

A guide to personality disorders

STAR HEALTH DESK

There are some mental health conditions that affect your everyday life and relationships. They are about how you think, feel, and act. You might have a tough time with change, or you may be impulsive or suspicious. You might even do or say things other people find odd or upsetting making it harder to connect.

Families commonly endure episodes of explosive anger and rage, extreme depression (e.g., person rarely gets out of bed), self-mutilation and suicide attempts by family members with personality disorders. These individuals are often referred to treatment by loved ones who recognise a troubling pattern, or who have reached their personal limit in trying to cope with them. Here are some of the personality disorders for better understanding what they are.



Antisocial personality disorder: You may try to make others angry, trick them, or treat them badly to get what you want. You may not care what is right or wrong. You usually do not feel bad when you hurt others. People with this condition often have a hard time keeping a job or taking care of their families.

Borderline personality disorder: You may have strong feelings of anger, sadness, or anxiety that suddenly change. You may frantically try to connect with someone if you think they want to separate from you.

Narcissistic personality disorder: You want to make yourself look good, even if you must hurt or ignore others to do it. You may brag a lot or pretend to be someone you are not, or stop people who want to have their say, especially if you think you are more important. You may get angry if you do not get treated the way you want. Inside, you are insecure, oversensitive, and may lash out if criticised.

Obsessive-compulsive personality disorder: A desire to control people, tasks, or situations is at the

core of this disorder. Your attention to rules, details and order can be extreme. This is not the same as obsessive-compulsive disorder, where a pattern of unreasonable thoughts can lead you to do something over and over, like wash your hands too much to avoid germs.

Dependent personality disorder: You may be too clingy because you hate to be apart from those you are closest to. The thought they could leave forever causes serious fear. You do not have a lot of confidence and are not eager to

try new things. Even everyday decisions can be hard as you feel you need approval from others first.

Do you have one? People with personality disorders often do not believe they have it. You may find out only after you get help for something else, like anxiety or depression, or if someone suggests you start therapy and you go. Often with these conditions often people never get the help they need.

Diagnosis: Doctors ask questions to learn if parts of your personality are so strict that they harm your relationships at home and at work. They also check how well you control your impulses and see if your view of yourself matches reality. You might have some symptoms without having one of these conditions. Only a professional can tell if you have a personality disorder.

Treatment: These conditions can be intense, constant, affect lots of parts of your life and be hard to manage. But you can get help. The most common method is talk therapy. You may work with a mental health professional who helps you see — and change — patterns of thinking and behaviour that cause you problems. Over time, this can help you deal with stress and with other people in a healthier way.

Source: WebMD

BREASTFEEDING

A smart investment

Breastfeeding is not a one-woman job. Mothers need support from their health providers, families, employers, communities, and governments to give their children the healthiest possible start to life. Breastfeeding protects children from illness, increases IQ, and creates a strong bond between mother and child.

Increased rates of breastfeeding also reduce inequalities and nurture economies by producing a stronger, more able workforce and by lowering healthcare costs. Nations are not adequately promoting, or supporting breastfeeding, according to the Global Breastfeeding Scorecard, which evaluated 194 countries.

For example, Bangladesh still needs to improve on enabling environment for breast feeding along with ensuring births in baby friendly hospitals and maternity centres.

World Health Organisation (WHO) calls on countries to implement policies and programmes to encourage breastfeeding, such as paid family leave and workplace breastfeeding policies.



HEALTH bulletin



Blindness affects people with greatest burden in developing countries

Worldwide, there are an estimated 36 million people who are blind, and this is set to grow to almost 115 million people by 2050 with the greatest burden occurring in developing countries in Asia and sub-Saharan Africa, according to a study published in The Lancet Global Health journal.

Although rates of blindness and vision impairment have gone down in recent years, the number of cases has increased. The new estimates highlight the need to scale up efforts to alleviate vision impairment to help improve quality of life, and educational and economic opportunities globally.

With most vision impairment being a result of ageing, as the population continues to grow and age, the number of people affected has increased globally. To counter the growing numbers of cases of blindness and vision impairment, the researchers note the importance of investing in treatments. They also note that, between 1990 and 2010, when investments were made in treatments for vision impairment, prevalence of blindness reduced.

Homecare for chikungunya by physiotherapy

ZAHID BIN SULTAN

Almost every family in Dhaka city is attacked by chikungunya recently. It is most commonly caused by the bites of infected female mosquitoes of the species *Aedes aegypti* and *Aedes albopictus*.

Sign and symptoms: The most common signs or symptoms of chikungunya are acute onset of fever and joint pain which is typically bilateral and symmetric. Typically the joints involved are small joints of the hand, wrist and ankles and larger joints of the knee and shoulder. Some other symptoms are headache, nausea or vomiting, muscle pain or rash. This presentation usually begins 3-7 days after an infectious mosquito bites the individual. Within 7-10 days these acute symptoms should be resolved. The majority of the patient's joint pain will resolve fairly quickly within 1-3 weeks.



the patient and discomfort that affects the physiotherapist will first assess the overall condition of the patient and understand the levels of pain and relieving modalities as well as exercise. Your physiotherapist will be able to suggest the right exercises for your joint pain.

Treatment: There is currently no medication or vaccine to treat chikungunya — the current best treatment is prevention. Once an individual is infected, they can seek pain management through the means of nonsteroidal anti-inflammatory drugs, fluid replacement and rest. Please consult with your doctor before taking any medication.

Physiotherapy: Studies have shown that physiotherapy can effectively help to manage

Exercise: Always consult with physiotherapist before any exercise. Try to exercise in the morning, when your joints may be the stiffest. Try some of these simple movements:

- Sit on a chair. Extend one leg parallel to the floor and hold for 10 seconds before lowering your leg with the sole flat on the floor. Do the same with the other leg. Repeat this several times a day, doing two to three sets of 10 repetitions per leg.
- Turn to your side. Raise one leg upwards for a second before bringing it down atop your other leg. Do this 10 times for that leg. Then, turn to the other side, and repeat. Do a set of 10 days, for each leg several times a day.
- Use oils or creams: You may experience scaling, dryness or an itchy rash. These do not need treatment, but you can treat the itching and rebuild your skin's natural conditions and moisture. Apply mineral oils, moisturising creams or calamine lotion.

Paying attention to complications: Watch for heart rhythms, eye complications and neurological complications like severe headache, neck stiffness/pain, and sensitivity to light, fever, seizures, double vision, nausea and vomiting. See your doctor right away if you notice any complication.

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Impressive health-benefits of egg

DR TAHIDHA RAHMAN EREN

Eggs are pretty much the nature's perfect food. For centuries, eggs have been praised for their health-protective properties.

Hair care: Most of the vitamins present in the egg increase oxygen production and stimulate more blood flow to the scalp. This is why eggs are especially beneficial to the hair.

Skin care: Eating eggs help the body synthesise collagen, which supports skin structure, giving you a flawless complexion. They are a great source of minerals such as potassium, iron, zinc, and folate which are really important for the growth and function of skin cells. If you are looking for an incredible source of Omega-3, eggs can be your best source.

For your nail: Beyond hair and skin care there are also many studies showing that egg containing diets can help to treat nail disorder. Eggs are made up of pure protein and a full range of amino acids and essential fatty acids needed to maintain your nail's structure.

Boosting weight loss: Eggs tend to make you eat fewer calories, helping you to shed extra pounds. A boiled egg comes with 77 calories, 6 grams of protein and 5 grams of healthy fats. Boiled, scrambled, poached, all are great for our health. Many people do not get enough choline in their diet — eggs are an excellent source of choline, an essential micronutrient which is vital for detoxification liver function that helps in the process of healthy liver.

Improving hormonal balance: Eggs provide a rich source of vitamins A, D, E, Vitamin B complex, calcium, phosphorus, potassium which all are key building blocks for hormonal production, hormonal balance, and healthy skin. Eggs are stuffed with choline, lutein, its effects can help male hormones in check throughout adulthood.



Respiratory tract infections (RTIs) are any infection of the sinuses, throat, airways or lungs



RTIs usually caused by viruses, but can be caused by bacteria.

RTIs are thought to be one of the main reasons why people visit their GP or pharmacist. The common cold is the most widespread RTI.

Healthcare professionals generally make a distinction between:

- Upper respiratory tract infections - which affect the nose, sinuses and throat
- Lower respiratory tract infections - which affect the airways and lungs

Children tend to get more upper RTIs than adults because they haven't built up immunity (resistance) to the many viruses that can cause these infections.

Managing your symptoms at home

Most RTIs pass without the need for treatment and you won't usually need to see your GP. You can treat your symptoms at home by taking over-the-counter painkillers, drinking plenty of fluids and resting.

In most cases, antibiotics aren't recommended because they're only effective if the infection is caused by bacteria.

The symptoms of an upper RTI usually pass within one to two weeks.

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