

Global Burden of Disease Study 2015

The state of the world's health

STAR HEALTH REPORT

Improvements in sanitation, immunisations, indoor air quality, and nutrition have enabled children in poor countries to live longer over the past 25 years, according to a new scientific analysis of more than 300 diseases and injuries in 195 countries and territories.

However, such progress is threatened by increasing numbers of people suffering serious health challenges related to obesity, high blood sugar, and alcohol and drug abuse. These and other significant health findings are being published in a dedicated issue of *The Lancet* as part of the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD). The study draws on the work of more than 1,800 collaborators in over 120 countries.

"Development drives, but does not solely determine health," said Dr. Christopher Murray, Director of the Institute for Health Metrics and Evaluation (IHME) at the University of Washington in Seattle, the coordinating center for the GBD enterprise.

Globally, life expectancy increased from about 62 years to nearly 72 from 1980 to 2015, with several nations in sub-Saharan Africa rebounding from high death rates due to



HIV/AIDS. Child deaths are falling fast, as are illnesses related to infectious diseases. But each country has its own specific challenges and improvements, from fewer suicides in France, to lower death rates on Nigerian roadways, to a reduction in asthma-related deaths in Indonesia.

In much of the world, giving birth is safer for mothers and

newborns than it has been over the past 25 years. The number of maternal deaths globally dropped by roughly 29% since 1990, and the ratio of maternal deaths fell 30%, from 282 per 100,000 live births in 1990 to 196 in 2015.

However, 24 countries still have what population health experts consider high rates of

maternal mortality, more than 400 deaths per 100,000. These include Central African Republic (1,074 deaths per 100,000), Afghanistan (789 per 100,000), and Sierra Leone (696 per 100,000).

Such levels of maternal deaths underscore the need for reproductive health improvements in those three nations and other

countries that are far behind the United Nations' goal to have fewer than 70 deaths per 100,000 live births by 2030.

Areas for improvement include increased access to family planning, better routine reproductive health care, and improved data collection systems.

The top five causes of death in Bangladesh in 2015 were cerebrovascular disease which caused 16% of all deaths, ischemic heart disease, Chronic Obstructive Pulmonary Disease (COPD), diabetes and lower respiratory infection.

The overall life expectancy of females in Bangladesh increased to 72.5 years in 2015 from 68.7 years in 2005. Conjointly, life expectancy of males increased from 65.7 years in 2005 to 68.5 years in 2015.

The study's other findings include many important indicators in health that can guide country-specific plans.

"Policymakers in all nations can use this study to align spending to target the things that will make their communities healthier faster," said Dr. Charles SheyWysonge, a GBD collaborator from South Africa who serves as a Professor of Clinical Epidemiology at the Faculty of Medicine and Health Sciences, Stellenbosch University, in Cape Town.

MENTAL HEALTH DAY



World Mental Health Day is observed on October 10 every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organisation with members and contacts in many countries. On this day, thousands of supporters observe an annual awareness programme to bring attention to mental illness and its major effects on people's lives worldwide.

This year's theme 'Dignity in Mental Health — Psychological & Mental Health First Aid for All' will enable us to contribute to the goal of taking mental health out of the shadows so that people in general feel more confident in tackling the stigma, isolation and discrimination that continues to plague people with mental health conditions, their families and carers.

HEALTH bulletin



Dietary saturated fat linked to aggressive prostate cancer

Men with prostate cancer may be more likely to have the most serious form of the disease if their diet contains a lot of fat from meat and dairy, a recent study suggests.

The increased risk tied to saturated fat and cholesterol was greater for the prostate cancer patients who had not been taking cholesterol-lowering statin drugs, researchers report in the journal *Prostate Cancer and Prostatic Diseases*.

"A diet high in saturated fat contributes to high blood cholesterol levels," which have already been linked to worse outcomes for prostate cancer, said lead author Emma Allott of the University of North Carolina at Chapel Hill.

They found that men with more aggressive prostate cancer consumed more calories and more cholesterol every day and had a higher percentage of calories from fat in their diets. People concerned about cancer "can cut down on the amount of saturated fat in their diets by choosing lean cuts of meat and low-fat dairy products, and by cooking with plant-based oils," Allot said.

Interview: Saving the Breast in Cancer

Guide to surgical options and chemotherapy

DR TAREQ SALAHUDDIN

Some of the cancers that most often affect women are breast, colon, endometrial, lung, cervical, skin, and ovarian cancers. Knowing about these cancers and what you can do to help prevent them or find them early may help save your life.

Breast cancer is the most common type of cancer women suffer from. Dr See Hui Ti, a Medical Oncologist at Parkway Cancer Centre, Mount Elizabeth Hospital and Dr Tan Yah Yuen, a Senior Consultant, Breast Surgery at the same hospital in Singapore shared some views with Star Health on breast cancer.

Dr See, who is a member of the International Gynecological Cancer Society, American Society of Clinic Oncology and the Singapore Medical Association, said that worldwide, one in three women may get cancer. Some cancers are preventable, whereas unfortunately some are not. We are exposed to carcinogens all around — food, radiation, sunlight, smoking, pollution and many other things can cause cancers. So it is utmost important to be aware of how we can prevent cancers.

Breast cancer is rapidly becoming the commonest cancer globally. The only protection that we can have against breast cancer is early detection and knowing what can be done.



Dr See Hui Ti, Medical Oncologist at Parkway Cancer Centre, Mount Elizabeth Hospital, Singapore

Regarding side effects of chemotherapy, Dr See advised women with strong family history to get routine checkup even if they don't have cancer. At the same time, she gave hope that nowadays, there are many good medication with very less side effects. Additionally, women should improve their lifestyle e.g. regular exercise, proper diet etc. that helps reducing the side effects of cancer chemotherapy.

Dr See particularly underscored on yoga that has tremendous benefit over reducing the side effects. Diet low in saturated fat, low sugar and carbohydrate, more vegetables also help in this regard.

Dr Tan Yah Yuen, a Senior



Dr Tan Yah Yuen, Senior Consultant, Breast Surgery at Mount Elizabeth Medical Centre, Singapore

Consultant, Breast Surgery at Mount Elizabeth Medical Centre, Singapore advised women to perform self-examination to become watchful about any doubtful condition and seek professional consultation.

Dr Tan, who is currently a member of the International Society of Surgeons and Breast Surgery International, was asked about the association between breast cancer and breast implant. She replied negative that there is no such association, as it usually remains separate from the breast; the implant does not interfere performing any diagnostic tests even.

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Opinion

Confusion over newborn's death

PROF M KARIM KHAN

Declaration of newborn death first in Faridpur and later in Chittagong, recently made a very chaotic situation in Bangladesh. Doctors were being blamed for their negligence.

It is to be noted that in both the situation, babies were premature with incredibly low birth weight. Perinatal mortality is a great problem like other developing countries, which claims 37% of all under five deaths globally.

Death is defined as an irreversible permanent cessation of all vital functions of an individual, such as heart, respiration and brain activity. Assessing cessation of respiration and heart rate may not be very difficult but assessing brain death is often not easy.

No pulse, no heart sound, non recordable blood pressure, and a flat ECG mean heart has stopped working. Brain death assessment has to be done by dilated fixed pupil, no reflexes, and EEG showing no response.

Practically we do not perform EEG in most of the times. Other sophisticated tests can also be done to ascertain brain death. Even if it is sure that there is no sign of life, physicians have to wait for thirty minutes or more, and then reassess systematically before declaring a death.

Physicians have to be more cautious about declaring a death of premature low birth weight babies since assessing the signs of death is really often very difficult on a small baby.

It is better to call for the help of colleagues before final declaration of death.

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ACUTE BRONCHITIS

SYMPTOMS:

- Coughing up mucus that may be yellow or green
- Runny and stuffy nose starting a few days before the chest congestion
- Feeling run-down or tired
- Sore ribs from prolonged periods of coughing
- Not being able to be as active
- Wheezing or a whistling sound while breathing



TREATMENT

Most cases of acute bronchitis go away on their own. The infection simply has to run its course over several weeks. Doctor may recommend rest, fluids, a cough suppressant and/or a pain reliever. Acute bronchitis is usually treated best without using an antibiotic.

