

# Healthier you in New Year

STAR HEALTH DESK

**New Year's resolutions** are a bit like babies: They are fun to make but extremely difficult to maintain. It is hard to keep up the enthusiasm months after you have swept up the confetti, but it is not impossible. This year, pick one of the following worthy resolutions, and stick with it.

**Lose weight**  
The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to. But you can succeed if you don't expect overnight success. Plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place.

**Stay in touch**  
Feel like old friends (or family) have fallen by the wayside? It is good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't. In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise, a 2010 study in the journal PLoS Medicine suggests. In a technology-fixated era, it is never been easier to stay in touch — or rejuvenate your relationship — with friends and family, so fire up Facebook and follow up with in-person visits.

**Quit smoking**  
Fear that you have failed too many times to try again? Talk to



any ex-smoker, and you will see that multiple attempts are often the path to success. Try different methods to find out what works. And think of the cash you will save! (We know you know the tremendous health benefit.)

**Save money**  
Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling (That means more money in your pocket and less air pollution). Cut back on gym

membership costs by exercising at home. Take stock of what you have in the fridge and make a grocery list. Aimless supermarket shopping can lead to poor choices for your diet and wallet.

**Cut your stress**  
A little pressure now and again will not kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of — or worsen — insomnia, depression, obesity, heart disease, and more.

Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress.

**Volunteer**  
We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others. And guess what? Happiness is good for your health. A 2010 study found that people with positive emotions were about 20% less likely than their gloomier peers to have a

heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful.

**Cut back on alcohol**  
Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

**Get more sleep**  
You probably already know that a good night's rest can do wonders for your mood — and appearance. But sleep is more beneficial to your health than you might realise. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. And sleep is crucial for strengthening memories (a process called consolidation). So take a nap — and don't feel guilty about it.

**Travel**  
The joys and rewards of vacations can last long after the suitcase is put away. Traveling allows us to tap into life as an adventure, and we can make changes in our lives without having to do anything too bold or dramatic. It gets you out of your typical scenery, and the effects are revitalising. It is another form of new discovery and learning, and great for the body and the soul.

HAVE A NICE DAY

## Controlling our temper



Healthy life begins with physical consciousness and calm temper, and at the heart of this dynamic is emotional maturity. Today, world's number one enemy is stress. Lots of survey have already proven that. In addition the holiday/marriage season can bring with an emotional and financial stressors; that can negatively impact both physical and mental health. And in this stressed world, chronically angry people endanger their health, their jobs and their personal relationships.

The latest discoveries in neuroscience show the significance of joyful relationships to the development of a strong identity that produces flexibility for dealing with life's challenges. Today we are so busy that we do not have time to ask ourselves — 'What is happiness? What makes it so important? What helps it grow? What blocks it? And is there a difference between patience with kindness and happiness? Or how dangerous is short temper or anger?' Recent research demonstrates that kindness benefits our physical and mental health, and that recognising kindness in others increases a person's happiness and satisfaction.

Dr. Norman Rosenthal, a psychiatrist in Washington and an expert on depression and anger, says drivers who are trying to pressure the cars in front to move faster or get out of the way, "are always sitting on their arteries," which constrict in response to stress hormones that spew forth from their adrenal glands. "These people live on a razor's edge," he continued, "always vigilant and tense, angry because they want to get some place quicker and think that they can somehow clear the highway."

So, let's start giving some extra time, when we are angry. We can calm down inside. This means not just controlling our outward behaviour, but also controlling our internal responses, taking steps to lower our heart rate, calm ourselves down, and let the feelings subside. And follow The 80 - 20 Rule. What is that? 20% of life are things that happen to us. We have no control over these events. And 80% of our life depends on how we react to the things that happen to us.

So, we can have total control over our choice of reaction to the things that happen to us. Well, if you are skeptical, then the first step would be to look at the mirror. In reducing unfriendly tendencies — let's try our best to recognise how hostile we may be and the one-sided thoughts and beliefs that give rise to angry outbursts.

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## HEALTH bulletin

## CPR for saving lives

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Cardiopulmonary Resuscitation (CPR) is one of the most startling discoveries of the modern science. The most scintillating success story of this miracle of medicine is that CPR may be brought about at any place by anybody. A further nerve shattering tempo is the fact that the arbitration between life and death can be played anywhere without any instrument by using your hands, lungs and brains like calisthenics. The golden opportunity of performing a CPR should be embarked upon whenever a situation looms large without wasting valuable moments on counting clinical or biological death.

CPR can be carried out single handedly just by chest compression or can be conveniently combined with mouth to mouth breathing by a second person. The players must be trained to induct a CPR. The three rules of thumb for CPR: ABC.

**A (Airway):** To open the airway is one of the most important ground breaking steps of CPR. Take a few vital measures like tilting the head backward, forward thrusting of the jaw and lifting of the chin. Place the victim on a firm and smooth surface. When the airway is clogged with blood, mucous or secretions - restore the airway by a finger wrapped in gauze or cloth. If vomiting, turn the head on one side.

**B (Breathing):** Examine quickly if there is breathing. If no breathing, start mouth to mouth breathing. At



first exhale two successive full breaths into the mouth of the victim without any interruption. Pinch the nostrils. Then the resuscitator takes a full breath placing his mouth on the mouth of the body then continues mouth to mouth breathing. Put a piece of gauze on the mouth to avoid contamination.

**C (Circulation):** Go for the pulse. If no pulse, start external cardiac massage (chest Compression). Locate the xiphoid process (metasternum). 1- 1.5 inches above the xiphoid process, place the heel of one palm superimposing the heel of other palm interlacing the fingers, putting the full pressure and weight of your body on the prescribed area of the chest keeping the elbows straight and kneeling on one side of the body. A successful compression should depress the chest 1-1.5 inches. Continue the exercise at the

rate of 80-100 compressions per minute smoothly and evenly. After every 15 compressions deliver 2 breathings. This must be emphasised that the technique demonstrated here is outside the perimeter of a medical setup. In a medical institution there cannot be a CPR without an ambu bag.

If you can find pulse, breathing, blood pressure in a casualty, there is no need to perform a CPR. As a matter of fact, when you encounter absence of pulse, breathing, blood pressure or the presence of a flat ECG — that is the time of taking over exposing your guts, dexterity and mental faculty.

It is not mandatory that all CPR attempts will be successful what is important is to start the exercise as soon as you embark upon one. Even if you fail, you have your satisfaction and clear conscience. It is always pleasing to put your hands on the chest than to observe the victim dying silently. The difference your action makes is someone's life.

It is time to turn the table. CPR is not only the domain of the medics; it also belongs to the public and the community. CPR is a life-saving technique difficult to pronounce easy to perform. A chapter on CPR should be made compulsory in the text books of all academic institutions. Medical students are to be apprised on basic life support as well as advance life support including CPR in the curricula.

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## Grandparents who help care for grandchildren live longer

Grandparents who help out occasionally with childcare or provide support to others tend to live longer than seniors who do not care for other people, according to a study from Berlin, Germany.

Having full-time custody of grandchildren can have a negative effect on health, but occasional helping can be beneficial for seniors, the researchers write in the journal Evolution and Human Behaviour.

The findings are drawn from data on more than 500 people over age 70 in the Berlin Aging Study.

Caregiving was linked with longer life even when the care recipient was not a relative. Half of all childless seniors who provided support to friends or neighbours lived for seven years after the study began, whereas non-helpers lived for four years on average.

## Health Event

## Int'l conference on emergency medicine in Dhaka

STAR HEALTH REPORT

Bangladesh Society of Emergency Medicine organised workshop and an international conference at Dhaka Medical College Hospital and Bangabandhu Sheikh Mujib Medical University (BSMMU) respectively on December 30 and 31, 2017 for healthcare professionals to improve emergency management of patients.

The conference was inaugurated by Prof. Dr. Kamrul Hasan Khan, Vice Chancellor of BSMMU as the Chief Guest and presided by Prof. Dr. Humayun Kabir Chowdhury, President of the society.

Dr. Raghbir Manzoor, Secretary General and Prof. Dr. Ziauddin Ahmad, adviser of the society were also present at the conference.



January is

# Cervical Cancer Awareness Month

Fight, Support & Hope

### Cervical Cancer

Cervical cancer can often be found early, and sometimes even prevented entirely, by having regular Pap tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

### Signs and symptoms of cervical cancer

Women with early cervical cancers and pre-cancers usually have no symptoms. Symptoms often do not begin until the cancer becomes invasive and grows into nearby tissue. When this happens, the most common symptoms are:

- Abnormal vaginal bleeding, such as bleeding after vaginal sex, bleeding after menopause, bleeding and spotting between periods, and having (menstrual) periods that are longer or heavier than usual. Bleeding after douching or after a pelvic exam may also occur.
- An unusual discharge from the vagina. The discharge may contain some blood and may occur between your periods or after menopause.
- Pain during sex.

These signs and symptoms can also be caused by conditions other than cervical cancer. For example, an infection can cause pain or bleeding. Still, if you have any of these symptoms, see a health care professional right away. Ignoring symptoms may allow the cancer to grow to a more advanced stage and lower your chance for effective treatment.

The following factors may raise a woman's risk of developing cervical cancer:

- Human papillomavirus (HPV) infection.
- Age.
- Immune system deficiency.
- Race/Ethnicity.
- Herpes.
- Oral contraceptives.
- Smoking.
- Exposure to diethylstilbestrol (DES).

Even better, don't wait for symptoms to appear. Have regular Pap tests and pelvic exams.

