone disease.

One theory is, people with diabetes have higher levels of triglycerides (a type of fat) and triglycerides themselves encourage gallstone formation.

Another theory is that stones form because of what is called autonomic neuropathy or damage from diabetes to the involuntary nerves that control movement of

the bowels and gallbladder.

Hence, the bile stored in the gallbladder is not released efficiently because the nerves are damaged and gallstones form from the resulting sludge.

For a person living with diabetes, controlling the disease is the way to head off gallbladder problems. When diabetes is under control, it is much less likely that autonomic neuropathy will become an issue, and your triglyceride levels will be lower — thus decreasing your odds of developing gallstones. So common sense says that people with diabetes should be more aware of gallstone symptoms.

In many people, gallbladder attacks may occur, especially after

consuming a fat-laden meal.

Symptoms of a gallbladder attack may include:

- Sudden pain in the right upper abdomen that can last several hours
- Pain between the shoulder blades or under the right shoulder
- Abdominal pain centered on the right side that gets worse after eating
- Unexplained nausea or vomiting

Therefore, a person with diabetes, is more likely to have gallbladder problems — but there are ways to lower this risk.

A management plan should address food intake, exercise, medications and daily monitoring of blood sugar levels. Controlling blood glucose levels should not only help to feel better in general, but it may also delay the onset of complications often associated with diabetes, including gallbladder problems.

In most cases when gallstones are problematic for people with diabetes is the best course of action is to visit a surgeon to remove the gallbladder.

In general, whether they have diabetes or not, most people can avoid gallbladder problems by eating a consistently balanced diet, getting enough exercise and managing their overall health.

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## Health Events

### Free health camp for waste pickers



PHOTO: COURTESY

Repon Chowdhury, Executive Director of Bangladesh Occupational Safety, Health and Environment (OSHE) Foundation addressing inaugural session of free health camp for waste pickers in Aminbazar Dumping Station of Dhaka North City Corporation recently. A total of 35 waste pickers received free medical treatment and medicine. Dr S M Morshed, Vice Chair of OSHE Foundation presided over inaugural session.

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# World Health Day 2016: Beat diabetes

### Risk Factor:

- Family history of diabetes
- Overweight
- Unhealthy diet
- Physical inactivity
- Increasing age
- High blood pressure
- Ethnicity
- Impaired glucose tolerance (IGT)\*
- History of gestational diabetes
- Poor nutrition during pregnancy

### Prevention:

- Get more physical activity
- Get plenty of fiber
- Go for whole grains
- Lose extra weight
- Skip fat diets and just make healthier choices

