

Physical and mental activity, diet, and dementia risk

Lifestyle features are potentially modifiable risk factors for dementia. Two teams prospectively analysed data from the U.K. Biobank study to determine dementia risk associated with patterns of physical activity and mental activity (PA/MA) and with consumption of ultraprocessed foods (UPF). In both studies, all participants were dementia-free at baseline.

Physical and mental activity were determined by questionnaire data, and consumption of UPF was determined by data from at least two 24-hour dietary assessments. Covariates included demographics, socioeconomic factors, alcohol/smoking status, body-mass index, area-based deprivation, medical comorbidities, and cognitive function, with the addition of sleep duration, total energy intake, and healthy diet score in the UPF study.

Genetic susceptibility was determined by established genetic risk factors and self-reported family history of dementia in the PA/MA study. All-cause dementia, including Alzheimer disease (AD) and vascular dementia (VaD), was based on diagnostic codes from hospital and mortality records.

The findings support the encouragement of healthy lifestyle behaviours to decrease dementia risk, including the promotion of physical and mental activity along with a healthy diet of unprocessed or minimally processed foods.

Source: *Journal Watch*



Reasons for blood in your urine

STAR HEALTH DESK

Seeing blood when you pee can be alarming. Most of the time, the issue is not serious. In some cases, though, it points to a bigger health problem. Here is what you should know.

What to do if you see it:

It sounds strange, but you may not always know that you have blood in your urine. Sometimes, there is so little that it only shows up under a microscope. When you can see it, it can be alarming. But most of the time, the causes are not serious. In some cases, though, the symptom points to a bigger health problem. So you should always let your doctor know about it.

Urinary Tract Infection (UTI):

It happens when bacteria infect the parts of your body that make and store urine. Along with seeing blood, you might feel like you have to go all the time, and it could burn when you do. In serious cases, you may have pain in your belly or groin. But sometimes, especially if you are older, you may not have any symptoms. UTIs are very common, and antibiotics can usually clear them up.

Kidney infection:

A UTI can make its way to your kidneys through the connecting tubes of the urinary tract. The symptoms are often similar, but with a kidney infection, you are more likely to have a fever and pain in your sides. And it can be more serious, especially if it spreads to other parts of your body. So be sure to let your doctor know if you notice the signs.

Kidney stones:

They can really hurt, especially in your back near your hips and ribs, if they grow big enough. You might see blood or even a piece of a stone in your urine. Smaller ones sometimes "pass" on their own in your pee, but you might need surgery to get rid of larger ones.

Swollen prostate:

Infection, surgery, or a sudden hit to

this small gland near a man's bladder could inflame it. Besides seeing blood, you may find it hard or painful to pee.

Kidney inflammation:

Also called glomerulonephritis, it can damage the tiny filters in your kidneys. That makes it harder for them to get rid of waste. People usually don't know they have it until their doctor detects it with a urine test. But your pee may have blood or look foamy and brownish, and you may notice swelling in your face, legs, and belly.

Polycystic Kidney Disease (PKD):



Genes from your parents cause small, fluid-filled cysts to grow on your kidneys. They can damage the organs and cause blood in your urine. Most people don't have symptoms until age 30-40, but the first signs can be a bigger belly, a lot of UTIs, and back and side pain. You are more likely to have high blood pressure and feel chest fluttering, pounding, or pain when you have PKD.

Inherited diseases:

PKD is not the only genetic disease that could put blood in your urine. It is also a symptom of other conditions like sickle cell anemia, haemophilia, or Alport syndrome, which affects

the eyes, ears, and kidneys. And sometimes, the symptom can run in families for no clear reason.

Trauma:

A hard hit, typically in your lower back area, can make blood show up in your urine. It might happen in a fall or a car accident or if something heavy hits you. Often it gets better on its own with rest, though a doctor should keep an eye on you to make sure you are recovering well. If your injury is severe, you may need surgery.

Cancer:

Blood in the urine is a key sign of bladder cancer. It also may be a sign

of kidney or prostate cancer. In some cases, you might not have any other symptoms. That is one reason why it is important to let your doctor know when you notice any blood. They can rule out more serious conditions or start any treatment you may need.

Treatment:

The right one depends on what is causing the symptom. An infection can be cleared up with antibiotics. Different cancers require different approaches, and genetic diseases may need long-term management. Talk to your doctor about what kind of treatment is likely to help you.

Source: *WebMD*

HAVE A NICE DAY

'Luxury' - A trap for wellbeing

DR RUBAUL MURSHED



Can luxury make one happy? Or how valid is the concept of the 'Luxury Trap'? Are higher-priced goods of higher quality? Are brand items that much needed? Everyone says it doesn't, but a whole lot of people spend their lives pursuing it.

Yes, we need money - maybe more than just to survive in today's modern world. But this is also true that one cannot be happy once there is enough money to reach our goals. This is what decades of scientific study has shown.

It is hard to believe that too much wealth does not influence happiness much, although knowing that 'the beauty of simplicity of life!' Why does being human, we complicate everything? Because, a lot of us don't always act in our own best interest.

A number of modern behavioural psychology studies have revealed that humans don't always act rationally. Even some of them who buy luxury goods are not in a financial position to be able to afford those. In reality, one who understands the difference between 'more and enough' is the happiest person. The most beautiful form of happiness is not money or wealth, rather it is soundness of mind and soul and doing good deeds for others. Everything in moderation means that there is a healthy balance to one's life.

Research is uncovering how wealth impacts our sense of morality, relationships with others, and our mental health. Our wellbeing is made of many parts. Money is just one of them. It has some power to bring health and happiness into our lives, but its effects are limited.

Today, scientists found that happiness is the ultimate goal of virtually all the decisions we make in life and suggested that the measure of a good decision depends on whether that decision brings us pleasure, a sense of wellbeing or contentment.

Our happiness prescription may actually be within our power to control. A recent study from Harvard reveals that luxury goods make many people who own them feel terrible.

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Excess weight, not high blood sugar, associated with increased risk of COVID-19 infection and long COVID

STAR HEALTH REPORT

High body mass index (BMI), rather than high blood sugar levels, are associated with excess risks of COVID-19 infection and long COVID, according to a meta-analysis of over 30,000 UK adults from nine large prospective cohort studies.

The findings by Dr Anika Knuppel from the MRC Unit for Lifelong Health and Ageing, University College London, UK, and colleagues presented at this year's European Association for the Study of Diabetes (EASD) Annual Meeting in Stockholm, Sweden (19-23 Sept).

"Early in the pandemic research identified diabetes and obesity as risk factors for becoming severely ill with COVID-19. And we know that many people living with type 2 diabetes are also carrying excess weight. Our early findings support the idea that obesity-related mechanisms may be responsible for the excess risks of COVID-19 associated with diabetes, rather than high blood sugar per se," says Dr Knuppel.



Previous research showed that people with diabetes and obesity are more likely to become severely ill and die if they catch COVID-19. To find out more, researchers looked for associations between a range of clinical characteristics measured before the pandemic - HbA1c (average blood sugar level), self-reported or medication-based diabetes, body mass index (BMI) and waist-to-hip ratio (WHR) - and self-reported COVID-19 infection and long COVID in nine ongoing UK cohort studies.

Analysis of data from 31,252 participants in nine studies found higher BMI was associated with

greater odds of COVID-19 infection - with the risk 7% higher for each 5 kg/m² increase in BMI. People with overweight (BMI 25-29.9 kg/m²) and obesity (30 kg/m² or greater) had 10% and 16% greater odds of COVID-19 infection, respectively, than healthy weight individuals (less than 25 kg/m²).

Similar results were observed for long COVID (4,243 participants, six studies) - with the risk 20% higher for each 5 kg/m² increase in BMI. People with overweight and obesity had 20% and 36% greater odds of long COVID, respectively. However, for both COVID infection and long COVID associations with categories of BMI were not all statistically significant.

Notably, studies focusing on average blood sugar level (HbA1c) and diabetes (15,795 participants and 1,917 for long COVID) revealed no association with COVID-19 or long COVID.



Awareness rally, discussion held on the occasion of World Alzheimer's Day 2022

STAR HEALTH REPORT

The Department of Neurology of the National Institute of Neuroscience and Hospital organised an awareness rally and a discussion session on the occasion of World Alzheimer's Day 2022 (September 21), says a press release.

Honorable Deputy Speaker of Bangladesh Jatiya Sangsad Md. Shamsul Haque Tuku, MP was present as the chief guest, while Prof Dr Kazi Deen Mohammad, Director of National Institute of Neurosciences and Hospital presided over the plenary. Eminent doctors of neurology attended the discussion session.

The theme of World Alzheimer's Day 2022 was "Know Dementia, Know Alzheimer's." During the discussion, the experts emphasised on the services and treatment of people suffering from Alzheimer's disease and drew the attention of the concerned people to create awareness in this regard at all levels.

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