

Like a phoenix: living with HIV for 32 years

DR MARUF HASAN

It was the hottest day of summer Europe ever experienced in the last 40 years and I was eagerly waiting to meet Mr. Haerry David from Switzerland, co-author for www.hivrestrictions.org. We were there to talk about decriminalisation and restrictions on people living with HIV in many countries. Haerry David has been living with the human immunodeficiency virus (HIV) infection for the last 32 years. He is a survivor living with HIV for the highest number of years, ever encountered by me. Surprisingly, I found Bangladesh besides the Middle East, China and Malaysia, who deport HIV infected people as soon as they are detected during their stay, and puts restriction on any kind of visit for those who are already detected. So I decided to share David's story to know more about HIV with breaking barriers and building bridges in his own words.

"The result was positive. It took me six months to make up my mind and I went to the hospital for screening", said Mr Haerry. "Two to three years, maybe more, maybe less", my physician told me about my life expectancy. They wanted to give me



Haerry David, living With HIV for 32 years.

PHOTO: MOHAMMAD MAHABHI

antiretroviral medication with very bad side effects. I walked away from the premises with many uncertainties.

Later on, I focused on my career and until I fell very sick in 1996. I was losing hope as I lost

30 kgs rapidly, having Kaposi sarcoma along with atypical tuberculosis. In 1996 specific treatment for HIV arrived which worked really well for me. I managed my way facing so many side effects and today I have an

advanced regime of Integrase inhibitors, Nevirapine and Abacavir.

After my diagnosis was made positive, I worked for 10 years like a normal person but quit my job in 1996. I worked while

I already had HIV and at the time had an entry restriction to the USA and I had to go there twice a year as a Swiss businessman. I was very nervous while I was receiving treatments. I started repacking my treatment as vitamins to get customs clearance. When I could not work anymore, I said to my friends that we should establish a database of the countries where we are not allowed to travel. That is when a database was established. So far we have touched a few landmarks. The most prominent government that repealed the restrictions was USA, Taiwan, South Korea and Singapore.

We believe the person with or without HIV should have access to the health system in the country where s/he lives, like anybody else who has any kind of health issue. If you have diabetes and you go abroad, you are treated abroad. So people with HIV should be treated the same. As the world is fighting against HIV and striving to eliminate HIV by the year 2030, we all should take efforts in eliminating the stigmas and treat people with HIV with equal rights just like other people.

The writer is an Assistant Registrar at the Kurmitola General Hospital, Dhaka.

HEALTH bulletin



A new oral antibiotic for the treatment of gonorrhoea

Zoliflodacin is a promising investigational oral antibiotic for the treatment of urogenital gonorrhoea.

The increasing prevalence of antimicrobial-resistant *Neisseria gonorrhoeae* has led to changes in treatment guidelines. Currently ceftriaxone, an injectable agent, plus azithromycin is the recommended therapy. Isolates resistant to both drugs have been reported, raising the specter of untreatable gonorrhoea in the future. Zoliflodacin (ETX0914), a first-in-class, investigational DNA gyrase/topoisomerase inhibitor, has received FDA "fast-track" designation for its development for oral treatment of gonorrhoea. A phase II, open-label, partially manufacturer-supported trial comparing a single dose of 2 or 3 gm of zoliflodacin with 500 mg of intramuscular ceftriaxone (randomized 7:7:4) for the treatment of gonorrhoea was conducted at five sites in the USA.

Approximately one third of participants had an adverse event. The most common adverse events with zoliflodacin were self-limited gastrointestinal events.

Invest in your hair to keep them healthy and shining

DR TAUHIDA RAHMAN EREEN

Your precious lock of hair always is exposed and is prone to dehydration during winter, infection during summer and damage during the spring and autumn season. Here are a few suggestions to take care of your hair and keep them healthy.

Hair nutrient

Just as our skin needs to be kept hydrated, hair needs the same. Drinking enough water and water containing food will keep your scalp and hair hydrated. Your hair is a telltale indicator of how good your meal plan is. Most importantly each of your hair strand is made up of cells that is called keratin protein. Essential amino acid supplements can be taken to help build healthy protein as well as healthy hair. Adults who consume less than the recommended amount of protein are more likely to have unhealthy hair. Eggs, fish, meat, cottage cheese, yoghurt, nuts and seeds and dark green leafy vegetables are nutrient-rich foods

that are scientifically proven to help your hair. Your hair is craving for all those hair-friendly foods. Give your scalp oil some backup, and nourish your hair naturally, as well.

Practice good hair hygiene

Switching to all natural organic hair care product is a great step towards taking care of your tresses. Use good quality hair care product. Try an all natural shampoo. Coconut milk is about to become your best friend. They are incredibly important for locking in moisture and are known to improve the overall texture of your hair. After washing hair with shampoo, the next step is to apply coconut milk for maximum hair revitalisation and hydration. It does an amazing job at saving your hair from the heat, ultraviolet (UV) rays and harsh environment. Try to avoid all styling tools like hair straightener, hair dryer and flat iron.

Keep an eye on hair dye

Many women love hair dye or colour. The benefits of using natural



vegan henna is it can set your hair both with protective layer and colour. Henna is just a plant that is dried and ground into a powder and becomes a dye when mixed with a liquid like liquor tea, coffee or water. Respect your optimal pH hair care Our scalp and hair's healthiest pH level is at around 4.5 - 5.5 on the pH level spectrum. If hair care product that we use on a regular basis to wash our hair with is not at the right pH balance, they tend to strip natural protective layer from our hair follicles. In return, you will get damaged, dull, dry hair and an unhealthy scalp.

Your hair deserves extraordinary care

Platelet rich plasma (PRP) is perfect to stimulate hair follicles, increase the blood circulation, stop split ends, and help with dandruff and dry scalp. It makes your hair grow faster and thicker. Treat your roots with regenerative PRP treatment.

Do not try to self-diagnose. Visit your dermatologist. It is never too late to save your strands.

Influenza: are we ready?

When 100 passengers on a flight from Dubai to New York in September 2018 fell ill with respiratory symptoms, health officials were concerned that they might be carrying a serious respiratory illness called MERS-CoV (Middle East respiratory syndrome coronavirus) and quarantined the plane until further health checks could be completed.

Influenza may not always be thought of by most people as a serious illness - the symptoms of headaches, runny nose, cough and muscle pain can make people confuse it with a heavy cold. Yet seasonal influenza kills up to 650,000 people every year. That is why influenza vaccinations are so important, especially to protect young children, older people, pregnant women, or people who have vulnerable immune systems.

What most of us think of as 'the flu' is seasonal influenza, so called because it comes around in the coldest season twice a year in temperate zones of the world, and circulates year-round in the tropics and subtropics.

The influenza virus is constantly mutating - essentially putting on ever-changing disguises - to evade our immune systems. When a new virus emerges that can easily infect people and be spread between people, and to which most people have no immunity, it can turn into a pandemic. "Another pandemic caused by a new influenza virus is a certainty. But we do not know when it will happen, what virus strain it will be and how severe the disease will be," said Dr Wenqing Zhang, the manager of World Health Organisation's Global Influenza Programme.



f /StarHealthBD

Ten foods for healthy eye



TOP TEN FOODS FOR HEALTHY EYE

People often believe that failing eyesight is an inevitable result of aging or eye strain. In truth, a healthy lifestyle can significantly reduce the risk of eye health problems.

The Age-Related Eye Disease Study (AREDS), published in 2001, found that certain nutrients - zinc, copper, vitamin C, vitamin E, and beta carotene-may reduce the risk of age-related decline in eye health by 25 percent.

This study was updated in 2013 to test different versions of the original formula. The variations included omega-3 fatty acids, zeaxanthin, lutein, and beta carotene; the study found that certain combinations may work better than others.

Organizations such as the American Optometric Association (AOA) and the American Academy of Ophthalmology (AAO) continue to recommend nutrients for eye health based on the AREDS reports.

The AREDS reports support the following 10 nutrient-rich foods:

1. Fish

Many fish are rich sources of omega-3 fatty acids

- Tuna
- Salmon
- Trout
- Mackerel
- Sardines
- Anchovies
- Herring

2. Nuts and legumes

Nuts are also rich in omega-3 fatty acids. Nuts also contain a high level of vitamin E, which can protect the eye from age-related damage.

3. Seeds

4. Citrus fruits

5. Leafy green vegetables

6. Carrots

7. Sweet potatoes

8. Beef

9. Eggs

10. Water



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