

Fat facts to know after Eid

STAR HEALTH DESK

Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease. Cutting down on saturated fats is only one aspect of reducing your risk of heart disease, stroke and other cardiovascular diseases. Other risk factors include eating too much salt and sugar, being overweight, smoking and a lack of physical activity.

During the Eid-ul-Adha, Muslims consume a considerable amount of meat and fat than that of usual. It increases a sudden rise in different level of fats which contribute to certain medical conditions, especially who are already susceptible to related issues. So, it is particularly important to know about fat facts during this time.

Not all fat is bad

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 – "essential" because the body can't make them itself. Fat helps the body absorb vitamins A, D and E. These vitamins are fat-soluble, meaning they can only be absorbed with the help of fats.

Most fats and oils contain both saturated and unsaturated fats in different proportions. As part of a healthy diet, we should try to cut down on foods and drinks high in saturated fats and trans fats



and replace some of them with unsaturated fats.

Saturated fats

Most of the saturated fats come from animal sources, including meat and dairy products, as well as some plant foods such as palm oil. Foods high in saturated fats include fatty cuts of meat and meat products, butter, ghee, cheese, cream, ice cream, cakes, pastries and palm oil etc.

While any type of fat in our food can be turned into chole-

sterol by the body, it's the "sat fat" we need to cut down on because we are eating too much of it.

Cholesterol is mostly made in the liver from any type of fat you eat. It's carried in the blood in two ways: as low density lipoprotein (LDL) and high density lipoprotein (HDL).

Too much LDL cholesterol can lead to fatty deposits developing in the arteries, increasing the risk of heart disease and stroke. On the other hand, HDL cholesterol

has a positive effect by taking cholesterol from parts of the body where there is too much of it, to the liver, where it is disposed of.

The average man should aim to have no more than 30g of saturated fat a day. The average woman should aim to have no more than 20g of saturated fat a day. Children should have less.

Trans fats

Trans fats are found naturally at low levels in some foods, such as

those from animals, including meat and dairy products. Like saturated fats, trans fats can raise cholesterol levels in the blood. This is why it is recommended that trans fats should not be taken more than about 5g a day.

Unsaturated fats

If you want to cut your risk of heart disease, it is best to reduce your overall fat intake and swap saturated fats for unsaturated fats. Unsaturated fats can be either polyunsaturated or mono-unsaturated. Monounsaturated fats help protect our hearts by maintaining levels of HDL cholesterol while reducing levels of LDL cholesterol. Mono-unsaturated fats are found in olive oil, avocados, some nuts such as almonds and peanuts.

Polyunsaturated fats can help lower the level of LDL cholesterol. There are two types of polyunsaturated fats: omega-3 and omega-6. Omega-6 fats are found in vegetable oils such as corn, sunflower and some nuts. Omega-3 fats are found in oily fish such as mackerel, trout, sardines, salmon and fresh tuna.

Many foods are not necessarily low in calories. Sometimes the fat is replaced with sugar and may end up with similar energy content. To be sure of the fat content and the energy content, remember to check the nutrition label on the packet. Cutting down on fat is only one aspect of achieving a healthy diet.

FIRST AID

Dealing with insect bites

PROF M KARIM KHAN

Bite of many insects may endanger life but we are mostly concerned about mosquito bite, as it can transmit deadly diseases like malaria, dengue etc.

In Dinajpur district of Bangladesh, 3 sisters less than 10 years old from the same family were killed after the bite of wasp which was very unusual.

In most of the cases, insects bite is not so serious. After bite there may be local pain, redness, mild rash, local or generalised itching. Very rarely there may be severe anaphylactic reaction and the victim may develop severe respiratory distress affecting multi organs and eventually death may occur if proper treatment is not offered in time.

Wasp stinging may develop pain, redness, minor swelling and itching. But in some cases serious systemic reaction can occur, patient may develop irreversible shock and may die. In this situation ICU management is needed which is not available everywhere and may not be affordable by all.

In insect bite, home management usually is enough. Clean the area with water and soap; then apply cold pack to the bite site. Some anti-allergic cream may be applied and occasionally antibiotic cream may be used. Rarely, they need to visit hospital.

A first aid kit should be available at home, in school or in office to provide primary management. Please do not neglect insect bites. Special attention should be given to the children and elderly persons where emergency management may be needed.

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HEALTH bulletin

Most at risk of maternal death

The poorest and most marginalised women continue to face the highest risk of death from causes related to pregnancy and childbirth. Efforts must be drastically increased to safeguard the maternal health of all women everywhere, if the good health and well-being of all people – and in turn the well-being and prosperity of communities and societies – are to be achieved.

The World Health Organisation (WHO) estimates that 830 women die every day from preventable causes related to pregnancy and childbirth. Considerable progress has been made on a global level to reduce maternal mortality – between 1990 and 2015, maternal mortality worldwide dropped by about 44%.

Diversity and difference

An article published in The Lancet series, which chiefly examines data on maternal mortality and morbidity, highlights how inequalities in maternal health are becoming more

diverse and uneven, both within and between populations and countries. The authors note the importance for countries to recognise this uneven distribution of poor maternal health to ensure effective planning and implementation of actions to improve health. This includes the need to address inequities in wealth, socio-economic status, human rights and access to health-care.

Too little, too much

Another article published as part of The Lancet series, further highlights this growing diversity and difference in maternal health, in relation to the nature and quality of health-care given to women during pregnancy and childbirth. It compares two extreme situations in maternal health-care provision: one which the authors term 'too little, too late', and the other 'too much too soon'.

'Too little too late' refers to inadequate provision of health-care, including care with insufficient resources, poor quality care given with below-evidence standards, or

care which is withheld or unavailable until it is too late. This often applies in low- and middle-income countries, which have seen a push towards births in facilities which have inadequate and poorly trained staff, insufficient infrastructure and commodities, and a lack in evidence-based practice. This can often result in poor quality care that puts women and girls lives at greater risk during pregnancy and childbirth.

'Too much too soon' refers to the unnecessary use of interventions which are not based on evidence, as well as the use of interventions which have the potential to be life-saving when used appropriately, but harmful when applied routinely or used too much. This situation, characterised by excessive medicalisation, is becoming more widespread in middle-income countries, and is associated with disrespect and abuse of women in health-care facilities.

Global Strategy for Women's, Children's and Adolescents' Health During the United Nations General Assembly 2015, in New York, UN Secretary-General Ban Ki-moon launched the Global Strategy for Women's, Children's and Adolescents' Health, 2016-2030. The Strategy is a road map for the post-2015 agenda as described by the Sustainable Development Goals and seeks to end all preventable deaths of women, children and adolescents and create an environment in which these groups not only survive, but thrive, and see their environments, health and wellbeing transformed.

Source: World Health Organisation



6 Iron-rich food combos — no meat required

If you have been considering cutting out or cutting back on red meat, you may be wondering if you will wind up depriving your body of iron. Sure, plant-based foods also contain this mineral, but it is not as readily absorbed. Only 2% to 20% of the iron in plants (called non-heme) makes its way from your digestive system to your blood, compared to 15% to 35% of the iron in animal foods (called heme).

But fortunately, there is a simple solution: Just add some vitamin C to your meal. It boosts the amount of non-heme iron your body absorbs by as much as six fold.

Below are six iron-rich plant foods, each paired with a fruit or veggie loaded with vitamin C. But there's no need to stick with these specific pairs — feel free to mix and match.

1. Spinach (iron) + red bell peppers (Vit. C)
2. Broccoli (iron) + tomatoes (Vit. C)
3. Black beans (iron) + cabbage (Vit. C)
4. Kale (iron) + oranges (Vit. C)
5. Lentils (iron) + Brussels sprout (Vit. C)
6. Dark chocolate (iron) with strawberries (Vit. C)



Long day time naps increase risk of developing diabetes

New research shows that daytime naps of over 1 hour or more increase the risk of developing type 2 diabetes by 45% compared with no napping. There is no increased risk caused by naps shorter than 60 minutes, Japanese researchers suggest.

The link is found after analysing observational studies involving more than 300,000 people. The study was carried out by scientists at the University of Tokyo and was presented at a meeting of the European Association for the Study of Diabetes in Munich.

Taking naps is widely prevalent around the world. Daytime naps are usually brief, but can range from a few minutes to a few hours.

This research found that there was a link between long daytime naps of more than 60 minutes and a 45% increased risk of type-2 diabetes, compared with no daytime napping - but there was no link with naps of less than 40 minutes.

The authors conclude that longer nap was associated with increased risk of diabetes and metabolic syndrome. Further studies are needed to confirm the efficacy of a short nap.



Leptospirosis is a type of bacterial infection spread by animals. It's caused by a strain of bacteria called leptospira.

The symptoms of leptospirosis usually develop suddenly around 7 to 14 days after exposure to the leptospira bacteria.

About 90% of leptospirosis infections only cause mild symptoms, including:

- A high temperature (fever) that is usually between 38C and 40C (100.4-104-F)
- Chills
- Sudden headaches
- Nausea and vomiting
- Loss of appetite
- Muscle pain, particularly affecting the muscles in the calves and lower back
- Conjunctivitis (irritation and redness of the eyes)
- Cough
- A short-lived rash

Many different kinds of animals can carry the bacteria, but it is most commonly associated with:

- Rats and mice
- Farm animals, such as pigs, cattle, horses and sheep
- Dogs

