Thyroid nodules - be cautious of any changes

You may not know that you have a thyroid nodule until **vour doctor** notices it during a normal medical check. The majority of thyroid nodules do not produce any symptoms. Be cautious of any changes you see and seek early medical attention.

STAR HEALTH DESK

The thyroid is a two-inch-long, butterfly shaped gland found at the base of your neck. This gland is vital to your body because it produces hormones that regulate metabolism, or how your body consumes energy. Thyroid hormones govern various biological activities, including heart rate, respiration, body temperature, nervous system function, and much more.

Thyroid nodules are solid or fluid-filled lumps that occur within your thyroid and do not impede the gland's normal functions. Most thyroid nodules are not severe and do not produce symptoms. Only a tiny fraction of thyroid nodules are malignant. However, when they do create issues, there are effective treatments available

You may not know that you have a thyroid nodule until your doctor notices it during a normal medical check. Alternatively, your doctor may discover it during a scan for another reason. On the other hand, some thyroid nodules might grow large enough to make swallowing or breathing difficulties.

The majority of thyroid nodules do not produce any symptoms. However, certain nodules can become so large that they can be felt and seen, most commonly as a bulge at the base of your neck. Press on your oesophagus, producing shortness of breath or swallowing trouble.

Under certain conditions, thyroid nodules can be visible such as:

Thyroid adenoma: It is the overgrowth of normal thyroid tissue. It is usually a non-cancerous condition unless it causes



bothersome symptoms from its size. Some thyroid adenomas lead to hyperthyroidism.

Thyroid cyst: Cysts are usually noncancerous, occasionally containing solid cancerous components.

Chronic inflammation of the thyroid: Hashimoto's disease, a thyroid disorder, can cause thyroid inflammation and enlarged nodules. This often is associated with hypothyroidism.

Multinodular goitre: The term goitre is used to describe any enlargement of the thyroid gland, which can be caused by iodine deficiency or a thyroid disorder.

Iodine deficiency: Lack of iodine in your diet can sometimes cause the thyroid gland to develop thyroid nodules.

Thyroid cancer: A nodule's chances of being malignant are slim. A nodule that is huge and hard, or causes pain or discomfort, is more concerning. You should probably have

it examined by a doctor. Certain variables, such as a family history of thyroid or other endocrine malignancies and a history of radiation exposure from medical therapy or nuclear fallout, enhance your risk of thyroid

Consult your doctor if you notice any unusual swelling in your neck, especially if you have difficulty breathing or swallowing. It is critical to consider the risk of cancer.

Seek medical attention if you develop hyperthyroidism symptoms such as:

- Rapid weight reduction regardless of
- whether your hunger is regular or has grown
- A pounding heart
- Sleeping problems
- Muscle fatigue
- Irritability or nervousness

Consult your doctor if you experience any of the following signs and symptoms, which might indicate that your thyroid gland isn't producing enough thyroid hormone (hypothyroidism):

- Feeling chilled
- Feeling weary more frequently
- Memory issues
- Depression
- Constipation

Treatment for a thyroid nodule will vary depending on whether the nodule includes malignant cells or is causing other issues, such as neck pain or excessive thyroid hormone production. In many circumstances, no formal therapy is required. However, be cautious of any changes you see and seek early medical



WorldFish-invented 'G-3' Rohu grows about 30 per cent more than conventional one

STAR HEALTH REPORT

Preliminary results from an experimental farm have shown that the 'third generation' or G-3 Rohu invented by WorldFish grows about 30 per cent more than the conventional Rohu fish - says a press release.

WorldFish supplied G3 Rohu fish to hatcheries and nurseries in 2020 and 2021. WorldFish began growing G-3 Rohu on 19 semi-commercial farms in Rajshahi and Khulna. Fish growth is monitored monthly by sampling.

Some G-3 Rohu hatcheries will produce this improved Rohu fish in 2022. Thousands of farmers can now collect G3 Rohu's Renu / Pona. This will increases productivity and income. This experimental farming and the farmers' experience are likely to encourage more farmers to grow this improved Rohu fish.

Salmonella vaccine for poultry contributed to rise of antibioticresistant bacteria



STAR HEALTH REPORT

According to a new study recently published in the journal PLOS Genetics, resistant strains in Brazil find that exported poultry rarely causes disease in the UK. In addition, an investigation into the evolution of Salmonella bacteria infecting Brazilian poultry shows that the introduction of a Salmonella vaccine, combined with increasing antibiotic usage by Brazilian farmers, has led to the rise of antibiotic-resistant strains that are less likely to cause human disease.

The team found that distinct Salmonella lineages developed in Brazil in the early 2000s, around the time the country introduced a poultry vaccine. These bacteria have three antibiotic-resistant genes. Despite rising in Brazil, antibiotic-resistant bacteria have caused few human Salmonella cases in the UK and have not spread to chickens.

Overall, these findings suggest that the Salmonella vaccine in Brazil, along with increased antibiotic use, enabled the rise of drug-resistant Salmonella, but that these bacteria have not led to more food poisoning cases in the UK.



Mediterranean diet is superior to low-fat diet for secondary cardiovascular prevention

In a 7-year randomised trial, men (but not women) had fewer adverse CV events with a Mediterranean diet, but it relied on an intensive, long-term dietary intervention that would be difficult to reproduce in most care

The Mediterranean diet (which emphasises fruits, vegetables, legumes, cereals, white meat, fish, and olive oil) lowers the risk for first adverse cardiovascular (CV) events in high-risk people, but evidence of its long-term effectiveness for secondary prevention is sparse.

Researchers randomised 1,000 coronary artery disease patients (83% men; average age, 60) to the Mediterranean or low-fat diet in Spain. All patients saw a nutritionist at least 12 times a year and received diet-friendly food. Both groups' dietary intake changed significantly.

During a median of 7 years, the primary outcome -acomposite of myocardial infarction, revascularisation, ischemic stroke, peripheral artery disease, and CVrelated death — occurred significantly less frequently in the Mediterranean group than in the low-fat group (17%) vs 22%). The effect was confined to men; no difference was detected among women (perhaps owing to their smaller numbers in the cohort).

Teeth scaling, you cannot wait to tell your friends about

DR ADILY ADIB KHAN

Most people think brushing for a few seconds with an old brush is the best way to keep teeth healthy. Instead of regular checkups, people visit the dentist when they have a problem. People in our country often complain that they bleed while brushing. Calculus and

plaque are common dental terms. You may hear these words in toothpaste ads, which claim to remove calculus

and prevent plaque. But what exactly do these words mean? Understanding these terms is key to creating a preventative oral ca

Plaque is a sticky, soft substance that sticks to teeth after eating or drinking. Plaque forms continuously throughout the day, damaging teeth and gums and causing most dental problems. Plaque helps bacteria grow and converts food residue into acid, weakening saliva's protective action and allowing tooth enamel surface corrosion, creating cavities and moving teeth, which can cause gum disease and inflammation.

Uncleaned calculus (tartar) builds up over time. Calculus' effects are clearer. Gingivitis is gum inflammation from calculus. Early periodontal disease causes swollen, bleeding gums when brushing or flossing. Most people ignore the bleeding while cleaning. Calculus

deposits form along teeth's gums. It can cause cavities and other dental issues. Bacteria breed in calculus between the teeth and gums. If not cleaned regularly, the gums and jawbone will separate, leading to periodontitis or terrible gum disease. The immune system attacks the gums and jawbone to fight infection.

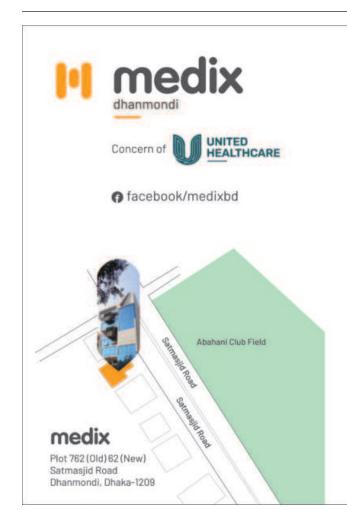
removal. A dentist uses technically

Dental calculus takes a long time before it is finally removed from your teeth. A dentist should be consulted for its quick

> advanced dental calculus removal procedures that are both quick and effective. A dentist uses an ultrasonic hand-held scaling tool to remove the calculus. This scalar instrument uses high-frequency vibrations with water to remove the calculus. Once the teeth are clean, the dentist will call you back in the future for a follow-up. Any extra calculus must be followed so that it does

not form on your teeth. Healthy teeth are essential for a healthy and bright smile. Stained teeth can tarnish your eternal smile. Calculus should be removed to ensure germ-free teeth. Dental scaling is a widespread treatment for patients with calculus accumulation.

The writer is the founder of Dental Pixel. Email: adily.adib@amail.com



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