

# Find out if you are dehydrated

**Dehydration occurs when your body is unable to carry out its normal functions due to a lack of water and other fluids. It is a most prevalent issue that is mostly ignored until serious adverse outcomes occur.**

DR NAZIF MAHBUB

A lot of people get sick, and some even die as a consequence of dehydration. It is estimated that one in nine people around the world does not have access to clean drinking water, and dehydration has taken the lives of 760,000 children in developing countries.

You will become dehydrated if you do not restore lost fluids. You lose water every day by sweating, breathing, urinating, defecating, crying, and saliva (spit). Drinking or eating water-rich meals usually restores lost fluids.

The human body is roughly 75 per cent water. Without this water, it cannot survive. Water is found inside cells, within blood vessels, and between cells. Water loss is increased by fever, Diarrhoea, vomiting, sweating a lot, a lot of peeing (Diabetes and some medications like water pills — also called diuretics — can make you pee more often). Thirst is not always a good predictor of bodily water needs. Many people, especially older people, are not thirsty until dehydrated. So, drink more water in hot weather or while sick.

Dehydration symptoms vary with age. Dry mouth and tongue, no tears when sobbing, and no wet diapers for a long time

are indicators of dehydration in infants and young children. Dehydration symptoms in adults include severe thirst, infrequent urination, dark urine, weariness, and dizziness. Symptoms of extreme dehydration include fast heartbeat, rapid breathing, fainting, tiredness, loss of energy, disorientation, and irritability.

People are more susceptible to dehydration than others:

- Senior citizens. Some people lose their thirst sense as they age, and as a result, they do not drink enough water.
- Infants and young children are more prone to suffer from diarrhoea or vomiting.
- People who have chronic conditions that cause them to urinate or sweat more frequently, such as diabetes, cystic fibrosis, or renal disease
- People who take medications that induce them to urinate or sweat more frequently
- People who exercise or work outside in hot weather

The key to

combating dehydration is to drink enough fluids:

- Every day, drink plenty of water. Because everyone's needs vary, see your doctor about how much water you should drink each day.
- When the weather is hot or you are unwell, drink more water.
- Sports drinks might be beneficial if you are exercising in the heat and sweating a lot of minerals.
- Avoid sugary and caffeinated beverages.

For most healthy people, following your thirst is a good daily guideline.

**Dr Nazif Mahbub** is a Research & Policy Analyst, Centre for Research, Innovation and Development Action (CRIDA) and MPH (Health Policy & Management) candidate, University of Alberta.



## Vegan diets boost weight loss, lower blood sugar in adults with overweight or type 2 diabetes

A 12-week vegan diet may result in clinically meaningful weight loss and improve blood sugar control in overweight adults and those with type 2 diabetes, according to a meta-analysis of 11 randomised trials involving almost 800 participants (aged 18 or older).

However, vegan diets rich in fruits, vegetables, nuts, legumes and seeds, with no animal derived foods, did not affect blood pressure or triglycerides compared to other diets.

For this study, the researchers analysed the effect of vegan diets on other types of diets on cardiometabolic risk factors — body weight, body mass index [BMI], blood sugar levels, systolic and diastolic blood pressure, total cholesterol, low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, and triglycerides.

Compared with control diets, vegan diets significantly reduced body weight (effect average -4.1 kg) and BMI (-1.38 kg/m<sup>2</sup>). But the effects on blood sugar level (-0.18% points), total cholesterol (-0.30 mmol/L) and low-density lipoprotein cholesterol (-0.24 mmol/L) were rather small.

Further analyses found even greater body weight and BMI reductions when vegan diets were compared with continuing a normal diet without dietary changes than other intervention diets.

## Tips for maintaining good eyesight

DR RAMISHA MALIHA



Keeping your vision healthy entails more than just receiving regular vision screenings. Your entire health might affect your eye health. Here are six tips for keeping your eyesight healthy.

**Eat right:** Eat meals rich in omega-3 fatty acids, vitamin C, and E. These nutrients may help prevent macular degeneration and cataracts.

**Wear safety glasses:** It is estimated that over 2.5 million eye injuries occur each year, making it critical to wear protective eyewear. Wear protective eyewear or safety glasses to avoid anything coming into contact with your eyes.

**Wear sunglasses:** The best approach to keep your eyes healthy is to get a good pair of sunglasses that block UV radiation.

**Discard old makeup:** Bacteria thrive in liquid makeup. To avoid eye infections, replace your goods every 3 months.

**Take screen breaks:** Long-term computer, tablet, or phone use can cause eyestrain, dry eyes, neck and shoulder discomfort, and headaches. To prevent them, you must take a 20-minute screen break.

**Get regular eye screening:** Everyone should receive regular eye exams. Your doctor may advise you to see an ophthalmologist during the screening if they suspect a vision or eye problem.

Eye health is vital. Follow these tips to maintain your eyes healthy and see your best.

E-mail: ramisha.maliha@thedailystar.net

## The shocking extent of exploitative formula milk marketing

STAR HEALTH DESK

Formula milk companies pay social media platforms and influencers to directly access pregnant women and new mothers. The \$55 billion worldwide formula milk market targets new mothers with targeted social media material often not recognised as advertising.

A recent World Health Organisation (WHO) report titled Scope and impact of digital marketing strategies for promoting breast-milk substitutes outline digital marketing techniques to influence new parents' feeding decisions.

To deliver targeted advertising to new moms and pregnant women, formula milk firms can buy or collect personal information using technologies like apps and virtual support groups (or 'baby clubs').

The report summarises findings from a new study that gathered and analysed 4 million social media postings about new-born feeding between January and June 2021. These posts reached 2.47 billion people and generated more than 12 million likes, shares or comments.

Formula milk corporations post to social media 90 times each day, reaching 229 million people, three times as many as non-commercial accounts that promote breastfeeding.

As a result of this widespread marketing, moms are less likely to exclusively breastfeed as recommended by WHO. Commercial milk formula advertising should have ended decades ago. It is outrageous that formula milk firms are now using more effective and

sinister marketing strategies to increase sales.

The report drew on previous multi-country research on mothers' and health professionals' experiences of formula milk marketing and social listening research on public online communications. The studies illustrate how misinformation regarding breastfeeding and breast milk impairs women's confidence to effectively nurse.

The global digital marketing of formula milk violates the 1981 World Health Assembly's International Code of Marketing of Breast-milk Substitutes (the Code).

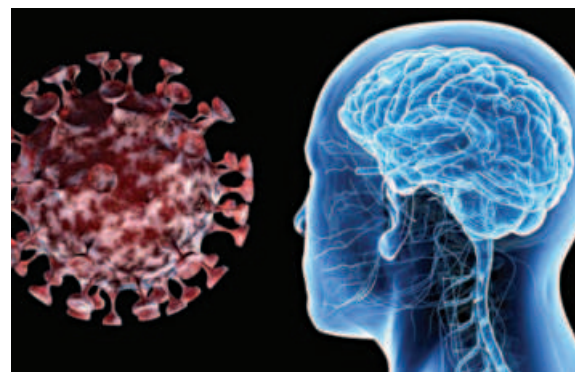
The Code is a landmark public health agreement aimed to safeguard the public and mothers from aggressive infant food industry marketing methods that harm breastfeeding.

Despite substantial evidence that exclusive and continuous breastfeeding improves children, moms, and community health, far too few children are breastfed exclusively.

These marketing methods may reduce the quantity of formula milk sold, increasing profitability.

Because national monitoring and health authorities can ignore these forms of digital marketing, new approaches to Code implementation and enforcement are required. Currently, cross-border marketing can circumvent national legislation.

WHO has urged the infant food industry to stop exploitative formula milk marketing and governments from protecting new children and families by banning all formula milk advertising and promotion.



## Even mild COVID-19 can lead to substantial brain changes

Magnetic resonance imaging (MRI) scans from before and after the COVID-19 diagnosis show adverse brain changes. In a new study from the U.K. Biobank, two magnetic resonance imaging (MRI) scans and cognitive testing were performed on people as part of a longitudinal population study predated the COVID-19 pandemic.

In 401 people, positive tests for SARS-CoV-2 occurred between the two MRIs (during the first 18 months of the pandemic); second MRI scans were performed an average of 141 days after positive SARS-CoV-2 tests in this group.

Compared with controls, people with COVID-19 had more reduction in grey matter thickness in the orbitofrontal cortex and parahippocampal gyrus, more tissue damage in regions connected to the olfactory cortex, and greater reduction in global brain size, and greater cognitive decline. Similar changes were not seen in a small group of participants who had developed non-COVID pneumonias between their two scans.

This study, combined with recent studies of SARS-CoV-2 infection of primates, provides strong evidence that even mild COVID-19 can be associated with brain changes.



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01847 413 462