

# Family planning saves lives and transforms the community

DHIRAJ KUMAR NATH

World Population Day is observed around the world since 11 July, 1987 when the world's population reached 5 billion. The world population in total has reached to 7.60 billion in June 2017. The world population increases by 100 million approximately in every 14 months and major thrust of growth is in developing countries like Bangladesh. According to United Nations Department of Economic and Social Affairs as published on 21 June, 2017, global population will reach to 9.80 billion by 2050.

World Population Day is observed mainly to address 5 major issues: increase the acceptance level of family planning, ensure gender equality, reduce poverty, ensure maternal health and establishing human rights. These are broad areas on which every year United Nations Population Fund (UNFPA) declares a theme to concentrate and emphasise on particular aspect. Whatever might be the theme, mainly some public health and reproductive health issues are highlighted every year with the vision to improve the capacity of human being and understanding of the better life-



style with good health, building nation of healthy citizens and transform the nation quickly to a welfare state.

This year's theme is 'Family Planning: Empowering People, Developing Nations.' Access to safe, voluntary family planning is a human right. It is also central to gender equality and women's empowerment, and is a key factor in reducing poverty. Yet around the world, some 225 million women who want to avoid pregnancy are not using safe and effective family planning methods, for reasons ranging from lack of access to information or ser-

vices to lack of support from their partners or communities. Most of these women with an unmet demand for contraceptives live in 69 of the poorest countries on earth. Investments in making family planning available also yield economic and other gains that can propel development forward.

This year's World Population Day coincides with the Family Planning Summit, the second meeting of the Family Planning 2020 (FP 2020) initiative, which aims to expand access to voluntary family planning to 120 million additional women by 2020.

To be more specific and precise, World Population Day is observed to protect and empower youths of both genders like boys and girls. It is to offer them knowledge about sexuality and benefit of the delay in marriage. This is to educate youth to avoid unwanted pregnancies by using reasonable and youth friendly means, educate about pregnancy related illness to raise the public awareness and about dangers of early parenthood. All these are mostly related to empowerment of people as responsible citizens who can contribute to the rapid progress of a country.

The family planning programme of Bangladesh is a success story. To sustain its gains so far achieved and overcome future hurdles, there are ways of new interventions to make it more inclusive. The challenges of attaining the targets of Sustainable Development Goals are major issues for the family planning programme in Bangladesh. The SDG goal 3.7 categorically stated, "By 2030, ensure universal access to sexual and reproductive health care services including family planning, information, education and integration of reproductive health into national strategies and programmes."

To achieve these targets, there must be massive campaign and activities for small family norms and family planning. The inter-linkage and integrated nature of programmes with specific vision to empower the people must be taken to build up social capital development and make radical changes in the lifestyle of people who are very rapidly being urbanised with changes in their way of living and thoughts.

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## TIPS

### How to ameliorate joint pain induced by Chikungunya

Dr Mohammad Ali

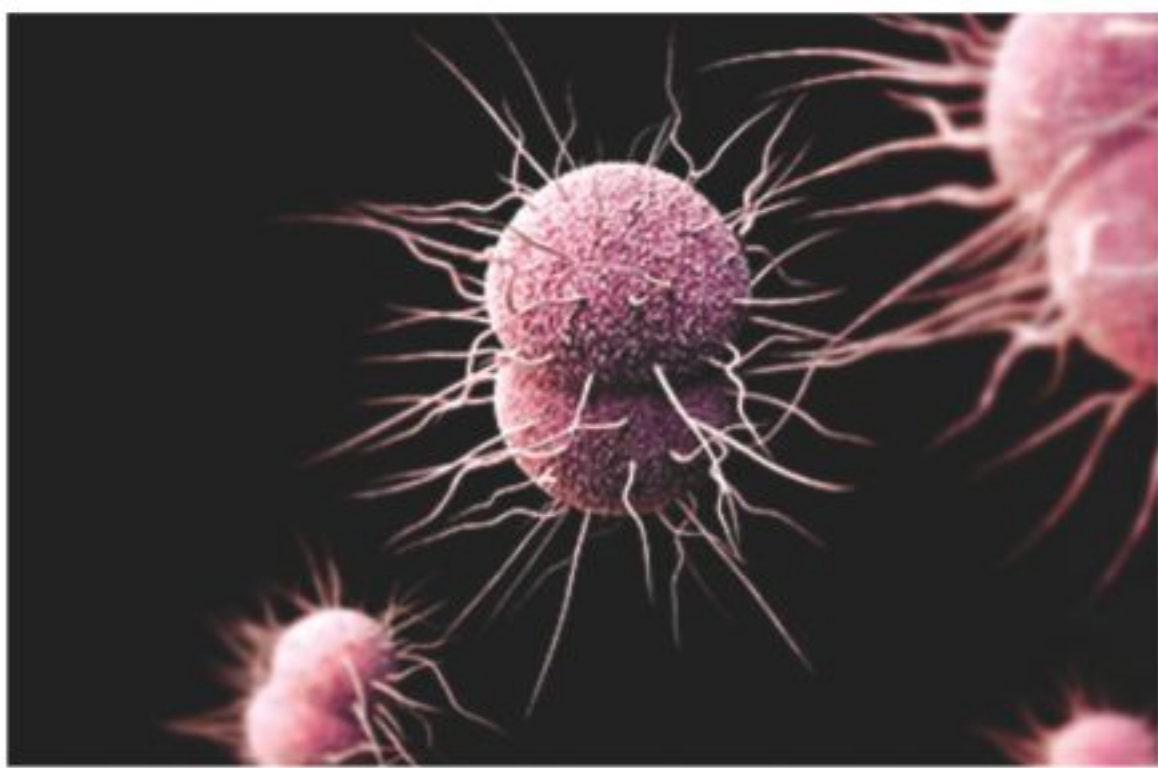
Chikungunya fever caused by a virus is more frequent this year. Usually it is not a fatal disease. High fever along with joint pain makes the sufferings worst. In most cases, fever appears within two to five days. Nonetheless, joint pain could persist for several weeks even a month. So, for ameliorating joint pain patients could take the following effective measures.

1. Cold compression is very effective. Direct use of ice is unpleasant and could produce ice burn. You could put ice in a soft towel and apply to the affected joint for 10 to 15 minutes three to four times daily or according to need.
2. Light massage is also beneficial. Use sesame oil during massage for better result. This will reduce intense joint pain due to increased blood circulation in the joint. However repeated and long-time rubbing could produce adverse effect.
3. If you drink a glass of hot water mixed with half a teaspoon of turmeric powder twice daily, it would reduce pain because turmeric is a recognised herbal anti-inflammatory pain killer.
4. Physiotherapy is the strongest pain reliever among all the available method to reduce inflammatory joint pain. Wax therapy and other modalities of electro physical agents have a good effect in controlling Chikungunya induced joint pain.

To destroy mosquito larvae, do not let stagnant water to remain in pots or any other places. Use mosquito net while going to bed.

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## HEALTH bulletin



### Gonorrhoea is evolving to resist antibiotics

Gonorrhoea is becoming harder and in some cases impossible to treat with antibiotics, the World Health Organisation (WHO) said in a press release.

"The bacteria that cause gonorrhoea are particularly smart. Every time we use a new class of antibiotics to treat the infection, the bacteria evolve to resist them," said Teodora Wi, a human reproduction specialist at the WHO.

Each year, about 78 million people worldwide are infected with gonorrhoea, the WHO said. Data from 77 countries collected by WHO shows there is a widespread resistance to older, cheaper antibiotics and in some countries, the infection has become untreatable by all known antibiotics.

Gonorrhoea has developed resistance to nearly every class of antibiotics used to treat it such as penicillin, tetracycline and fluoroquinolones.

Now WHO advise doctors to switch to a two-drug combination: ceftriaxone and azithromycin.

If gonorrhoea is left untreated, the infection can cause serious health problems including long-term abdominal pain and pelvic inflammatory disease, which could lead to ectopic pregnancy and infertility.

## Ramadan fasting vs post Ramadan feasting

DR SYED AHMED MORTADA

Japanese scientist Yoshinori Ohsumi won the 2016 Nobel Prize establishing the truth that fasting is good for health. He coined the term "autophagy" which was the cornerstone of his discovery. In Autophagy our own body cells gobble up the cellular debris, useless parts, and even pathogenic microorganisms making a healthy environment in vivo (within the body).

Autophagy becomes activated under conditions of stress and strain like fasting. Here the autophagy cells produce energy using its cellular rubbish and pathogenic bacteria. During starvation brain gets a signal from the body that there is shortage of food stimulating the autophagy swallowing the old and junky protein in the system. Fasting allows the body at least to derive two benefits:

1. Keeping the body clean by scavenging the damaged cells
2. When self-destruction in the body occurs, there is production of growth hormone which in turn induces the generation of new cells.

The benefit regained during one month of fasting is lost through a discourse of ignorance and bigotry. Many Muslims conceive that since fasting was constituted for the appeasement of Allah, therefore post Ramadan haute cuisine is acceptable and healthy if taken in the name of the creator. Like fasting, the post fasting transition



should be followed in the light of science and medical teaching. Many over zealot activists get a bulge in their waist line in the next one month than it was during the fag end of the fasting month.

More often than not, it should be remembered that as our body gradually adjusts its circadian rhythm (body clock) from the first day of fasting to the last day, the same body also demands that post Ramadan transition should be befitting to the homeostasis of the organ.

No sooner the month of fasting ends, we revert to a life of undisciplined, irregular and unhealthy practices subjugating the body to a host of insults and traumas. Sideling the healthy and nutritious foods, the table of junk foods top up the list of appetisers; fried chicken, pizza, burger, hotdog, chips, carbonated sugary beverages and energy drinks with extravaganza of fat, sugar, monosodium glutamate - to name a few. Some of them are carcinogenic and are notoriously culpable to induct glucagon surge which opposes the action of

insulin.

Not only that, excesses of tea and coffee assault the diurnal rhythm which is essential to transit to a smooth, homogenous sleep pattern. The repeated burning of the oils leads to the transformation to trans-fat, culminating in the development of stroke and heart diseases.

Those who are the harbinger of diabetes, hypertension, heart disease, impaired renal function, ulcer diseases — are at particular risk, should discuss with their physicians to address their particular needs. To get a panacea for most of the diseases and disorders for the rest of the life not only for Ramadan or post Ramadan, here is a magic wand that may be difficult but cost effective — having a balanced and nutritious diet, routine life, adequate physical activity, rest, sleep and meditation and finally avoidance of nicotine, drugs and alcohol. The celebrated Pianist Arthur Rubenstein who lived to ninety eight years made a clarion call, "If you love life, life will love back."

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## A new era for WHO with 5 top priorities

STAR HEALTH REPORT

Tedros Adhanom Ghebreyesus is an Ethiopian politician, academic, and public health authority who is the Director-General of the World Health Organisation (WHO), taking office for a five-year term on 1 July 2017 following his election by the World Health



Assembly on 23 May 2017. He envisions a world in which everyone can live healthy, productive lives, regardless of who they are or where they live. He believes the global commitment to sustainable development — enshrined in the Sustainable Development Goals — offers a unique opportunity to address the social, economic and political determinants of health and improve the health and wellbeing of people everywhere. WHO has set 5 top priorities to address in order to achieve the desired outcomes.

Five top priorities:

1. Ensure universal health coverage for all people without impoverishment
2. Respond quickly and efficiently to public health emergencies
3. Secure the health, dignity and rights of women, children and adolescents
4. Decrease the health impacts of climate and environmental change
5. Transform WHO into a more effective, transparent and accountable agency

/StarHealthBD

## Best Foods for Your Anti-Aging Diet

**Water:** Not a food, you say? Think of it as one. Many older people simply don't drink enough water because they don't feel as thirsty as they used to."Water is so underappreciated. Our bodies are mostly water. If you're chronically dehydrated, just think of what your cells look like," says Robin Foroutan, a New York nutritionist. "You can't think as clearly, you get fatigued more easily, you don't tolerate heat as well

**Fiber:** Dietary fiber -- from things like vegetables, whole grains, fruits, and legumes -- helps regulate your digestive system. That can help ease constipation, which is an issue for many older people. It can lower your cholesterol, blood pressure, and inflammation. That can lead to a healthier heart

**Salmon:** A heart-healthy all-star, salmon (and other fatty fish like mackerel and sardines) are high in omega-3 fatty acids. They help prevent heart disease and stroke. Try to get at least two servings a week.

**Olive oil:** A 2013 study showed a "significant" drop in "bad" cholesterol (LDL) and an increase in "good" cholesterol (HDL) among those given extra virgin olive oil. The experiment concluded that it helps increase your amount of the antioxidants we mentioned earlier



**Blueberries:** "Always delicious," says Angel Planells, a nutritionist in Seattle, "and packed with various antioxidants." Antioxidants are things, like vitamin C or vitamin E, that can prevent or minimize damage to your cells

**Yogurt:** Bone loss gets worse as you get older. Calcium helps keep it to a minimum, and yogurt is a good source of it. Get yogurt fortified with vitamin D, which aids in the absorption of that key mineral. Yogurt also helps you digest your food, and it has protein, too. And add some fruit, Planells says

**Tomatoes:** Foods high in lycopene, like tomatoes, can help protect you against prostate cancer and may help prevent lung cancer, too. Cooked or processed tomatoes (like in juice, paste, and sauce) may be more effective than raw ones. Researchers believe that heating or mashing tomatoes releases more of the fruit's lycopene

**Broccoli:** Filled with all sorts of vitamins and antioxidants, broccoli is high in fiber, too. It should be in everyone's kitchen, Planells says.

**Nuts:** Omega-3s, unsaturated fats (that's the good kind), fiber, protein ... nuts are heart-healthy nutrition in the palm of your hand. Shoot for five, 1-ounce servings per week

