

Why blood sugar rises and falls

STAR HEALTH DESK

Many common foods (including some sugar-free ones) or even a bad cold can raise your blood sugar levels. Here are some culprits to watch for.

Upswing: Caffeine
Your blood sugar can rise after you have coffee — even black coffee with no calories. The same goes for black tea, green tea, and energy drinks. Ironically, other compounds in coffee may help prevent type 2 diabetes in healthy people.

Upswing: Sugar-free foods
Many of these will raise your blood sugar levels. Why? They can still have plenty of carbs from starches. Check the total carbohydrates on the *Nutrition Facts* label before you dig in.

Upswing: Chinese foods
When you dig into a plate of sesame beef or sweet and sour chicken, it is not just the white rice that can cause a problem. High-fat foods can make your blood sugar stay up for longer. The same is true for pizza, french fries, and other goodies that have a lot of carbs and fat.

Upswing: A bad cold
Your blood sugar rises as your body works to fight off an illness. Drink water and other fluids to stay hydrated. Call your doctor if you have had diarrhoea or vomiting for more than 2 hours or if you have been sick for 2 days and are not getting better.

Upswing: Job stress
Overwhelmed or unhappy at work? It takes a toll. When you are under stress, your body



releases hormones that can make your blood sugar rise. It is more common for people with type 2 diabetes. Learn to relax with deep breathing and exercise.

Upswing: Sports drinks
They are made to help you replenish fluids quickly, but some of them have as much sugar as soda. Plain water is probably all you need for a moderate workout of less than an hour.

Lower: Yogurt
Foods that have healthy bacteria, such as many types of yogurt, are called probiotic. They can improve digestion and also may help you control your blood

sugar. Some yogurts have added sugar and fruit, so be careful to count the carbs. Your best choice is plain or light yogurt without extra sugar.

Lower: Vegan diet
One study found that people with type 2 diabetes who switched to a vegan diet had better blood sugar control and needed less insulin. A boost in fiber from whole grains and beans might play a role, by slowing down the digestion of carbs.

Promising: Cinnamon
A sprinkle of this spice can add flavour without adding salt, carbs, or calories. Some studies suggest it

also can help the body use insulin better and may lower blood sugar in people with type 2 diabetes.

Caution: Sleep
Blood sugar can dip dangerously low during shut-eye for some people with diabetes, especially if they take insulin. It is best to check your levels at bedtime and when you wake up. A snack before bed may help. For some people, blood sugar can rise in the morning — even before breakfast — due to changes in hormones or a drop in insulin. Regular testing is important.

Roller coaster: Heat
You will be safer inside with the

AC when it is hot outdoors. Heat makes your blood sugar harder to control. You should test it often and drink plenty of water to avoid dehydration. High temps can affect your medications, glucose meter, and test strips, too. Don't leave them in a hot car.

Roller coaster: Female hormones
When a woman's hormones change, so does her blood sugar. Keep a monthly record of your levels to get a better idea of how your menstrual cycle affects you. Hormone changes during menopause may make blood sugar even harder to control.

Is sugar bad for you?
If you love sweets, don't despair. You don't have to give them up forever. Sugar will raise your blood sugar levels more quickly than other carbs, but diabetes experts now say the total amount of carbs is most important. So keep your serving sizes small and take into account the total carbs and calories.

What about the glycemic index?
Your daily carb total, spread steadily across the day, is one key to good blood sugar control. Some people also use the glycemic index (GI), a rating of how individual foods raise blood sugar levels. Beans and whole-grain breads and cereals have a lower GI than white bread or regular pasta. Juice has a higher GI than whole fruit. Craving a high-GI food? Eat it along with a lower-GI choice to help control your levels.

Source : WebMD

HEALTH SYSTEM



Strengthening health & family welfare centers

The Population Council, an international NGO has released new findings from its operations research study titled *Strengthening Health and Family Welfare Centers for Providing Round-the-Clock Normal Delivery Services*, according to a press release.

The Population Council has provided technical assistance to the Directorate General of Family Planning, Bangladesh to implement an Operations Research (OR) study in 24 Union Health and Family Welfare Centers (UHFWCs) of Chittagong and Munshiganj districts to test the effectiveness of a model to strengthen UHFWCs so that they can provide 24-hour normal delivery services.

Broadly, three interventions, namely, human resource strengthening, community participation, and referral linkage strengthening were implemented for 12 months. Six UHFWCs from Comilla district served as control sites.

Findings suggest a higher rate of institutional delivery in the intervention districts (Chittagong 72%, Munshiganj 79%) than the control district (53%). People choose private hospitals over public hospitals as physical amenities e.g., environment, cleanliness and attendant accommodation etc are better in private facilities.

The unavailability of caesarean delivery provision at the UHFWCs and many upazila-level government facilities is the key supply-side problem that prompts women to go to private clinics. Capacity building of UHFWC providers on delivery complications management should be enhanced.

HEALTH bulletin



Donor lungs could be kept alive for substantially longer period

The length of time donor lungs could be preserved prior to transplant could be safely extended to more than 12 hours — more than double the average 5–6 hour standard time — without jeopardising recipient outcomes, by using a combination of cold preservation and a new technique called ex-vivo lung perfusion (EVLP), whereby the lung is kept alive outside the body and supported by a supply of oxygen and nutrients.

The new study, published in *The Lancet Respiratory Medicine*, found that patients who received a donor lung preserved for more than 12 hours had similar survival at 1 year post transplant to those who received lungs preserved for less than 12 hours.

The findings suggest that this new approach could increase the availability of donor organs by reducing geographical limitations on donors and recipients, and enabling organs to be transported over longer distances to recipients further away than previously viable.

People with high BP has almost doubled worldwide

STAR HEALTH REPORT

In the past 40 years, there has been a large increase in the number of people living with high blood pressure (BP) worldwide because of population growth and ageing — rising from 594 million in 1975 to over 1.1 billion in 2015.

The largest rise in the prevalence of adults with high blood pressure has been in low- and middle-income countries (LMICs) in south Asia (e.g., Bangladesh and Nepal) and sub-Saharan Africa (e.g., Ethiopia and Malawi). But high-income countries (e.g., Australia, Canada, Germany, Sweden, and Japan) have made impressive reductions in the prevalence of adults with high blood pressure, according to the most comprehensive analysis of worldwide trends in blood pressure to date, published in *The Lancet*.

Both elevated systolic (higher than 140 mmHg; first number in blood pressure reading) and diastolic (higher than 90mmHg) blood pressure can be used to make a diagnosis of high blood pressure. Recent research suggests that the risk of death from ischemic heart disease and stroke doubles with every 20 mmHg systolic or 10 mmHg diastolic increase in middle and older ages.

The findings come from a comprehensive new analysis of global, regional, and national trends in



adult (aged 18 and older) blood pressure between 1975 and 2015. This includes trends in average systolic (the maximum pressure the heart exerts while beating) and diastolic blood pressure (amount of pressure in the arteries between beats), as well as prevalence of high blood pressure.

The Non-Communicable Disease (NCD) Risk Factor Collaboration pooled data from 1479 population-based studies totalling 19.1 million men and women aged 18 years or older from 200 countries (covering

more than 97% of the world's adult population in 2015).

Key findings include:

- In 2015, over half (590 million) of adults with high blood pressure lived in east, southeast and south Asia — of whom 199 million lived in India and 226 million in China.
- In 2015, systolic blood pressure levels were lowest in South Korea and Canada, at about 118 mmHg for men and 111 mmHg for women.
- Men had higher blood pressure than women in most world regions in 2015.



Convocation of post-graduate programme on paediatric nutrition held

The convocation ceremony and workshop on *Postgraduate Programme on Paediatric Nutrition (PGPN)* was held at Lé Méridian in the capital on November 22, 2016, says a press release.

Nestlé Nutrition Institute (NNI), in collaboration with Boston University, organised the one-year certificate course engaging 4,300 healthcare professionals from around the world. Following last year's success, 300 paediatricians from Bangladesh took part in the course this year. The certificate distribution ceremony and workshop follows one-year course in paediatric nutrition.

Honourable Food minister of Bangladesh Advocate Qamrul Islam, MP, attended the ceremony as the Chief Guest.

The objective of the course was to build capacity of paediatricians through giving them proper knowledge on nutrition. The programme was designed to provide updated, relevant, and practical knowledge in key aspects of paediatric nutrition. The certificate recipients will become members of the PGPN alumni.

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November is...

Pancreatic Cancer Awareness Month

Pancreatic cancer begins in the tissues of pancreas - an organ in abdomen that lies horizontally behind the lower part of stomach. Pancreas secretes enzymes that aid digestion and hormones that help regulate the metabolism of sugars

Symptoms

Signs and symptoms of pancreatic cancer often don't occur until the disease is advanced. When signs and symptoms do appear, they may include:

- Upper abdominal pain that may radiate to your back
- Yellowing of your skin and the whites of your eyes (jaundice)
- Loss of appetite
- Weight loss
- Depression
- Blood clots

Risk factors

Factors that may increase your risk of pancreatic cancer include:

- Excess body weight
- Chronic inflammation of the pancreas (pancreatitis)
- Diabetes
- Family history of genetic syndromes that can increase cancer risk, including a BRCA2 gene mutation, Lynch syndrome and familial atypical mole-malignant melanoma (FAMMM) syndrome
- Personal or family history of pancreatic cancer
- Smoking

