

Screening of cancers in the reproductive organs



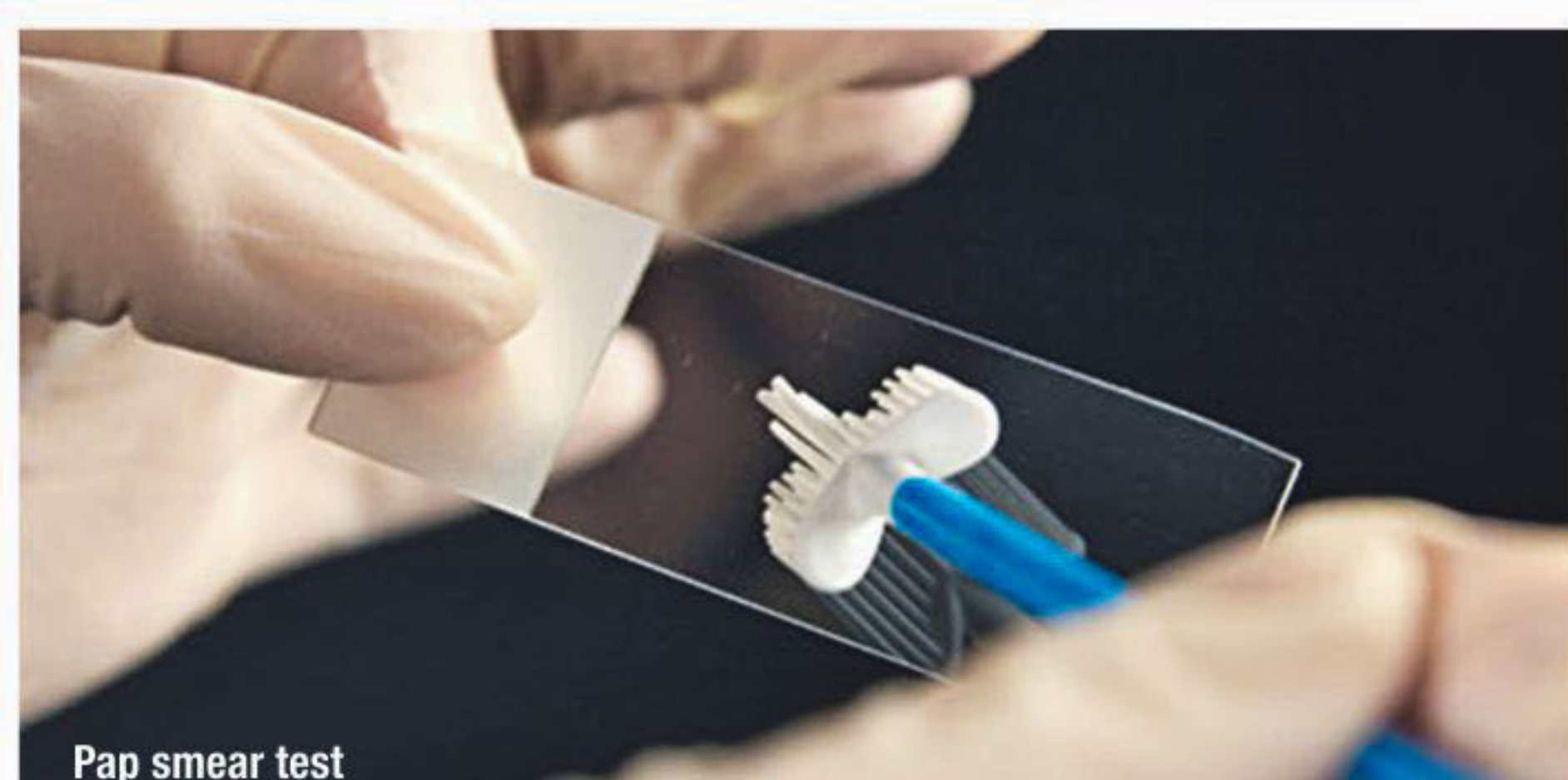
Women experience various types of cancers. Among them, the cancer in the reproductive organs has a frequency of 14%. This can be the cancer in the opening of the uterus, cancer in the ovary, cancer in the vaginal path and also in other parts.

It is possible to reduce the frequency of these cancers by improving the living standard, maintaining hygiene of reproductive organs, not getting married or not getting habituated in sexual intercourse at early age, avoiding polygamous tendencies for both male and female, giving up the habit of smoking and taking vaccines.

We need to observe the primary symptoms of cancer in reproductive organs. These can be irregular menstruation, problem in sexual intercourse, foul smelling vaginal discharge, feeling lumps in the body, accumulation of free water in abdomen etc.

It is possible to identify the cancers in reproductive organs at primary stage by regular physical and laboratory check ups. In developed countries, due to regular check ups and public awareness, 25-50% women report to the doctor within three months of the development of primary cancer symptoms, and the rest 20-45% women report within 3 month to one year. The scenario of countries like Bangladesh is different in this aspect.

Cytological test can help us to identify the



Pap smear test

cancer in reproductive organs at early stage. In this method, some fluid is taken from the reproductive organ and then it is examined whether it has any cancer cell or not.

Cervical cytology/Pap smear: This is considered as the gold standard in primary identification. In this method, some fluid is taken from the opening of uterus. It is said that every woman should take this test at least once within 30 years of age. If the first test reports that there is no cancer cell, then she is advised to take the test again after one year. If the second and third year test also comes negative, then she is advised to take Pap smear every 3 yearly.

Peritoneal cytology: Fluid can accumulate in the abdomen as a symptom of various diseases. The cancer in ovary is one of these. If the fluid is examined and cancer cells are found there, then the presence

of cancer can be verified by specialised test afterwards.

VIA: In this method, some medicine is applied and the opening of the uterus is observed under bright light. After applying the medicine, if it is observed that the opening of uterus turns white in colour, then it is considered as VIA positive. If it does not, then it is considered as VIA negative. This white colour does not stay for a long time. If VIA is positive, then the cancer is identified through colposcopy, biopsy. VIA is very easy method. It does not require any dissection.

Colposcopy: In this method, the cells from the exterior of vaginal path and the opening of uterus are examined with a specially made microscope. If Pap smear test reports the presence of cancer cells, or if the presence of cancer is suspected

despite the negative Pap smear report, this test is suitable for both the cases.

Cervicography: This method can be applied to the places, where it is difficult to find a skilled person who can provide medical services. In this method, a picture of the opening of uterus is taken with a special camera, and then it is sent to some specialist for opinion.

USG: The cancer in ovary can be primarily identified by transvaginal scan (TVS). For this reason, the women with a family history of cancer in ovary are advised to perform TVS at least once a year. In some cases, Doppler Ultrasonography can be applied.

Tumor marker: It resides in the blood and indicates which part of the body contains tumour. This tumour marker is one of the methods to primarily identify cancer in ovary and Gestational Trophoblastic disease.

The simple and naive women of Bengal don't want to open their mouth regarding any confidential matter concerning her, especially when it comes about menstruation. These financially dependant women are sometimes afraid of going to doctors and prove her suspicion right. Some walk in a wrong path due to ignorance and lack of scientific explanation. Besides that, it is also true that appropriate medical services are yet to reach every doorstep.

Even then we are hopeful. With our combined effort, it is possible to cure and prevent the cancer in reproductive organs.

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HEALTH ECONOMICS



Investing in treatment for depression/anxiety

Every US\$ 1 invested in scaling up treatment for depression and anxiety leads to a return of US\$ 4 in better health and ability to work, according to a new WHO-led study which estimates, for the first time, both the health and economic benefits of investing in treatment of the most common forms of mental illness globally. The study, published in The Lancet Psychiatry, provides a strong argument for greater investment in mental health services in countries of all income levels.

Common mental disorders are increasing worldwide. Between 1990 and 2013, the number of people suffering from depression and/or anxiety increased by nearly 50%, from 416 million to 615 million. Close to 10% of the world's population is affected, and mental disorders account for 30% of the global non-fatal disease burden. Humanitarian emergencies and ongoing conflict add further to the need for scale-up of treatment options. WHO estimates that, during emergencies, as many as 1 in 5 people are affected by depression and anxiety.

The new study calculated treatment costs and health outcomes in 36 low-, middle- and high-income countries for the fifteen years from 2016-2030.

The estimated costs of scaling up treatment, primarily psychosocial counselling and anti-depressant medication, amounted to US\$ 147 billion. Yet the returns far outweigh the costs. A 5% improvement in labour force participation and productivity is valued at US\$ 399 billion, and improved health adds another US\$ 310 billion in returns.

However, current investment in mental health services is far lower than what is needed. According to WHO's Mental Health Atlas 2014 survey, governments spend on average 3% of their health budgets on mental health, ranging from less than 1% in low-income countries to 5% in high-income countries.

HEALTH bulletin

Keep your joints healthy

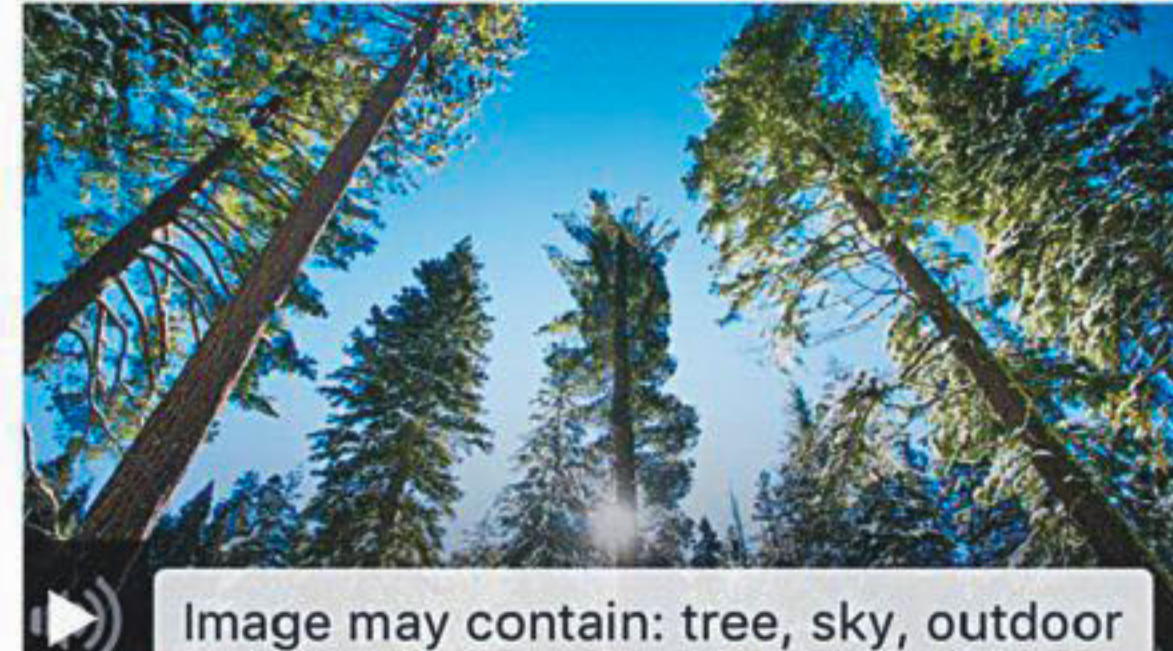


Image may contain: tree, sky, outdoor

STAR HEALTH DESK

Joints form the connections between bones. They provide support and help you move. Any damage to the joints from disease or injury can interfere with your movement and cause a lot of pain. Following tips may help keeping your joint healthy.

Stay in motion: It is the golden rule of joint health. The more you move, the less stiffness you will have. Whether you are reading, working or watching TV, change positions often. Take breaks from your desk or your chair and get active.

Safety first: Padding is your pal. So suit up when you do things like in-line skating or play contact sports. If your joints already ache, it might help to wear braces when you do activities like tennis or golf.

Lean in to your weight: Your size affects some of the strain on your hips, knees and back. Even a little weight loss can help. Every pound you lose takes 4 pounds of pressure off the knees. Ask your doctor what's the best way for you to get started.

Don't stretch before exercise: Flexibility helps you move better. Try to stretch daily or at least three times a week. But don't do it when your muscles are cold. Do a light warm-up first, like walking for 10 minutes, to loosen up the joints, ligaments and tendons around them.

Go low-impact: What exercise is good? The best choices are activities that don't pound your joints, like walking, bicycling, swimming and strength training.

Flex some muscle: Get stronger to give your joints better support. Even a little more strength makes a difference. A physical therapist can show you what moves to do and how to do them. If you have joint problems, avoid quick, repetitive movements.

Work on your range: Are your joints too stiff and inflexible? You will want to get back as much as you can of your "range of motion." That is the normal amount joints can move in certain directions. Your doctor or physical therapist can recommend exercises to improve this.

Power up your core: Stronger abs and back muscles help your balance, so you are less likely to fall or get injured. Add core (abdominal, back, and hip) strengthening exercises to your routine. Pilates and yoga are great workouts to try.

Know your limits: It is normal to have some aching muscles after you exercise. But if you hurt for more than 48 hours, you may have overstressed your joints. Don't push so hard next time. Working through the pain may lead to an injury or damage.

Eat fish to reduce inflammation: If you have joint pain from rheumatoid arthritis, eat more fish. Fatty cold-water types like salmon and mackerel are good sources of omega-3 fatty acids. Omega-3s may help keep joints healthy, as well as lower inflammation, a cause of joint pain and tenderness in people with RA. Don't like fish? Try fish oil capsules instead.

Keep your bones strong: Calcium and vitamin D can help you do that. Dairy products are the best sources of calcium, but other options are green, leafy vegetables like broccoli and kale. If you don't get enough calcium from food, ask your doctor about supplements.

Target your posture: Stand and sit up straight to protect joints all the way from the neck down to your knees. To improve your posture, take a walk. The faster you do it, the harder your muscles work to keep you upright. Swimming can also help.

Ease your load: Consider your joints when lifting and carrying. Carry bags on your arms instead of with your hands to let your bigger muscles and joints support the weight.

Chill out pain: Ice is a natural

and free pain reliever. It numbs the hurt and eases swelling. If you have a sore joint, apply a cold pack or ice wrapped in a towel. Leave it on for up to 20 minutes at a time. You can also try a bag of frozen vegetables wrapped in a towel. Never apply ice directly to your skin.

Supplements? Ask first: Stores are filled with ones that promise to relieve joint pain. Talk to your doctor if you want to give supplements a try, so you know about what is safe and what might affect your medicines or health conditions.

Source: Web MD

Facebook lets blind people 'see' its photos

As the internet becomes dominated by images, Facebook is launching a system which can "read" photos and tell visually impaired people what appears in them.

The internet is now becoming increasingly picture-led. But it is not a good news for blind or partially sighted users who often have no way of telling what is in an image. But a new service from Facebook is attempting to remedy that.

Blind people use sophisticated navigation software called screenreaders to make computers usable. They turn the contents of the screen into speech output or braille. But they can only read text and can't "read" pictures.

Using artificial intelligence (AI), Facebook's servers can now decode and describe images uploaded to the site and provide them in a form that can be read out by a screenreader.

Facebook says it has now trained its software to recognise about 80 familiar objects and activities. It adds the descriptions as alternative text, or alt text, on each photo. The more images it scans, the more sophisticated the software will become.

Know Your Symptoms Swollen feet


This is usually a temporary nuisance caused by standing too long or a long flight especially if you are pregnant.

In contrast, feet that stay swollen can be a sign of a serious medical condition. The cause may be poor circulation, a problem with the lymphatic system, or a blood clot. A kidney disorder or underactive thyroid can also cause swelling.


If you have persistent swelling of your feet, see a physician.



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WORLD HEMOPHILIA DAY | APRIL 17



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Hemophilia

(heem-o-FILL-ee-ah) is a rare bleeding disorder in which the blood doesn't clot normally.

Treatment

- A) Therapies to stop bleeding depend on the type of hemophilia.
- B) Ongoing Treatment: Doctor may recommend
 - 1.Regular infusions of DDAVP or clotting factor
 - 2.Clot-preserving medications (antifibrinolytics).
 - 3.Fibrin sealants.
 - 4.Physical therapy.
 - 5.First aid for minor cut.
 - 6.Vaccinations.