

The source of essential nutrients for kids

STAR HEALTH DESK

Sometimes, we are very much concerned about the intake of vitamins and minerals, especially about our kids — whether they are getting these in right amount or not. But we often get puzzled about the source of them. Read this article to know the best source of essential vitamins and minerals for kids.

Vitamin A

Why kids need it: This vitamin is key for good eyesight, especially for colour and night vision. It also gives a child's immune system — the body's defense against germs — an infection-fighting boost.

Where to find it: Fill kids' plates with carrots and other orange vegetables and fruits, like cantaloupe and sweet potatoes. Serve with glasses of fortified milk.

B Vitamins

Why kids need them: These nutrients — which include thiamin, riboflavin, niacin, folate, pantothenic acid, B6, B12, and biotin — help their bodies make and use energy. Without enough B vitamins, kids can get anemia.

Where to find them: You can find Bs in just about every food group. Whole grains, fish, chicken, meat, leafy greens and dairy are packed with them.

Vitamin C

Why kids need it: This vitamin helps kids ward off sneezes and sniffles by helping their bodies



fight infections. It also helps scrapes and cuts heal faster.

Where to find it: Kids can drink a glass of orange juice or, better yet, eat an orange. Other fruits and vegetables are also great C sources: strawberries, tomatoes, cantaloupe, and sweet red peppers.

Vitamin D

Why kids need it: For strong bones and teeth, children need this nutrient every day. It helps them absorb calcium so their bodies can build up bones.

Where to find it: The skin makes this vitamin when the sun hits it. But because the UV rays that fuel that process also can cause cancer, your kids shouldn't get too

much sun. Instead, boost their D with fortified milk, cereal, tuna, or eggs.

Calcium

Why kids need it: This mineral is a must for healthy bones and teeth. Too little can lead to a higher chance of bone disease later in life.

Where to find it: Dairy is the best source. A few servings of low-fat milk and yogurt every day should keep your kids' bones sturdy.

Choline

Why kids need it: This nutrient isn't a vitamin, but it is still important. Cells need it to keep their shape, and the nervous system needs it to speed messages

throughout the body.

Where to find it: The body does not make its own choline, so kids have to get it from foods like eggs, fish, beef, chicken, and broccoli.

Iron

Why kids need it: Red blood cells use it to move oxygen to the rest of the body.

Where to find it: Beef up on lean meat, or give kids other foods like beans, dark leafy greens, and iron-fortified cereal.

Magnesium

Why kids need it: This nutrient is one of the building blocks of the body's cells, and it is important for making energy. A diet rich in magnesium also will keep

your child's heart pumping strongly into adulthood.

Where to find it: Bran cereal, brown rice, tofu, beans, almonds, and other nuts are all great sources.

Potassium

Why kids need it: Almost every cell and organ in the body needs this to work properly. It is also important for blood pressure, to keep the heart pumping and the muscles working when children are running around.

Where to find it: Bananas are loaded with potassium, but you also can find it in sweet potatoes, white beans, skim milk, and low-fat yogurt.

Zinc

Why kids need it: Zinc may keep colds away by helping kids' immune systems fight viruses and other germs. Plus, their bodies need it to grow and develop properly.

Where to find it: Chicken, beans, and fortified breakfast cereals.

Fortified foods

The best way to make sure your kid gets the nutrients s/he needs is to serve a mix of different foods. Fortified orange juice, breads, and cereals also can help you make sure he gets balanced nutrition. Worried about a picky eater? Ask your paediatrician if your child needs a daily vitamin and mineral supplement.

Source: Web MD

VIRAL HEPATITIS

Urge to act to reduce deaths from viral hepatitis

Ahead of World Hepatitis Day, 28 July 2016, the World Health Organisation (WHO) is urging countries to take rapid action to improve knowledge about the disease and to increase access to testing and treatment services. Today, only 1 in 20 people with viral hepatitis know they have it. And just 1 in 100 with the disease is being treated.

Around the world 400 million people are infected with hepatitis B and C, more than 10 times the number of people living with HIV. An estimated 1.45 million people died of the disease in 2013 – up from less than a million in 1990.

In May 2016, at the World Health Assembly, 194 governments adopted the first-ever Global Health Sector Strategy on viral hepatitis and agreed to the first-ever global targets. The strategy includes a target to treat 8 million people for hepatitis B or C by 2020.

The strategy is ambitious, but the tools to achieve the targets are already in hand. An effective vaccine and treatment for hepatitis B exists. There is no vaccine for hepatitis C but there has been dramatic progress on treatment for the disease in the past few years. The introduction of oral medicines, called direct-acting antivirals, has made it possible to potentially cure more than 90% of patients within 2–3 months.

KNOW HEPATITIS ACT NOW

WHAT IS HEPATITIS ?

Hepatitis virus causes infection and inflammation of the liver

400 million

Hep B & C can lead to severe disease and possibly death

Hep B & C is spread by blood, semen and other body fluids

6-10 million

HEALTH bulletin

Are you sleeping well?

DR MEHTAB GHAZI RAHMAN

Are you someone who struggles with good sleep? If you have problems with sleep or know someone who does, this article may be helpful.

Sleep comes naturally to most of us. The way you are feeling right at this moment is linked to the quality of sleep you had last night. Your bedtime habits, sleeping schedule and the quality of sleep have a direct influence on both physiological and psychological wellness. This article will provide you a few tips on how to optimise your sleep.

How many hours of sleep do you need?

Adults generally need 8 hours of uninterrupted sleep a night. Children and teenagers need 9-10 hours of sleep daily. Babies need to sleep up to 17 hours a day. As we grow older, the need for sleep decreases and those over 65 need between 6-7 hours of uninterrupted sleep a night.

The effects of poor sleep

If you have ever suffered a bad night's sleep, you will have experienced the negative effects on your physical and cognitive functioning the next day. Poor sleep can lead you to feel lethargic and exhausted, make it difficult for you to concentrate, increase your anxiety levels and make you feel irritable. Lack of sleep can be particularly dangerous for you if you drive or operate

machinery due to the high risk of accidents. In the long term, poor sleep can lead to serious physical health problems, including high blood pressure and diabetes.

How can you improve the quality of your sleep?

- Your bedroom is your personal space, so make it comfortable for yourself. Try to reduce noise coming into your room and set the temperature to one that suits you.
- The mattress you sleep on is very important. Choose a mattress that is neither too hard nor too soft. A hard mattress puts stress on your hips and shoulders, while a soft mattress can cause damage to your back.
- Before you get to bed, do something relaxing. You could listen to some soft music or take a warm shower prior to bedtime.
- Involve yourself in some light exercise during the early evening. Do not exercise immediately before bedtime as it will activate your muscles and make sleep difficult.
- Avoid tasks that stimulate your mind when you are lying on your bed, such as watching television or ruminating over anxiety provoking thoughts.
- Set yourself a bedtime routine that you can follow every night prior to bedtime. Go to bed around the same time every night.
- Caffeine persists in your body for many hours after you have had tea or coffee. Try not to drink any

caffeine-containing fluids after midday. Remember that fizzy drinks also have a high caffeine content.

- Alcohol is extremely disruptive to sleep. Alcohol can initially make one feel drowsy and help one drift off to sleep, but the quality of the sleep will be light and poor and an intoxicated person will find himself waking up multiple times during the night. Alcohol is also a major depressant and may make you feel low in mood the next day.
- Have an early dinner to allow your body sufficient time to digest food prior to going to bed.

Sleeping pills can help with sleep in the short term, but they are not recommended for long-term use as they are addictive. Sedatives can also make you feel quite drowsy the next day. They should only be used for a maximum of two weeks in one go and avoided if at all possible. Emotional difficulties, high anxiety levels, depression and physical health conditions are the main causes of unexplained sleeping difficulties. There are also a number of medicines that can negatively affect your sleep.

If the above tips do not help and you continue to have chronic sleeping difficulties, it is recommended that you see a doctor for further assessment.

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Health benefits of cucumber

If you would like to make your diet healthier by adding more vegetables to your meals, cucumbers are a great choice. Here is a short list of the impressive health benefits that a cucumber carries:

- **Keeps you hydrated:** If you are too busy to drink enough water, munch on the cool cucumber, which is 96% water. It will cheerfully compensate!
- **Fights heat, both inside and out:** Eat cucumber, and your body gets relief from heartburn. Apply cucumber on your skin, and you get relief from sunburn.
- **Flushes out toxins:** All that water in cucumber acts as a virtual broom, sweeping waste products out of your system. With regular use, cucumber is known to dissolve kidney stones.
- **Lavishes you with vitamins:** A, B and C, which boost immunity, give you energy, and keep you radiant. Give it more power by juicing cucumber with carrot and spinach.
- **Supplies skin-friendly minerals:** Magnesium, potassium, silicon. That's why cucumber-based treatments abound in spas.
- **Aids in weight loss:** Enjoy cucumbers in your salads and soups. Crunchy cucumber sticks with creamy low-fat yogurt dip.
- **Revives the eyes:** Placing chilled slices of cucumber on the eyes is a clichéd beauty visual, but it really helps reduce under-eye bags and puffiness.
- **Cuts cancer:** Cut down your risk of several cancers by including cucumber in your diet. Several studies show its cancer-fighting potential.
- **Stabilises blood pressure:** Patients of blood pressure, both high and low, often find that eating cucumber brings relief.

/StarHealthBD



Conjunctivitis is a common condition that causes redness and inflammation of the thin layer of tissue that covers the front of the eye (the conjunctiva).

Self Care

If you have allergic conjunctivitis, you can follow the guidelines below to treat your condition at home.

- If you wear contact lenses, take them out until all the signs and symptoms of the conjunctivitis have gone.
- Don't rub your eyes, even though they may be itchy. Rubbing your eyes can make your symptoms worse.
- Place a cool compress over your eyes. Wetting a flannel with cool water and holding it over your eyes will help ease your symptoms.
- Avoid exposure to the allergen, if possible.

What causes conjunctivitis?

The conjunctiva can become inflamed as a result of:

- a bacterial or viral infection - this is known as infective conjunctivitis
- an allergic reaction to a substance such as pollen or dust mites - this is known as allergic conjunctivitis
- the eye coming into contact with things that can irritate the conjunctiva, such as shampoo or chlorinated water or a loose eyelash rubbing against the eye - this is known as irritant conjunctivitis

