



PHOTO: STAR

With a call to end violence against women, a group of people bring out a procession in Jatiya Press Club area yesterday. "October Biplab Shatabarsha Udjapan Jatiya Committee" (national committee to celebrate 100 years of the October Revolution) and some progressive women's organisations organised the event.

STAR HEALTH TIPS

Fighting dental caries



DR MD ASAFUJJOAH RAJ

Almost all of us have experienced this common dental condition, called dental caries by doctors, in our lifetime. Without paying due attention, this seemingly "innocent" disease can contribute to a numerous health issues.

Within four to seven days, this flora along with food particles form a harmful coating around the teeth called dental plaque.

The bacteria in the plaque can produce harmful acids by fermenting sugar in sweet food items such as soft drink, ice cream, candy, cookie and cake.

This acid can destroy the protective layer of tooth and form dental caries in a favourable environment.

SIMPLE TIPS TO PREVENT IT

1. Ensure calcium-rich nutritional diet for a pregnant mother to foster healthy development of the baby's teeth.
2. Promote breastfeeding of infants as breast milk has necessary ingredient for stronger teeth.
3. Drink plenty of water as it contains fluoride that is beneficial for dental health.
4. Before the teeth are grown, clean an infant's gum with a clean piece of cloth or a swab of cotton soaked in warm water.
5. As soon as teeth start to appear, help a child get into the habit of brushing teeth every day after each meal.
6. Use dental floss instead of toothpick to clean food residue stuck in between teeth.
7. Consult with a dentist and use mouthwash to remedy certain mouth odour issues.
8. Have a balanced diet without added sugar and having fibre-rich contents. Fresh fruits, vegetables, fish, egg, milk, cheese and yogurt should be included in a daily meal.
9. Visit a dentist every six months -- as recommended by health professionals.

icddr,b gets Hilton Humanitarian Prize

STAFF CORRESPONDENT

Health organisation icddr,b has received the Hilton Humanitarian Prize 2017 for its contribution to solving global health issues, particularly those impact the world's most impoverished communities.

The authorities of icddr,b received the Hilton Humanitarian Prize, which is considered the largest annual humanitarian award, on Wednesday at a ceremony held at the Beverly Hilton in Los Angeles, USA, said a press release yesterday.

Conrad N Hilton Foundation has been giving the prize worth \$2 million since 1996 to a non-profit organisation judged to have made extraordinary contributions to alleviating human suffering, as a tribute to Conrad N Hilton's humanitarian efforts.

Hilton Foundation President Peter Laughan lauded icddr,b's role in public health research and innovation, said the release.

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7,135 die from breast cancer a yr

Says report of Int'l Agency for Research on Cancer about Bangladesh

STAFF CORRESPONDENT

In Bangladesh, 14,822 people contract breast cancer, and out of which 7,135 die every year, according to a report of the International Agency for Research on Cancer (IARC).

The majority of the breast cancer patients are women, it added.

The report was published on September 30.

Citing the report, Dr Habibullah Talukdar Raskin, an associate professor and head of the department of

Cancer Epidemiology at National Institute of Cancer Research and Hospital, said breast cancer can also affect male population, though it is very rare.

Dr Raskin was speaking at a programme titled, "Breast Cancer Scenario: Prevention and Awareness", organised by icddr,b's SHARE project and Bangladesh Breast Cancer Awareness Forum at Dhaka University.

October marks the breast cancer awareness month, which aims to raise awareness about the disease, said

Raskin.

He said good eating habits and staying healthy can prevent breast cancer at an early stage. He stressed the need for breastfeeding, which helps in preventing the disease. Also, regular self-examination and consulting a doctor are also a must.

Dr Mustaque Hossain, an icddr,b consultant, said, even from childhood, awareness is vital to prevent diseases such as cancer and diabetes.

Dr Iqbal Anwar, project director of SHARE, also spoke.

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