

Global campaign for gender equality unveils high-level leaders

STAR HEALTH DESK

Deliver for Good, a global campaign powered by Women Deliver in coordination with 10 founding partners that applies a gender lens to global development, announces five campaign influencers: Her Royal Highness the Crown Princess Mary of Denmark; José Alberto "Pepe" Mujica Cordano, the former President of Uruguay; Dr. Alaa Murabit, UN High-Level Commissioner on Health Employment & Economic Growth and UN SDG Global Advocate; Phumzile Mlambo-Ngcuka, the UN Under-Secretary-General and Executive Director of UN Women; and Sophie Grégoire Trudeau, a gender equality advocate and the wife of Canadian Prime Minister Justin Trudeau.

The announcement was made at a high-level reception hosted by Women Deliver and the Deliver for Good partners during the United Nations' 61st Commission on the Status of Women.

"The growing wave of conservatism threatens the precious gains the world has made in ensuring all girls and women can enjoy health, rights and wellbeing — everywhere," said



Princess Mary of Denmark



Sophie Grégoire Trudeau



Mujica Cordano



Phumzile Mlambo-Ngcuka



Dr. Alaa Murabit



Katja Iversen

Katja Iversen, President/CEO of Women Deliver. "Now, more than ever, leading global voices must stand up for what is right and champion investments in girls and women to power progress for all. This is precisely why I am so proud to announce the Deliver for Good Influencers today."

The primary goal of the Deliver for Good campaign is to promote political, programmatic, and financial investments in girls and women across 12

critical issue areas, from education and sexual health and rights to climate change and access to resources. Deliver for Good Influencers will support the campaign by calling for these investments and engaging multi-sector allies to redefine the narrative around girls and women as agents of change and critical drivers of progress toward the Sustainable Development Goals (SDGs) at the global and country levels. To date, nearly 200 organisations from 56 countries

have joined the campaign, and 34 ministers and 85 parliamentarians have been engaged.

"It is only by working in all 12 of the investment areas, where evidence of girls' and women's contributions to global peace and security, to sustainability and development, can be advanced, that we can create tangible roadmaps for the continued support for initiatives which propel this agenda forward," said Dr. Alaa Murabit.

By focusing on girls and

women as complete individuals — addressing their diverse needs across health, education, economic rights, and more — Deliver for Good takes an integrated approach to fueling solutions that will transform the lives of girls and women and yield benefits for families, economies, and nations.

"By expanding our networks, reinforcing each other, and sharing best practices on how to boost investment in gender equality and women's empowerment, together we can create real and lasting change for women and girls," said Phumzile Mlambo-Ngcuka.

"Our societies have taken profound steps towards a more gender equal world, but at current rates, gender equality might not be achieved in our lifetimes," said Sophie Grégoire Trudeau. "We must all work as one, including having men being part of the solution, as we collectively put women at the heart of development and by empowering them to drive change that will lead to better outcomes — for women, for their families, for their communities, and for society. By denying women and girls their fundamental rights, we are preventing societies from reaching their full potential."

ADDICTION

Yaba: A killer of young generation

DR GOLAM NABI

Yaba tablets which are a combination of methamphetamine and caffeine have become very popular in Bangladesh over the past decade. The numbers regarding the yaba users reported is far less than the actual users.

The pills, usually consumed orally or inhaled after being melted, elevate mood and increases alertness, concentration and energy. That is why it is extremely popular among the youth, especially college and university students who consume it prior to their examinations.

Yaba was originally manufactured by the Nazis to help keep their troops awake for days. The drug usually comes in pill form (often red/orange, sometimes green) and with its potent mix of visuals and intense highs. The drug is claimed to create an intense hallucinogenic effect and can keep users awake for days, although some users have reported that the visuals come as a result of sleep deprivation after binge sessions.

Regular use of the drug has been linked to lung and kidney disorders, hallucinations and paranoia. A frequent hallucination is 'speed bugs' or 'crank bugs' where users believe that bugs are crawling under their skin and go loopy trying to get them out. Those coming off the drug are also susceptible to severe depression and suicidal urges. Now is the peak time to concentrate in this issue to save our young generation from this deadly addiction. Let us fight together against Yaba and free our children from this curse.

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

HEALTH bulletin

A guide to brain cancer



The weaponisation of health care

Marking six years since the start of the Syrian conflict (15 March), a study in *The Lancet* provides new estimates for the number of medical personnel killed: 814 from March 2011 to February 2017. With nearly 200 attacks on health facilities in 2016 alone, medicine denied in besieged areas, and indispensable young medics forced to deliver care in extreme conditions, the study describes the extent to which health has been weaponised in the conflict, in what human rights organisations have described as a war-crime strategy.

The weaponisation of health care, a strategy largely used by the Syrian government and its main ally Russia, threatens the foundation of medical neutrality as laid out in international humanitarian law. The authors say the conflict has revealed serious shortcomings of global governance and call for a new role for global health organisations in responding to health needs in conflicts.

Estimates suggest that between 2011 and 2015, at least 15000 doctors, or half of the pre-war numbers, had left the country. In Eastern Aleppo, approximately 1 doctor remained for every 7000 residents, compared with 1 in 800 in 2010.

Like any other part of your body, your brain can have a tumour, which happens when cells grow out of control and form a solid mass. Because your brain has many types of cells, it can get many kinds of tumours. Some are cancer, and others are not. But because your brain is your body's control center, you have to take all of them seriously.

Most people who have brain cancer have secondary brain cancer, which means cancer in some other part of your body has spread to your brain. About half of all brain cancers start as lung cancer. Other cancers that can spread to your brain include breast cancer, leukemia, lymphoma and melanoma (skin cancer) etc. A much smaller number of people have primary

brain cancer that starts in the brain or spinal cord. These tumours can grow quickly and sometimes spread throughout your brain, which makes them harder to treat.

Symptoms may depend on the kind of tumour you have and where it is, but you may act in ways you normally would not; feel sleepy throughout the day; find it hard to express yourself or feel confused; get bad headaches often, especially in the morning; have problems seeing, like blurred or doubled vision; lose your balance easily or have problems walking and have seizures.

You can get a brain tumour at any age. But they are much more common in adults over 50 than in younger people and children. You may

be more likely to get a brain tumour if you have a weak immune system. The same is true if brain tumours run in your family or you have one of some conditions caused by problem genes.

Doctors generally do not do routine checks for brain cancer like they do for other kinds. You usually find out about it when you go to your doctor with symptoms and s/he does tests.

Every treatment has side effects, so if you have a tumour that is growing slowly and is not causing any problems, you may not need treatment at first.

You will get regular tests to keep an eye on the tumour and make sure it is not getting bigger or starting to cause new problems. The different options of treatment are surgery, chemotherapy, radiation therapy and targeted therapy. Your treatment options and how well they might work tend to depend more on the tumour's type, size, and location, and your age than when you find it.

After treatment you will probably see your doctor regularly for tests to make sure the cancer has not come back. And because your brain affects pretty much everything you do, you may need help with everyday tasks, even if your treatment worked well you may need to get occupational therapy to get back to normal daily and work activities, physical therapy to regain your full movement and strength and speech therapy to help with swallowing and speaking.

Source: Web MD



Ahoy Bangladesh Ltd. launched services in Dhaka

STAR HEALTH REPORT

Ahoy Bangladesh opens its services to residents of Bangladesh for making medical treatment in India easy and trouble free in association with Ahoy India, a pioneer in medical value travel company in India.

Ahoy Bangladesh will support a patient seeking treatment in India right from departure from Bangladesh, during their treatment in India and all the way back till they arrive back to Bangladesh.

They will recommend the right doctor and the right hospital in line of the treatment required. They will also receive a detailed evaluation of the case in India based on reports from local diagnostic centers. Additionally, Ahoy Bangladesh will arrange online consultations with doctors to avoid travel only for consultations.



Launching ceremony of Ahoy Bangladesh Limited (ABL) - (from left in the photo) Manusmriti, Second Secretary, High Commission of India; Cornel K.V. Nair, Managing Director of Ahoy India; His Excellency Harsh Vardhan Shringla, High Commissioner of India; Mr. Saif Uddowlah, Managing Director, ABL; Mr. Siddhartha Viswanath, Director of Ahoy India; Mr. Samiur Rahman, Chairman, ABL



World oral health day 20th March

You can practice good oral hygiene by always brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth once a day with floss or another interdental cleaner, replacing your toothbrush every three or four months and by eating a balanced diet and limiting between-meal snacks. Don't forget to schedule regular dental check-ups to **keep your smile**, and yourself, healthy.

