

Surprising signs you might have lung cancer

Lung cancer usually does not cause symptoms until it spreads. This means the prognosis is worse than for other cancers. 1 in 3 people diagnosed with the condition live at least 1 year, and 1 in 20 live at least 10 years.

STAR HEALTH DESK

See the following symptoms to determine if you have lung cancer.

Is it lung cancer: In its early stages, lung cancer is typically asymptomatic. Later, it often causes coughing, wheezing, and chest pain.

Fatter fingertips: Lung tumours produce hormone-like substances. One pushes more blood and fluid to your fingertips, making them thicker or larger. Your nails may curve more than usual or have shiny skin next to them. Around 80% of people with finger clubbing also have lung cancer.

Tummy troubles: Hypercalcemia affects 1 in 10 cancer patients. Too much blood calcium can cause stomach-aches, nausea, and constipation.

Mental health issues: In a Danish study, people who first saw a mental health professional in the past year for anxiety, depression, or dementia had a higher risk of small-cell lung cancer. Cancer can affect your immune system, hormones, or brain, leading to confusion, muddled thinking, and depression.

Back or shoulder pain: Pancoast tumours grow in the upper lung and spread to the ribs, spine, nerves, and blood vessels. They are more likely to make your shoulder blade, upper back, and arm hurt.

Fatigue: Lung cancer frequently causes anaemia. Anaemia causes fatigue because body tissues lack oxygen and suck off nutrition. With the condition, you may feel sluggish.

Being off-balance: Small-cell lung cancer may tell your immune system to attack your nervous system, which can impair your muscles. It may be hard to rise up when seated, or you may feel shaky and dizzy.

Weight change: Cushing's syndrome can accompany small-cell lung carcinoma. This condition may lead your body to



produce ACTH (a hormone), which boosts cortisol, causing weight gain. Conversely, hypercalcemia can occur that affects your kidneys and leads to weight loss.

Eye problems: Pancoast tumours impair eye and face nerves. Symptoms also include a small pupil and droopy eyelid. This side of your face will not sweat as much. Small-cell lung cancer that attacks the neurological system causes vision problems.

Swollen breasts in men: Lung cancer can sometimes induce gynecomastia. Large-cell lung cancer can induce male breast tenderness and swelling.

Headaches: A tumour might squeeze your superior vena cava, limiting blood flow. Therefore, blood build-up might cause headaches and you might faint.

Heart problems: Hypercalcemia and anaemia both produce fast or irregular heartbeats. Hypercalcemia can cause severe heart problems, including a heart attack or coma. Severe anaemia can induce chest

discomfort and breathlessness.

Puffy face, neck, or arms: When a tumour blocks your superior vena cava, blood gets stuck in your upper body. Extra fluid may bloat your neck, arms, and cheeks.

Weakness and achiness: When lung cancer spreads (metastases), cells migrate to the bones and form new tumours. These lesions weaken and hurt bone.

Blood clots: Lung cancer patients are more likely to suffer DVT (deep vein thrombosis) and pulmonary embolisms (pulmonary embolism). Cancer inflammation or tumour substances may induce clots. If you have a blood clot and cancer symptoms like unexplained weight loss, your doctor may test you.

Depending on how far the cancer has spread at diagnosis, survival rates vary widely. Early diagnosis can make a big difference.

Source: WebMD

COVID-19 vaccines are estimated to have prevented 20 million deaths worldwide

COVID-19 vaccines reduced the potential global pandemic death toll by more than half in the year after their implementation, a study estimates.

In the first year of the vaccination programme, 19.8 million COVID-19 deaths were prevented worldwide, based on excess deaths from 185 countries and territories. According to the study, 599,300 lives could have been saved if the World Health Organisation's (WHO) target of vaccinating 40% of each country's population with two or more doses had been met.

To estimate the impact of global vaccination programmes, the researchers used a model of COVID-19 transmission with country-level data for COVID-19 deaths between 8 December 2020 and 8 December 2021. Based on officially recorded COVID-19 deaths, the team estimated 18.1 million deaths during the study period without vaccinations. The study estimates that vaccination has prevented 14.4 million deaths (79%). In low-income countries, COVID-19 deaths are often underreported. To account for this, the

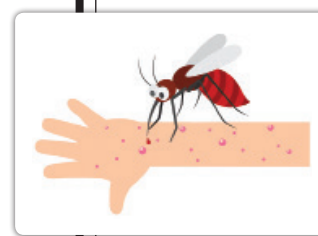


team analysed total excess deaths during the same period. COVID-19 vaccination prevented 19.8 million of 31.4 million potential deaths, a 63% reduction.

More than three-quarters of deaths averted were due to vaccination's direct protection against severe symptoms, leading to lower mortality rates. The remaining 4.3 million deaths were prevented by indirect protection from reduced virus transmission in the population and reduced healthcare system burden, improving access to medical care for the most vulnerable.

Ways to prevent mosquito bites

DR SHUPRIO PAUL



A mosquito is a prehistoric arthropod that persists globally. Among the 3,500 mosquito species that exist, humans are at risk from the Anopheles, Aedes, and Culex genera. Zika, dengue, malaria, filaria, and chikungunya are mosquito-borne diseases. In the monsoon, the prevalence of dengue fever becomes high in Bangladesh. The hill tract districts are malaria-prone areas, and the northern part is filaria-prone.

To prevent mosquito-borne diseases, take the following preventative measures:

- Use mosquito preventive nets during sleep time to prevent mosquito bites.
- Cleaning of mosquito habitats like any water reservoir, flower tubs, water buckets, discarded boxes, etc., to prevent the reproduction of mosquitoes.
- Use anti-mosquito repellent ointments, aerosol sprays, or coils.
- In filariasis-prone areas, ensure the availability of anti-filaria drugs.
- Taking malaria medication before and after travelling to a malaria-prone area is mandatory.
- Encourage anti-mosquito activities like fogging, cleaning of mosquito breeding areas, and spraying of larvicidal insecticides.

However, if any symptoms of dengue, malaria, filaria, or chikungunya such as fever, headache, or shivering occur, immediately consult with a doctor.

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At what stage does your tooth need root canal treatment?

DR ADILY ADIB KHAN

If your teeth are severely damaged, your dentist may recommend root canal treatment. If you are curious about what exactly happens during a root canal treatment, go through the article, and you will be ready for your treatment. But, first, you need to know what a root canal treatment is.

A root canal is a dental procedure that involves the removal of the pulp. The pulp's nerves, connective tissue, and blood vessels help teeth grow. Dentists can only confirm if you need a root canal, but some factors must be considered.

The most common root canal symptoms include:

Constant pain: It is a pain that bothers you constantly or occasionally. This pain may go away from time to time; however, it can come back suddenly.

If you have a toothache while enjoying your daily coffee (hot beverage) or ice cream (cold beverage or desserts), you may need root canal treatment.

The Root Canal Treatment (RCT) is needed when one of your teeth gets infected, pus accumulates at the base of your tooth, and the gums become swollen or soft.

You may have boils on your gums; pus from infected teeth may cause an unpleasant taste or odour. Sometimes the wound pus does not drain.

Hence, visually, your jaw may swell.

When your tooth decay is infected, it causes your teeth to look black. This is due to the poor blood supply to the teeth.

If you have pain while eating or touching your teeth, it might indicate that the nerves around the gums are damaged.

The bacteria can get into your tooth decay if you accidentally break your teeth while playing sports or bite into a hard tooth and catch the tooth's crown.

An infected tooth may feel loose. It is due to the accumulation of pus in an infected pulp, which can soften tooth bones.

Your dentist might suggest a root canal treatment for you if the teeth start to move also.

RCT may require one or two appointments, depending on infected teeth. Root canals take 30-60 minutes. An hour and a half is needed to treat a large tooth with multiple roots. Before starting a root canal, your dentist should X-ray the damaged tooth. This determines the damage and whether a root canal is needed.

Root canals prevent infection from spreading to other teeth, reduce jaw bone damage, and prevent tooth loss.

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Pollution exposure associated with multimorbidity risk

Exposure to air pollution known as fine particulate matter (PM2.5) is associated with an increased risk of having a cluster of multiple chronic diseases, according to a new study published recently in the journal PLOS Global Public Health.

In the new study, the researchers used data on 19,098 respondents of the China Health and Retirement Longitudinal Study (CHARLS) surveys from 2011 to 2015 and historical satellite data on PM2.5 exposure over 15 years. Participants were people aged 45 to 85 from 125 cities across China.

When the team modelled self-reported chronic disease diagnosis and PM2.5 exposure, they found four groups of multimorbidity: respiratory, musculoskeletal, cardio-metabolic, and healthy.

A 1g/m³ increase in cumulative PM2.5 exposure over 15 years was linked to a 2.4% increased risk of respiratory, 1.5% increased risk of musculoskeletal, and 3.3% increased risk of cardio-metabolic clusters.

The models also showed a U-shaped association between PM2.5 and multimorbidity. The increased multimorbidity at the low end of the spectrum may be due to differences in rural-urban living and economic development.



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