



TIMING MATTERS: morning and afternoon physical activity linked to lower type 2 diabetes risk

New research published in the journal *Diabetologia* reveals that the timing of physical activity during the day may influence the risk of developing type 2 diabetes. Physical activity is known to be a preventive factor for type 2 diabetes, but the specific timing and consistency of this activity have not been extensively studied. The study revealed that each additional unit of physical activity was linked to a 10% reduction in diabetes risk for morning activity and a 9% reduction for afternoon activity.

The authors noted that lifestyle factors like sleep and diet could influence when people engage in physical activity and its role in diabetes risk. Adjusting for these factors in their analysis made the associations between physical activity and diabetes risk more precise.

The study suggests that the timing of physical activity may impact the risk of type 2 diabetes. Morning and afternoon activity appeared to be more protective, and including some higher-intensity exercise in one's routine could help reduce the risk of diabetes and other cardiovascular diseases.

This research underscores the importance of physical activity in preventing type 2 diabetes and provides valuable insights into its timing and intensity.

WORLD HEART DAY USE HEART, KNOW HEART

STAR HEALTH DESK

World Heart Day, celebrated on September 29th every year, provides an opportunity for the World Health Organisation (WHO) and its member states to join the global call to raise awareness about heart health and accelerate actions to prevent, detect, and manage cardiovascular diseases.

The WHO South-East Asia Region is home to a quarter of the world's population. The region is experiencing a very high burden of noncommunicable diseases (NCDs), and cardiovascular diseases (CVDs) are responsible for 3.9 million annual deaths, making up 30% of all deaths.

Alarmingly, almost half (48%) of these CVD-related deaths occurred prematurely, affecting individuals aged 30 to 70 years and imposing significant socioeconomic burdens on families, communities, and countries.

The main causes of the burden of CVD include modifiable lifestyle factors such as tobacco use, alcohol consumption, unhealthy diets, especially high salt intake, and a lack of physical activity. Raised blood pressure and raised blood glucose levels are key drivers, and they can be detected, diagnosed, and managed adequately in primary care. One in four adults in the region has raised blood pressure, while one in ten has diabetes, and less than 15% have effective treatment coverage. Additionally, high levels of lipids in the blood and suboptimal management of acute cardiovascular events further worsen CVD mortality.

In response to their significant public health importance, NCDs have been identified as a regional flagship priority since 2014. In 2022, the region adopted the 'Implementation Roadmap for Accelerating the Prevention and Control of NCD in Southeast Asia 2022-2030.'

The SEAHEARTS (WHO HEARTS package adaptation to the South-East Asia Region) initiative of the region brings together measures to reduce risk

factors (tobacco control, salt reduction, and trans fatty acids) with improvements in hypertension and diabetes coverage and control in primary health care. SEAHEARTS resonates with the World Heart Day 2023 theme 'Use Heart, Know Heart' and offers countries a roadmap to scale up their current situations and align their actions within the broader NCD prevention and control efforts.

Accelerating the control of CVDs is a priority, and the WHO South-East Asia Region is calling for action in four key areas:

First, countries need to place CVD high on their agenda and expand their efforts through commitment and leadership at both policy and programmatic levels.

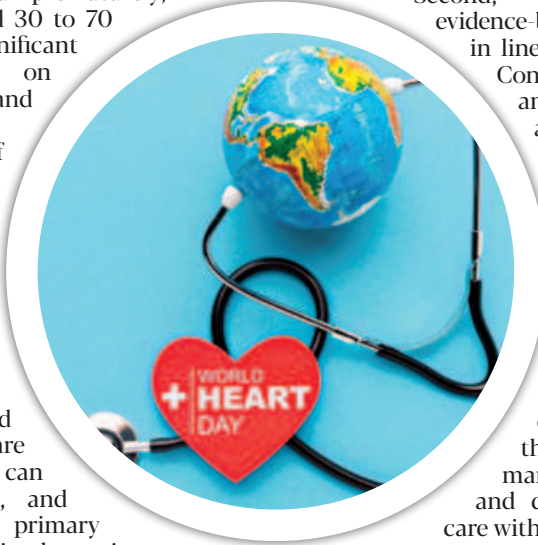
Second, continue implementing evidence-based tobacco control laws in line with the WHO Framework Convention on Tobacco Control and its MPOWER package across all countries.

Third, promote healthy diets with a specific focus on salt reduction and eliminating trans-fatty acids by implementing the WHO SHAKE and WHO REPLACE technical packages.

Fourth, scale up programmes and service delivery models that improve the detection, diagnosis, and management of hypertension and diabetes in primary health care with referral mechanisms.

The goal should be to achieve full implementation of the WHO HEARTS technical package along with a seamless care continuum for CVD patients, with an emphasis on reducing complications and managing acute emergencies with proper care coordination. Countries need to demonstrate impact by utilising digital solutions for better coverage and control rates.

These actions are critical not only for public health but also for achieving Sustainable Development Goal (SDG) targets related to NCDs and universal health coverage. With only seven years left until the 2030 SDG target deadline, on this World Heart Day, it is a call for all of us to take action and empower ourselves to address CVD risk factors and improve disease outcomes.



Missing teeth? Discover a lifetime solution!

Tooth loss due to ageing, accidents, or decay can be a concern, but Osstem Implant, a renowned implant business in Korea offers a lasting solution, as a press release. They provide dental implants, a successful and popular method worldwide that replaces missing teeth with artificial ones without harming adjacent teeth. Osstem Implant, a global leader, offers dental equipment, IT services, education, and more, serving 90 countries.

A dental implant is a modern solution that replaces missing or damaged teeth with artificial teeth anchored by metal posts in the jawbone. It resembles and functions like natural teeth without relying on adjacent teeth for support. Dental implants are in high demand in Bangladesh, attracting expatriates seeking affordable treatment. Osstem Implant promotes "Digital Dentistry" in Bangladesh to enhance implant surgery safety. Benefits of dental implants include a natural appearance, no need to grind adjacent teeth, easy maintenance, permanence, improved speech and eating, and the preservation of healthy bones.

HAVE A NICE DAY When confidence becomes a disaster

DR RUBAUL MURSHED

Confidence is good and important, but when it crosses the borderline it becomes toxic called overconfidence and goes against the laws of nature. Individuals show many psychological biases, and one of the most powerful is overconfidence.

Bias is a dangerous decision that leads people to underestimate their own weaknesses. Confidence or overconfidence will always depend on one's own thinking. Timing optimism is another aspect of overconfidence psychology. The 2008 financial crisis or the ill-preparedness for many environmental calamities or ongoing climate change could be some examples.

Overconfidence has been also blamed throughout the history for high-profile costly conflicts such as World War I, the Vietnam-

Alghan War or the war in the Middle East. Megalomaniac Hitler's overconfidence changed millions of people's lives. Even if a popular leader becomes overconfident, s/he may become an authoritarian. A couple of tiny consecutive successes usually make one confident, but without kindness quality, it may make one overconfident and eventually, this overconfidence is enough to rob future successes.

Egotistical mindsets of overconfident people usually do not like to apologise due to their fragile egos, while a good apology strengthens the relationship. Inside their deep thinking, they think they are better than others. This superiority complex can put a team's work in a stagnant situation. This is an unforeseeable dark side of an overconfident as they cannot absorb their faults.

Overconfident and prideful nature walk together. They are usually satisfied with themselves and since they are not focused on others' needs, they are harmful to society. From time to time, scholars have looked into the idea of the "illusion of knowledge." This is a cognitive error that leads individuals to overrate their capabilities and knowledge, leading to poor decision-making.

In fact, overconfidence is a weakness as it misjudges their ability which further leads to failures.

E-mail: rubaيلمurshed@shomman.org



Unprecedented focus on global public health at UN General Assembly

STAR HEALTH REPORT

The World Health Organisation (WHO) urged leaders meeting at the 78th session of the United Nations General Assembly (UNGA 78) in New York to put health for all on the highest political agenda and apply lessons learned from the COVID-19 pandemic.

WHO's call to accelerate the achievement of health targets came ahead of the Sustainable Development Goals Summit (SDG Summit) and an unprecedented

number of health-focused high-level meetings at UNGA, aimed at strengthening pandemic prevention, preparedness, and response, delivering universal health coverage (UHC), and ending TB.

Progress in reducing infant and maternal mortality has stagnated (in some regions, rates have even increased), and progress in tackling infectious diseases like HIV/AIDS, tuberculosis (TB), and malaria has faltered. Many parts of the world are also seeing rollbacks

in sexual and reproductive health and rights. Access to life-saving tools is uneven across the world, with millions unable to afford or obtain needed care.

Noncommunicable diseases and mental disorders, which account for over 70% of deaths globally, threaten social and economic development everywhere. Yet new technologies and a renewed commitment to equity and sharing, following the pandemic, are positive developments.

MOMODa Foundation and RHSTEP team up for research on delaying early pregnancy in Gaibandha district

MOMODa Foundation, a research-based development organisation, has teamed up with an NGO, Reproductive Health Services Training and Education Programme (RHSTEP), to do groundbreaking research on "Delaying early pregnancy among adolescents in Gaibandha district, Bangladesh" according to a press release.

MOMODa Foundation envisions a world where inequality and poverty are less prevalent. It has been conducting research and taking on various projects in both rural and urban Bangladesh since 2011.

Gaibandha district lies below the poverty line and is very prone to child marriage. Various research conducted in the district showed that about 70% of the girls in Gaibandha suffer from early marriage, and 64 percent of them get pregnant before the age of 18 years, which leads to crucial problems like maternal death, malnutrition of children, infant mortality, etc.

The project aims at observing whether early marriages are taking place, finding out how adolescents aged 14-17 years can delay their pregnancy by disseminating sexual and reproductive health information, giving free consultations on different preventives, and providing people concerned with contraceptive pills and kits.

The RHSTEP will be consulting and involved in healthcare services. The MOMODa Foundation will conduct the study and propose a data-based solution to delaying early pregnancy in Gaibandha.



Evercare Hospital Chattogram's commitment to providing free treatment to underprivileged children with congenital heart defects is a testament to its dedication to improving the lives of all members of the community.



Evercare Hospital in Chattogram provides free treatment for congenital heart defects in underprivileged children



Evercare Hospital Chattogram, a leading provider of world-class healthcare in Port City, recently organised a Special Patient Forum in the Department of Paediatric Cardiology on World Heart Day (2023), according to a press release.

Dr Ratnadeep Chaskar, the CEO and MD of the hospitals, emphasised that the complimentary package offered by the Paediatric Cardiology Department for underprivileged children serves as an exceptional

and inspiring model.

Dr Tahera Nazrin explained the importance of raising awareness about heart disease among children and the fact that it is treatable and preventable. She also highlighted the comprehensive paediatric cardiology services offered at Evercare Hospital Chattogram, including treatment for congenital heart defects and defective valves with completely free devices and balloons for underprivileged children.

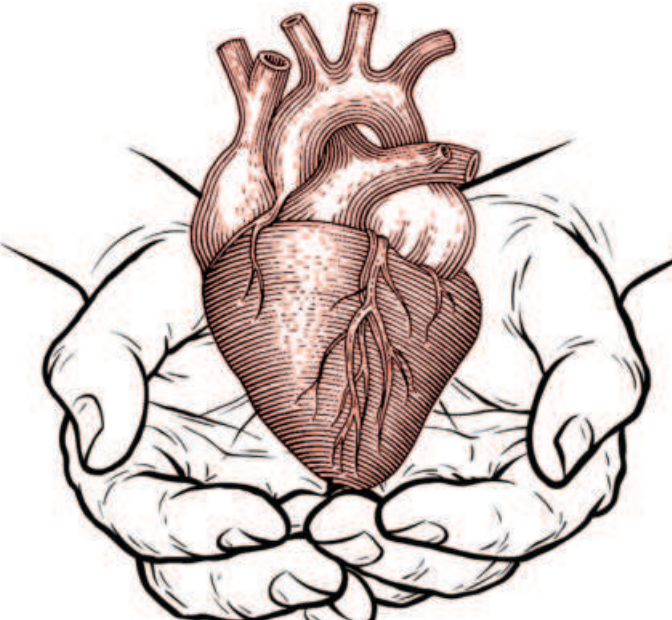




Country's Best Cardiac Centre




SAVING MILLIONS OF HEARTS

Success Rate 98%+



UNITED CARDIAC CENTRE

Our Sister Concerns



Appointment 02 22 22 62 686

10666