

Foods that cause constipation

STAR HEALTH DESK

It happens to most of us: constipation is a silent pain, and just like poop, nobody wants to talk about it. Constipation occurs when bowel movements become difficult to pass. Below are some common culprits that often cause constipation, and while we are not suggesting to never eat these foods again, it may be time to cut back on some if you have a tendency to over-consume them.

Dairy: If you get constipated often, do yourself a favor and take a look at your diet. Among the foods that may block you up: too much cheese and milk. But you may not have to give up dairy — just eat less of it and change your choices. Try yogurt with probiotics, live bacteria that is good for your digestive

system. It may help relieve constipation.

Fast or prepared foods: Does your busy lifestyle have you eating on the go? Those ready-made meals may be convenient, but they could cause a backup. Most are low in fiber, which you need to help food move through your system. By taking time to slow down, you may speed up your digestion.

Fried food: Fried chicken is almost impossible to pass up, but consider opting for an entrée with more fiber if you are having a tough time on the toilet. Fried foods are full of fat and are hard to digest. When food moves through your colon slowly, too much water can be taken out of it. That makes for a hard, dry stool.

Eggs: They are high in protein but low in fiber. You don't have

to take them off the menu. Just add some high-fiber foods into the mix. Try an omelet with fresh spinach and tomatoes.

Tender meat: Full of protein and fat but lacking in fiber, that juicy steak needs to be balanced with a side of vegetables. That will help herd it comfortably through your digestive system.

Cupcakes: Add possible constipation to the many reasons a sweet dessert should be an occasional, not regular thing. Pastries, cookies, and other treats with refined sugar are low in fiber and fluids, and high in fat. That's no good if you are having trouble keeping things moving. Satisfy your sweet tooth with strawberries and yogurt. Your tummy will thank you for it.

White bread: Too much of this will give you hard, dry stools. It's made with low-fiber white flour.

Go for whole-grain toast instead. It may help your next trip to the bathroom go more smoothly.

Caffeine: A couple cups of coffee makes some people race to the bathroom, but it can have the opposite effect, too. The caffeine in coffee and soft drinks can keep your body from holding onto water, and you need water to stay regular. If you are constipated, skip that second cup until things pass.

Chips: Snacks such as potato chips make the list of constipating foods mainly because they almost always replace a snack or side dish that is richer in fiber. There's another issue at play here, too. High-fat foods like potato chips cause delayed digestion, leading to a 'too-full' feeling that mirrors constipation. For constipation relief, look for reduced-fat snack foods that contain whole

grains to increase your fiber intake.

Bananas: Interestingly, bananas can either be a cause of constipation or a source of constipation relief, depending on their ripeness. Unripened, green bananas are constipating. But ripe bananas are very high in soluble fiber, which in some cases can help to push waste through the bowels, so bananas can also be helpful in eliminating constipation issues. For constipation relief, be sure to pick bananas that are good and ripe.

Alcohol: Like coffee, booze can make it hard for your body to hang onto water. That can spell trouble for your bathroom visits until you get hydrated again. If you are going to have a cocktail, nurse a glass of water at the same time to keep things flowing.



NUTRITION

Advantages of eating oranges



There are thousands of reasons why eating an orange a day is a good idea; they are low in calories but full of nutrients, they promote clear, healthy skin and can help to lower our risk for many diseases and conditions as part of an overall healthy and varied diet.

Stroke: According to the American Heart Association, eating higher amounts of a compound found in citrus fruits like oranges may lower ischemic stroke risk for women.

Cancer: According to a study published in the American Journal of Epidemiology, consuming bananas, oranges and orange juice in the first two years of life may reduce the risk of developing childhood leukemia.

Kidney stones: A study published in the British Journal of Nutrition found that when women drank ½ to 1 litre of orange, grapefruit or apple juice daily, their urinary pH value and citric acid excretion increased, significantly dropping their risk of forming calcium oxalate stones.

Heart health: The fiber, potassium, vitamin C and choline content in oranges all support heart health.

Skin: The antioxidant vitamin C, when eaten in its natural form or applied topically, can help to fight skin damage caused by the sun and pollution, reduce wrinkles and improve overall skin texture. Vitamin C plays a vital role in the formation of collagen, the support system of your skin.

HEALTH bulletin



Vitamin D can reduce asthma attacks

A new Cochrane Review has found evidence from randomised trials that taking an oral vitamin D supplement in addition to standard asthma medication is likely to reduce severe asthma attacks.

Asthma is a common chronic disease affecting about 300 million people worldwide. The symptoms of asthma include wheezing, coughing, chest tightness and shortness of breath.

Low blood levels of vitamin D have been linked to increased risk of asthma attacks in children and adults with asthma. There has been a growing interest in the potential role of vitamin D in asthma management because it might help to reduce upper respiratory infections (such as the common cold) that can lead to exacerbations of asthma.

The researchers found that giving an oral vitamin D supplement reduced the risk of severe asthma attacks requiring hospital admission or emergency department attendance from 6% to around 3%. They also found that vitamin D supplementation reduced the rate of asthma attacks needing treatment with steroid tablets.

Tonic Discount: Relieving medical expenses

Md Abul Hossain (*not a real name*) was suffering from immense physical pain for a long time. He had visited a clinic with the hope of long-term remedy, but was instead suggested to visit a bigger hospital to get more detailed tests done. Abul Hossain, the breadwinner of a middle income joint family, decided to let the pain subside and heal by itself. The ongoing treatment of his mother's critical illness meant that a considerable chunk of the family's monthly budget was already being depleted.

The intensity of his pain, however, kept increasing until the day his family members realised that Abul Hossain needed urgent medical attention. Despite realising the significant pressure that would be placed on the family's finances, Abul Hossain's younger brother had no other option but to take him to a tertiary level hospital in Dhaka.

Going through a number of tests like MRI scan, ultrasonography, and blood test at that hospital, brother of Mr Abul Hossain anxiously approached the billing booth to ask if he could receive any concessions on his dues. He was relieved when the staff informed him about Tonic Discount and how becoming a member would get him discount on selected services at the hospital.

As soon as he got to know about Tonic, a free healthcare service



provided by GrameenPhone and Telenor Health, brother of Mr Hossain, a longtime mobile user registered for Tonic with the hope of saving money on his brother's medical bills. And it certainly paid off as promised. After paying the bills at that hospital, he was able to walk away saving a substantial amount on that day due to Tonic Discount.

"As soon as I received the benefits of this unique service, I informed my family members about Tonic Discount. This was a very unique and helpful service for us, especially for the middle-class. My family's medical expenses exceed 1 lakh taka every year, and a service like Tonic Discount will cut the cost to a great extent," says the grateful brother of Mr Hossain.

Launched in June 2016 in

Bangladesh, Tonic has already made its mark through registering a significant number of members. With its groundbreaking service Tonic Discount, members are saving up cash on medical services in partner hospitals in and outside Dhaka. Tonic Discount cuts down the members' expenses on healthcare services including surgery, bed rates, all kinds of diagnostic, and ambulance services.

"Tonic Discount has been providing a rebate of 10% on some of the services of some hospitals to its members, and in the past two months there have been more than 490 individuals who have availed this discount at those hospitals. Tonic has aptly managed healthcare expenditure on the services such as MRI and CT scan whose costs are relatively higher than other services. This ultimately manages to lower the overall cost for any patient," said Enayet Ullah Khan, Director of Business Development at Apollo Hospitals Dhaka.

To avail discount, Tonic members need to write the code of the partner hospital or diagnostic center they are taking service from and send a SMS to 789. When they show the reply SMS at Tonic Discount concierge, they will be offered up to 40% discount depending on the service they have taken from the healthcare centers.

Tips for a healthy Eid-ul-Azha

DR MAHMOOD KAZI MOHAMMED

Eid-ul-Azha is an important and memorable event which Muslims of the world celebrate. It is important to remain healthy in the time when there is abundance of meat. The following tips will help you to ensure better health.

Eat less
Take small quantities of food instead of piling plates with unhealthy food. Limit the quantity of desserts as well. Too much sweet does not let you remain healthy.

Do not eat too much meat
Red meat (beef, lamb and mutton) is high in cholesterol. Do not indulge in excessive intake of red meat as they will harm your health in long-term and your heart can get adversely affected. Also avoid the fatty part of meat to maintain your health.

Take a walk
Taking a walk will enable your stomach to work properly and will make it able to digest food.

Fix time of meal
One of the abuses we find in our society is lack of routine in eating food specially on the occasion like Eid. You should keep your routine intact even during Eid to be healthy.

Take a break between meals
The delay between two consecutive meals should not be less than 6 hours at least. It allows the food to be digested properly.

Eat more vegetables
To avoid constipation ample consumption of fruits and vegetables alongside meat is highly recommended. Include plenty of salads when having large meals of meat.

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Chronic fatigue syndrome (CFS) is a complicated disorder characterized by extreme fatigue that can't be explained by any underlying medical condition. The fatigue may worsen with physical or mental activity, but doesn't improve with rest.

Chronic fatigue syndrome has eight official signs and symptoms, plus the central symptom that gives the condition its name:

- Fatigue
- Loss of memory or concentration
- Sore throat
- Enlarged lymph nodes in your neck or armpits
- Unexplained muscle pain
- Pain that moves from one joint to another without swelling or redness
- Headache of a new type, pattern or severity
- Unrefreshing sleep
- Extreme exhaustion lasting more than 24 hours after physical or mental exercise

Possible complications of chronic fatigue syndrome include:

- Depression
- Lifestyle restrictions
- Social isolation
- Increased work absences

For chronic fatigue syndrome, certain self-care measures may help:

- Reduce stress. Develop a plan to avoid or limit overexertion and emotional stress. Allow yourself time each day to relax. That may mean learning how to say no without guilt.
- Improve sleep habits. Go to bed and get up at the same time each day. Limit daytime napping and avoid caffeine, alcohol and nicotine.
- Pace yourself. Keep your activity on an even level. If you do too much on your good days, you may have more bad days.

