



## More omega-3 fatty acids from seafood are associated with lower incidence of chronic renal disease

Dietary omega-3 polyunsaturated fatty acids (ω-3 PUFAs) might help prevent chronic kidney disease (CKD) through potentially favorable vascular effects. But studies of this question, based mostly on cross-sectional analyses and self-reported ω-3 PUFA intake, have been inconclusive.

Researchers combined data from 19 prospective cohort studies (with 25,000 participants) in which baseline ω-3 PUFA biomarkers were measured in blood fractions or adipose tissue. Participants were divided in quintiles based on their levels of seafood-derived ω-3 PUFAs (i.e., EPA, DPA, and DHA) and plant-derived α linolenic acid (ALA). During median follow-up of 11 years, patients in the highest quintile of total seafood ω-3 PUFAs had a significant 13% lower risk for incident CKD (defined as first estimated glomerular filtration rate (60 mL/minute/1.73 m<sup>2</sup>) than did participants in the lowest quintile. Each individual seafood derived ω-3 PUFA had a protective effect, but plant-derived ALA did not. The results were consistent across various subgroups.

Measuring biomarkers permitted individual analysis of the various ω-3 PUFAs and presumably reflected bioavailable ω-3 PUFAs more accurately than self-reported dietary intake. Although the correlations reported here do not establish causation, they are consistent with consensus dietary guidelines that include regular intake of seafood.



# A woman dies every two minutes due to pregnancy or childbirth

### STAR HEALTH REPORT

Every two minutes, a woman dies during pregnancy or childbirth, according to the latest estimates released in a recent report by United Nations agencies. This report, Trends in maternal mortality, reveals alarming setbacks for women's health over recent years, as maternal deaths either increased or stagnated in nearly all regions of the world.

The report, which tracks maternal deaths nationally, regionally and globally from 2000 to 2020, shows there were an estimated 287,000 maternal deaths worldwide in 2020. This marks only a slight decrease from 309,000 in 2016 when the UN's Sustainable Development Goals (SDGs) came into effect. While the report presents some significant progress in reducing maternal deaths between 2000 and 2015, gains largely stalled, or in some cases even reversed, after this point.

In total numbers, maternal deaths continue to be largely concentrated in the poorest parts of the world and in countries affected by conflict. In 2020, about 70% of all maternal deaths were in sub-Saharan Africa. In nine countries facing severe humanitarian crises, maternal mortality rates were more than double the world average (551 maternal deaths per 100,000 live births, compared to 223 globally).

Severe bleeding, high blood pressure, pregnancy-related infections, complications from unsafe abortion, and underlying conditions that can be aggravated by pregnancy (such as HIV/AIDS and malaria) are the leading causes of maternal deaths. These are all largely preventable and treatable with access to high-quality and respectful healthcare.

Community-centered primary health care can meet the needs of women, children and adolescents and enable equitable access to critical services such as assisted births and pre- and postnatal care, childhood



Ayesha Begum gave birth to her baby at Hope Hospital.

vaccinations, nutrition and family planning. However, underfunding of primary health care systems, a lack of trained health care workers, and weak supply chains for medical products are threatening progress.

Roughly a third of women do not have even four of a recommended eight antenatal checks or receive essential postnatal care, while some 270 million women lack access to modern family planning methods. Exercising control over their reproductive health – particularly decisions about if and when to have children – is critical to ensure that women can plan and space childbearing and protect their health. Inequities related to income, education, race or ethnicity further increase risks for marginalized pregnant women, who have the least access to essential maternity care but are most likely to experience underlying health problems in pregnancy.

"It is unacceptable that so many women continue to die needlessly in pregnancy and childbirth. Over 280,000 fatalities in a single year is unconscionable," said UNFPA

Executive Director Dr Natalia Kanem. "We can and must do better by urgently investing in family planning and filling the global shortage of 900,000 midwives so that every woman can get the lifesaving care she needs. We have the tools, knowledge and resources to end preventable maternal deaths; what we need now is the political will."

The COVID-19 pandemic may have further held back progress on maternal health. Noting the current data series ends in 2020, more data will be needed to show the true impacts of the pandemic on maternal deaths. However, COVID-19 infections can increase risks during pregnancy, so countries should take action to ensure pregnant women and those planning pregnancies have access to COVID-19 vaccines and effective antenatal care.

The report reveals that the world must significantly accelerate progress to meet global targets for reducing maternal deaths, or else risk the lives of over 1 million more women by 2030.

Source: World Health Organisation

## HAVE A NICE DAY The importance of EQ is changing fast

DR RUBAUL MURSHED

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned" – this famous quotation came to my mind when I read psychologist Daniel Goleman's book "Emotional Intelligence – Why it can matter more than IQ".

Emotional intelligence or known as emotional quotient (EQ) is the ability to identify and regulate one's anger, and emotions and understand the emotions of others. A high EQ helps to build relationships, reduce tension and resolve conflicts. Goleman believes, "What matters for success, character, happiness, and lifelong achievements is a definite set of emotional skills – your EQ – not just purely cognitive abilities measured by conventional IQ tests."

EQ stands for 'intelligence quotient'. IQ tests are tools to measure intellectual abilities and potential. EQ is a skill too. It is the ability to understand and manage our emotions better to relieve stress and anxiety, communicate affectionately, empathise with others, and overcome the social complexities we face in everyday life.

Today researchers are arguing, 'IQ testing is now an industry in itself, but is it fair to the creatively minded?' According to one recent study, IQ tests are misleading because a minimum of three different exams are needed to measure someone's brainpower.

However, studies found that there are more factors to achieve the feeling of happiness and fulfillment as Goleman indicated that lifetime success depends 20% on a person's Intelligence Quotient (IQ), 40% on their Emotional Quotient (EQ), and the last 40% on their Adversity Quotient (AQ).

E-mail: rubaulmurshed@shomman.org



## Does masking prevent community-acquired respiratory viral infections?

A new meta-analysis raises questions about efficacy of respirators and masks despite known poor adherence and other limitations highlighted by a secondary analysis.

The COVID-19 pandemic has challenged the concept that N95 respirators and surgical masks can lower risk for respiratory virus infections (RVIs). A new Cochrane review on this topic has reported that masking is not beneficial despite the authors' cautions about study interpretation and limitations. In an update of four Cochrane Library meta-analyses on differing physical interventions to limit RVIs, Jefferson and colleagues analysed 78 randomised controlled trials (RCTs; 6 of which were conducted during the COVID-19 pandemic). Study settings included suburban schools, inpatient hospital wards, and inner-city venues; adherence to interventions was often low.

Analysis of 19 trials of hand hygiene (71,210 participants) found a relative reduction of 11% in respiratory illness. Similar assessment of 12 trials (10 in a community setting) of surgical masks found no apparent benefit in preventing influenza-like illness (ILI) or laboratory-confirmed RVI. Analysis of 5 studies (all before the COVID-19 pandemic) comparing N95 respirators with surgical masks found a non-statistically significant benefit of N95 respirators in preventing ILI but not laboratory-confirmed illness. The authors note that, while the results showed no benefit of N95 respirators or masks, high risk for bias and low adherence to the interventions limited the conclusions.

Although the initial study found no efficacy difference for

the two forms of protection, in this analysis, the researchers sought to determine if household exposure to preschool children could have affected risk for RVIs in the study population. In 4476 HCW seasons, while household exposure to preschool children had no effect on incidence of influenza infections, overall incidence of RVIs in HCWs progressively rose with exposure to 1 or >2 preschool children.

The RCT is often considered the gold standard of clinical trials, but as the study by Most et al. shows, unrecognised factors can still affect the results – particularly for studies of RVIs, where individuals can be exposed to infection during other parts of their day and not simply in the controlled setting of a clinical trial. The conclusions of the Cochrane review by Jefferson et al. are further limited in that it only assessed the benefit of respiratory protection for the wearer, and not for preventing viral transmission to others.

Also, the review's design led to the exclusion of laboratory studies on mask efficacy and well-executed non-RCTs, including a test-negative case-control study of respiratory protection and a difference-in-differences analysis of the impact on COVID-19 incidence of discontinuing universal masking in public schools. Both studies found notable benefits of mask or respirator use for protection against COVID-19.

The body of evidence overwhelmingly supports the benefits of wearing masks; the Cochrane review might be best interpreted as showing that masks don't provide protection when they are not worn.

Source: Journal Watch



## Intermittent fasting for insulin-treated patients with type 2 diabetes?

### STAR HEALTH DESK

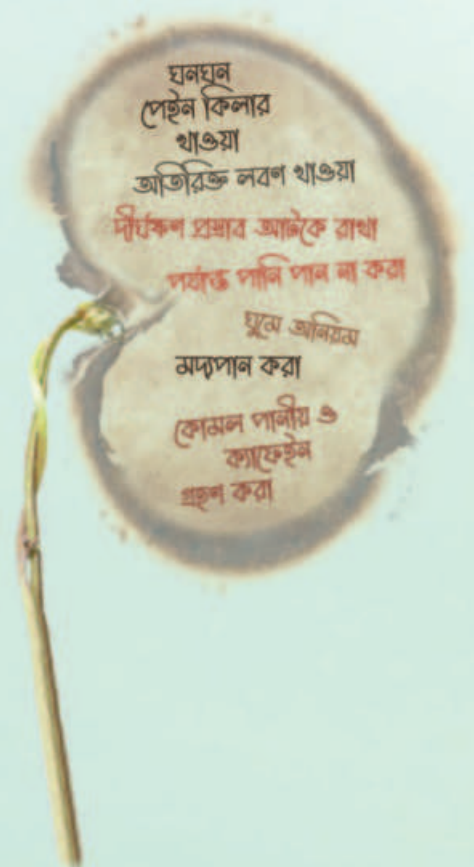
Intermittent fasting – and one of its variants, "time-restricted eating" – are increasingly popular approaches to weight management. But are these methods feasible and safe for people with diabetes, especially those who take insulin? To address this question, Austrian researchers conducted a study that involved 46 carefully selected insulin-treated patients with longstanding type 2 diabetes; at baseline, mean glycosylated hemoglobin (HbA1c) was 8.3%, mean weight was 100 kg, and mean daily insulin dose was 56 units.

Patients were randomised to either 3 nonconsecutive days of intermittent fasting weekly or to usual care. In the intervention group, patients ingested only 25% of their recommended caloric intake on fasting days; that intake was limited to a single meal (either breakfast or lunch). Compared with the control group at 12 weeks, the intermittent fasting group had significantly greater weight reduction (mean, 5 kg), HbA1c reduction (mean, 0.7%), and insulin-dose reduction (mean, 11 units). Notably, patients in the fasting group were given detailed insulin adjustment protocols for fasting days, and no severe hypoglycemia occurred.

This study suggests that intermittent fasting is feasible in selected insulin-treated patients with type 2 diabetes – provided that the patient is capable of following protocols to adjust insulin doses carefully on days when calories are restricted. But we still need longer-term data to assess safety over many months or years and to determine whether improvement in glycemic control and weight is sustained.



বিত্তরিত জনক  
কল কল  
১০৬৬৬



অভ্যাসগুলো বদলে ফেললে  
বদলাতে হবে না অনেক কিছুই

ডায়ালাইসিস বা কিডনি সংক্রান্ত যেকোনো প্রয়োজনে  
আমরা আছি প্রতিদিন ২৪ ঘন্টাই আপনার পাশে



United Healthcare Brands

