

Keeping your heart healthy

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'My Heart, Your Heart' — the theme is about celebrating and connecting like-minded people. Which create a sense of commitment around the common cause of heart health. It is a concept that encapsulate the values of the World Heart Day.

The World Heart Federation organises World Heart Day on September 29 every year to emphasise on the importance of being active and staying informed about cardiovascular health and diseases.

According to the World Health Organisation (WHO), cardiovascular diseases are the reason of around 30% deaths of all global deaths. Cardiovascular diseases is the world's biggest killer claiming 17.7 million lives per year.

Cardiovascular diseases include heart conditions consisting of blood clots, cardiomyopathies, cardiac arrest, high blood pressure, stroke etc. The risk factors that lead to cardiovascular diseases include sedentary lifestyle, obesity, smoking, alcohol intake, bad cholesterol, and high blood pressure etc.

This year, the World Heart Day has decided to bring into perspective four important dimensions of how one can take care of one's heart:

Know your heart
Here we like to emphasise on



how knowing one's heart is essential and that it requires understanding the risks you are prone to. This would involve getting back on track, visiting the doctor and knowing where you stand.

Fuel your heart
Eating healthy is one of the most important steps towards ensuring that the heart is fuelled with clean energy. Omega-3 rich fish, nuts, berries, oats and legumes are some of the easily available foods that one can consume to ensure the heart's good health.

Move your heart
This is another pivotal measure required to ensure that the heart stays healthy and hale.

Remaining active, breaking a sweat and staying fit through exercises and yoga is another way one can ensure good health.

Love your heart
While it is next to impossible to stay away from fast food, mostly because of the erratic work timings and schedules one follow, it is important to:

- Eat a healthy diet, which emphasises fruits, vegetables, whole grains, poultry, fish and low fat dairy food. It is essential to take plenty of potassium, which can help to prevent and control of high blood pressure. Eat less saturated fat to prevent the development of atherosclerotic cardiovascular

disease.

- Decrease the salt in diet. A lower sodium level — 1,500 mg a day — is appropriate for people 51 years of age or older, and individuals of any age who are black or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 mg a day or less.

- Maintain a healthy weight. Keeping a healthy weight or losing weight which can help to control high blood pressure and lower your risk of related health problems and keep the heart healthy.

- Increase physical activity. Regular physical activity can help

lower blood pressure, manage stress, which reduce the risk of several health problems and keep weight under control. For most healthy adults, it is recommended that you get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity.

- Stop alcohol intake.
- Do not smoke. Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries.

- Manage stress. Reduce stress as much as possible. Practice healthy coping technique such as muscle relaxation, deep breathing or meditation. Getting regular physical activity and plenty of sleep can help, too.

Hence, the World Heart Day celebration plays a very important role in changing all of this. It is a very crucial global platform that people can use to raise awareness and encourage individuals, families, communities and governments to take action now. Together everybody has the power to reduce the premature deaths from, and burden of, cardiovascular diseases, helping people everywhere to live longer.

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HUMAN CAPITAL

Lower investment for education and health care in Bangladesh

Bangladesh ranks 161st in the world for its investments in education and healthcare as measurements of its commitment to economic growth, according to the first-ever scientific study ranking countries for their levels of human capital.

The nation placed just behind Djibouti (ranked 160th) and just ahead of Togo (162nd). The United States ranked 27th, while India placed 158th.

Bangladesh's ranking of 161st in 2016 represents an improvement from its 1990 ranking of 170th. It comes from having six years of expected human capital, measured as the number of years a person can be expected to work in the years of peak productivity, taking into account life expectancy, functional health, years of schooling, and learning.

Overall, Bangladesh residents had 41 out of a possible 45 years of life between the ages of 20 and 64; expected educational attainment of eight years out of a possible of 18 years in school; and a learning score of 69 and a functional health score of 48, both out of 100. Learning is based on average student scores on internationally comparable tests. Components measured in the functional health score include stunting, wasting, anaemia, cognitive impairments, hearing and vision loss, and infectious diseases such as HIV/AIDS, malaria, and tuberculosis.

The study, "Measuring human capital: A systematic analysis of 195 countries and territories, 1990 to 2016," was published in the international medical journal The Lancet. It is based on a systematic analysis of an extensive array of data from numerous sources, including government agencies, schools, and health care systems.

HEALTH bulletin



The ability to acquire manganese during infection is essential for the virulence of *Enterococcus faecalis* in animals, according to a study published September 20 in the open-access journal PLOS Pathogens by José Lemos of the University of Florida College of Dentistry, and colleagues.

Manganese is an essential micronutrient for bacterial pathogens during infection. To prevent infection, the host limits manganese availability to invading bacteria through an active process known as nutritional immunity. To overcome this limitation, bacteria produce high-affinity manganese uptake systems to scavenge this nutrient from host tissues.

According to the authors, manganese uptake systems could be promising targets for the development of new antimicrobial therapies to combat infections.

"While we and others have shown that inactivation of certain genes and pathways can negatively affect the ability of *E. faecalis* and related bacteria to cause disease, this is the first time we have observed an outcome as dramatic as this in terms of loss of virulence in mammalian models", notes Lemos.

Adolescents: health risks and solutions

Around 1.2 billion people, or 1 in 6 of the world's population, are adolescents aged 10 to 19. Most are healthy, but there is still substantial premature death, illness, and injury among adolescents.

Promoting healthy behaviours during adolescence, and taking steps to better protect young people from health risks are critical for the prevention of health problems in adulthood, and for countries' future health and ability to develop and thrive.

The main health issues include:
Early pregnancy and childbirth
The leading cause of death for 15–19 year old girls globally is complications from pregnancy and childbirth. Better access to contraceptive information and services can reduce the number of girls becoming pregnant and giving birth at too young an age. Laws that specify a minimum age of marriage can help.

HIV
More than 2 million adolescents are living with HIV. Although the overall number of HIV-related deaths is down 30% since the peak in 2006 estimates suggest that HIV deaths among adolescents are rising. Better access to HIV testing and counseling, and stronger subsequent links to HIV treatment services for those who test HIV positive, are also needed.

Mental health
Depression is the third leading cause of illness and disability among adolescents, and suicide is

the third leading cause of death in older adolescents (15–19 years). Violence, poverty, humiliation and feeling devalued can increase the risk of developing mental health problems. Building life skills in children and adolescents and providing them with psychosocial support in schools and other community settings can help promote good mental health.

Violence
Violence is a leading cause of death in older adolescent males. Globally, 1 in 10 girls under the age of 20 years report experiencing sexual violence. Promoting nurturing relationships between parents and children early in life, providing training in life skills, and reducing access to alcohol and firearms can help to prevent injuries and deaths due to violence.

Alcohol and drugs
Harmful drinking among adolescents is a major concern in many countries. It reduces self-control and increases risky behaviours, such as unsafe sex or dangerous driving. Setting a minimum age for buying and consuming alcohol and regulating how alcoholic drinks are targeted at the younger market are among the strategies for reducing harmful drinking.

Drug use among 15–19 year olds is also an important global concern. Drug control may focus on reducing drug demand, drug supply, or both, and successful programmes usually include structural, community, and

individual-level interventions.

Injuries
Unintentional injuries are the leading cause of death and disability among adolescents. In 2015, over 115,000 adolescents died as a result of road traffic accidents. Young drivers need advice on driving safely, while laws that prohibit driving under the influence of alcohol and drugs need to be strictly enforced.

Exercise and nutrition
Iron deficiency anaemia is the leading cause of years lost to death and disability in 2015. Iron and folic acid supplements are a solution that also helps to promote health before adolescents become parents. Regular deworming in areas where intestinal helminths such as hookworm are common is recommended to prevent micronutrient (including iron) deficiencies.

Developing healthy eating and exercise habits in adolescence are foundations for good health in adulthood.

Tobacco use
The vast majority of people using tobacco today began doing so when they were adolescents. Prohibiting the sale of tobacco products to minors and increasing the price of tobacco products through higher taxes, banning tobacco advertising and ensuring smoke-free environments are crucial.

Source: World Health Organisation



Seminar on cancer and palliative care held in Sylhet

A seminar on cancer and palliative care was held in Sylhet recently by Ayat Education. Mr. Abul Maal Abdul Muhith, the honourable Finance Minister of the Government of Bangladesh concluded the event with the promise to bring the issue of strengthening palliative care to government attention.



SERAC-Bangladesh organised media workshop on YFS

SERAC-Bangladesh organised a "Youth Journalists Workshop" on Youth Friendly Services (YFS) recently in Mymensingh district. The goal of the workshop was to make the mass media aware of the information on YFS which is a content of youth access to sexual rights and reproductive health, youth access to contraceptives, safe abortion and menstrual hygiene issues.

/StarHealthBD

KEEP YOUR HEART HEALTHY

Simple Ways to Keep Your Heart Healthy

A healthy heart and a healthier you starts today with these quick tips.

- Manage your blood cholesterol**
Cholesterol is a fatty substance carried in your blood. Your body needs cholesterol to be healthy, but an imbalance of cholesterol in your blood can lead to a heart attack or stroke.
- Manage your blood pressure**
Blood pressure isn't usually something you can feel. If it's too high, it needs to be treated.
- Manage diabetes**
It's important to manage your diabetes to help prevent a heart attack or stroke. For information on managing diabetes.

- Be physically active**
Regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits. It's also important to sit less during your day and break up your sitting time.
- Achieve and maintain a healthy weight**
Maintaining a healthy weight can reduce the risk of heart disease and oth problems. It can help to know your body mass index and waist measurements and what these mean.
- Enjoy a variety of nutritious foods**
Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol.
- Look after your mental health**
We know that there can be a greater risk of heart disease for people who have depression, are socially isolated or do not have good social support. Having a good social life with family and friends can help. Depression is more than feeling sad or low. If you feel depressed for more than two weeks, talk to your doctor, a family member or someone you know well.
- Be smoke-free**
Being smoke free is one of the best things you can do to protect your heart.

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