

# Pre-pregnancy preparation



Most of the mothers of Bangladesh conceive without any prior preparation. When she realises that she is pregnant, the age of the baby in the womb is perhaps two months. The success of life in every step depends on adequate planning and preparation accordingly. Child bearing is not exceptional.

## What is pre-pregnancy preparation?

Pre-pregnancy preparation typically refers to the physical, mental and financial preparation of a married couple willing to have a child.

## Is pre-pregnancy preparation required at all?

The people of Bangladesh feel unnecessary to take suggestion from the doctor without any problem or sickness. Due to lack of a suitable suggestion or due to a wrong suggestion from an improper person a beautiful life may lead to a confusion which is not expected.

## What is done as the prior preparation of pre-pregnancy?

In the developed country people are conscious about it. But the people of our country are being conscious regarding this matter with changes of time recently. Consequently it reduces the rate of unexpected pregnancy, abortion or pregnancy termination,



rate of mother and child death.

It is quite possible to diagnose the hidden diseases which may be dangerous for both child and mother by doing some pathological tests before conceiving.

If the pregnant mother is a patient of diabetes, thyroid, epilepsy and is under the medical

treatment then she has some duty to perform as pre-pregnancy preparation. Such as, the diabetic patient may take insulin in place of oral medicine, as some anti-diabetic drugs are harmful for the child developing inside the uterus.

Some may have thyroid prob-

lem which is unknown to them.

It is possible to save the upcoming baby from its negative effects. The epilepsy patients taking medicine for it may discuss about her duties regarding the problem with doctors.

Most of the women suffer from anaemia at or before pregnancy,

which may create complication in delivery. Anaemia need to be treated as pre-pregnancy care. One should know from the doctors/health workers about the weight of her body, suitability of weight with height, possible overweight or malnutrition which may be problematic in future pregnancy and necessary changing of life styles etc.

## Is family history important?

In some cases, family history bear importance. If anybody in the family is a patient of Thalassemia or if there is any physical disability of the previous child of the same couple, then special care is essential.

## Is the same blood group of the couple is a problem?

Same blood group is not a problem, but if it is of negative group then some pathological tests may be done for reducing the risks during pregnancy. If there is any history of abortion, then it makes anxiety of repetition. So it is necessary to find out the cause of previous abortion and receive the remedy as well.

To become a mother, it is required to take balanced diet and get mental preparation. After taking Folic Acid for three months one should try to conceive.

A happy family will be formed by right planning and its implementation.

**The writer is a gynaecologist. E-mail: dr.purabi@yahoo.com**

## TIPS

### 10 warning signs of ulcers

Ulcer is the result of an imbalance in your digestive fluids. It is considered to be a painful sore in the stomach lining or at the opening of the small intestine. Below are the 10 warning signs of ulcers you should know:

- 1. Abdominal pain:** Experiencing a burning sensation or pain in the middle or upper part of the stomach after eating or at night.
- 2. Flu-like symptoms:** Flu like symptoms such as nausea, fever, fatigue and general malaise does not go away over the next few days.
- 3. Indigestion:** Ulcer can cause gastrointestinal pain and terrible indigestion.
- 4. Loss of appetite:** Individual with ulcer may experience appetite loss due to intense and sudden stomach pain.
- 5. Nausea:** Imbalance of digestive juices often lead to nausea. You will likely experience mild to severe nausea with an ulcer.
- 6. Heavy abdomen:** Abdominal heaviness is a common thing to feel as an ulcer develops. The feeling of heaviness in the belly is similar to the burdensome feeling you can get after drinking lots of water.
- 7. Unexplained hunger:** It is also common for someone with ulcer to feel hunger pangs after only a couple of hours from eating a full meal. These are not hunger pangs, but rather ulcer pains, that are caused by increased digestive juices.
- 8. Sudden weight loss:** Loss of appetite may cause sudden weight loss due to lack of eating.
- 9. Vomiting blood:** Vomiting is common with ulcer due to high levels of digestive juices in your stomach and intestines. But if your vomit contains traces of blood, this can indicate an advanced state of ulcer and needs medical attention as soon as possible.
- 10. Discoloured stool:** Ulcer can cause discoloured stool that appear pasty, darker or bloody; a bloody stool indicates that your ulcer is growing in

## HEALTH bulletin



### New blood test targets depression

UK scientists have developed a blood test to help doctors pick the best drug for patients with depression, reports BBC.

Medics currently have to rely on trial and error, meaning around half of the time the first type of antidepressant given fails to work. The researchers from King's College London say checking a patient's blood could help identify accurate treatment. Those who test positive for inflammation need more aggressive therapy from the outset, they say.

The blood test, described in the International Journal of Neuropsychopharmacology, is the culmination of years of investigation. It looks for two specific markers of inflammation — a compound called macrophage migration inhibitory factor (MIF) and another called interleukin-1beta.

In the study, patients with high levels of these markers were unlikely to respond to conventional, commonly prescribed SSRI and tricyclic antidepressants.

Lead researcher Prof Carmine Pariante said, "About a third of patients might have these inflammatory markers and they would be people we might encourage to go on more aggressive treatment." Anti-depressants are safe but they can have side effects.

## Foods that may help or harm your sleep

What you eat affects how you sleep. If you could pick the right foods to help you get the best sleep possible, wouldn't you? And if you knew which foods would hinder your restful slumber, wouldn't you avoid them? Now is your chance to learn which foods to eat, and which to steer clear of for a good night's sleep.

**Reach for Tryptophan-rich foods**  
We have all heard of warm milk's magical ability to send us off to dreamland. Do you know why it is true? Dairy foods contain tryptophan, which is a sleep-promoting substance. Other foods that are high in tryptophan include nuts and seeds, bananas, honey, and eggs.

**Indulge your craving for carbs**  
Carbohydrate-rich foods complement dairy foods by increasing the level of sleep-inducing tryptophan in the blood. So a few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese.

**Have a snack before bedtime**  
If you struggle with insomnia, a little food in your stomach may help you sleep. But don't use this as an open invitation to pig out. Keep the snack small. A heavy meal will tax your digestive system, making you uncomfortable and unable to get soothing sleep.

**Put down the burger and fries!**  
Research shows that people who often eat high-fat foods not only



gain weight, they also experience a disruption of their sleep cycles. A heavy meal activates digestion, which can lead to nighttime trips to the bathroom.

**Beware of hidden caffeine**  
It is no surprise that an evening cup of coffee might disrupt your sleep. Even moderate caffeine can cause sleep disturbances. But don't forget about less obvious caffeine sources, like chocolate, cola, tea, and decaffeinated coffee. For better sleep, cut all caffeine from your diet four to six hours before bedtime. Some over-the-counter and prescription drugs contain caffeine, too, such as pain relievers, weight loss pills, diuretics, and cold medicines.

**Skip the nightcap**  
Alcohol may help you fall asleep faster, but you may experience fre-

quent awakenings, less restful sleep, headaches, night sweats and nightmares. If you are drinking alcohol in the evening, balance each drink with a glass of water to dilute the alcohol's effects.

**Beware of heavy, spicy foods**  
Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep. It can also lead to heartburn, as can spicy cuisine. Make sure to finish a heavy meal at least four hours before bedtime.

**Keep protein to a minimum at bedtime**

Sorry Atkins. Protein, an essential part of our daytime fare, can be a poor choice for a bedtime snack. Protein-rich, high-fat foods are harder to digest. So skip the fatty high-protein snack before bedtime and opt for a glass of warm milk or some sleep-friendly carbs, like crackers.

**Cut the fluids by 8 P.M.**  
Yes, staying hydrated throughout the day is great for your body, but curtail your fluid intake before bed. You are sure to have interrupted sleep if you are constantly getting up to go to the bathroom.

**Don't be fooled by a relaxing smoke**  
Nicotine is a stimulant, with effects similar to caffeine. Avoid smoking altogether and especially before bedtime or if you wake up in the middle of the night.

Source: WebMD

## Health News

### World Clubfoot Day 2016 celebrated



The Glencoe Foundation celebrated World Clubfoot Day on June 6, 2016, says a press release. The goal of World Clubfoot day was to raise awareness about clubfoot disability and its prevention using the Ponseti method, a nonsurgical treatment that includes gentle manipulation of the feet followed by application of plaster casts and temporary bracing.

A rally was organised at Bangabandhu Sheikh Mujib Medical University (BSMMU) to build awareness by Walk for Life programme of the Glencoe Foundation.

### Save the Children, Bangladesh project awarded

A project of Save the Children, Bangladesh won Civil Society Innovation Award initiated by Australian government this year, says a press release.

Innovation to improve hand-washing in schools uses environmental cues and nudges. It is more cost effective than hygiene communication programmes and has shown positive results in changing and sustaining behaviour change amongst school children.



## DON'T BREAK YOUR FAST WITH A FEAST

Dr Mahroof, an anaesthetist from Oxford, says your food intake should be simple and not differ too much from your normal diet. It should contain foods from all the major food groups:

- Fruit and vegetables
- Meat, fish or alternatives
- Bread, cereals and potatoes
- Milk and dairy foods

### FOODS TO AVOID

- Deep-fried foods - such as pakoras, samosas and fried dumplings
- High-sugar and high-fat foods - including sweets such as gulab jamun, rasgulla and balushahi
- High-fat cooked foods - such as parathas, oily curries and greasy pastries

### FASTING AND HEARTBURN

Fasting usually reduces the amount of stomach acid, which digests food and kills bacteria. However, thoughts of food, or the smell of it, make the brain tell the stomach to produce more acid, which can lead to heartburn.

People who regularly take medicine for indigestion - such as antacids, antihistamines or proton pump inhibitors - are advised to continue taking them. A good time to do this could be with the pre-dawn meal.

The control of heartburn or belching can be aided by eating in moderation and avoiding oily, deep-fried or very spicy food. Reducing your caffeine intake and stopping smoking can also help.

Preparations such as peppermint oil may help reduce belching or abdominal discomfort. Sleeping with your head raised on a few pillows, in addition to long-term weight loss, may also help prevent heartburn

