

# Non communicable diseases: unleashing the Frankenstein

DR SYED AHMED MORTADA

Non communicable diseases (NCDs) are fast outnumbering their counterpart, the communicable diseases. The issue is hot on the heels. NCDs are the gift of the modern life and technology. Previously considered a genre for the nouveau riche and elites, now turning the table, NCDs are taking its toll on the low and middle income countries capturing 80% of all deaths.

What is non communicable disease? Subscribing to its nom de guerre, it simply stands for not being communicable. They neither are not infectious, contagious nor do they spread from one person to another, whatever the prevalence they might contain. No virus, bacteria, fungus or parasite are implicated though some cases may be triggered by infectious causes then ending up to non communicable and chronic diseases. The classical example is streptococcal nose throat leading to rheumatic heart disease or glomerulonephritis.

The top notched list of NCDs will include: cancer, diabetes mellitus, Chronic Obstructive Pulmonary Disease (COPD),



hypertension, stroke, renal failure. COPD caused 3.2 million deaths worldwide in 2015.

0.4 million deaths occur worldwide per year due to asthma. About 15 lakh cancer patients are and 2 lakh new cases are being diagnosed every year in Bangladesh. 2 crore people suffer from kidney diseases globally and 30,000 die from renal failure every day, 40,000 reaching end stage kidney diseases.

The saga does not end here. 68% of the total deaths of 38 million every year, goes to the account of NCDs. Tobacco takes 5 million, overweight 2.8 million, hypertension 7.5 million lives every year. Who is going to bell the cat? Well, a joint and a concerted programme, vertically by the government, NGOs, World Bank and transversely by communities and medical profession coming to the fore, can hold the fort.

Prevention is better than cure. All efforts, attentions, resolutions, researches, funding must be targeted at prevention to address the challenges of NCDs. Doctors have no panacea. Prof. Mohammad Ibrahim, founder of Diabetic Association of Bangladesh had established the truth that if the government could spend one taka against the prevention of a case of diabetic, the government could save thirty seven taka for each case of diabetes.

These days, almost all the concerned authorities are making a clarion call to launch a universal campaign on balanced healthy diet, physical activity, minimum six to seven hours of sleep, routine work schedule, avoidance of worries and anxieties, tobacco, alcohol with engagement in meditation.

Wisdom loomed large. The Ministry of Health and Family Welfare, Bangladesh has included meditation in the syllabus of the MBBS course. It is inspiring that global attitudes are also changing. When Dr Dean Ornish, one of the greatest cardiac interventionist of USA, advocated his new approach in alleviating cardiac diseases without intervention, New York Times emblazoned the with a cover page. "Can this man save our heart".

Now his school is blossoming not only in the USA but beyond. Dr Benson Herbert is another superstar who has become immortal propagating his prescription of relaxation, diet and exercise. Arthur Rubenstein, a celebrated pianist who lived to 98 years, recounted, "If you love life, life will love you back."

E-mail: samara1985@hotmail.com

## TRAINING



### Training held to reduce health risks of pregnant women

GE Healthcare has recently hosted International Society of Ultrasound in Obstetrics and Gynecology (ISUOG), a two days long training course in partnership with Shri Sri Institute for Health Science and Technology at Dhaka for the first time in Bangladesh.

To reduce the health risks of pregnant women, this training course has been organised for 550 ultrasound specialists and doctors from different countries including Bangladesh.

This course has provided the doctors and specialist hands-on training on obstetric emergencies and equipped them with the skills that are needed to diagnose it. The main objective of this event was to improve women's health, education and knowledge on this subject, develop the standard of care and evolve evidence based solutions for maternal and foetal wellbeing in Bangladesh.

## HEALTH bulletin



### Artificial intelligence (AI) could help detect lymph node metastases

Some artificial intelligence (AI) computer programmes outperformed pathologists in detecting lymph node metastases of breast cancer in a recent study. The findings appear in JAMA.

Researchers held a competition in which participants created computer algorithms to detect lymph node metastases. Their results were compared with findings from pathologists — one pathologist who took 30 hours to examine 129 whole-slide images, and 11 pathologists who had to perform the task in 120 minutes, which the authors say more accurately reflects clinical practice.

The top-performing programmes all used deep learning-based systems that utilised AI to extract meaningful patterns. The top algorithm was more accurate than the pathologists with a time constraint and comparable to the pathologists with no time limit.

AI may be just what pathology has been waiting for. While still requiring evaluation within a normal surgical pathology workflow, deep learning has the opportunity to assist pathologists by improving the efficiency of their work, standardising quality, and providing better prognostication.

## A guide to save your dry winter skin

DR TAHMENA RAHMAN EREEN

The weather is changing and you probably focus on organising clothes and wardrobe for winter. Now let us try the same with skin care regimen. If you want to flaunt glowing radiant skin in this winter follow these super simple tips and reap tremendous skin rewards.

**Diversify your moisturisation**  
The moisture and humidity in the air affects the balance of hydration in your skin. Dry skin is more prone to allergies and infection. Time releasing moisturiser is a new approach in skin hydration treatment. It penetrates the skin slowly and helps to preserve moisture all day long. Skin's hydration boost from your shower's proteolytic enzyme lasts only about three minutes; make sure that you moisturise your whole body just after bath to seal your moisture lock.

Your neglected part of the body like the elbow, knee, ankle and sole demand extra hydration. A moisturiser loaded with lipid replenishing agent like petroleum jelly, glycerine, olive oil, coconut oil and shea butter are good options. When you moisturise your face, do not forget your lips and eyes. A good night under eye cream will pamper your skin around the eye area and lip balm will soothe your chapped lips in this cold season.



**Refresh with a facial mask**  
A good multitasking facial mask juggles three jobs — revive, restore and protection. Consistently using a gentle hydrating facial mask will remove dead cell and brighten skin tone. With the store shelves overflowing with different brands, choosing the right mask to meet your skin's needs can be tricky. Lift your skin to a new level of health with a facial mask containing collagen, alpha hydroxy acid and fruit extract.

**Use antioxidant boosting serum**  
It is an additional step in your winter beauty care routine. Serum containing idebenone helps boost collagen production to prevent wrinkles, dryness and has skin firming properties. Try antioxidant serum this winter and get that baby softness you want.

**Hydrate from the inside out**  
In winter your skin poses a unique set of challenges which is best managed on internally as well as externally. If you are seeking a more refreshing hydrating treat the infusion water is ideal. Drink nutrient-rich coconut water that magically removes signs of tired winter skin.

**A guided meal plan**  
Eat something preferably healthy, include healthy fat, protein, fibre, vitamins and minerals that gives you energy and will fill you up from inside. Fish, nuts, beans, eggs, homemade sour yogurt, cottage cheese, green leafy vegetables are must have food in your winter diet menu.

**Slather on a sunscreen**  
The sun is certainly less intense in winter but ultraviolet rays do not take a cold day break. Keep your attention on sunscreen. This will give your skin a boost of deep-down protection. Wear sunscreen that is suitable for damp months. It will slow down the skin ageing clock to leave us with well-moisturised glow and shield against UV rays.



### Special medical programme held at Orion Renal and General Hospitals

Orion Renal and General Hospitals organised a special medical consultation programme where renowned specialists from the Apollo Hospital, Delhi provided treatment to patients, says a press release.

The specialists were Dr Neerav Goyal (Gastroenterology), Dr Kailash N Singh (Nephrology) and Dr Sudheer K Iyagi (Neuro and Spinal Surgery). The special medical consultation programme was inaugurated by Arzuada Karim, the Director of Orion Group.

### Hearing check-up camp held at Asgar Ali Hospital

A day long free hearing check-up camp was organised recently at the Asgar Ali Hospital in collaboration with Siemens being led by Prof Dr Zahedul Alam.

Consultant of Otolaryngology of Asgar Ali Hospital. During the camp Siemens has also presented a hearing-aid as donation to an insolvent patient as part of its Corporate Social Responsibilities.



## SORE THROAT

Sore throat symptoms include pain, burning or scratching sensations at the back of throat, pain when swallowing, and tenderness in the neck

### Signs & Symptoms:

- |                          |                       |
|--------------------------|-----------------------|
| difficulty breathing     | difficulty swallowing |
| an earache               | joint pain            |
| bloody mucus             | a rash                |
| fever over 101 degrees F | a lump in the throat  |

