

THE BREAKFAST MISTAKES perhaps you are making

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STAR HEALTH DESK

Not without reason, breakfast is dubbed “the most essential meal of the day.” Breakfast, as the name implies, breaks the fast. It provides necessary nutrients and refills your glucose supply, boosting energy and alertness. Hence a proper breakfast is crucial. Following are the breakfast mistakes most people make:

Skipping it: We all breeze past the breakfast table once in a while; it may raise your chances for health problems like high blood cholesterol, heart disease, and type 2 diabetes.

Not eating enough: If you overeat or snack later in the day because your stomach is still growing, you will gain weight. The reverse may be true. It speeds up metabolism and burns calories all day.

Wolfing it down: When you rush to start your day, you might scarf your breakfast down in a hurry, too. Some studies link speedy eating with higher odds of obesity, but this needs more research.

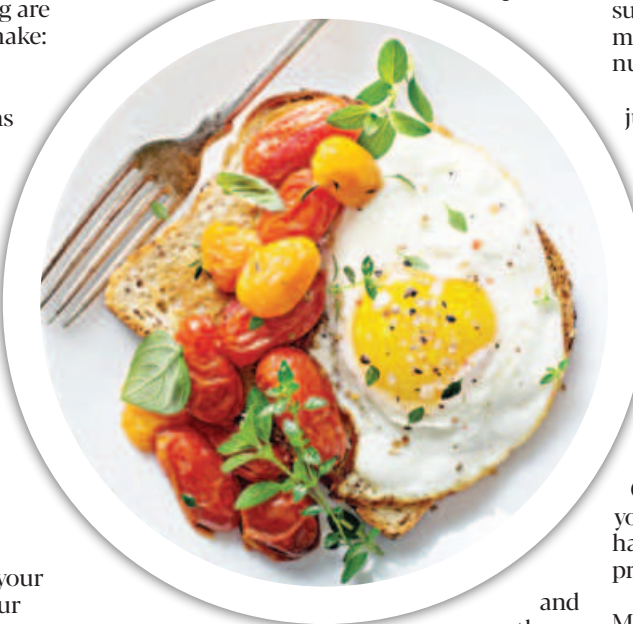
Skimping on protein: A protein-packed breakfast benefits more than your muscles. It may also help you keep your appetite in check later in the day.

Canceling carbohydrates: Do not remove them entirely. Pick wisely. “Complex carbohydrates” provide sustained energy. Oats, fruit, low-sugar granola bars, whole-grain cereal, or a bagel are acceptable choices.

Passing up healthy fats: Unsaturated

fats are good for you. To make them part of your breakfast, add nuts or seeds to yoghurt, or spread nut butter on whole-grain toast or an apple.

Excluding eggs: Egg whites are a prime source of protein



And even the yolks are OK for some of us in moderation because they’re packed with protein, vitamin D, and eye-friendly antioxidants.

Super-sizing your cereal: Before you pour breakfast into the bowl, check the

nutrition label on the side of the cereal box. Look for the recommended serving size, and stick to that amount.

Compromising your coffee: Flavour enhancers add additional calories to your morning coffee. But there are many methods to improve your mug. Stevia may replace sugar in coffee. In place of cream and whole milk, low- or non-fat milk Add cinnamon, nutmeg, or cardamom for a kick.

Drinking the wrong juice: Many fruit juice brands have added sugar. The main way to avoid the empty calories is to make sure the label says 100% juice.

Waving off water: By the time you wake up, it is probably hours since you have hydrated. That makes a cool glass of water the ideal drink to wash your breakfast down.

Settling for a so-so smoothie: Smoothies can be healthy – if you make them with the right stuff. Using a lot of fruit can fill your cup with calories, so stick to one or two servings.

Buying the wrong breakfast bars: Check the nutrition label. If it makes up your entire breakfast, choose ones that have whole-food ingredients, 10-14 grams of protein, and 5 grams of fibre.

Getting sabotaged by sugary yoghurt: Many commercial brands have lots of sweet stuff. Your best bet is to buy plain, low-fat or no-fat yoghurt.

Breakfast gears up your metabolism and helps you burn calories all day. Conversely, skipping breakfast might throw off your body’s fasting and eating routine.

Source: WebMD

Different SARS-CoV-2 variants may give rise to different long COVID symptoms

New research to be presented in the European Congress of Clinical Microbiology & Infectious Diseases (ECCMID) suggests that the symptoms connected to long COVID could be different in people infected with different variants.

Post-acute sequelae of COVID-19 (PASC), often known as ‘long COVID’, affects almost half of SARS-CoV-2 survivors. The illness can strike anyone, young or old, healthy or not. It has been seen in COVID-19 patients and those with minor symptoms. Despite growing research, extended COVID is still poorly understood.

Between June 2020 and June 2021, a research was conducted on 428 patients with the original SARS-CoV-2 and the Alpha variant circulating in the population. 325/428 (76%) patients had at least one chronic symptom. Other complaints were shortness of breath (157/428; 37%), chronic fatigue (156/428; 36%), sleep issues (68/428; 16%), visual issues (55/428; 13%), and brain fog (54/428; 13%).

A detailed comparison of symptoms reported by infected patients between March and December 2020 revealed a significant shift in the pattern of neurological and cognitive/emotional issues. The researchers discovered that muscle pain, sleeplessness, brain fog, and anxiety/depression rose when the Alpha variation was prevalent, but the loss of smell, swallowing difficulty, and hearing loss decreased.

Source: The Lancet



Personality traits are associated with well-being and satisfaction in life after work

A new study published recently in PLOS ONE journal has identified novel associations between older adults’ personality traits, the routes they took to leave their jobs, and their well-being after exiting the workforce. As the world’s elderly population rises, communities and policymakers become more concerned about their well-being. Researchers are looking at how varied departure paths—like forced vs voluntary retirement— affect future life satisfaction. To clarify, researchers used data from the British Household Panel Survey to examine over 2,000 persons aged 50 to 75.

The dataset comprised assessments of individuals’ “Big Five” personality qualities and subsequent life satisfaction after leaving their professions, willingly or involuntarily, with no intentions to return. Conscientiousness was connected to higher leisure time satisfaction in older persons forced into retirement and enhanced life satisfaction in jobless people.

Extraversion was linked to decreased life, income, and leisure satisfaction among early retirees. Extraversion was connected to increased leisure pleasure in adults who ceased working due to illness or caregiving duties. Extraverts may lack social interactions at work but may be driven to discover socially fulfilling hobbies.

The findings could help guide targeted interventions and policies for ageing adults.

Source: PLOS ONE



How often should Lipoprotein (a) be measured?

Lipoprotein (a) is a type of bad cholesterol (LDL). A high level of lipoprotein (a) may mean you are at risk for heart disease. Lipoprotein (a) is a genetic risk factor for cardiovascular disease.

Using data from 16,017 unrelated participants from the U.K. Biobank, investigators tested the association between repeat lipoprotein (a) measurements and risk for incident coronary artery disease. After lipoprotein (a) measurement, 15,432 participants had no Coronary Artery Disease (CAD). It was 19.5 nmol/L at baseline and 20.4 nmol/L at follow-up, with a median interval of 4.4 years.

Diet did not influence lipoprotein (a) levels. An increase in lipoprotein (a) was seen in patients who had never taken statins (a group of medicine that lowers cholesterol levels in the blood) and whose baseline lipoprotein (a) level was less than 70 nmol/L. Lipoprotein (a) instability had no relation to coronary artery disease.

This study supports simply monitoring lipoprotein (a) once for primary prevention of cardiovascular disease. The findings also imply that statin treatment has only a minor impact on lipoprotein (a) stability.

Source: Journal of the American College of Cardiology

Getting through Ramadan with ulcer

DR RAMISHA MALIHA

Peptic ulcers are open sores on the mucus lining of the stomach or upper intestine. Ulcers are caused by bacterial infections, smoking, long-term painkiller use, and overeating fatty, acidic, and spicy meals. Peptic ulcers cause stomach pain, heartburn, and lack of appetite. Long-term fasting worsens these symptoms. This would make Ramadan more difficult.

If you have a peptic ulcer, your ability to fast during the holy month is determined by your ulcer’s severity, type, and timing. You should know which foods cause ulcers. If you choose to fast throughout Ramadan, here are some tips to help you manage your ulcer pain:

Do not skip meals: Avoid missing meals, especially Suhoor. Eating slow carbohydrates first thing in the morning will provide you with sustained energy throughout the day. If you do not have much of an appetite in the morning, a glass of milk, a few almonds, and some dates are advised. Chicken is great for individuals who consume heavier breakfasts. To avoid feeling dehydrated during the fasting hours, drink at least two to three glasses of water before you begin fasting.

Take your time while breaking your fast: Coconut-coated dates with laban, avocado juice with fruits or dried fruit, or soups are excellent choices for breaking your fast. Your meals should

have a decent balance of carbohydrates, proteins, fruits, and vegetables.

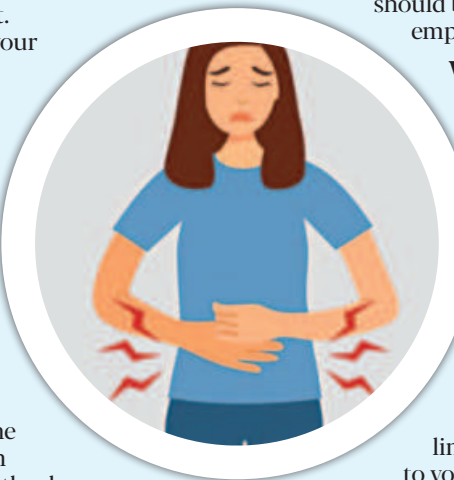
Foods need to avoid: Fasting can increase stomach acidity, giving a burning sensation and heaviness. Eating meals high in fibre can help prevent this. Avoid fried meals, spicy foods, salty foods, and foods high in sugar. Sweets can induce indigestion, heartburn, and weight gain and should be avoided, especially on an empty stomach.

What to drink: Avoid consumption of caffeinated beverages (even decaffeinated teas, coffees and sodas). Caffeine removes calcium from your system, making you feel less full. Avoid tea during Suhoor as it stimulates salt excretion in the urine, which the body needs when fasting. If you are feeling thirsty, consider adding a piece of lime, strawberries, or even mint to your water.

Work out (mildly): Light exercise is also advised to maintain your body flexible and healthy. Drink plenty of water after you break your fast.

As fasting is obligatory for Muslims in the holy month of Ramadan, most Muslims like to keep fasting. However, those with ulcers who want to fast in Ramadan should follow a healthy diet that is less spicy, fatty and acidic to ease their ulcer symptoms.

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The personal physician of honorable Prime Minister, Professor Emeritus Dr. ABM Abdullah, Chief Cardiac Surgeon Dr. Jahangir Kabir, the first LVAD Patient of the country, her husband and other members of Cardiac Surgery Team of United Hospital