

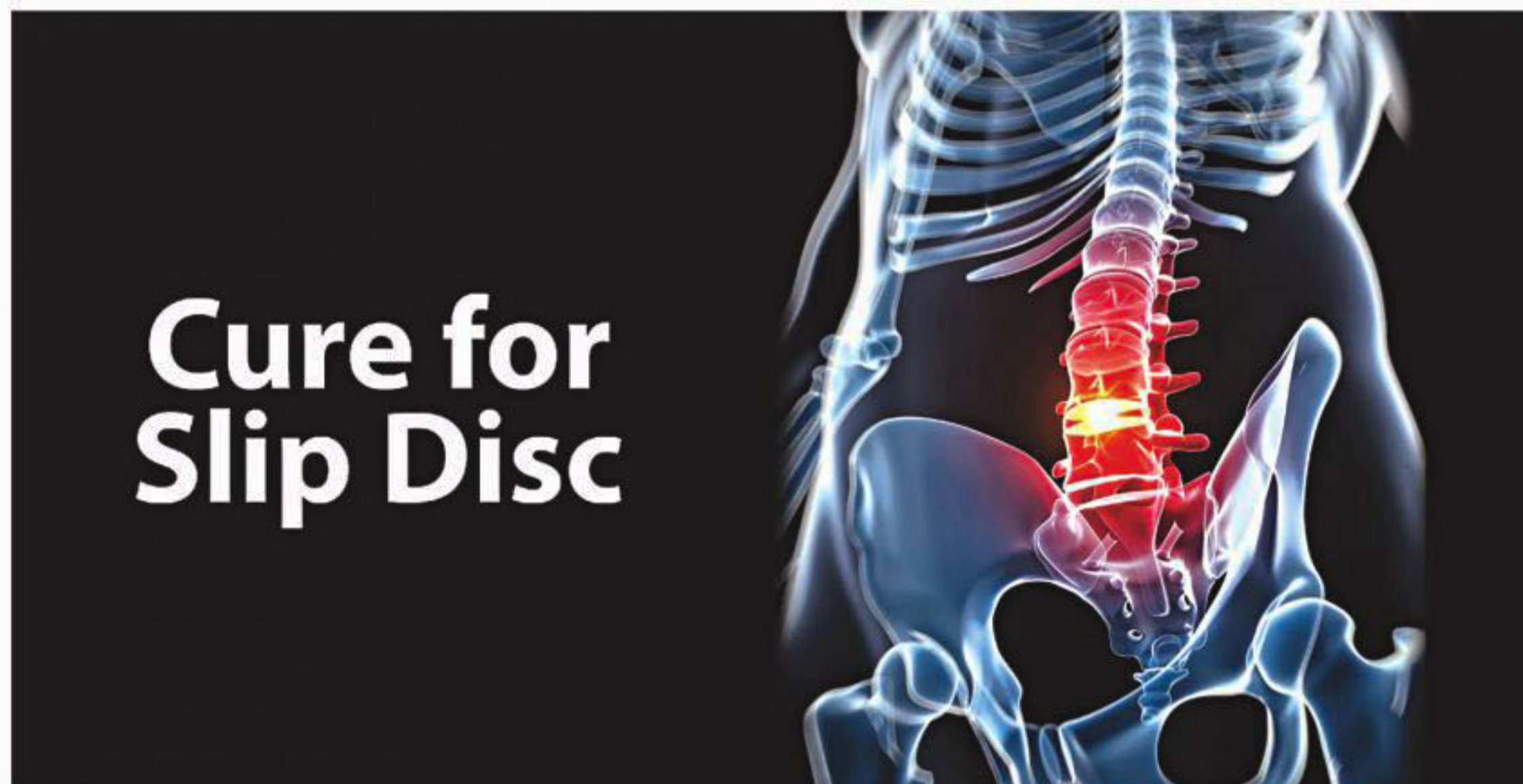
Slip disc in lower back and manipulative intervention

DR MD FARUQUH ISLAM

Mr Zaman, the 43 years old gentleman, has been suffering from acute sever lower back pain for 7 days. Pain moves down to right thigh and leg causing difficulty in walking, standing and even moving on bed. Gradually pain increases when he moves for necessary daily functions. Finally he was diagnosed as a case of slip disc or PLID (prolapsed lumbar intervertebral disc) between L4 and L5. However, he and his family become very nervous and frustrated what to do as nothing could relief his pain or could improve movements.

There are many cases like him within our family or office as they have been suffering for months to years. So, it is important to know what is slip disc and why it happen, and how we could feel better in our daily life. Slip disc is a phenomenon where disc materials between vertebra coming outwards and compress associate ligaments, nerve and other structures.

This type of problem often called mechanical displacement or derangements of spine as there are mechanical compression of nerve root; that is why pain and



Cure for Slip Disc

other symptom radiate or move down to leg.

Common causes of slip disc: In slip disc, the exact causes are unknown but it is thought that working in sitting position for long time in awkward position, bending and lifting heavy object from the floor, trauma or traveling in uneven surface for long time may be the contributing factors.

Common symptoms: you may feel severe pain which is unbearable, especially on back or leg,

pain often radiate below thigh and leg even up to foot, sometimes patients may complain tingling sensation or heaviness or parasthesia — difficult in movement in bed or unable to sit, stand or walk initially.

How you can conform you have slip disc: Well, there are several ways we conform patients' disc prolapse. Patient usually complain that the pain become worse in the early morning, coughing or sneezing aggravate pain on back, and testing straight

leg raising while lying on back. In fact, you may assess by a physical therapist or a physician to conform about diagnosis. Usually a physiotherapist or manipulative physiotherapy practitioner can assess accordingly. Besides, a lot of other manual therapy protocols are followed to relief pain and associated symptoms. There are several research recommended to avoid long time rest or pain killer for the management of slip disc rather early introduction of pain free position, exercise

therapy, manipulation therapy, mobilisation techniques are very useful to regain early mobility and return to work.

What should be avoided if you have slip disc: Take relative rest but not for long time, use pain free position while lying, avoid travelling and long walking, try not to lift object in bending position, use hot compression for 10 to 15 minutes in back, be careful during coughing or sneezing.

Finally, to prevent your back pain or slip disc, do some exercises regularly or you may take suggestion from a physiotherapist about the type of exercise you can perform.

Clinical bottom line: Discogenic pain is very common where life time prevalence about 35 to 80 percent. From the beginning, a multidisciplinary team can assess and provide treatment. Therefore, proper assessment, diagnosis and accurate intervention are essential for patients with slip disc; not only that but a clinical jurisdiction on referral to the right professionals are also accountable.

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BODY FUNCTION

A clock inside you!

MD EKHTEAR MAHMUD

"Mon Amar Deho Ghor" a famous song sung by Fakir Alamgir might create a question in your mind, "Do I really have a clock inside of me?". Science says, yes, you have.

Not getting enough sleep leaves us tired throughout the day. But your body's clock also affects mood, mental alertness, hunger, and heart function. All of us have the ebb and flow of lifestyle, the daily rhythms that shape our days. Probably the most basic daily rhythm we live by could be the sleep-wake cycle, which relates to the cycle of the sun. It makes you feel sleepy whilst the evening hours wear on, and wakeful as your day begins.

Research has been discovering that your body's clock is in charge of more than sleep and wakefulness. Other systems, like hunger, mental alertness, and mood, stress, heart function, and immunity also operate on a regular rhythm. The existence of the biological clock may be particularly apparent when it is off-kilter: such as shift work can throw our normal patterns out of whack and have a toll on physical and mental health.

The interactions of the clock are complex and their effects on different body systems are intricate, but researchers are starting to comprehend more about the way the nuts and bolts of the clock work and affect each system of your body, from your hearts to your moods. Considering that the biological clock is, actually, a biological entity, things can make a mistake with it that will have less related to lifestyle or the environmental surroundings, and more related to the mechanisms of the clock itself. As an example, there is more to the clock-diabetes link than simply turning our sleep cycle around, though sleep can change lives.

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HEALTH bulletin



Study shows economic burden of dengue fever

Dengue fever is a major public health concern in many parts of South-East Asia and South America and its prevalence in Africa is thought to be expanding. Researchers have now conducted an analysis of the economic burden of dengue fever in Burkina Faso, Kenya and Cambodia. Their results appear in PLOS Neglected Tropical Diseases.

In the new work, as part of the Dengue Vaccine Initiative (DVI) Jung-Seok Lee, and colleagues developed a patient-specific survey questionnaire on the cost of dengue and administered it to patients in six countries in a standardised manner.

The average cost of inpatient care was \$26 in Burkina Faso and \$134 in Cambodia, while the average cost of outpatient care was \$13 per episode in Burkina Faso and \$23 in Kenya. In both African countries, the costs were not insignificant compared to the economic cost of malaria, a major pathogen in the areas.

"The economic burden outcomes presented in the current study can be used to estimate more accurate vaccination benefits when conducting cost-effectiveness analysis of dengue fever vaccine interventions in the three countries in the future," the researchers say.

Alzheimer's disease and dementia

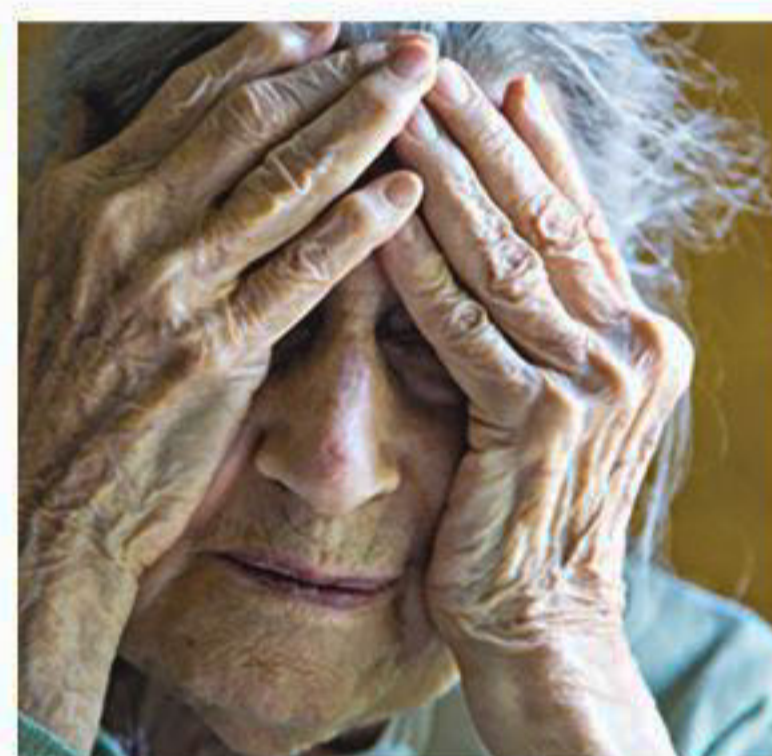
DR ZUBAIR KHALED HUQ

Worldwide, at least 44 million people are living with dementia, making the disease a global health crisis. A diagnosis of Alzheimer's is life changing for the person with the disease, as well as their family and friends, but information and support are available. Alzheimer's disease is the most common type of dementia. Alzheimer's causes problems with memory, thinking and behaviour.

In the early stage, dementia symptoms may be minimal, but as the disease causes more damage to the brain, symptoms worsen. While there are currently no treatments to stop Alzheimer's disease from progressing, there are medications to treat dementia symptoms.

Trouble with memory is often the first symptom of Alzheimer's disease. As we grow older, our brains change, and we may have occasional problems remembering certain details. These symptoms are not a natural part of getting older. In addition to memory loss, symptoms of Alzheimer's include: trouble completing tasks that were once easy; difficulty solving problems; changes in mood or personality; withdrawing from friends and family; problems with communication, either written or spoken; confusion about places, people and events; visual changes, such as trouble understanding images.

Family and friends may notice the



symptoms of Alzheimer's and other progressive dementia before the person experiencing these changes. It is important to seek a medical evaluation to find the cause.

Age: Advancing age is the greatest risk factor for developing Alzheimer's disease. The majority of people diagnosed with Alzheimer's disease are 65 or older.

Family members with Alzheimer's: If parent or sibling develops Alzheimer's, it is more likely to develop the disease.

Cardiovascular disease: Research suggests that brain health is closely related to heart and blood vessel health. The brain gets the oxygen and nutrients needed to function normally from blood, and the heart is responsible for pumping blood to the brain.

Traumatic brain injury: The risk of Alzheimer's disease and other dementia increases after a moderate or severe traumatic brain injury, such as a blow to the head or injury of the

skull that causes amnesia or loss of consciousness for more than 30 minutes. Individuals who sustain repeated brain injuries, such as athletes and those in combat, are also at a higher risk of developing dementia and impairment of thinking skills.

There is not a simple test to tell us if someone has Alzheimer's. Diagnosis requires a comprehensive medical evaluation, which may include: blood tests, mental status tests and brain imaging may be used to determine the cause of symptoms.

While doctors can usually determine if someone has dementia, it may be more difficult to distinguish what type of dementia. Receiving an accurate diagnosis earlier in the disease process is important.

Several medications can temporarily help improve the symptoms of dementia for some people. These medications work by increasing neurotransmitters in the brain. In addition, having support systems in place and the use of non-pharmacologic behavioural interventions can improve quality of life for both people with dementia and their caregivers and families.

In the early stages of dementia, a person may remain independent and need very little care. However, as the disease progresses, care needs will intensify, eventually leading to a need for around-the-clock assistance.

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MyHealth from Robi Offering Bangladesh a stress-free health experience

STAR HEALTH REPORT

Healthcare in terms of both cost and quality are major concerns for an overwhelming majority of the people in a country like Bangladesh. In many cases, people don't have easy access to quality medical advice, especially in cases of emergency. Besides, for many, picking up the cost for special medical attention in a hospital can cause severe financial hardship. Thankfully, all the concerns have to a large extent been addressed through an innovative mobile based health insurance scheme, MyHealth.

A leading digital service provider of the country, Robi, and the leading mobile based health and insurance services provider, MILVIK, together is providing a mobile based health and hospital cash-back service, MyHealth.

Just to give an example, last year, MyHealth has settled more than 4,000 claims across Bangladesh as well as provided more than 200 thousand tele-doctor consultations to their customers. Besides, over the last one year, MILVIK and Robi have organised free health camps in Dhaka, Chattogram, Cumilla and Feni benefiting more than 10,000 people in local communities. Organising a week-long celebration of MyHealth claims settlement throughout the country has also helped to gain confidence of the people on this innovative health insurance scheme.

Bangladesh has one of the lowest rates of insurance penetration in South Asia. Naturally, lack of this safety net puts a large section of people in jeopardy when they suffer from some illness or are met with accidents. In this context, the simple and easily accessible mobile health insurance scheme with reliable insurance settlement track-record — MyHealth, is considered to be an effective measure against the rainy days of our lives.

 /StarHealthBD

World Glaucoma Week March 10-16, 2019

The number of people (aged 40-80 years) with glaucoma worldwide was estimated at 64.3 million in 2013, and is expected to increase to 76.0 million in 2020.

Glaucoma is an eye condition where the optic nerve, which connects your eye to your brain, becomes damaged. It can lead to loss of vision if not detected and treated early on.

Glaucoma doesn't usually have any symptoms to begin with and is often only picked up during a routine eye test.

Very occasionally, glaucoma can develop suddenly and cause:

- Intense eye pain
- A red eye
- A headache
- Tenderness around the eyes
- Seeing rings around lights
- Blurred vision

When to get medical advice

- Visit an opticians or your GP if you have any concerns about your vision.
- If you have glaucoma, early diagnosis and treatment can help stop your vision getting worse.
- If you develop symptoms of glaucoma suddenly (see above), go to your nearest eye casualty unit or accident and emergency (A&E) department as soon as possible.
- This is a medical emergency that may require immediate treatment.



In Search of Excellence