

Interview

A quest for critical care

DR MAHMOOD KAZI MOHAMMED

In a country like Bangladesh, emergency medical care or critical medical services are very scanty. There are extreme low number of Intensive Care Unit (ICU) beds for the entire nation. Dr Raghib Manzoor Dr Raghib Manzoor, who is mainly an anaesthesiologist, shared some insights in this regard with Star Health recently.

Dr Raghib got exposed to critical care medicine while working in the Kingdom of Saudi Arabia as an ICU specialist. There he gained extensive experience on handling critical or emergency patients.

Upon returning to Bangladesh, he opened ICU in the Central Hospital. While working there he received numerous phone calls from various hospitals asking for his expertise in escorting critical patients, as they are highly vulnerable and if not attended properly they might succumb to death.

He observed many cases where the patients were transported to other medical facility with an unequipped ambulance and barely any experts accompanying them which eventually lead to the death of the patient on the way. This provoked him to think how he could develop a proper system through which the patients could have been transported in a proper way which



PHOTO: TAREQ SALAHUDDIN

could have saved their lives.

Keeping that in mind he asked his team of physicians and nurses from the ICU of Central Hospital to assist him developing an Emergency Medical Service (EMS). He started sending a team along with EMS equipment in the ambulance to provide EMS whenever it was required. This was proven to be very effective in saving many lives. This motivated Dr Raghib in opening Criticare, the first of its kind organisation in Bangladesh providing EMS.

Dr Raghib dedicated himself

in developing an effective EMS system in Bangladesh. Following his goal, he with the assistance of Dr Wahidul Alam, an emergency physician based in London, United Kingdom formed Bangladesh Society of Emergency Medicine in 2010 and started disseminating knowledge and information on emergency medicine.

The Society of Emergency Medicine has organised 7 international conferences so far to spread the importance of emergency medicine and EMS. They

have successfully rooted the importance of emergency medicine among the fellow professionals with their activities. As a part of their effort, soon there will be a residency programme on emergency medicine in Bangabandhu Sheikh Mujib Medical University (BSMMU) with the help of the Korean government in order to develop efficient physician workforce trained in emergency medicine to cater to the needs of Bangladesh.

Critical care medicine and

emergency medicine are inter-related but they are distinctive in their function. The emergency medicine starts from pre-hospital care which is EMS and medical care within the emergency room of the patient. On the other hand, critical care medicine unit starts their job when emergency medicine unit finishes their job in the emergency room and shifts the patient to the ICU.

Dr Raghib has the vision of making EMS free for the people of Bangladesh. Envisioning that, he intends to form a foundation through which EMS will be provided to the patients in need with the support of the government and regulated by an executive body. He also emphasises on the need of a dedicated hotline number which will enable the people to get easy and prompt access to emergency medical services on demand.

Dr Raghib urges the government of Bangladesh to formulate a national EMS council which will regulate and manage emergency medical services of the country. It is needless to say that the capacity development in emergency medicine of the existing medical workforce is a burning issue now.

The writer is a reporter of Star Health. E-mail: mkmohammed86@gmail.com

HAVE A NICE DAY

Life begins at 60, it's the new 40



The concept of "golden years" is now changing. 50 and above are not what they used to be — they are getting even better. Now, a new research has found that life begins at 60.

Life's activities don't end at 60 — actually at this age people are matured both physically and emotionally. As we grow older, there might be a temptation to think that our life's best effort is behind us.

According to a new report by Cigna Insurance Services (UK), life really begins at 60. Previously it was said that "life begins at 40"; this first came from American psychologist Walter B Pitkin in 1932. Pitkin argued with some valid points and established that people could look forward to many more enjoyable, prosperous years after their 30s were over. But researchers are now saying that it is never too late to learn something new; and top of that 'knowledge and experience' have no alternate. And to develop experiences you need to become a little bit older, bolder and wiser.

Life has so much richness to offer every single day. But you need to be more careful about your physical and mental health also as it is more important than ever to keep your bones, belly, and brain in tip-top shape.

And what would be your first step? Well, it varies from person to person. Try to watch out for most common signs and symptoms you have, so you can take steps to prevent or treat them. Adapt yourself with new lifestyle and correct nutrition. Lastly, embrace your age gladly and start contributing your experiences as 'experiences never gets old'.

E-mail: rubaiulmurshed@gmail.com

HEALTH bulletin

Broken heart syndrome

DR GOLAM NABI

Broken heart syndrome is a temporary heart condition that is often brought on by stressful situations, such as the death of a loved one. The condition can also be triggered by a serious physical illness or surgery. People with broken heart syndrome may have sudden chest pain or think they are having a heart attack.

In broken heart syndrome, there is a temporary disruption of normal pumping function in one area of the heart. The remainder of the heart functions normally or with even more forceful contractions. Broken heart syndrome may be caused by the heart's reaction to a surge of stress hormones.

The symptoms of broken heart syndrome are treatable, and the condition usually reverses itself in days or weeks.

Symptoms

Common symptoms include:

- Chest pain
- Shortness of breath

Any long-lasting or persistent chest pain could be sign of a heart attack, so it is important to take it seriously. If you are having any chest pain, a very rapid or irregular heartbeat, or shortness of breath after a stressful event, you need medical assistance, immediately rush to the hospital.

Causes

The exact cause of broken heart syndrome is unclear. It is thought that a surge of stress hormones, such as adrenaline, might temporarily damage the hearts of some

people.

Broken heart syndrome is often preceded by an intense physical or emotional event. Some potential triggers of broken heart syndrome are:

- News of an unexpected death of a loved one
- A frightening medical diagnosis
- Domestic abuse
- Losing — or even winning — a lot of money
- Strong arguments
- A surprise party
- Having to perform publicly
- Job loss
- Divorce
- Physical stressors, such as an asthma attack, a car accident or major surgery

It is also possible that some drugs, rarely, may cause broken heart syndrome by causing a surge of stress hormones.

How is broken heart syndrome different from a heart attack?

Heart attacks are generally caused by a complete or near complete blockage of a heart artery. This blockage is due to a blood clot forming at the site of narrowing from fatty buildup (atherosclerosis) in the wall of the artery. In broken heart syndrome, the heart arteries are not blocked, although blood flow in the arteries of the heart may be reduced.

Diagnosis

Because broken heart syndrome often mimics the signs and symptoms of a heart attack, a coronary angiogram may be done quickly to rule out a heart attack. People with broken heart syndrome often don't

have any blockages in the blood vessels, while people who've had a heart attack usually have a blockage that is visible on an angiogram.

Once it is clear that you are not having a heart attack, your doctor will check to see if your signs and symptoms were caused by broken heart syndrome.

Treatment

There is no standard treatment for broken heart syndrome. Treatment is similar to that of a heart attack until the diagnosis is clear.

Many patients make a full recovery within a month or so. Ask your doctor how long you will need to continue taking these medications once you recover, as most can be stopped within three to six months.

Prevention

There is a small chance that broken heart syndrome can happen again after the first episode. There is no proven therapy to prevent additional episodes.

Many doctors recommend long-term treatment with some medications that block the potentially damaging effects of stress hormones on the heart. Recognising and managing stress in your life may also be important in helping to prevent broken heart syndrome, though there's currently no evidence to prove this.

The writer is an Assistant Professor of Medicine at Z H Sikder Women's Medical College and Hospital, Dhaka.

Health Tips

Ways to help your body detox

What do the healthiest people have in common? For starters, they limit the junk that enters their body. But even if you don't eat perfectly 24/7, you can do simple things to help the liver — your body's natural filter — do its job. Forget "cleansing." Instead use these simple tricks to boost your natural filtration system.

Wake up with lemon: As soon as you wake up, drink a glass of warm water with fresh lemon squeezed in. Lemon juice helps your liver produce more enzymes, which aid digestion and prompt the liver to purge toxins.

Get bendy: Twisting yoga poses — think, a Seated Spinal (or Torso) Twist — helps with the detox process by stimulating digestion and elimination. By releasing gripping and holding in the belly and taking deep calming breaths, we can relax the muscles and diaphragm, allowing the GI system to do a better job.

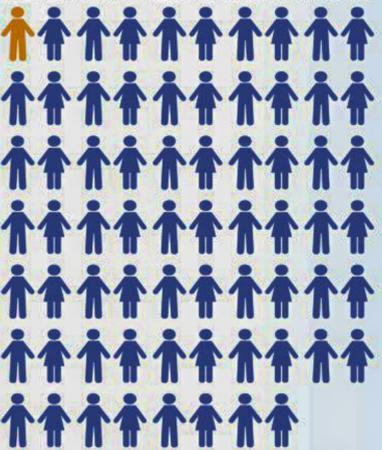
Eat your broccoli: Reduce chronic inflammation — which has been linked to heart disease, diabetes, and cancer — by filling your plate with sulfur-rich foods, such as onions, garlic, and cruciferous vegetables including broccoli, kale, collard greens, Brussels sprouts, cabbage and cauliflower.

Brush your body: A few days a week before your bath or shower, dry brush your skin with a soft-bristled brush. Dry brushing has two main benefits: It helps your skin slough off old cells and debris, unclogging pores and enabling the skin to perspire freely. It also stimulates the circulation beneath your skin, which helps promotes cellular renewal and vitality.

Sip tea: Teas may boost liver function, helping to decrease the build-up of toxins in the tissues. A word of warning though: Avoid "detoxing" teas that also promise to curb appetite or rev metabolism because they can be laced with herbs delivering unwanted side effects such as agitation and headache.



NUMBER OF CHILDREN IDENTIFIED WITH ASD



1 in 68

What Is Autism? What is Autism Spectrum Disorder?

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors.

How is Autism Diagnosed?

Presently, we don't have a medical test that can diagnose autism. As the symptoms of autism vary, so do the routes to obtaining a diagnosis. You may have raised questions with your pediatrician. Some children are identified as having developmental delays before obtaining a diagnosis of autism and may already receive some Early Intervention or Special Education services. Unfortunately, parents' concerns are sometimes not taken seriously by their doctor and as a result, a diagnosis is delayed. Autism Speaks and other autism-related organizations are working hard to educate parents and physicians, so that children with autism are identified as early as possible.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

