serious problem.

You have a cataract

glass. If it happens only in one

eye, see your doctor in case it is a

That is a cloudy area in the nor-

mally clear lens of the eye. They

grow slowly, usually in both eyes,

after age 55. But younger people,

Colours may seem faded, it may

may be more sensitive to glare.

be harder to see at night, and you

even kids, can get them, too.

When your blurry vision is serious?

STAR HEALTH DESK

Many a times we experience blurry vision. Sometimes we don't pay much attention to it. Your eyes may be tired, you may need new glasses — or it may be a sign of a major health problem. Here we discuss about some common reasons and the action you need to take.

You need glasses

When your eye cannot focus in the right spot, you can often correct these "refractive errors" with eyeglasses, contact lenses, or minor surgery.

Your eyes may be tired Have you been staring at a screen or page or focusing on a task for a long time? People tend to blink less often when they are concentrating like that. And each time you blink, you are

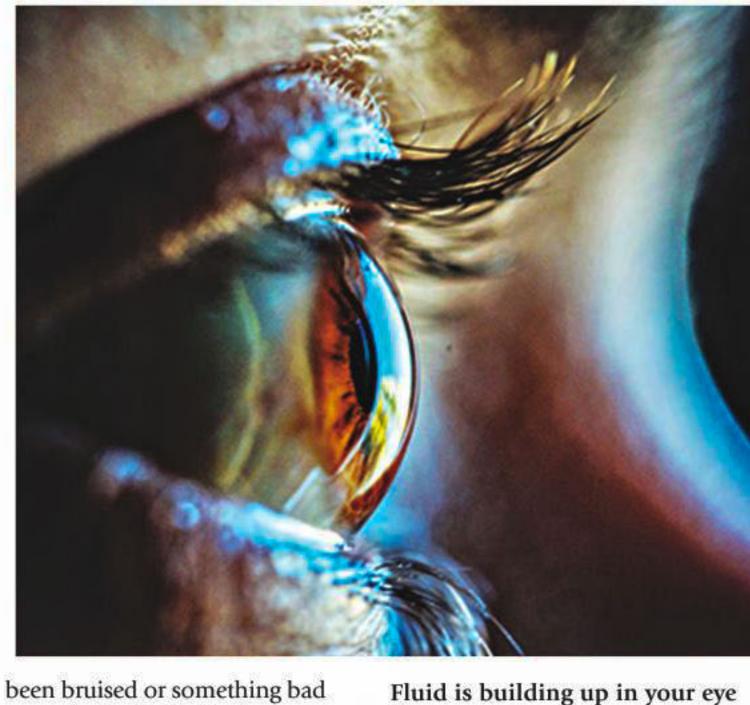
spreading tears across the surface of your eye to keep it lubricated, clean, and refreshed. You may need to remind yourself to blink more often, take breaks, and look around to prevent vision fatigue.

You have diabetes

the lens should, too.

When your blood sugar is not well-controlled, fluid may seep into the lens of your eye and make it swell. This can happen before you are diagnosed or if you are changing your treatment, like starting insulin. As your glucose level gets back to normal,

Your eye is inflamed Eye tissue may swell because it has



been bruised or something bad was splashed in it. The herpes virus from a cold sore could move to your eye. Immune system diseases that affect other parts of your body, like psoriasis, IBS, and rheumatoid arthritis, can also cause inflammation in your eye. Your blood pressure is low Feeling weak and dizzy, too? Your blood pressure might be too low because you are dehydrated maybe from too much activity in the hot sun. Things like some medications, heart problems, poor nutrition, and hormone imbalances could also cause low blood pressure and related blurry vision.

Special glasses and lens coatings can help you see. Surgery can replace the cloudy lens with a man-made one. You are getting older Starting around 40, you will notice that it is harder to focus on up-close tasks like reading. The clear lens inside your eye is not as

That can put pressure on the

are also seeing halos around

optic nerve and damage it. If you

lights, your eyes are very red and

hurt a lot, and you feel queasy,

you may have acute angle glau-

coma. It develops very quickly,

and you could lose your vision

within a day if it is not treated.

About 1/4 of people who have

migraines get visual auras, usually

before the pain and for less than

an hour. These range from shim-

mering zig-zag lines, sparkles, and

flashes to blind spots and tunnel

vision. It may seem like you are

looking through water or cracked

A migraine is starting

flexible as younger people's. It is a normal part of aging. Your eye doctor can help you with reading glasses, contacts, or surgery. You scratched your cornea Typically, this feels like you have got a big, rough chunk in your eye. A corneal abrasion might be from an injury, but it is more likely from a bit of dust or sand. Try flushing your eye with clean water or eye wash. You can blink several times to make more tears, but don't rub or touch your eye-

See an eye doctor. It is something in your brain A concussion or brain injury could disrupt how information from your eyes gets processed. Depending where and how big it is, a brain tumor may affect your

ball. That could make it worse.

sight. Double vision can be one of many symptoms of brain swelling or of the membrane that surrounds it (encephalitis or meningitis), often because of infection. Your retina is damaged

The retina is the back part of your eye where light gets focused, like a movie screen. If something happens to that surface, like swelling or tearing, the picture can be distorted or lost. Poor diet, smoking, previous eye injuries or disease, and health issues such as high blood pressure, high cholesterol, and diabetes can raise the odds of problems like macular edema and a detached retina. You may have multiple sclerosis Signals going from your eye to your brain have a harder time travelling through a swollen or damaged optic nerve. Vision trouble is often the first symptom

of multiple sclerosis. There is trouble with your preg-

nancy Blurry vision along with headaches, shortness of breath, or feeling like throwing up may signal a serious complication called preeclampsia. It happens when blood vessels in your placenta are too narrow and don't work right. (Higher blood pressure after 20 weeks is usually the first sign.) See your doctor right away. Without treatment, it can cause life-threatening problems. Medications and rest until you deliver can help.

Source: WebMD

DID YOU KNOW?



The researchers found that the obese mice had about 25% fewer taste buds than the lean mice.

Obesity dulls the sense of taste!

reduce one's sensitivity to the taste of food, and that this effect can be reversed when the weight is lost again, but it has been unclear as to how this phenomenon arises. Now a study publishing recently in the open-access

Previous studies have indicated that weight gain can

journal PLOS Biology by Andrew Kaufman, Robin Dando, and colleagues at Cornell University shows that inflammation, driven by obesity, actually reduces the number of taste buds on the tongues of mice.

A taste bud comprises of approximately 50 to 100 cells of three major types, each with different roles in sensing the five primary tastes (salt, sweet, bitter, sour, and umami). Taste bud cells turn over quickly, with an average lifespan of just 10 days.

Obesity is known to be associated with a chronic state of low-grade inflammation, and adipose tissue produces pro-inflammatory cytokines - molecules that serve as signals between cells — including one called TNF-alpha. The authors found that the highfat diet increased the level of TNF-alpha surrounding the taste buds.

HEALT Hulletin



Too many patients of low back pain receive the wrong care

Low back pain is the leading cause of disability worldwide, affecting an estimated 540 million people at any one time. Yet, a new Series of papers in The Lancet highlights the extent to which the condition is mistreated, often against best practice treatment guide-

Evidence suggests that low back pain should be managed in primary care, with the first line of treatment being education and advice to keep active and at

However, in reality, a high proportion of patients worldwide are treated in emergency departments, encouraged to rest and stop work, are commonly referred for scans or surgery or prescribed pain killers including opioids, which are discouraged for treating low back pain.

The global burden of disability due to low back pain has increased by more than 50% since 1990, and is due to increase even further in the coming decades as the population ages.

Care of women in pregnancy

PROF DR HAMIDA BEGUM

............ Before we sow a seed or reap a plant in an area, we have to consider so many things such as soil, water, sunlight, rainfall, fertiliser and so on; but it is unfortunate that before a woman who is going to be a mother, she herself or her family most of the time is not aware at all about the external or internal environment that can have a negative impact both for the pregnant lady and her unborn baby.

To rear a healthy baby from a healthy mother, it is imperative that a pregnant woman should get adequate care and attention from her family as well from the care providers. There are some diseases which may be transmitted hereditarily or transplacentally (HIV, Hepatitis) or during birth process (HIV, genital warts, herpes). These women must

during or after delivery.

The whole nine months of total pregnancy period can be broadly divided into 3 trimesters each consisting of three months.

1st trimester: During this time acidity, heart burn, nausea, vomitting and sometimes constipation can place a woman in a difficult situation. At this time she needs care, proper attention, sympathy or empathy from family members as well as from medical practitioners. When she develops severe vomiting, constipation and or extreme acidity, she must attend a qualified doctor who can advise her for pregnancy as well as prescribe treatments for these minor ailments. It is better to do blood and urine tests and if necessary an ultrasound scan and HIV testing. She needs to do some specific screening tests as nuchal translucency, pregnancy associated plasma protein (PAPP) and other



non-invasive perinatal testing (NIPT) to rule out some congenital or genetic diseases. The mother must be supplemented with rest, balanced diet.

2nd trimester: Baby is gradually growing bigger in her womb at this stage. Better to do an ultrasound now for anomaly scan at 20 or 22 weeks, also for confirmation of the estimated date of delivery for those who have irregular cycles or conceived after withdrawal of oral pills. Other than balanced diet, she needs to be supplemented with iron, vitamins and calcium to meet up the extra requirements.

3rd trimester: According to the World Health Organisation (WHO), a pregnant lady must pay visits to a doctor for at least 4 times during the pregnancy period. Mild leg oedema or some palpitations are quite common at this time but if she develops unusual enlargement or small abdomen, severe headache, blurring of vision, per-vaginal bleeding, high temperature, and convulsions she must be transferred to a wellequipped hospital immediately.

It is the combined effort of all of us, be it husband, relatives midwives, or doctors to take care of a pregnant woman so that she can deliver the baby in a suitable environment. Only at that time we can utter proudly like the famous poet Sukanta Bhattacharya, "this world is best suited for newborn baby, this is my promise to newborn".

The author works at Widad University College, Kuantan, Pahang, Malaysia. Email: hmdbgm01@gmail.com

India takes on malaria in its highest burden state

Since 2000, India has made major inroads in reducing the toll of malaria. But the path towards elimination has proven a challenge in the eastern state of Odisha, which carries more than 40% of the country's malaria burden.

In recent years, the state government has dramatically scaled up efforts to prevent, diagnose and treat malaria — with impressive results seen in a short span of time. The work follows the recommendations of the WHO Global Technical Strategy for Malaria which calls for early case detection, prompt treatment and the widespread use of mosquitocontrol measures.

A seminar on Thalassemia held at IUB



Dr Syed Saleheen Qadri, Adjunct Professor, SLS, IUB and former Dean of DU addressing the audience in a seminar titled 'Thalassemia can be prevented', organised by the School of Life Sciences (SLS) and the International Centre for Biotechnology and Health (ICBH) at IUB in collaboration with the Institute for Developing Science and Health Initiatives (ideSHi).





and health problems.

SIBLING BULLYING MAKES PSYCHOTIC DISORDERS THREE TIMES MORE LIKELY

People who were bullied by siblings during childhood are up to three times more likely to develop psychotic disorders such as schizophrenia in early adulthood, according to new research by the University of Warwick.

The researchers found that the more frequently children are involved in sibling bullying either as bully, victim or both the more likely they are to develop a psychotic disorder. Children who are victimized both at home and by school peers are even worse off being four times more likely to develop psychotic disorders than those not involved in bullying at all.

The researchers conclude that parents and health professionals should be made aware of the long-term mental health consequences that sibling bullying may have and that interventions must be developed in order to reduce and even prevent this form of aggression within families.

Psychotic disorders such as schizophrenia or bipolar disorder cause abnormal thoughts, perceptions and often involve hallucinations or delusions. Sufferers often experience severe distress and changes in behavior and mood and have a much increased risk of suicide

