

# When to toss food out

Not all germs make food smell or taste bad. Learn how to tell when raw and cooked foods go from being a little past their prime to potentially deadly.

Most of us have the perception that storing food in the refrigerator makes it safe for the lifetime, which is completely a wrong concept. Here you can learn how to check the quality of food if it is okay for consumption.

## The sniff test

This is safer than tasting something to decide if it is past its prime, but it is not foolproof. Not all germs make food smell or taste bad. It is best to label and date food in your fridge and freezer so you know how long you have had it. If there is any question, toss it: "When in doubt, throw it out."

## Butter

Heat, light, and air will turn it rancid, which gives it a sour, unpleasant smell and taste. Fresh from the store, it will be good in your fridge for up to 2 weeks. You can freeze it for up to 9 months if it is wrapped well in plastic. If you need to soften it, it is fine to leave it on the counter for 10 to 15 minutes.

## Milk

Bacteria grow quickly in milk, so throw it out if it smells bad or it is out of the refrigerator for more than a couple of hours. It will keep in the fridge for 2 weeks or longer — go by the expiration date. You can freeze it for up to 3



months, but it will lose its smooth texture.

## Cooked meat

Keep cooked chicken or beef in the fridge and use it within 5 days. But it is important to take care when you prepare any kind of meat: Wash your hands with soap and hot water after handling raw meat or fish, and throw away any food that touches the juices. Use different cutting boards and

utensils for other food.

## Uncooked beef

It should be good for 3 to 5 days in the fridge, but throw it out after that. If it is vacuum sealed, that might give you a few more days. Frozen solid, it stays safe for many months, though flavour and texture may go slowly downhill.

## Fresh ground beef

It is natural for it to turn slightly brown - that does not necessarily

mean it is gone bad. But it does not last as long as whole cuts of beef: 1 to 2 days is all you get in the fridge. Part of the problem is that any bacteria on the surface of the meat gets mixed in when it is ground. In the freezer, it will keep 3 or 4 months.

## Uncooked chicken

Whole, in pieces, boneless, or ground, it is best to use or freeze it within 2 days. If you freeze it,

defrost it in the fridge for a day or so. You can safely refreeze it if you do not use it, but that might change the taste and texture.

## Eggs

These can last 3 to 5 weeks if they are uncooked in the shell in the refrigerator. They do not freeze well whole, whether raw or cooked, but you can beat the yolks and whites together and put the sealed liquid in the freezer. Dishes made with eggs, like pies and quiches should last 3 to 5 days in the fridge or a month or two in the freezer.

## Fish

Keep it on ice in the fridge. When fresh, whole fish have clear and rounded eyes, not flat or cloudy. Skin is shiny and springy to the touch with no milky slime. Toss fish that looks lifeless, feels mushy or smells. Wrap any you do not cook within 2 days in plastic or foil and freeze it.

## Produce

Common sense is the rule here. Sometimes you can cut away bruised or faded bits of fruits and vegetables. But if it looks or smells too far gone, it probably is. Wash all your produce right before you eat it, and if you dry it, make sure to use a clean towel. Store it in the fridge, especially if it is prepackaged. Toss any that comes into contact with juices from raw meat, poultry, or seafood.

Source: WebMD

## GUIDELINE



## Should a pregnant women be rescreened for syphilis?

In some models, repeat screening improved infant outcomes and was cost-effective.

First-trimester screening for syphilis is routine, as the consequences of untreated disease are dire (e.g., high risk for stillbirth, neonatal impairment) and penicillin therapy is effective and inexpensive. However, women may acquire — or reacquire — syphilis later in pregnancy. Investigators developed a model using a theoretical cohort of 3.9 million women to see whether third-trimester rescreening can improve outcomes and save money.

Based on published estimates of costs and outcomes and a cost-effectiveness threshold of \$100,000 per quality-adjusted life-year, the model indicates that third-trimester repeat syphilis screening is cost-effective: The practice would result in 41 fewer neonates with congenital syphilis, 73 fewer stillbirths, 27 fewer infant deaths, and a cost saving of \$52 million.

## HEALTH bulletin

## Frequently asked questions by the mother of a newborn

PROF M KARIM KHAN

New mothers are always curious, excited and anxious. They might have many questions to ask to their doctors. I always ask the new mother to write all the questions that are in their mind and ask them one by one when they visit me with their baby for checkup. Here I am trying to put the frequently ask questions by mother & their answers.

*"My baby is not passing urine yet, he is already 8 hours old. Is it okay?"* — Most of the babies passes urine within 24 hours but we can wait for 48 hours.

*"My baby is passing blackish stool. Is that normal?"* — Well that is meconium and it is normal. Usually baby passes this type of stool for the first 3-5 days.

*"My baby sleeps for a long time. Is it okay?"* — Usually newborn sleeps for 18 hours a day.

*"When will the umbilical cord fall?"* — Usually within 5-7 days. Sometimes, it may get delayed. Do not worry if there is no redness and/or discharge around the umbilicus. At birth, 7.1% Chlorhexidine drop is being applied once and further no medication is needed. Just keep it dry.

*"My baby is three days old and having yellow face, is that okay?"* — Well this is physiological jaundice and is very common. It will go off automatically within 7-10 days. But



Jaundice on day one is always pathological and needs to be handled properly.

*"When to bath the baby?"* — Please wait for a few days. It is better until the umbilical cord is separated, till then wipe the baby with wet soft clothes. Boil the water, keep it for some time to cool and then use that water for bathing.

*"My baby is not getting enough breast milk?"* — Initial 2-3 days milk secretion or flow may not be up to desire but later on it will be, so do not give your baby anything except breast milk. All newborns needs to be breastfed within in an hour of birth.

*"How many times to feed the baby?"* — According to baby's desire but not less than eight times a day. Passing urine after 4-5 days of life, 6 times or more in 24 hours indicates that the milk flow is adequate.

*"How long to feed the baby?"* —

Preferably 10 minutes from each breast and to be suckled from both breast. So at least 20 minutes to be allotted for each sitting. Exclusive breast feeding (only breast milk, not even a drop of water) to be given for 6 months and after completing 6 months, complementary foods with breast milk to be added gradually. Breast milk may be continued with complementary feeding up to 2 years of age. Do not force the baby to eat. The baby's stomach is only 200 ml.

*"My baby is 5 months old but still the head lag is there. Is that normal?"* — Normal milestones of development are - a baby should have neck control by 3-4 months, should sit by 6 months, should crawl by 9 months, should stand and walk with support by 12 months. Baby usually smiles by 3-4 weeks of age.

From my long experience I have observed that the mothers have innumerable questions to ask. We as doctors should allow them to ask and listen to their questions with due attention and answer them with appropriate explanation. It is their right and on the other hand it is our duty to listen to them and respond to their queries. Wishing all the babies and their mothers to be happy and healthy.

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## Launch of new global estimates on levels of physical activity in adults

New data published in The Lancet Global Health show that more than one in four adults globally (28% or 1.4 billion people) are physically inactive. However, this can be as high as one in three adults inactive in some countries.

The paper, authored by four World Health Organisation experts, reports data that update 2008 estimates on levels of activity.

Women were less active than men, with an over 8% difference at the global level (32% men vs 23%, women). High income countries are more inactive (37%) compared with middle income (26%) and low income countries (16%).

The new Global Action Plan on Physical Activity sets the target to reduce physical inactivity by 10% by 2025 and 15% by 2030.

Regular physical inactivity increases peoples risk of poor health, including cardiovascular disease, several types of cancer and diabetes, falls, as well as mental health conditions. Publication of levels of participation in children and young people are forthcoming.



## Why you should wear sunscreen?

Let us have a look at these interesting reasons on why you should wear sunscreen throughout the year:

- **Shields from harmful UV rays:** Applying sunscreen actually blocks these harmful rays from penetrating the skin and triggering skin disorders.
- **Prevents premature ageing:** All of us love to have younger looking, radiant, and healthy skin. It shields your skin from developing signs of ageing, such as wrinkles and fine lines.
- **Lowers skin cancer risks:** Wear your sunscreen daily and over the days and months to shield your skin from the risk of various types of skin cancer, especially melanoma.
- **Lowers blotchiness on face:** Apply sunscreen liberally on your face to prevent the onset of that irritating blotchiness and eruptions of red veins. This is also essential to prevent the onset of acne and other sun rays- induced damages.
- **A good cosmetic option:** Now-a-days, there are sunscreens that also doubles up as a cream. Just apply it and leave on. If you have a dry skin or sensitive skin, make sure you reapply a coating every now and then for better safety of your skin.
- **Enhances health of the skin:** The essential skin proteins, such as collagen, keratin, and elastin are protected by sunscreen. These proteins are required for keeping the skin smooth and healthy. Make sure your sun block has titanium oxide in it for endowing these benefits to the skin.

f /StarHealthBD

## WORLD SUICIDE PREVENTION DAY

SEPTEMBER 10, 2018

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death.

Suicide is not a movement towards death, it is a movement away from intolerable pain caused by an illness like bipolar disorder that can be diagnosed and treated.

- **Know the warning signs.** Intense feelings of sadness, hopelessness, shame, guilt, anxiety or anger, difficulty sleeping and/or a combination of depressive thoughts and the high energy of mania (mixed state) could lead to suicidal feelings.
- **Realize your risk factors.** Suicidal thoughts and actions are more likely to occur immediately after discharge from the hospital & during periods of combined mania and depression symptoms.
- **Never stop taking your medication abruptly.** If you feel like it is time for a change in medication, formulate a plan with your doctor to decrease your risk of relapse, side effects and suicidal thoughts. Remove potentially dangerous objects. If you are experiencing suicidal ideation, remove or restrict access to firearms, quantities of medications and other items that could be used to self-harm.
- **Avoid isolation.** Confide in a trusted friend or family member about your suicidal thoughts and enlist their help in seeking treatment & staying safe.
- **Partner with professionals.** Your doctor can put together a treatment plan to address, alleviate and prevent further suicidal thoughts.

Every 40 seconds someone in the world dies by suicide



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