

ADHD affects adults too

Attention deficit hyperactivity disorder (ADHD) is not limited to children — 30% to 70% of kids with ADHD continue having symptoms when they grow up. In addition, people who were never diagnosed as kids may develop more obvious symptoms in adulthood, causing trouble on the job or in relationships.

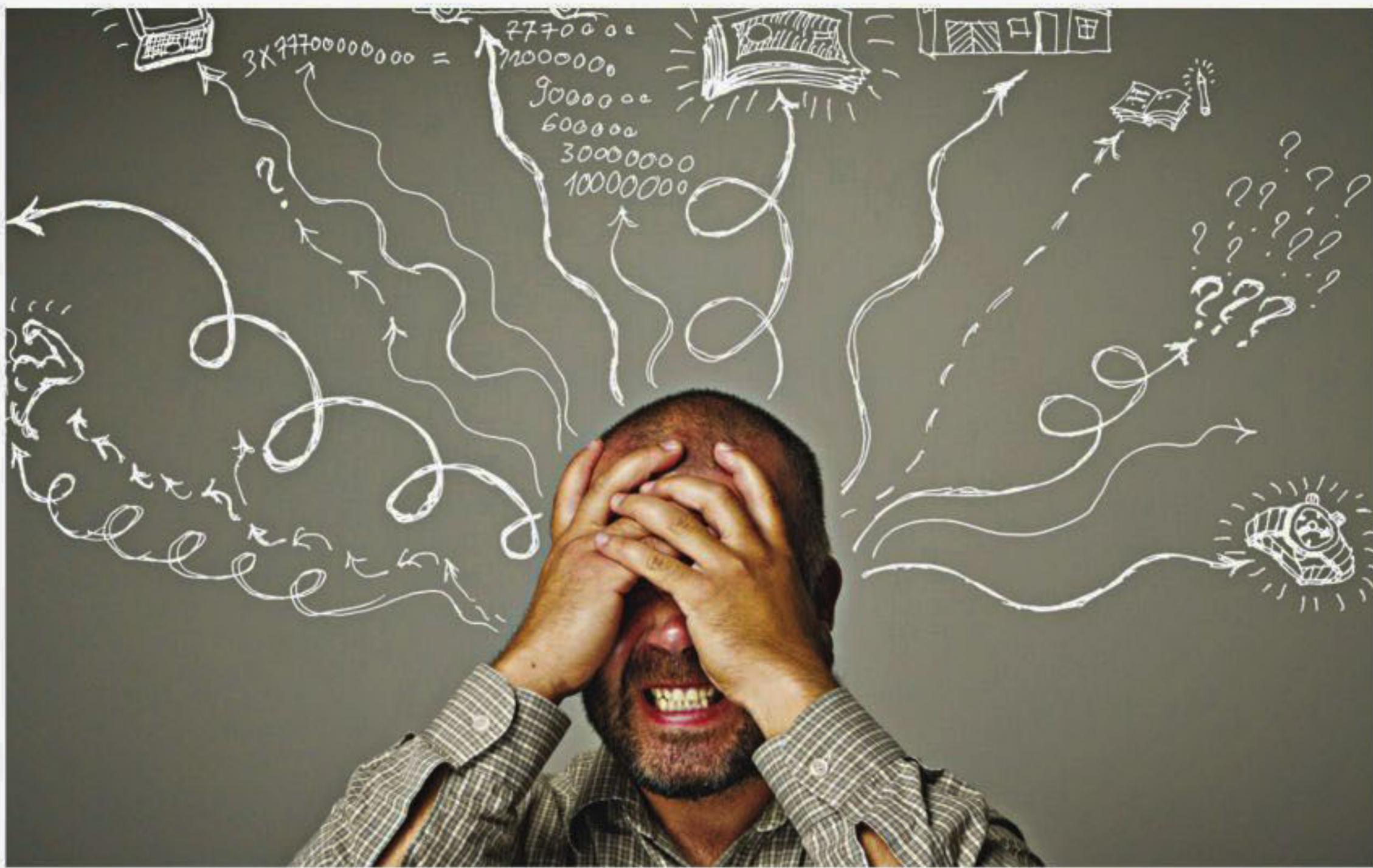
Symptoms
Signs of adult ADHD include the following which people often overlook identifying the disease. Keeping a close eye may help to some extent.

Running late: Adults with ADHD may be chronically late for work or important events. Adults may realise that their tardiness is undermining their goals, but they just cannot seem to be on time.

Risky driving: One of the hallmarks of ADHD is difficulty keeping your mind on the task at hand. That spells trouble for teens and adults when they are behind the wheel of a vehicle. Studies show that people with ADHD are more likely to speed and have accidents.

Distraction: Adults with ADHD may have trouble prioritising, starting and finishing tasks. They tend to be disorganised, restless, and easily distracted. Some people with ADHD have trouble concentrating while reading.

Outbursts: Adults with ADHD may have problems with self-control. This can lead to difficulty controlling anger, impulsive behaviours and blurting out rude



or insulting thoughts.

Hyperfocus: Some adults with ADHD can focus intently on things they enjoy or find interesting — the ability to hyperfocus. But they struggle to pay attention to tasks that bore them. People with ADHD tend to put off boring tasks in favor of more enjoyable activities.

What causes ADHD?
In people with ADHD, brain chemicals called neurotransmitters are less active in areas of the brain that control attention. Researchers do not know exactly what causes this chemical imbalance, but they

think genes may play a role, because ADHD often runs in families. Studies have also linked ADHD to prenatal exposure to cigarettes and alcohol.

Diagnosing ADHD in adults
Many adults do not learn that they have ADHD until they get help for another problem, such as anxiety or depression. Discussing poor habits, troubles at work, or marital conflicts often reveals that ADHD is at fault. To confirm the diagnosis, the disorder must have been present during childhood, even if it was never diagnosed. Old report cards or talking with

relatives can document childhood problems, such as poor focus and hyperactivity.

Complications of adult ADHD
Coping with the symptoms of adult ADHD can be frustrating in itself. At the same time, many adults with ADHD struggle with depression, anxiety, or obsessive compulsive disorder. They are also more likely to smoke or abuse drugs. People with ADHD can limit these problems by seeking proper treatment.

Medications for ADHD
The most common medicines for ADHD are stimulants. It may

seem ironic that people who are restless or hyperactive get help from stimulants. These drugs may sharpen concentration and curb distractibility by fine-tuning brain circuits that affect attention.

Counselling for ADHD
Most adults with ADHD improve when they start medication, but they may continue to struggle with poor habits and low self-esteem. Counselling for ADHD focuses on getting organised, setting helpful routines, repairing relationships and improving social skills. There is evidence that cognitive-behavioural therapy is particularly helpful in managing problems of daily life that are associated with ADHD.

Diet tips for adults with ADHD
Some experts believe foods that provide quality brain fuel could reduce symptoms of ADHD. High-protein foods, including nuts, meat, beans, and eggs, may improve concentration. Replacing simple carbs with complex carbs, like whole-grain pasta or brown rice, can help ward off mood swings and stabilise energy levels.

Outlook for adults with ADHD
Adults with ADHD do not outgrow the condition, but many learn to manage it successfully. Long-term treatment can reduce problems at home and at work, bringing patients closer to their families and their professional goals.

Source: WebMD

HAVE A NICE DAY

Stigma and discrimination being a bipolar person



Bipolar disorder is an illness suffered by millions of people around the world. About 2% people will develop bipolar disorder at some time in their lives and according to many scientists.

People with bipolar disorder experience episodes of extreme highs and lows in mood. Everyone has mood swings from time to time, but when a person has bipolar disorder, these moods become extreme and can affect their family and professional life. These shifts in mood are much more unsafe than the changes in mood that most people experience from day to day. In fact, a lot of us have been living with bipolar disorders in secret for a long period.

Since bipolar disorder tends to worsen without a treatment, it is important to learn what the symptoms look like. Recognising the problem is the first step to feeling better and getting one's life back on the usual path. Some of us are scared of telling anyone because of the stigma of being mentally ill. If you do hesitate going to a psychiatrist, you can go to an experienced internal medicine expert first. Although it is curable, many people do not recognise the warning signs and get the help they need to feel and do well.

Do not let stigma create self-hatred and disgrace. Stigma can have a huge impact on our lives. Simple treatments are effective, allowing most people with bipolar disorder to function well and enjoy a productive life. Self-help strategies also play important role along with the therapy. One can help control one's symptoms by getting proper sleep, healthy eating, self-monitoring of mood, avoiding stress, exercising regularly and having good company.

HEALTH bulletin

New hope for rotavirus vaccine

Bharat Biotech's rotavirus vaccine gets WHO prequalification

STAR HEALTH REPORT

A new, cheaper, and heat-stable rotavirus vaccine could prevent thousands of childhood deaths.

Vaccine maker Bharat Biotech announced that the World Health Organisation (WHO) has granted prequalification to its rotavirus vaccine ROTAVAC, used for prevention of infant deaths and hospitalisations due to rotavirus diarrhoea.

WHO prequalification is necessary for the UN agencies and Gavi, the Vaccine Alliance to purchase vaccines in partnership with developing countries.

"The WHO prequalification will ensure access of the vaccine to almost 100 countries," Bharat Biotech Chairman and MD Krishna Ella told.

This vaccine is innovated and made in India. The true impact of vaccines can be seen when vaccinations are carried out in affected populations, he added.

"ROTAVAC has been supplied to low income countries at USD one per dose, with the feasibility for further 30 per cent price reductions, based on the procurement of around 100 million doses for these countries," Ella said.

The vaccine has been developed as a result of a multi-country - multi partner collaborative model for over two decades.

The vaccine is already being supplied to nine states in India under the government immunisation programme and is also available in markets across the nation, Ella said.

Rotavirus is the leading cause of severe diarrhoea and death among children less than five years of age around the world, the company said.

"The advent of a locally manufactured, WHO prequalified rotavirus vaccine offers promise to protect children in India, Africa, the Americas and the rest of Asia from this debilitating disease," said Duncan Steele, Enteric Diarrhoeal Diseases Team Deputy Director, Bill & Melinda Gates Foundation.

Bharat Biotech has successfully miniaturised the dose volume of ROTAVAC to 0.5 ml dose in a ready to use format, Ella said.

An opportunity for the low and middle income countries

This is obviously a good news for the low and middle income countries like Bangladesh who are planning to introduce the vaccine in their national immunisation programme.

Where cost was an issue, this low cost vaccine can solve the problem for sure. Well, that was the case in the near past as well, but the WHO prequalification has paved the way for stepping ahead.

Experts hope that this will be a game changer in the market since it has the potential to break the monopoly of giant western pharmaceutical companies.

Now it is time to speed up the process of formalities introducing the vaccine in the national immunisation for the poorest children who otherwise could not afford it.



Hygiene Campaign

Campaign on cleanliness held in the schools

STAR HEALTH REPORT

To minimise diseases and illness related to hygiene habits, a special initiative has been taken by a cleanliness campaign titled 'Dettol - Channel I Porichchonno Bangladesh', says a press release.

As a part of this campaign, campaigners have gone to different schools to share ideas with the students about cleanliness and to teach the proper way of washing their hands. Moreover, 'Dettol - Channel I Porichchonno Bangladesh' is broadcasting a series of 10 episodes on cleanliness on a private television channel name 'Channel I'.

The slogan of all these arrangements is one and that is 'Cleanliness is the last word' and it should be started from the childhood.



Smoking just one cigarette a day carries substantial risks

Smoking just one cigarette daily is associated with a "much greater than expected" increase in risk for coronary heart disease (CHD) and stroke, researchers conclude in The BMJ.

In a meta-analysis, the researchers analysed 141 prospective studies examining the association between smoking and CHD or stroke in millions of generally healthy people. Overall, compared with never-smoking, smoking one cigarette daily conferred significantly increased risks for both outcomes. Here are the findings based on the subset of studies that adjusted for multiple confounders (e.g., cholesterol, blood pressure):

- Women who smoked 1 cigarette daily had a 119% increased risk for CHD and a 46% increased risk for stroke.
- Men who smoked 1 cigarette daily had a 74% increased risk for CHD and a 30% increased risk for stroke.
- The risk from smoking 1 cigarette daily was about half that from smoking 20 cigarettes daily.



Leptospirosis

Leptospirosis is a type of bacterial infection spread by animals. It's caused by a strain of bacteria called leptospira.

In 90% of cases, leptospirosis only causes mild flu-like symptoms, such as a headache, chills and muscle pain.

Symptoms of leptospirosis

The symptoms of leptospirosis usually develop suddenly around 7 to 14 days after exposure to the leptospira bacteria.

About 90% of leptospirosis infections only cause mild symptoms, including:

- A high temperature (fever) that is usually between 38C and 40C (100.4-104-F)
- Chills
- Sudden headaches
- Nausea and vomiting
- Loss of appetite
- Muscle pain, particularly affecting the muscles in the calves and lower back
- Conjunctivitis (irritation and redness of the eyes)
- Cough
- A short-lived rash

These symptoms usually resolve within five to seven days. However, in about 10% of cases people go on to experience more serious symptoms.

How is leptospirosis treated?

Leptospirosis is treated with a course of antibiotics.

For mild forms of leptospirosis, antibiotic tablets that can be taken at home are usually used for about a week.

Most people with more severe leptospirosis will be admitted to hospital so their body's functions can be supported while the underlying infection is treated with injections of antibiotics.

