

Why sitting too much is bad for your health

They do not call it a disease for nothing. Here is how being sedentary can shorten your life — and what you can do about it.

It hurts your heart
Scientists first noticed something was up in a study that compared two similar groups: transit drivers, who sit most of the day, and conductors or guards, who do not. Though their diets and lifestyles were a lot alike, those that sat were about twice as likely to get heart disease as those that stood.

Dementia is more likely
If you sit too much, your brain could look just like that of someone with dementia. Sitting also raises your risk of heart disease, diabetes, stroke, high blood pressure, and high cholesterol, which all play a role in the condition. Moving throughout the day can help even more than exercise to lower your risk of all these health problems.

You will undo all that exercise
The effects of too much sitting are hard to counter with exercise. Even if you work out 7 hours a week — far more than the suggested 2-3 hours — you cannot reverse the effects of sitting 7 hours at a time. Do not throw away all that hard work at the



gym by hitting the couch for the rest of the day. Keep moving!
Your odds of diabetes rise
You are more likely to have diabetes if you sit all day. And it is not only because you burn fewer calories. It is the actual sitting that seems to do it. It is not clear why, but doctors think sitting may change the way your body reacts to insulin, the hormone that helps it burn sugar and carbs for energy.

You could get DVT
Deep vein thrombosis (DVT) is a clot that forms in your leg, often because you sit still for too long. It can be serious if the clot breaks free and lodges in your lung. You might notice swelling and pain, but some people have no symptoms. That is why it is a good idea to break up long sitting sessions.
It wrecks your back
The seated position puts huge

stress on your back muscles, neck, and spine. It is even worse if you slouch. Look for an ergonomic chair — that means it will be the right height and support your back in the proper spots. But remember: No matter how comfortable you get, your back still will not like a long sitting session. Get up and move around for a minute or two every half hour to keep your spine in line.

It leads to varicose veins
Sit for too long and blood can pool in your legs. This puts added pressure in your veins. They could swell, twist, or bulge — what doctors call varicose veins. You may also see spider veins, bundles of broken blood vessels nearby. Your doctor can tell you about treatment options if you need them.

Your cancer risk goes up
You may be more likely to get colon, endometrial, or lung cancer. The more you sit, the higher the odds. Older women have higher odds of breast cancer. That does not change if you are super-active. What matters is how much you sit.

How to take a stand
Work more movement into your day: Stand up and stretch every half hour or so. Touch your toes. Take a stroll around the office. Stand at your desk for part of the day. Get a desk that raises or make your own: set your computer on top of a box. All these things can help stop the negative effects of uninterrupted sitting and keep you on the road to good health.

Source: WebMD

CASE STUDY



"Kangaroo Mother Care" helps premature triplets thrive

Renuka Hadapad gave birth to triplets on 25 October 2016 in Koppal, India. Despite a seamless birth in the district hospital, the triplets were born each weighing less than 1500 grams — making it difficult for them to nurse, stay warm or gain weight.

World Health Organisation (WHO) recommends "Kangaroo Mother Care" or continuous skin-to-skin contact between mothers and low-birth weight or premature babies, and exclusive breastfeeding, as soon as they are born. At first, Renuka lacked motivation to bond with the tiny triplets; but hospital staff, who are part of a WHO research programme working to scale-up Kangaroo Mother Care in India, persuaded her to work at it. After 28 days in the hospital, the babies were discharged. On 7 March 2017, the triplets crossed the 2500 gram mark.

"Success in scaling up Kangaroo Mother Care in Ethiopia and India means that we can apply the lessons worldwide," said Dr Rajiv Bahl, coordinator for research and development, WHO Department of Maternal, Newborn, Child and Adolescent Health.

HEALTH bulletin



Breastfeeding tied to reduced risk for diabetes in mothers

Mothers who lactate for at least 6 months face a lower long-term risk for diabetes than their nonlactating peers, a prospective study in JAMA Internal Medicine finds.

U.S. researchers studied over 1200 white and black women aged 18–30 without diabetes at baseline who had at least one live birth during a mean 25 years' follow-up. The incident rate of (nongestational) diabetes during this period was 6.6 per 1000 person-years.

After multivariable adjustment — which accounted for factors like gestational diabetes, weight, physical activity, and family history — women who lactated for a total of either 6–12 months or 12 months or longer had about half the risk for diabetes as those who didn't lactate at all. The protective effect was seen regardless of race.

The researchers note that lactating women have lower circulating glucose levels and less insulin secretion. They suggest that increasing resources to improve breastfeeding rates "may be offset by lower health care costs associated with prevention of chronic disease."

Protect your child from hand, foot and mouth disease

DR GOLAM NABI

Hand, foot and mouth disease is common in children but can also occur in adults. Now a days school going children especially in the city are suffering from this and the parents are very anxious and do not know what to do.

This disease can occur at any time of the year but it is most common in the summer time. Hand, foot and mouth disease is caused by a virus called an enterovirus — Coxsackie. A relatively mild illness which usually subsides within a few days. The virus spreads easily through coughing and sneezing. It can also spread through infected stool when you change a diaper or when your young child gets stool on his or her

hands and then touches objects that other children put in their mouths. After being exposed to the virus it takes 3–6 days for a person to get the symptoms of hand, foot and mouth disease.

Firstly, your child shows lack of interest in playing, may easily get tired, having sore throat, there may be fever and you may notice sores or blisters in mouth and on the hands and feet, sometimes it may appear in the buttock. Many child may have skin rash before the blister. These sores and blisters usually go away in a week or so. There may be mild sore throat or not any symptoms especially in adults who might contact the disease from their infected child.

Hand, foot and mouth disease

usually does not need treatment. It is self-limiting, you just need to take care of the child by providing them nutritious food and drinks and maintain good hygiene. For skin rashes you may apply calamine lotion which will give a soothing effect to your child. For pain and fever give paracetamol, but do not give your child Aspirin or any kind of nonsteroidal anti-inflammatory drugs (NSAID) like ibuprofen. Children are most likely to spread the disease during the first week of their illness but the virus can stay in stool for several months and may spread to others.

How to protect your child as well as others

1. If your child has sore throat, fever, and rash — do not send them to school.
2. Wash your hands frequently. It is important to wash your hands after you touch a blister or change diaper of the infected child.
3. Teach all family members to wash their hands often with soap or use hand sanitiser.
4. Do not kiss your child frequently.
5. Do not let your child share toys with others while he or she is infected.
6. As there is no vaccine currently available so be careful about your school going child.

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Keep your eyes healthy during winter



The winter season can take its toll on your mood, health, and body. Your eyes are no exception! Pay attention to your vision and eyes as the weather gets colder and the days get darker. A few simple techniques can improve the health of your eyes and keep you seeing clearly, longer, through the winter.

1. **Stay away from heaters:** You may feel the urge to congregate around your heating system to stay warm, but keeping your distance can save you a lot of eye problems and discomfort. Stay away as much as possible and stay warm by layering up if you find your environment becomes too dry.
2. **Focus on moisture:** The dry winter air can make eyes itchy, red, or develop a stinging sensation. Consult with an ophthalmologist about moisturising eye drops to help your eyes stay moist and avoid becoming irritated throughout the cold months.
3. **Wear sunglasses:** Just because it is not hot outside does not mean the sun has gone away. Even in indirect sunlight, your eyes can have a hard time adjusting and filtering light. Wear your sunglasses, even on overcast days, in order to reduce strain and maintain your vision.
4. **Avert your eyes:** The glowing screens draw us in all year, but with grey mornings and cold afternoons, they can become even more enticing and bright. It can be more tempting to stay indoors with your gadgets when the weather gets frigid, but being aware of your time spent looking at a screen can help reduce the harmful effects on your eyes. Keep your settings in check and give your eyes a break by looking at something 20 feet away, for 20 seconds, every 20 minutes.

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Dry Skins: Causes & Remedy

WINTER WEATHER

When the temperature drops, the humidity level plunges too. Dry air leaves skin parched
Install a humidifier at home

STEAMY SHOWERS

Setting the shower too steamy soothes your body, but it doesn't do any good to skin
Dial down the shower temperature to lukewarm, and keep showers short.

THE RUB-DOWN

Friction strips the skin and enhances the dryness
Use hands or a soft washcloth instead

AGING

As hormone levels change over the years, skin becomes thin and parched
Keep a bottle of lotion next to bed so it's the first and last thing you use each day.

IRRITANTS

Lots of everyday fabrics and products can irritate skin- from dryer sheets to perfume
Keep a bottle of lotion next to bed so it's the first and last thing you use each day.

YOUR HEALTH

If your skin is especially scaly & red, It could be a skin condition, like atopic dermatitis or psoriasis. It can also be a symptom of diseases such as diabetes or can underactive thyroid gland
Visit your dermatologist immediately

