

WORLD HEARING DAY

Don't let your struggle GO UNHEARD

Hearing loss and related ear problems can be treated if detected early and treated appropriately. People who are at risk of hearing loss should have their hearing examined on a regular basis.

STAR HEALTH DESK

The World Health Organisation (WHO) observes March 3 as World Hearing Day. It aims to increase awareness about how to avoid deafness and hearing loss, as well as to promote ear and hearing care around the world.

Hearing loss and related ear problems can be treated if detected early and treated appropriately. People who are at risk of hearing loss should have their hearing examined on a regular basis.

According to the World Health Organisation, more than 360 million people have hearing loss that is disabling. Over 1 billion persons aged 12 to 35 are at risk of hearing loss as a result of recreational noise exposure. The global cost of not addressing hearing loss exceeds \$750 billion.

The theme of World Hearing Day 2022, "To hear for life, listen with care," will emphasise the importance and methods of preventing hearing loss through safe listening, with the following key messages:

- Through ear and hearing care, it is possible to maintain healthy hearing throughout one's life.
- Many common causes of hearing loss, including hearing loss induced by exposure to loud sounds, can be avoided.
- 'Safe listening' can reduce the risk of hearing loss from recreational sound exposure.

Every year, the WHO chooses a topic and



creates brochures, leaflets, posters, banners, and presentations to raise awareness about the day. These materials are distributed to government and civil society partners worldwide, as well as WHO regional and country offices.

The global health organisation also hopes to spread the key message with the theme:

- It is possible to have good hearing throughout one's life through ear and hearing care.
- Many common causes of hearing loss can be avoided.
- 'Safe listening' can reduce the risk of hearing loss associated with recreational sound exposure.

In 2021, WHO launched the World report on hearing that highlighted the increasing number of people living with and at risk of

hearing loss. It highlighted noise control as one of the seven key H.E.A.R.I.N.G. interventions and stressed the importance of mitigating exposure to loud sounds.

Aside from events, reports are produced each year to help the government learn about disabled persons and assist those in need. Hearing aids can be costly, and one of the goals of these reports is to financially assist and supply hearing aids to people in order to help them return to normalcy.

The importance of hearing is many. Hearing sounds and words assist children in learning to speak and understand. These sounds are not heard by a youngster who is deaf. This can lead to speaking, reading, academic success, and social skills difficulties. If you suspect your child is deaf, he must get tested.



Sleep extension in adults who are overweight with habitual inadequate sleep

Sleep hygiene might be an important part of weight management plans. Habitually sleeping (7 hours nightly is associated with adverse health consequences, including risk for obesity. Researchers studied the effects of sleep extension on 80 overweight young adults (ages 21-40) who had been sleeping less than 6.5 hours per night for six months. The study was published in the Journal of the American Medical Association (JAMA).

After two weeks of baseline habitual sleep, participants were randomised to either a 2-week sleep extension or 2 week continued habitual sleep. Participants randomised to the sleep-extension group received individualised sleep hygiene counselling sessions intended to increase sleep duration to 8.5 hours; participants in the control group continued their usual sleep patterns.

None of the participants used medications that affected sleep. Compared with the control group, the sleep-extension group had a significant increase in mean nightly sleep duration, a significant decrease in energy intake (by 270 kcal/day), similar energy expenditure, and a significant reduction in weight (by 0.9 kg).

Although the mechanisms are unknown, sleep extension in overweight adults reduces energy intake and weight loss, at least in the short term.

DID YOU KNOW?

More than half of parents and pregnant women exposed to aggressive formula milk marketing



According to a new World Health Organisation /United Nations International Children's Emergency Fund (WHO/ UNICEF) report, more than half of parents and pregnant women (51%) have received formula milk marketing, much of which violates international standards on infant feeding practices. The research is based on interviews with parents, pregnant women, and health workers in eight nations. It exposes the industry's unethical marketing tactics to sway parents' infant feeding decisions.

The report identifies unregulated online targeting, sponsored advice networks and helplines, promotions and gifts, and practices influencing health worker training and recommendations. The report also found that exposure to formula milk marketing increases the likelihood of women choosing formula feeding in Bangladesh (98%), China (97%), Mexico, Morocco (49%), Nigeria, South Africa, the United Kingdom (84%) and Vietnam (92%).

The report details how persistent misinformation about breastfeeding and breast milk reinforces myths and undermines women's confidence in their ability to breastfeed successfully.

Exclusive breastfeeding for six months, followed by continued breastfeeding for two years or more, protects against all forms of child malnutrition, including wasting and obesity. Breastfeeding protects babies from many common childhood illnesses. It also lowers women's risk of diabetes, obesity, and several cancers. Yet just 44% of infants under six months are exclusively breastfed.



Lipid profiling can predict risk of diabetes, heart disease decades before onset

A new study published in PLOS Biology found that measuring dozens of different fats in the blood (lipidomics) at the same time can predict future risk of type 2 diabetes (T2D) and cardiovascular disease (CVD). Patient history, current risk behaviours, and high- and low-density cholesterol levels and ratios are used to assess T2D and CVD risk.

The authors wanted to see if a more comprehensive lipid profile could improve risk prediction. 184 lipids were quantified using high-throughput quantitative mass spectrometry on baseline blood samples. 13.8% of participants developed T2D, and 22% developed CVD during the study.

A random sample of two-thirds of the lipid data was used to create a risk model, which was then tested for accuracy. Individuals were assigned to one of six subgroups based on their lipidomics profile. The highest-risk group had a 37% risk of T2D compared to the group averages, a 168% increase. The highest-risk group had a 40.5% CVD risk, an 84% increase. The lowest-risk groups saw significant risk reductions. This risk was independent of known genetic risk factors and disease onset time.

Source: PLOS Biology

Expired and unused medicine - a threat to human and environment

MD EKHTEAR MAHMUD

Inappropriate disposal of medicine can create many problems for people and the environment. But, on the other hand, proper disposal of medicines can save not only us but also our environment.

All medicine should be used within the shelf life (expiry date) to avoid losing potency. Changing the product can make it less effective or fatal.

So, what should we do with expired medicine? First, they must be properly disposed to keep us and our environment safe. Medicine wastes are disposed of in pharmaceutical industries in accordance with regulatory bodies such as the Food and Drug Administration (FDA) and World Health Organisation (WHO).

But what happens to expired medicine at home, hospitals, and pharmacies? Pharmaceutical companies, pharmacies, and hospitals run medicine take-back programmes in developed countries. But there are no such programs in our country. While some pharmaceutical companies


do take back expired medicines, most do not. As a result, people usually throw these medicines in the trash or flush them.

What happens to the environment if these medicines are exposed? Unused medicines flushed down the toilet enter surface and groundwater. Water treatment systems are designed to remove foreign materials from water, but not medicines. The main concerns about medication residues in surface water are increased bacterial resistance to antibiotics and interference with growth and reproduction in aquatic organisms like fish and frogs.

How can these medicines be disposed of safely? The most effective medicine disposal method is a convenient take-back program. Therefore, the government or manufacturers should start a programme to collect and safely dispose of medicines from homes, hospitals, and pharmacies. Also, raising public awareness of the program should be considered. If possible, manufacturers should describe safe disposal procedures for sure medicines on the product label or leaflet.

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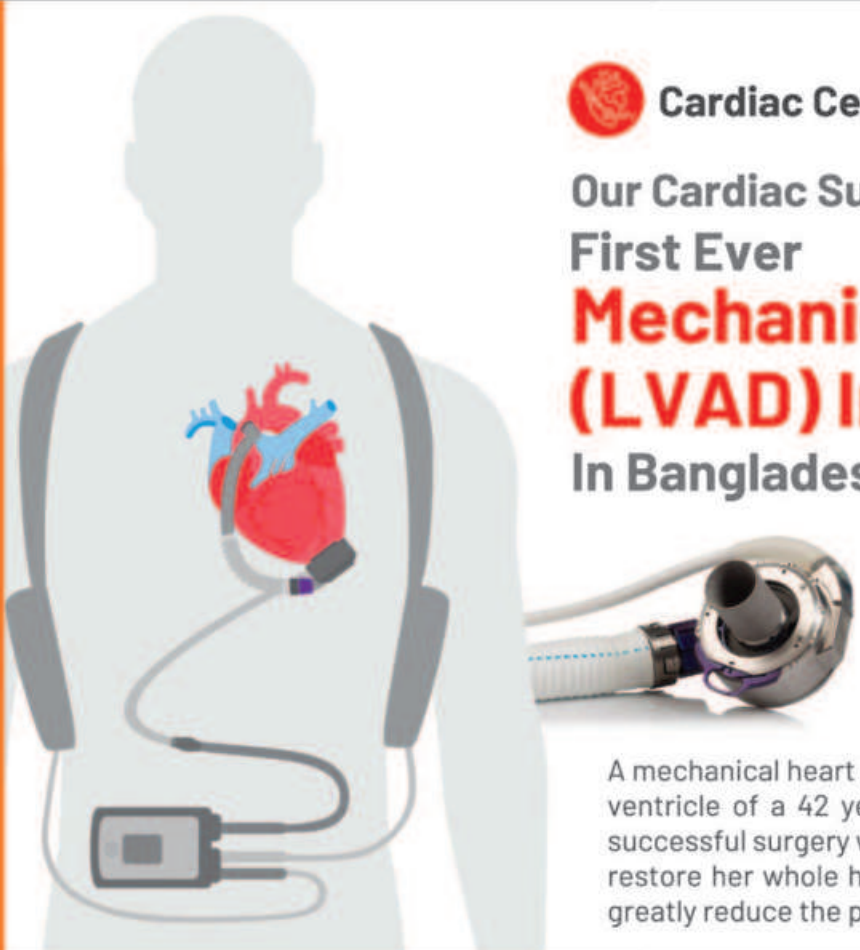





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A mechanical heart called Heartmate-3 was placed in the left ventricle of a 42 year old female patient's heart through a successful surgery which was conducted for about 4 hours to restore her whole heart function to a normal state. This will greatly reduce the patient's risk of heart failure.




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