

How to spot a psychotic disorder

STAR HEALTH DESK

Psychotic Disorders are a group of mental health conditions that change your sense of reality. When you have these disorders, you might see and hear things that do not exist or believe things that are not true.

Scientists do not know exactly what causes psychotic disorders, but they have got some theories. Viruses, problems with how certain brain circuits work, extreme stress or trauma, and some forms of drug abuse may play a role in some people.

Schizophrenia
If you have this condition, you might have hallucinations, which means you hear voices or see things that are not real. You could also have delusions - strong beliefs in things that are not true.

Schizoaffective disorder: This condition mixes symptoms of schizophrenia with a mood disorder - mania or depression. If you have the depressive type, you often feel sad and worthless. If you have the bipolar type, you have periods of mania - racing thoughts and extreme happiness.

Schizophreniform disorder: It has the same symptoms as schizophrenia, but they are temporary. Hallucinations and delusions last between 1 and 6 months, although sometimes your symptoms can return later. It most often affects teens and young adults.

Brief psychotic disorder: When someone has it, they suddenly



get symptoms like hallucinations and delusions. One possible trigger is extreme stress after things like an accident or the death of a loved one. If you are a woman, it can happen after you give birth. Usually, your symptoms go away on their own within a month.

Delusional disorder: In this condition, you have a false sense of reality about one or more of your beliefs. For instance, you might think a friend is plotting to kill you or your partner is cheating. These false beliefs start

to affect your everyday life. For example, if you think someone is going to harm you, you might be afraid to leave the house.

Shared psychotic disorder: It is a rare condition where two people in a relationship have the same untrue belief. For example, a mother and son might both think they are about to be abducted by aliens.

Substance-induced psychotic disorder: When you start or stop certain drugs, you may get substance-induced psychotic disorder. The symptoms include hallucinations and delusions.

Drugs that can bring it on include alcohol, amphetamines, cocaine, marijuana and sedatives etc. The symptoms should go away once you stop the drug or go through withdrawal. The condition can return if you take the drug again.

Disorder due to medical condition: Sometimes, symptoms that seem like a mental health disorder are actually due to a medical condition. Your psychotic disorder may start after a head injury or during one of these illnesses: Alzheimer's disease and other types of

dementia, brain tumour, HIV or AIDS, low blood sugar (hypoglycaemia), stroke and Parkinson's disease etc.

Warning signs
The first symptoms can be hard to spot. You might not realise you have a problem right away. So see a doctor if you notice any of these changes:

- You cannot concentrate or think clearly.
- You are suspicious of people around you.
- You see or hear things no one else can.
- You pull away from loved ones and spend more time alone.
- You have strange new beliefs, and no one can convince you they are untrue.

How are they treated?
You will have the best chance of recovery if you get treated during your first outbreak of symptoms. Your doctor may suggest medicine and talk therapy.

Antipsychotic drugs can help ease hallucinations and delusions. Your doctor may prescribe antidepressants if you also have symptoms of depression, like despair and sadness.

Lean on friends, family members, your doctor and a support group in your community to help you get through treatment. Find out all you can about your condition and what to expect. Take the time you need to recover. Do not try to push yourself too hard.

Source: WebMD

LEAD POISONING



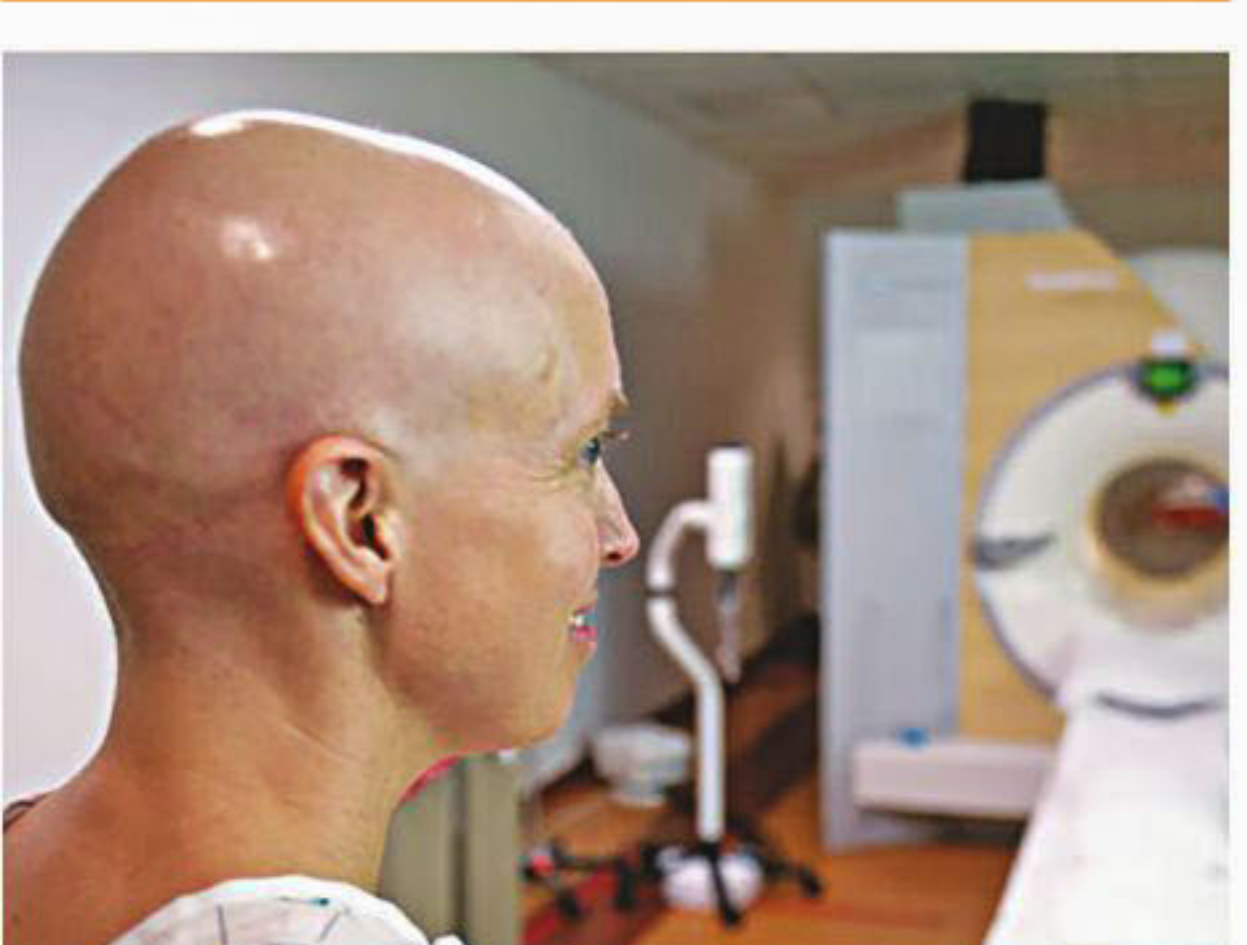
Prevent lead poisoning by eliminating lead paint

From 20 to 26 October 2019 the international lead poisoning prevention week of action will take place, with a particular focus on eliminating lead paint. Lead poisoning is preventable, yet the Institute for Health Metrics and Evaluation has estimated that in 2017 lead exposure accounted for 1.06 million deaths and 24.4 million years lost to disability and death due to long-term effects on health, with the highest burden in developing regions.

Of particular concern is the role of lead exposure in the development of intellectual disability in children. Even though there is wide recognition of this problem and many countries have taken action, exposure to lead, particularly in childhood, remains of key concern to health care providers and public health officials worldwide.

An important source of domestic lead exposure, particularly in children, is paint containing high levels of lead. These paints are still widely available and used in many countries for decorative purposes, although good alternatives without added lead are available. By eliminating lead paint, we will contribute to the achievement of some of the Sustainable Development Goal targets.

HEALTH bulletin



Children's heavy backpack and health alarm

MEHERUN NESA

The numbers of books and homework copies are increased in every school now a days. It is because of updated syllabus and excessive alertness of guardians, the school authorities are also compelled to make their students more intellectuals providing them much home works and class works on all subjects including extra curriculum. Children suffer from different types of injuries every year due to carrying heavy backpack.

The impact of heavy backpack on health
The muscles spasm or become tight carrying heavy backpack on the shoulder for long time. As a result, different types of pain occur due to blood circulation obstruction. Such as shoulder pain, neck pain, back pain, knee pain, headache etc. can be observed.

The balance of the two side of the shoulder does not remain the same due to carrying heavy backpack on one side of the shoulder. As a result, the curvature of the spine are misaligned and the children move their bodies bending a little bit. By carrying heavy backpack, the child's neck and head bend forward and he looks shorter than as usual and it affects on his posture. Injury to the muscles of the neck, shoulder may happen and sometimes muscles may be torn. Besides, mental health and even internal organ may be affected due to carrying heavy backpack by the children.

What backpack to carry
The American Child Academy suggested to carry 10%-15% of the body weight of the children. For example, if your child is of 40-50 kg, s/he can carry the backpack of 4-5 kg. The Supreme Court of our country has passed a rule regarding school backpack to carry for the children. The court has mentioned that a child should not carry more than 10% of his/her body weight. Backpack should be carried on both sides of the shoulders equally.

Treatment for relieving pain
All Children are requested to get a proper diagnosis for heavy backpack related pain. After obtaining the diagnosis a guardian can meet a physiotherapy specialist for better treatment. A physiotherapist can take necessary treatment as stated below. Manual therapy like applying ice compression in the muscles of shoulder and neck for 10-15 minutes twice a day can be advised.

As per instruction of physiotherapist, various types of exercises, manual therapy, stretching exercises and massage therapy can be adapted. Electrotherapy (IRR, TENS, UST) is very much effective modalities for relieving pain and muscle spasm.

Responsibility of school authority
The school authority can play the main role to protect the children to avoid using heavy backpack. It has no necessity for doing home works. All lessons can be taught and done when children are in school

premises.
Students are to be inspired to take their textbook only according to the routine. Some books of school works, note books can be kept in the school library. Group works can be adapted or encouraged to reduce the pressure of taking more books. Besides this, school authority can arrange to provide safe water for all to avoid taking water bottle. In addition to that, for the fitness of children, the scope of playing football, volleyball, tennis etc can be arranged.

Responsibility of the guardians
All guardians have to play an important role to avoid heavy backpack. We often observe guardians use to keep school books, different class work copies of coaching centre in the same backpack. It causes the backpack heavier. They can choose different backpack for different purposes.
All guardians should provide a balance diet, various types of colourful fruits and vegetables other than frozen and junk foods to their children.

It is better not to let our children carry heavy backpack. Please provide your optimum efforts to your children to have sound health and let them abide by the rules and regulations in regard to health matters.

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A novel drug for bacterial pneumonia

New antibiotics are a rarity these days, let alone new antibiotic classes. But in August 2019, the United States Food and Drug Administration (FDA) approved lefamulin (Xenleta), the first of the broad-spectrum pleuromutins, for treating patients with bacterial pneumonia.

The investigators randomised 738 ambulatory patients (mean age, 57) with community-acquired pneumonia (CAP) to either oral lefamulin (twice daily for 5 days) or oral moxifloxacin (daily for 7 days). Patients were recruited from 19 countries, primarily in Eastern Europe; 40% were smokers; and most had comorbidities.

Overall, the drugs performed equally well, with about 90% of each group being clinically improved after 4 days and also after treatment cessation. Responses also were equally good for the subgroup in whom a bacterial pathogen was identified, including the very few patients with drug-resistant pneumococcus or methicillin-resistant Staphylococcus aureus.

Lefamulin recipients were significantly more likely than moxifloxacin recipients to report gastrointestinal side effects (18% vs. 8%), most often diarrhoea and vomiting. Too few patients were bacteraemic to allow a good assessment of drug response among them.

However, Clinicians emphatically should not waste this one on routine cases of CAP. The manufacturer (Nabriva) suggests that the mechanism of action of the pleuromutins (i.e., they inhibit bacterial protein synthesis) means they will be relatively slow to induce resistance.

Time will tell, but for now, lefamulin should be reserved for either managing infections that fail to respond to older drugs or treating patients who cannot take older drugs.



October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. The goal: encourage communities to work together to stop bullying and cyber bullying by increasing awareness of the prevalence and impact of bullying on all children of all ages.

A MONTH OF ANTI-BULLYING ACTIVITIES!
A MONTH OF ACTION!

Victims of cyber-crimes (including cyber bullying) can lodge a complaint to the Bangladesh Telecommunication Regulatory Commission (BTRC) by calling at +880-29611111 or by emailing at btrc@btrc.gov.bd BTRC is supposed to take necessary actions within 24 hours and the perpetrators will be brought to justice within 3 days after the complaint is filed. The government has also launched a cyber-crime helpline. Victims can call at +8801766678888 to submit their complaints.



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