

Healthiest ways to cook veggies and boost nutrition

Veggies are really good for you. And you can make them even more nutritious if you prepare them in ways that maximise their benefits.

Studies show the process of cooking actually breaks down tough outer layers and cellular structure of many vegetables, making it easier for your body to absorb their nutrients.

For example, studies found that eating cooked spinach and carrots resulted in higher blood levels of the antioxidant beta carotene, which then converts to vitamin A.

It is not just limited to vitamins — cooking vegetables also helps increase the amount of minerals, like calcium, magnesium and iron, available to the body.

Steam, don't boil

As a general rule, it is best to keep cooking time, temperature and the amount of liquid to a minimum. That is why steaming is one of the best ways to cook most vegetables. It turns out that is especially true for broccoli, long touted as one of our top anti-cancer foods. Researchers found steaming kept the highest level of nutrients.

Boiling vegetables causes water soluble vitamins like vitamin C, B1 and folate to leach into the



water. So unless you are going to drink the water along with your vegetables, such as when making soups and stews, these vitamins are typically poured down the sink. Steaming is a gentler way to cook because the vegetables do not come in contact with the boiling water.

Another study found peas, cauliflower and zucchini to be particularly susceptible to a loss of nutrients through boiling, losing more than 50% of their antioxidants. Water is not the

cook's best friend when it comes to preparing vegetables, the researchers summarised.

When in doubt, microwave

Microwaving uses little to no water, and can heat the veggie quickly from within, preserving nutrients such as vitamin C that break down when heated. Phytonutrients are compounds naturally found in plants that provide health benefits and disease protection in the human body.

Avoid microwaving cauliflower

to preserve vitamins and phytonutrients that have been shown to help lower cholesterol and fight cancer.

Saute, don't fry

Studies show that during deep-fat frying, fat penetrates the food and vegetables dehydrate. But sauteing in a bit of healthy cooking oil, such as extra-virgin olive oil, is a great way to cook many vegetables. Not only does it maximise flavour, but the addition of olive oil appears to increase the

absorption of phytonutrients like phenols and carotenes.

Control the temperature of your olive oil when sauteing to increase nutrient absorption.

Griddling, baking & roasting

Veggies griddled with a tiny bit of olive oil can develop intense flavour and be quite healthy. Baking or roasting is hit-or-miss, and very dependent on the vegetable.

Oven roasted tomatoes are high in lycopene, an antioxidant that may reduce risk for Alzheimer's and cancer.

Maximise that benefit by never peeling a tomato or throwing away its seeds as most of the antioxidant power actually lies in the peel and seeds.

Best method to use?

So, which cooking method is best? The answer often depends on the vegetable. If you are a dedicated cook, staying on top of the latest science might be helpful.

But for days when you are too busy to look up the latest research, here is how to boil it down: Default to steaming and microwaving with just a little bit of water, throw in a splash of olive oil when you can, and your veggies — and body — will thank you.

Source: CNN

MDR TB

Hope for multidrug-resistant TB patients

Rapid diagnostic test and shorter, cheaper treatment signal new hope for multidrug-resistant tuberculosis (MDR-TB) patients, according to a new recommendation of World Health Organisation (WHO).

At less than US\$ 1000 per patient, the new treatment regimen can be completed in 9-12 months. Not only is it less expensive than current regimens, but it is also expected to improve outcomes and potentially decrease deaths due to better adherence to treatment and reduced loss to follow-up.

The conventional treatment regimens, which take 18-24 months to complete, yield low cure rates: just 50% on average globally. This is largely because patients find it very hard to keep taking second-line drugs, which can be quite toxic, for prolonged periods of time. They therefore often interrupt treatment or are lost to follow-up in health services.

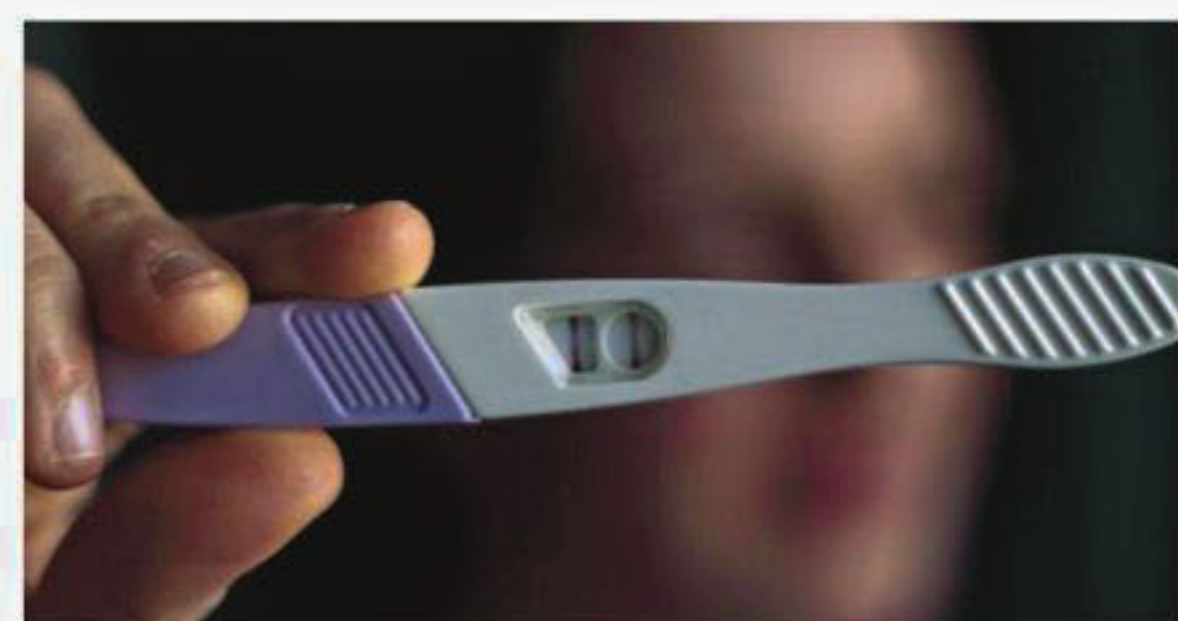
The shorter regimen is recommended for patients diagnosed with uncomplicated MDR-TB, for example those individuals whose MDR-TB is not resistant to the most important drugs used to treat MDR-TB, known as second-line drugs. It is also recommended for individuals who have not yet been treated with second line drugs.

The most reliable way to rule out resistance to second-line drugs is a newly recommended diagnostic test for use in national TB reference laboratories. The novel diagnostic test — called MTBDRsl — is a DNA-based test that identifies genetic mutations in MDR-TB strains, making them resistant to fluoroquinolones and injectable second-line TB drugs.

This test yields results in just 24-48 hours, down from the 3 months or longer currently required. The much faster turnaround time means that MDR-TB patients with additional resistance are not only diagnosed more quickly, but can quickly be placed on appropriate second-line regimens.

HEALTH bulletin

Which one is more harmful: Mosquito or mosquito coil?



25% of pregnancies end in abortion!

One in four pregnancies ends in an abortion each year, global estimates from the World Health Organisation and Guttmacher Institute suggest. The report in the Lancet said 56m induced abortions take place annually — higher than previously thought.

Researchers acknowledge rates have improved in many rich countries but warn this masks no change in poorer areas over the past 15 years.

Experts are calling for new approaches to contraceptive services.

Researchers point out that abortion rates were similar across countries — regardless of whether terminations are legal or not.

It is possible that some are not aware of the contraceptive services available or come from countries where abortion rates are higher in general, researchers say.

Dr Bela Ganatra, from the WHO, said: "Investing in modern contraceptive methods would be far less costly to women and to society than having unwanted pregnancies and unsafe abortions."

Many women said they chose not to use contraceptives because they were worried about side effects, felt stigmatised or thought there was a low risk they would become pregnant.



Dr. Nowshin Sharmila Purabi

Recently a research report shows that, in most of the mosquito coils consumed in Bangladesh contain active ingredient more than

acceptable standard rate.

As per World Health Organisation, qualities of a good standard coil is safety for human health as well as domestic animals. The highest quantity of applicable insecticide per square meter is also determined by the organisation. But the mosquito coils consumed in Bangladesh are being manufactured and marketed without the compliance with standard criteria and mixing excessive poisonous ingredients.

How do we come to the contact of poisonous chemical ingredients? The smoke of the coil withers away and mixes with the air of the house where we breath. They are being mixed with the dusts of home. We swallow them along with the foods we take if we do not wash our hands with soap after handling coils. Sometimes it is absorbed by our skin.

All types of people may be affected by its harmful effects, especially the developing embryos and children whose immune system has not been developed perfectly or weak become more victimised.

Due to the harmful effects of the



poisonous chemical ingredients, the child in the uterus may born with different physical defects such as cleft lip, cleft palate, nervous disorders and cardiac diseases.

Due to the harmful effects, female reproductive capacity may reduce and poses abortion risk. Sometimes, it leads to premature delivery and premature child.

There are also bad effects on male reproductive health. When these chemicals enter into our body, it may cause cough, asthma and skin problems.

Lungs, liver, kidney may be dam-

aged. In some cases it may cause cancer. Different problems of nervous system such as weakness, short sight, arrhythmia and headache may manifest.

Doctors should keep in mind the issue of excessive exposures to insecticides along with other causes when patients come with complain of vomiting and headache.

The remedy should come from the three levels, such as individual, social and state level.

At first I myself will be conscious. We will keep our houses and surrounding neat and clean, in case of necessity we will use mosquito net, block the ways through which the mosquitoes enter and avoid the coils having no approval of BSTI whatever cheap it is.

Different concerned government departments should provide the quality services with more attention. The mosquito control medicine should be sprayed at a regular interval. The medicine should not be sprayed on water.

Above all, BSTI should take the highest precautionary measures in quality control and accordingly the clearance certificate should be issued. The law enforcing agencies and judicial department have to play their roles responsibly. We have to work together to ensure good health.

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Know Your Symptoms

What causes burning feet?

Many people complain burning sensation in feet, but they hardly think that it could be a connection with complications of other disease. Often this symptom remains unattended until it gets worse. A burning sensation in the feet is common among diabetics with peripheral nerve damage.

People with diabetes can, over time, develop nerve damage throughout the body. Some people with nerve damage have no symptoms. Others may have symptoms such as pain, tingling, or numbness — loss of feeling — in the hands, arms, feet, and legs. When nerve damage progresses, it may result in moderate to severe burning sensation. Nerve problems can occur in every organ system, including the digestive tract, heart, and sex organs.

Burning of feet can also be caused by a vitamin B deficiency (which is again common in case of diabetic patients), athlete's foot, chronic kidney disease, poor circulation in the legs and feet (peripheral arterial disease), or hypothyroidism.



WORLD HYPERTENSION DAY

May 17, 2016

Uncontrolled hypertension has increased to around 1 billion worldwide in the past three decades

Uncontrolled high blood pressure can lead to:

- Heart attack or stroke
- Aneurysm
- Heart failure
- Weakened and narrowed blood vessels in your kidneys
- Thickened, narrowed or torn blood vessels in the eyes
- Metabolic syndrome
- Trouble with memory or understanding

Home Remedies & Life style Modification:

- Eat healthy foods
- Decrease the salt in your diet
- Maintain a healthy weight
- Increase physical activity
- Limit alcohol
- Don't smoke
- Manage stress
- Monitor your blood pressure at home
- Practice relaxation or slow, deep breathing
- Control blood pressure during pregnancy

