

Stricter blood sugar control in gestational diabetes leads to better outcomes for babies

Lowering the target blood sugar level for mothers with gestational diabetes did not reduce the risk of large babies, a new study finds, but it did reduce the risk of death or injury to the baby during birth. Caroline Crowther of the University of Auckland, New Zealand, and colleagues report these findings on the open access journal PLOS Medicine.

Gestational diabetes is a significant and growing health problem worldwide, which often causes the birth of especially large babies who face a high risk of obesity and type 2 diabetes later in life. Women can change their diets and



take medication to control their blood sugar, but currently, it is unknown how tightly those levels should be controlled to minimise the risks to the mother and baby.

The new results can help doctors decide what blood sugar level individual patients should strive for while managing their gestational diabetes. The study is the largest randomised comparison of two blood sugar level targets reported to date in a diverse population. However, the researchers point out that there is still a need to confirm their findings through additional randomised trials and in different healthcare settings.

Crowther adds, "This unique trial allowed for the sequential implementation of the newly recommended tighter treatment targets for women with gestational diabetes and assessed if there are true benefits, without harm, to use of tighter treatment targets."

The reasons you are so tired

STAR HEALTH DESK

When you think why you are so tired, often the answer is obvious - you are not getting enough sleep. But here are other possibilities ranging from low intake of calorie to some chronic diseases; some that are easily fixed, and some that merit a call to your doctor.

Not enough sleep:

It may seem obvious but you could be getting too little sleep. That can negatively affect your concentration and health.

Adults should get seven to eight hours every night. Make sleep a priority and keep a regular schedule.

Sleep Apnea:

Some people think they are sleeping enough, but sleep apnea gets in the way. It briefly stops your breathing throughout the night. Each interruption wakes you for a moment, but you may not be aware of it. As a result, you are sleep-deprived despite spending eight hours in bed.

Lose weight if you are overweight, quit smoking, and you may need to consult a doctor.

Not enough fuel:

Eating too little causes fatigue, but eating the wrong foods can also be a problem. Eating a balanced diet helps keep your blood sugar in a normal range and prevents that sluggish feeling when your blood sugar drops.

Always eat breakfast and try to include protein and complex carbs in every meal. Also eat small meals and snacks throughout the day for sustained energy.

Anemia:

Anemia is one of the leading causes of fatigue in women. Menstrual blood loss can cause an iron deficiency, putting women at risk.

For anemia caused by an iron deficiency, taking iron supplements and eating iron-rich foods, such as lean meat, liver, shellfish, beans, and enriched cereal, can help.

Depression:

You may think of depression as an emotional disorder, but it contributes to many physical symptoms, as well. Fatigue, headaches, and loss of appetite are among the most common symptoms. If you feel tired and "down" for more than a few weeks, see your



doctor.

Depression responds well to talk therapy and/or medication.

Hypothyroidism:

The thyroid is a small gland at the base of your neck. It controls your metabolism, the speed at which your body converts fuel into energy. When the gland is underactive and the metabolism functions too slowly, you may feel sluggish and put on weight.

If a blood test confirms your thyroid hormones are low, synthetic hormones can bring you up to speed.

Caffeine overload:

Caffeine can improve alertness and concentration in moderate doses. But too much can increase heart rate, blood pressure, and jitteriness. And research indicates too much actually causes fatigue in some people.

Gradually cut back on coffee, tea, chocolate, soft drinks, and any medications that contain caffeine. Stopping suddenly can cause caffeine withdrawal and more fatigue.

Diabetes:

In people with diabetes, abnormally high levels of sugar remain in the bloodstream instead of entering the body's cells, where it would be converted into energy. The result is a body that runs out of steam despite having enough to eat. If you have persistent, unexplained fatigue, ask your doctor about being tested for diabetes.

Treatments for diabetes may include lifestyle changes such as diet

and exercise, insulin therapy, and medications to help the body process sugar.

Dehydration:

Your fatigue can be a sign of dehydration. Whether you are working out or working a desk job, your body needs water to work well and keep cool. If you are thirsty, you are already dehydrated.

Drink water throughout the day so your urine is light colored. Have at least two cups of water an hour or more before a planned physical activity.

Heart disease:

When fatigue strikes during everyday activities, such as cleaning the house or weeding the yard, it can be a sign that your heart is no longer up to the job. If you notice it is becoming increasingly difficult to finish tasks that were once easy, talk to your doctor about heart disease.

Lifestyle changes, medication, and therapeutic procedures can get heart disease under control and restore your energy.

Shift work sleep disorder:

Working nights or rotating shifts can disrupt your internal clock. You may feel tired when you need to be awake. And you may have trouble sleeping during the day.

Limit your exposure to daylight when you need to rest. Make your room dark, quiet, and cool. Still having sleep issues? Talk with your doctor.

Source: WebMD

HAVE A NICE DAY

The magic of low voice

DR RUBAUL MURSHED

Have you heard the famous quote, '90% of the friction of life is caused by the wrong tone of voice'? Yes, the psychological effects of being yelled at in a relationship are numerous. Couples yelling at each other can lead to broken communication, and other stress related symptoms. In fact, being soft-spoken and knowing when to stop is a superpower.

There are studies from reputed centres that people who have angry outbursts or shouting appear to be at increased risk of heart attack to stroke, especially within the first two hours of an outburst. A link has been also found between negative childhood experiences, including verbal and other kinds of abuse, and the later development of painful chronic conditions.

Anger and screaming are often talked about like a disease and may have some basis in scientific fact. In fact, what happens to your body when you scream? Or why could it have negative effects on the people who hear? A scream goes straight from the ear to the amygdala, the part of the brain that processes fear and prepares the body's fight-or-flight response.

Researchers have been successfully showing that the rough sounds of human screams activate fear responses deep in the minds of people who listen to them. Studies also found that shouting can lead not only to depression (especially to children) to drug addiction but has the ability to cause deeper psychological issues that carry into adulthood, which we may not even realise.

Tone is more than just the words we choose. It is the way in which we communicate our personality. Interestingly, it has been seen that men's lower voices are associated with higher levels of testosterone.

In fact, the power of low voice may overcome diversities, build trust and respect, and create conditions for sharing creative ideas and solving problems. In today's troubled world, a soft voice makes people feel relaxed and open. It conveys care, respect and gratitude.

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TIPS

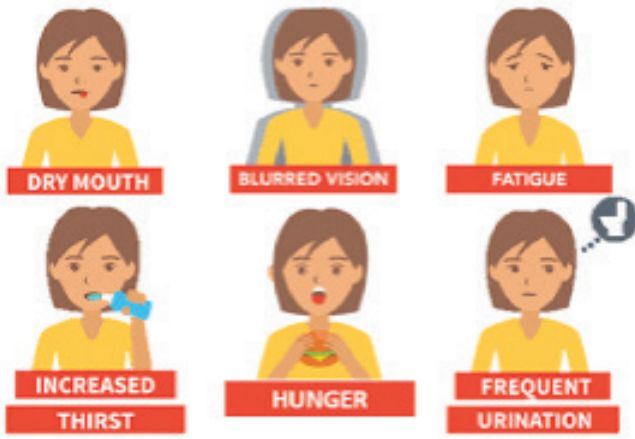
Do you know the signs & symptoms of HYPERGLYCEMIA?

Our bodies give us clues about our health. Knowing the signs and symptoms of hyperglycemia, or elevated blood sugar and how to spot them can be key to improving your health and helping you manage diabetes.

Some of the hallmark signs and symptoms of hyperglycemia are:

- Frequent urination
- Tiredness
- Feeling thirsty
- Blurry vision

Learn more about the signs and symptoms of hyperglycemia and some questions you should ask your doctor.



Microplastic in our seafood: Macro problem for our health

FARIHA TAHSIN MERCY & M. TANJIM HASAN KHAN

Microplastics are tiny fractions of plastics measuring less than 5 millimeters in size. Often smaller than the tiniest grains of sands, these particles pose a grave danger to our health. According to the Plastic Soup Foundation, human exposure to microplastics could lead to a range of complications including DNA damage and cancer.

A recent study on the shrimps of Bay of Bengal has revealed that microplastics are present at very high levels in the seafood of Bangladesh as well. Of the 450 samples examined for the study, 92% of them contained 60 -155 pieces of plastics in their bodies, when the ideal amount should be absolutely zero.

In 2002, Bangladesh became the world's first country to ban polythene bags through the amendment of the Environmental Conservation Act, 1995. Nevertheless, the ban has fallen flat in stopping production due to lack of enforcement and it shows in the study as well. Polypropylene and polyethylene, which are used to create polythene bags, plastic bottles and other packaging materials, were the most pervasive types of plastics

that were found in the specimens.

Research on microplastic is a fairly new phenomenon. Therefore, the true extent of its damage is largely unknown. However, recent studies have suggested that microplastics can induce inflammation, DNA modification, cellular damage, and even cell death since they are small enough to infiltrate our cells and tissues. Most plastic fragments



that we unintentionally consume with our food contain carcinogenic substances. Some of them also absorb hazardous materials including heavy metals, synthetic chemicals, and pesticides, which are extremely detrimental to the human bodies.

In recent days, microplastics have also been found in human blood,

which indicates that the plastic particles remain in our bodies long after the ingestion, which as a consequence can lead to a major public health emergency in the subsequent future.

Therefore, to avoid a potential health catastrophe the government must be earnest about enforcing the Environmental Conservation Act. It should also be noted that just banning polythene bags will not be enough. We must strive to ban all types of single use plastics such as plastic bags, bottles and straws altogether.

This problem necessitates plans that ruminate not only over waste management but also the complete lifecycle of plastics from production to disposal. Ergo, the government must collaborate with researchers and the private sector to design effective policies that can curtail the use of plastics in our daily lives. Additionally, we the citizens and the consumers also need to readjust our lifestyles and adapt to more sustainable consumption patterns.

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