

Things that can cause bad breath

Many of us are embarrassed with the bad breath produced in our mouth. It might not be what you ate. Get the lowdown on unexpected things that can cause stinky breath, like a hangover.

Your tongue

Bacteria on the tongue is the leading cause of bad breath. Clean yours with your toothbrush or a tongue scraper. Scrapers will do a slightly better job. Avoid brittle plastic ones, which could snap, as well as metal ones, which can be sharp.

A low-carb diet

When you cut out carbs and boost the amount of protein you eat, your body starts burning fat for energy. That process makes compounds called ketones, which cause bad breath. In this case, better dental hygiene would not solve the problem, since that is not the root cause. Your best bet is to mask your breath with sugar-free gum.

The common cold

As if they were not annoying enough, respiratory tract infections like colds and bronchitis can also give you bad breath. That is because odour-causing bacteria like to feed on mucus. And if you have a stuffy nose, you are more likely to resort to



mouth-breathing, which can dry out your mouth.

An ulcer

The ulcer itself may not be the problem. But a type of bacteria that causes ulcers, Helicobacter pylori, can also trigger bad breath. Treating the bacteria may get rid of the stink. Your doctor can test you for *H. pylori* and prescribe antibiotics for it.



Medications

More than 400 prescription and over-the-counter drugs, including antidepressants and allergy remedies, can stifle saliva flow. This fluid helps wash away food and bacteria, keeping bad breath at bay. Changing your meds is not always an option, so the American Dental Association recommends staying hydrated

and chewing sugarless gum to keep the mouth moist. Special oral rinses can also help.

Tonsil stones

These small whitish clusters - made up of hardened bacteria, food particles, dead cells, and mucus - get trapped in the ridges of your tonsils and the back of your tongue. They are generally harmless except for the smell.

They will often dislodge on their own, but you can sometimes speed the process by gargling with salt water. Your dentist may have other options for you.

Dried fruit

It is very high in sugar, and odour-causing bacteria love to feed on the stuff. A reasonable 1/4 cup of raisins has 21 grams of sugar; the same amount of dried apricots has 17 grams. That is like eating 4-5 teaspoons of pure sugar. Plus, dried fruit is sticky, so it can get trapped on and between your teeth. After a snack, be sure to floss and brush.

Acid reflux or heartburn

These are two symptoms of GERD (gastro-oesophageal reflux disease), a common digestive disorder. Your bad breath may be from some undigested food coming back up, or it could be that irritation from stomach acid is giving you postnasal drip. Ask your doctor for help if you get heartburn often.

Cracked teeth and fillings

These can trap food particles and breed bacteria, resulting in cavities, gum disease, and bad breath. Ill-fitting dentures can cause the same problems.

Source: WebMD

SLEEP STUDY

Sleep deprivation is killing you

STAR HEALTH REPORT

New research has found that sleep deprivation is causing Non-communicable disease (NCD) in Bangladesh. This effect is triggered by snoring as well. Recently a study by the Research and Evaluation Division, BRAC has published the findings in the 'Sleep health - Journal of the National Sleep Foundation'.

Data were collected from 12,338 men and women aged ≥ 35 years residing in urban and rural Bangladesh focusing on socio-demographic, behavioural, lifestyle, and chronic disease (diagnosed by registered physician), sleep pattern and snoring from the respondents. Hypertensive patients are the highest who has the most sleep deprivation. Inadequate total sleep that is less than 7 hours and presence of snoring either in men or women showed positive link with chronic disease status. However, it was not clear how they are associated. For example, in one hand, it is possible that inadequate sleep (less than 7 hours) and snoring are causing the development of chronic disease; or in the other hand, it is possible that because of the chronic disease, people are experiencing snoring and shorter duration of sleep.

Sleep is a fundamental part of human life. However, any deprivation of the sleep either its quality and/or duration cause numerous health hazards. This coupled with snoring makes it even more vulnerable. In developed countries, earlier research reported that adequate sleep is required for the body to perform its normal somatic, cognitive and psychological processes. It was found that around 150 million people worldwide suffer from sleep problems that might affect their quality of life and leave them vulnerable to other adverse outcomes. A multicounty study indicated that nearly 17% of the population in developing nations suffer from sleep problems, similar to the prevalence of sleep disturbances in the developed world (reported to be about 20%).

Dr Mahfuzar Rahman, lead author of the study has highlighted that poor sleep could be causing you non-communicable disease, especially hypertension. Therefore, if a person chronically sleeps less than 7 hours and/or has snoring, the person is more likely to develop any form of chronic diseases in future.

Stay healthy this winter

STAR HEALTH DESK

It may be cold outside, but winter need not be the unhealthiest time of year for you and your family. Here are ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather is like.

• Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles. Get outdoors in natural daylight as much as possible.

• When it is cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it is important to ensure you still have a healthy diet and include five portions of fruit and vegetables a day. Explore varieties of fruit and vegetables that you may not normally eat.

• You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition. Milk and dairy products such as cheese and yoghurt are great sources of protein, vitamins A and B12 and calcium, which help to keep our bones strong and immune system tough.

• Wear several layers of clothes rather than one chunky layer - clothes made from cotton, wool or fleecy fibres help to maintain body heat.

• Cold weather does not mean you have to abandon physical activity completely. Instead, try to fit in what you can, and think about indoor activities too. For example even a short, brisk walk can make you feel warmer. It will also help boost your circulation.



Physiotherapy in ICU

ZAHID BIN SULTAN

Nowadays physiotherapists are an integral part of a multidisciplinary team in most of the intensive care units (ICU) in Bangladesh. Doctors and hospital management realising the importance of physiotherapy management in ICU.

According to WCPT (World Confederation for Physical Therapy), Physiotherapy in ICU helps to reduce patient morbidity and mortality and prevent increased length of ICU and hospital stay. The focus of physiotherapy treatment in ICU is respiratory physiotherapy and physical rehabilitation.

Respiratory physiotherapy:

Every day our lungs produce fluid called sputum. Sputum traps the dirt particles that we breathe in and to clean the lungs this is normally coughed and cleared. Patients in ICU may require mechanical ventilation that helps for breathing but it stops patients from coughing and clearing the daily sputum load that causes sputum retention, chest infection or other complications.

Importance of respiratory physiotherapy in ICU:

- Reduce sputum retention, atelectasis and pneumonia
- Maintain lung volume
- Reduce airway resistance and work of breathing
- Optimise oxygenation and ventilation
- Improve respiratory muscle strength
- Improve ventilation/perfusion mismatch
- Minimise postoperative complications



Decrease patient's dependency on the ventilator.

Physical rehabilitation:

Prolonged immobility or inactivity is a contributing factor of muscle weakness in ICU patients.

According to The Chartered Society of Physiotherapy (CSP)-UK, patients who are mechanically ventilated for more than 7 days, 25% display significant muscle weakness, and approximately 90% of long-term ICU survivors will have ongoing muscle weakness.

They can also experience joint stiffness, muscle tightness and reduced overall fitness. Physiotherapy rehabilitation programme plays an integral role in the treatment and prevention of these complications.

Importance of physical rehabilitation in ICU:

- Maintain joint range of movement
- Maintain muscle strength
- Help to improve cardio respi-

tory fitness

• Reduce venous stasis and risk of deep-vein thrombosis

• Maintain and improve exercise tolerance

• Maintain bone density

• Provide positive psychological benefits

• Aid to return to function and daily life

Physiotherapy in the ICU improves patient's physical well-being, facilitating weaning and promoting safe and early discharge from the intensive care unit. Early mobilisation results in decreased length of stay in ICU as well as overall hospital stay. ICU related complications such as deconditioning, muscle weakness, respiratory infections and contractures, can be prevented by early physiotherapy intervention.

The writer is a Clinical Physiotherapist at BRB Hospitals Ltd. Email: ranacrpphysio@gmail.com



Orion Pharma Scholarship for Medical Student

ডাক্তারবিহীন একটি সুস্থি, সুন্দর এবং সাবলীল সমাজ কি চিন্তা করা যায় ?

ডাক্তার হওয়ার স্বপ্ন অনেকেরই, কিন্তু অনেক সময় শুধু আর্থিক সংকটের কারণে আজন্ম লালিত স্বপ্ন মুল হয়ে যায়। সেই সব স্বপ্নবান, সম্ভাবনাময় মেধাবী শিক্ষার্থীদের লক্ষ্য অর্জনের সহযোগিতার জন্য ওরিয়ন ফার্মা ওয়েলফেয়ার ট্রাস্টের

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মেইল: abdullah.arafat@orion-group.net

মোবাইল: +৮৮০১৯০৯৬৫২০১৬

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