

Is your child suffering from odontophobia?

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Has it ever occurred to you that your child is afraid of the dentist? Fear of going to the hospital or dentist is relatively frequent, even among adults. However, if that dread causes your kid distress or prevents them from attending the dentist, it is time to start paying attention.

What exactly is your child so afraid of? Dental anxiety is a vicious circle. This produces more advanced lesions, more intense therapy, and more fear. First, find out what terrifies your child the most. Is it the sound of the dentist or the needle that bothers your child? Identifying the problem will assist you or your dentist help the youngster. Common dental phobias include:

- **Needles:** Fear of needles, otherwise known as Trypanophobia, is one of the most common causes of dental fear.
- **Sound:** The dentist's chamber can be noisy. The sound of dental procedures, especially the sound of the drill, makes many children frightened.
- **Pain:** If given the anaesthesia properly, dental procedures should not cause any pain.
- **Gagging:** Some children, particularly those with a previous gagging experience or difficulty breathing from a dental procedure, quickly become scared of another dental visit.
- **Blood:** During a dental procedure, blood can be spilt, inducing fear among many children.
- **The dentist himself:** In some cases, the child might be afraid of the dentist as a person. The white coat, the gloves, the



masks make a good number of children fearful.

What causes these fears? A child's fear of a dental procedure may stem from a bad dental experience. It is natural for someone to be afraid of dentists if they have a terrible experience. Also, a bad dental experience from a parent, sibling, or close friend can cause dental phobias. Despite the child's inexperience, these painful descriptions create horrific images that are difficult to erase in the child's mind.

Another reason is the use of dentistry to manipulate your child. Negative words like 'needles', 'injections', and 'doctors' make children fearful of them.

A child who appears calm in a dental office may suddenly panic when observing another child crying in a dental chair.

Finally, children often fear the unknown. A child's fear of the unknown is normal.

By taking certain precautions, you can make sure that your child's visit to a dentist is as enjoyable as it should be.

- Take your child to the dentist for regular check-ups from an early age, even if they do not have any dental issues. In this way, they will get familiarised with the environment of the dental office. It is the best to make the first dental visit as soon as the first tooth erupts.

- Do not induce your fears to your child. For example, it is not uncommon that the parent gets more nervous seeing blood in a dental procedure than the kid.

- Many of the parents use dentists or dental procedures as a threat or punishment. Try not to use words like 'needles' or 'injection' as a threat to the

child, or do not scold them by saying things like, 'if you do this again, I'll take you to the dentist'. This creates an intense fear for dentists in the little minds, without even knowing what it means.

- Before going to the dentist, a parent should explain to their kid what will happen. This will reduce a child's fear of the unknown.

So, how to help your child overcome this fear? Try the following tips.

- Try to find out the root cause of this fear and motivate your child accordingly. Remember, your child takes your words as the ultimate truth.

- Take your children to a pediatric dentist. They deal with children throwing tantrums nearly every day.

- It is best if you update the dentist about your child's dental anxiety beforehand. This will help the dentist and his staff to prepare themselves accordingly.

- Understandably, watching your child getting an 'injection' may be overwhelming sometimes. But try your best not to express that in front of your child.

- Nevertheless, if you have followed every step mentioned above and the anxiety is still a part of your child, it is time to consult a professional psychiatrist. Specific techniques like cognitive behavioural therapy, progressive muscle relaxation, etc., and medications in some cases work well to help your child.

Dental phobia and anxiety can negatively affect a child's life. So, take a few steps to help your child overcome odontophobia.

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DID YOU KNOW?

Rodents could be asymptomatic carriers of SARS-like Coronaviruses

SARS-like coronaviruses may be silent in rodents. Some ancestral rodents likely had repeated infections with SARS-like Coronaviruses, leading them to acquire tolerance or resistance to the pathogens, according to new research published in PLOS Computational Biology by Princeton University, USA. This raises the possibility that modern rodents may be reservoirs of SARS-like viruses, the researchers say.

SARS-CoV-2, the virus that causes COVID-19 infection, jumped from a non-human animal to humans. Previous research has shown that Chinese Horseshoe bats are a host of numerous SARS-like viruses and tolerate these viruses without extreme symptoms. Identifying animals that have adapted tolerance mechanisms to coronaviruses is vital for awareness of potential viral reservoirs that can spread new pathogens to humans.

In the new research, evolutionary analysis was performed, across mammalian species, of the ACE2 receptors used by SARS viruses to gain entry into mammalian cells. Primates had highly conserved sequences of amino acids in the sites of the ACE2 receptor known to bind SARS viruses. Rodents, however, had a greater diversity and an accelerated rate of evolution in these spots. Overall, the results indicated that SARS-like infections have not been evolutionary drivers in primate history but that some rodent species have likely been exposed to repeated SARS-like coronavirus infections for a considerable evolutionary period.

The study suggests that ancestral rodents may have had repeated infections with SARS-like Coronaviruses and have acquired some form of tolerance or resistance to SARS-like Coronaviruses as a result of these infections. Such findings raise the tantalizing possibility that some modern rodent species may be asymptomatic carriers of SARS-like coronaviruses, including those that may not have been discovered yet.

HEALTH bulletin



Low energy diets for weight management in adults with Type 2 Diabetes

A new study published in a journal entitled "Diabetologia" finds that low energy diets with formula meal replacements are the most effective methods of weight management and remission in adults with type 2 diabetes (T2D), while the macronutrient content is not crucial to outcomes. While both genetic and environmental factors influence T2D, rising levels of overweight and obesity have driven the current global epidemic of diabetes.

According to the authors, without strategic commitment internationally to effective prevention strategies, type 2 diabetes will affect an estimated 629 million people worldwide by 2045.

Excessive weight increase causes T2D to develop. Thus, hyperglycemia (high blood sugar) occurs, often coupled with high blood pressure and abnormal blood fats. T2D requires lifetime control, but it can cause disabling, painful, and life-shortening problems. However, losing enough weight can eliminate abnormal body fat from the liver and pancreas, reversing diabetes.

The evidence is showing that no one diet type is superior over others for weight management in T2D. The researchers concluded that deficient energy diets and formula meal replacement appear the most effective approaches, generally providing less energy than self-administered food-based diets.

Keys to shed calories after 40

Diet and exercise are key to optimal health. The risk of many chronic illnesses increases with age. Here are some tips to lose weight after 40:

Age matters: If you are over 40, changes in your activity level, eating habits, hormones, and how your body stores fat can play roles. But a few simple steps may help you slim down.

Eat your fruits and veggies: Fill half your plate with them at every meal. Produce tends to have more nutrients and less fat and calories than meat, dairy products, or grains.

Don't skip breakfast: Experts recommend a healthy morning meal like oatmeal or whole-wheat toast with fruit. It can help curb that mid-morning hunger that leads you to grab something unhealthy on the go or overeat at lunch. Small meals or snacks every few hours can keep your appetite in check all day long.

Eat less at night: If you get most of your daily calories at lunch (before 3 p.m.), you might lose more weight than if you have a big meal later.

Cook healthy meals: Instead of frying food or cooking it in butter or lots of oil, try grilling, baking, or broiling. Also, skip foods that are fried or that come in creamy sauces.

Don't make a second trip: You tend to be less active as you get older, and you may need a few hundred calories less than you used to. To lose weight, you may need to cut your calories back even more. Smaller portions and tracking your calories with a food diary or an app can help you eat less.

Pay attention: When you are busy, you are more likely to overeat and be hungry again soon if you do not focus on your food.

Lay off the soda: If you drink sugar-sweetened beverages, switch to water or another zero-calorie

beverage. Sweet drinks raise your risk for diabetes.

Avoid alcohol: A glass of beer or wine is about 150 calories, which can add up if you drink often. Also, alcohol can make you hungry, so you may eat more while you drink.

Make time for exercise: Every week at least 2.5 hours of moderate physical activity (like brisk walking or light yard work) can make you stay healthy.

Build muscle: Muscle burns more calories than fat; this can slow down your metabolism and make it harder to shake those stubborn pounds.

Strength training at least twice a week can help you keep those muscles.

Relax: Stress can make you more likely to binge on unhealthy food, making it harder for your body to break down fat. Try yoga, deep breathing, meditation, going for a walk, or reading a good book.

Get good sleep: People who do not get good-quality sleep are more

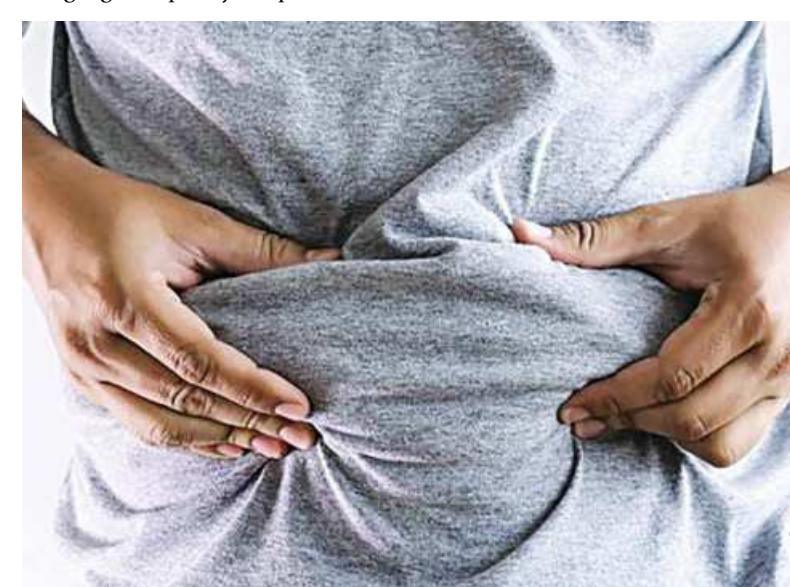
likely to gain weight. If you skimp on sleep because you are busy or stressed, try to change your habits and settle into a routine.

Have your thyroid checked: If you eat healthily and exercise regularly and still cannot lose weight, your thyroid might not be working as it should. This happens in about 5% of people, and it's most common in women and people over 60. In addition to weight gain, it can also cause fatigue, joint or muscle pain, and depression. So, get it checked if you think it might be an issue.

Get support: You might enter a weight-loss contest at work, join a group on social media, or ask a friend to go for early-morning walks or classes at the gym. Other people who share your goals can help keep you accountable and cheer you on as you make progress.

It is crucial to stay in shape to live healthily.

Source: WebMD



An integrated action plan is needed to overcome the diabetic pandemic

Diabetes is one of the four major types of noncommunicable diseases (NCDs) that enormously contribute to morbidity and mortality worldwide. In 2019, the International Diabetes Federation estimated 7.1 million people were living with Diabetes in Bangladesh and projected to be almost doubled by 2025. Considering this growing rate of Diabetic patients in the country, Sanofi Bangladesh, a subsidiary of Beximco Pharmaceuticals Limited, organised a scientific seminar on 'Diabetes in Bangladesh: Current Situation and Future Direction'.

On the occasion of World Diabetes Day 2021, Sanofi Bangladesh took the initiative to felicitate top young researchers in Diabetes. This platform recognised young researchers for their hard work and diligence and encourages aspiring researchers to work more and more in the challenging field of diabetes.

In the scientific seminar, the chairperson of the event, Professor Md Faruque Pathan, said, "Bangladesh is ranked as the 10th most Diabetic prone country globally, and the real scenario is graver than this. If we do not act now, the situation will go beyond control. Therefore, an integrated action plan and easy availability of all Diabetic care, including affordable medication is required to overcome the situation."

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