

Dealing with depression in diabetes



DR SHAHJADA SELIM
 People who are diagnosed with a chronic physical health problem such as diabetes are 3 times more likely to be diagnosed with depression than people without it. Depression can have a serious impact on a person's well being and their ability and motivation to self-manage their condition. Depression is the most common psychiatric disorder witnessed in the diabetes community. People with diabetes suffering from depression are at greater risk of suffering from an episode of diabetic burnout which collectively can have adverse effects on physical health and potentially instigate more long term complications both to do with diabetes and independent from the condition. April 7 is being observed as the World Health Day. This year the

theme was *Depression: Let's talk*. Depression is the leading cause of ill health and disability worldwide. More than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015. The World Health Organisation (WHO) is leading a global campaign on depression for World Health Day 2017, with the goal of enabling more people with mental disorders to live healthy, productive lives. **What is depression?** Depression is the term given when an individual experiences a number of symptoms including:
 • Persistent sadness or anxiety, a feeling of hollowness
 • An overriding feeling of hopelessness and negativity
 • Feeling helpless and powerless to change your situation
 • Loss of interest in activities or

pleasures
 • Lower energy and increased fatigue
 • Insomnia, oversleeping, awakening early in the morning
 • Concentration problems, memory problems and indecisiveness
 • Dwelling on death or suicide
 • Restlessness
 • Weight change and decreased or increased appetite
 A diagnosis of depression is made if many of these symptoms are present, continuously, for a minimum of two weeks. For people with diabetes, dealing with a lifelong condition and managing the risk of complications can seem like an overwhelming task, particularly for newly diagnosed patients. Many diabetics struggle to cope with the requirements, feeling overwhelmed and unmotivated. If diabetes is not faced with an atti-

tude of perseverance and defiance, often depression will prevail. Depression is the perception of life situations as undesirable. Often, when individuals are faced with adverse events or conditions, they spend huge amounts of effort trying to escape or deny such circumstances. Avoiding unpleasantness and expending energy trying to minimise discomfort can cause symptoms of depression. **How can depression affect my diabetes?** Depression can affect a patient's capacity to deal with their diabetes, including managing blood glucose levels appropriately. Research has found that people who suffer from both diabetes and depression have poorer metabolic and glycaemic control which has, in turn, been found to intensify symptoms of depression. Additionally, anti-depressants have been found to have

hypoglycaemic effects causing serious problems for self-management. It has previously been reported that depressed people with diabetes are less likely to adherence to medication and diet regimens and subsequently have a reduction in quality of life and increased health care expenditure. Research has shown by addressing depression, glycaemic control is enhanced, mood and quality of life is significantly improved. If you think you have depression, talk to someone you trust and seek professional help. There is obviously no shame in seeking help. **The writer is an Assistant Professor of Endocrinology Department at Bangabandhu Sheikh Mujib Medical University. Email: selimshahjada@gmail.com**

HEALTH TECH

Patient Aid: Health app for Bangladesh



Patient Aid is the first ever app in Bangladesh which will provide all kinds of health-care related information in an android platform. This app contains up-to-date information in both Bangla and English on the latest medications and their dosage, various health tips, sign and symptoms of different diseases along with their treatment and prevention. It also contains information on doctors and healthcare providing institutions. The download link to this app: <https://goo.gl/nbVswH> The features of this app include:
 • Information about all medications in Bangla
 • Information about doctors chambers and lets you call directly through the app for an appointment
 • Directory of hospitals, diagnostics centres, ambulance services and blood banks etc.
 • Suggestion about relevant physician based on signs and symptoms
 • Alarm for medication doses
 • Calculating the prices of medication
 • Specialist physicians in your area
 • Different health tips on healthy lifestyle, food and nutrition, exercise, diseases, maternal and child health, primary healthcare etc.
 • Different calculators for food, vaccines and ideal weight etc.

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HEALTH bulletin



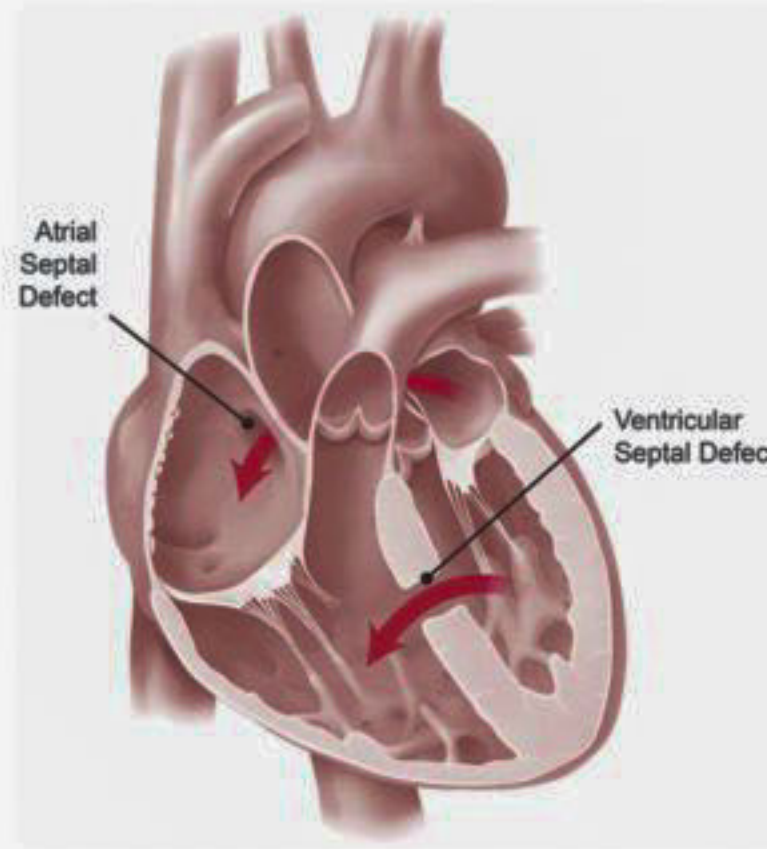
Small & medium farms are essential to sustain quality of global food supply

Small and medium farms produce more than half of the food globally, and produce the vast majority of food and nutrients in low income countries, according to a new study that maps global nutrient production from farms worldwide. As the world moves towards large scale agriculture to meet the growing demands for food, the findings published in the first issue of The Lancet Planetary Health highlight the need for crop and livestock diversity, and investment in small and medium farm owners in low and middle income countries to sustain the quality and quantity of global food supplies. Estimates suggest that by 2050, there will need to be a 70% increase in food availability to meet the demands of a growing population. But, the increase in volume alone will not guarantee human wellbeing. Food systems will need to produce food of high nutritional value and crops, livestock and fish must be diverse to ensure food security. In this study, researchers estimate the relative contribution of small and large farms to the quantity and quality of food produced at a global scale.

How to treat the unusual holes in the heart?

DR TAHERA NAZRIN

Heart is a muscle pump having four chambers (upper two and lower two). There may be any unusual holes in the heart between these chambers. Through these abnormal holes, extra blood flows towards lungs by a blood vessel which increases the lung pressure. Continuous extra flow towards lungs causes stiffness of minute blood vessels inside the lungs which causes reverse flow from lungs to the heart. This is dangerous. This is called Eisenmenger syndrome. At this stage we cannot close the hole anyway. **Atrial Septal Defect (ASD)** If a hole is present at the separating membrane of the upper chambers of the heart, it is called atrial septal defect (ASD). ASDs are three types according to the sizes of the hole. Small, medium and large sized. Most of the ASDs are asymptomatic and may remain undiagnosed until later in life. They may come to medical attention due to incidental findings of abnormal heart sound while checked by doctors. Very rarely they may present with recurrent respiratory tract infections and failure to thrive. Older children may present with symptoms of mild fatigue and dyspnoea that may worsen with age. They may have irregular heartbeat or arrhythmia. Sometimes, ASD of a female person can be diagnosed



during pregnancy when the pulmonary pressure becomes higher and can have respiratory distress. If ASD is diagnosed in time we can close the hole with device without any surgery if ASD rims are sufficient. If rims are not sufficient, surgery is required. **Ventricular Septal Defect (VSD)** Hole present at the separating membrane between lower two chambers of the heart is called ventricular septal defect (VSD). VSDs are of various types according to sizes (small, medium and large) and sites (central/perimembranous, inlet, muscular and outlet/subpulmonic). The typical presentation of a large VSD occurs at approximately 4-8 weeks of age. In some cases, a preceding respiratory infection can blur the picture and lead to misdiagnosis. As a result of drop in pulmonary vascular resistance over

the first few weeks of life, the infant with a large VSD will develop symptoms of congestive heart failure. In case of moderate sized VSD the babies have frequent attack of lower respiratory tract infection with sleep and suck cycle (after taking small feed, becoming tired, go to sleep and again sleep) are common symptoms. If untreated the VSD gradually increase the pulmonary/lung pressure. **Patent Ductus Arteriosus (PDA)** This is an unusual connection between the great artery from heart to whole body and great artery to lungs from heart. Types of PDA are small, moderate and large size. The same symptoms of VSD are present in case of PDA. We can close the holes by two ways. One is by device closure which depends upon the size and site of the shunt. Device closure does not require open heart surgery hence baby does not have any scar mark. Baby needs to stay in the hospital only one to two days for that procedure. The other method is open heart surgery. Both of these procedures have been performed in our country. These congenital heart diseases can be prevented by giving MMR vaccine to the mother before being pregnant. **The writer is a Consultant Paediatric Cardiologist at the Apollo Hospitals, Dhaka, Bangladesh. Email: nazrintahera71@gmail.com**

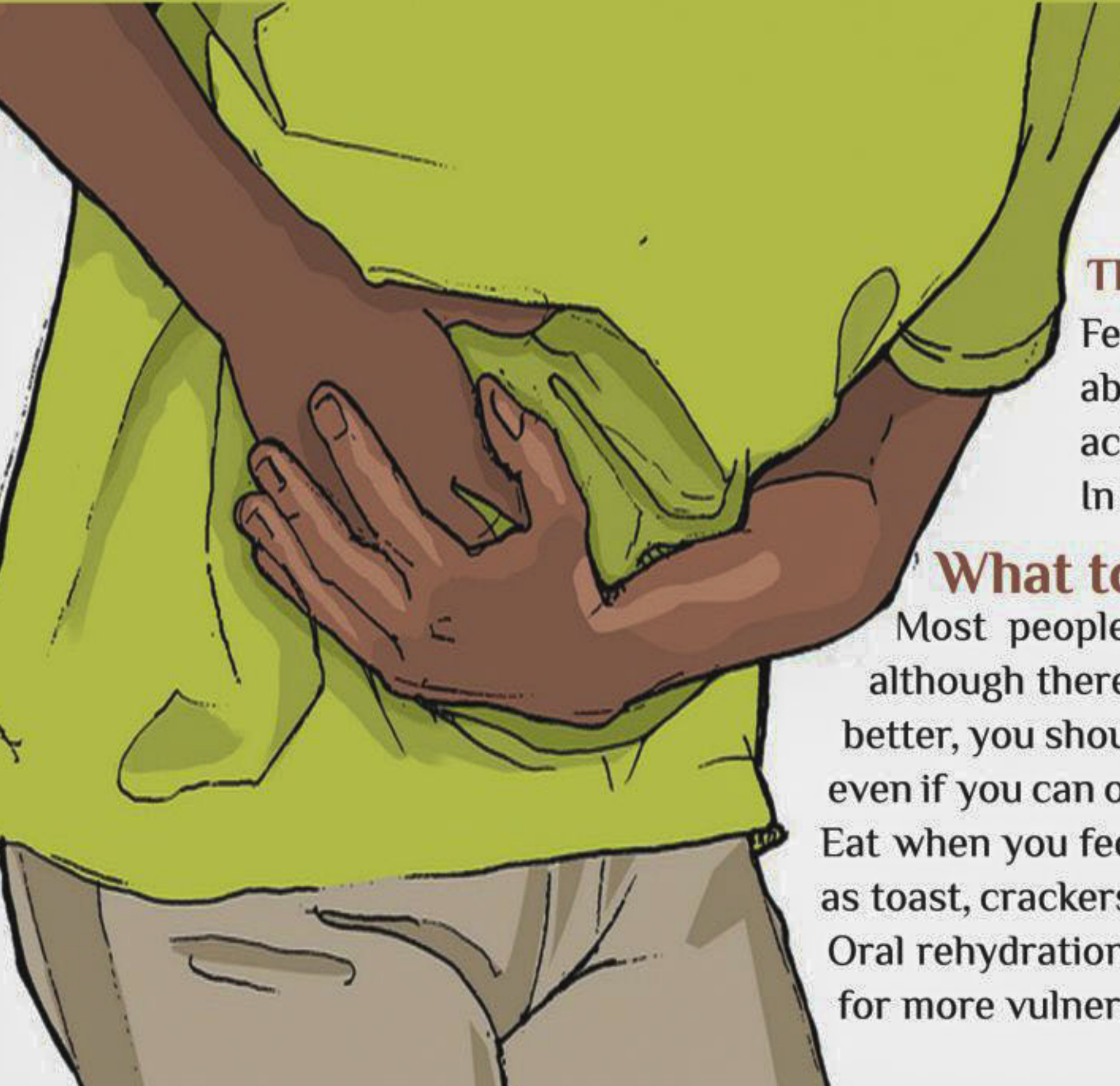


"Bangladesh is a role model in scaling up nutrition"

STAR HEALTH REPORT
 Since the inception of Scaling Up Nutrition (SUN) in April 2010, Bangladesh has made tangible progress in bringing government ministries, UN agencies, development and civil society partners, and academicians to scale up nutrition activities linking with accountability and governance under the leadership of SUN Focal Point. During the visit of Ms. Gerda Verburg, UN Assistant Secretary General and SUN Movement Coordinator, a meeting was held recently in Dhaka to improve SUN activities in Bangladesh. Mr. Mohammed Nasim, MP, Honourable Minister, Ministry of Health & Family Welfare attended as a chief guest. He said that Bangladesh had made tremendous improvement in health sector that made it a role model in the world. Ms. Gerda Verburg, mentioned about steps taken by Bangladesh to improve the nutrition situation that has made Bangladesh one of the first in line in South East Asia region in nutrition success. She also committed to ensure SUN participation along with UN agencies in Bangladesh nutrition activities.



Food poisoning is an illness caused by eating contaminated food. It's not usually serious and most people get better within a few days without treatment.



Signs and symptoms

The symptoms of food poisoning usually begin within one to two days after eating contaminated food, although they may start at any point between a few hours and several weeks later.

The main symptoms include:

Feeling sick (nausea), vomiting, diarrhea (which may contain blood or mucus), stomach cramps and abdominal (tummy) pain, a lack of energy and weakness, loss of appetite, a high temperature (fever), aching muscles, chills. In most cases, these symptoms will pass in a few days and you will make a full recovery.

What to do

Most people with food poisoning recover at home and don't need any specific treatment, although there are some situations where you should see your GP for advice. Until you feel better, you should rest and drink fluids to prevent dehydration. Try to drink plenty of water, even if you can only sip it. Eat when you feel up to it, but try small, light meals at first and stick to bland foods-such as toast, crackers, bananas and rice-until you begin to feel better. Oral rehydration solutions (ORS), which are available from pharmacies, are recommended for more vulnerable people, such as the elderly and those with another health condition.

