

Neuroticism may impact your health!

Unveiling the link between anxiety, behaviour, and well-being

In the 1979 comedy Manhattan, neurotic characters like Isaac, played by Woody Allen, humorously avoid expressing anger, opting to "grow a tumour instead." While Hollywood often plays neuroticism for laughs, the real-life implications are substantial. Neuroticism, characterised by excessive worry and stress, is linked to various health issues. People high in neuroticism perceive the world as distressing and exhibit moodiness, tension, and increased sadness.

The trait is associated with mental disorders, such as depression and anxiety, and physical illnesses, including heart disease and certain cancers. Research debates whether neuroticism causes poor health or vice versa. Studies suggest a connection between neuroticism and unhealthy behaviours, such as smoking and sedentary habits, possibly contributing to stroke risk.

Neurotic individuals may also experience a stronger physical reaction to stress, leading to chronic conditions like ulcers and high blood pressure. Chronic stress among neurotic individuals is associated with elevated inflammation markers linked to various illnesses. Sleep disturbances and altered levels of molecules crucial for neuron maintenance, like brain-derived neurotrophic factor (BDNF), add to health concerns.

Furthermore, gut health may be impacted, as high anxiety correlates with a less diverse gut microbiome. While heightened awareness of health symptoms may prompt neurotic individuals to seek medical attention, evidence of "healthy neuroticism" benefiting health outcomes is limited.

Treatments, such as the unified protocol, offer hope for modifying neuroticism, emphasising mindful emotional awareness, and triggering anxiety-related physical sensations. Understanding and addressing neuroticism can potentially improve overall well-being.



Uniting to overcome Leprosy

World Leprosy Day 2024 champions 'Beat Leprosy' theme to eradicate stigma and promote dignity

STAR HEALTH DESK

World Leprosy Day (WLD) is observed on the last Sunday of January. The theme for World Leprosy Day 2024 is "Beat Leprosy." This theme encapsulates the dual objectives of the day: to eradicate the stigma associated with leprosy and to promote the dignity of people affected by the disease.

The theme of "Beat Leprosy" serves as a powerful reminder of the need to address the social and psychological aspects of leprosy, alongside the medical efforts to eliminate the disease. It calls for a world where leprosy is no longer a source of stigma but rather an opportunity to demonstrate compassion and respect for all individuals.

In 2024, World Leprosy Day took place on Sunday, January 28. Leprosy is one of the oldest and most misunderstood diseases in the world. Although it has now been curable for more than 30 years, it still has the power to stigmatise!

Leprosy, or Hansen's disease, is an infectious disease that mainly affects the skin, peripheral nerves, mucous membranes, and eyes. It can be cured using a combination of drugs called multidrug therapy (MDT); if left untreated, it can cause disability.

To achieve a world free of leprosy and the problems it causes, however, medical interventions are not enough. As we move towards the interruption of transmission and elimination of leprosy, we must also address the social and psychological aspects of the disease.

Together, we must do more to eliminate the stigma associated with leprosy and promote the dignity of those affected by the disease.

Stigma contributes to hesitancy to seek treatment, putting people at



risk of disabilities and contributing to ongoing transmission. Therefore, in order to eradicate leprosy, it is necessary to increase social participation for leprosy patients as well as renew political commitment and access to treatment options.

The World Health Organisation (WHO)'s Global Leprosy Strategy 2021-2030 "Towards zero leprosy (Hansen's disease)" makes combating stigma and respect for human rights one of its four main pillars. This is also the goal of the annual Global Appeal to End Stigma and Discrimination Against Persons Affected by Leprosy, an initiative launched by the Sasakawa Leprosy (Hansen's Disease) Initiative in 2006.

The Sasakawa Leprosy Initiative and WHO jointly launched Global Appeal 2024 this year. By supporting this year's Global Appeal, WHO joins a long list of individuals and organisations committed to the Appeal's call for a world in which every person affected by leprosy can live in dignity and enjoy all their basic human rights.

WHO and the Sasakawa Leprosy Initiative call for a well informed, inclusive society where every

member of the community has a role to play and can contribute towards a leprosy-free world through the following steps:

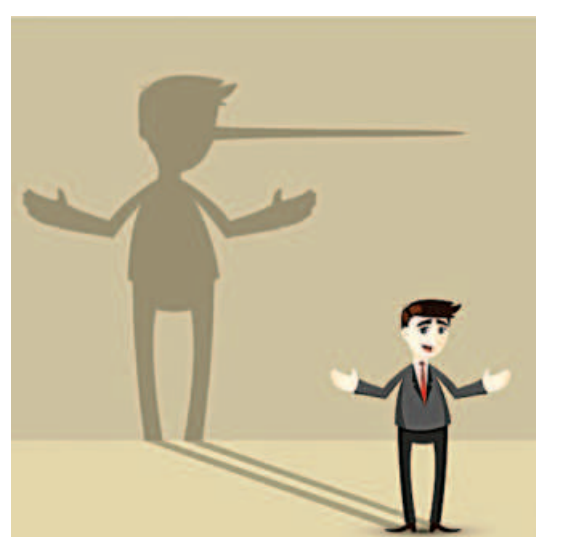
Educate yourself: learn the facts about leprosy, its curability, and the importance of early treatment and possible prevention.

Encourage treatment seeking: if you come across a suspected case of leprosy, prompt treatment is vital. Treatment is available free of charge in all affected countries. Encourage people to seek help.

Reject discrimination; treat everyone with compassion and respect, regardless of their health status.

Spread awareness, share accurate information about leprosy, and challenge stereotypes within your community.

All these initiatives—World NTD Day, World Leprosy Day, the Global Appeal, and the Don't Forget Leprosy campaign—can bring us together and accelerate progress towards a leprosy-free world. On this day and throughout the year, unite, act, and eliminate leprosy.



HAVE A NICE DAY

Pathological liar - Part 1

DR RUBAIUL MURSHED

A lie leads a person from a garden to a forest, and eventually into a jungle. Some people tell lies with such regularity that dishonesty comes to be seen as a defining characteristic of their personality. These habitual or chronic liars are known as pathological liars.

For such a widely used term, there is remarkably little agreement about how the term pathological liar should be defined. The first person named G Stanley Hall, who wrote about pathological lying, earned the first PhD in psychology in the USA. The term he used for this tendency to lie was pseudomania. He noted that while pathological liars may start out lying for attention or excitement, they might lose themselves in their lies and tell lies with no clear motives.

Pathological liars are frequently untruthful for no good reason. They harm themselves with their behaviour, but they keep doing it despite any consequences. Consistent lying and making up stories are the primary signs of pathological lying.

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CPR in cardiac arrest

DR SHIBLEE SHAHED

Research shows that about 9 in 10 people who fall victim to cardiac arrest outside the hospital die. Unfortunately, most people who experience cardiac arrests at home or outside the hospital do not get the help they need from family members or bystanders before the arrival of professional medical services.

During a cardiac arrest, the heart cannot pump blood to the rest of the body, including the brain and lungs. Without medical care, death can occur within minutes. Cardiopulmonary resuscitation (CPR) can lessen the harm and save lives. By applying chest compression, CPR stimulates the heart's pumping action and thus supports the body's natural blood flow.

A person's chance of survival can be doubled or tripled if CPR is administered correctly within the first few minutes of cardiac arrest. However, the need for CPR training is still not well understood in our country, in contrast to the developed countries where it is profoundly emphasised.

Let us look at two empirical events regarding cardiopulmonary resuscitation. In the 2021 Euro Championship match, Danish footballer Christian Eriksen suddenly fainted on the field due to cardiac arrest. But as his associates around him managed to administer CPR to him in time, he survived. On the other hand, in our country, as many of you may remember, in August 2019, a female banker suddenly died of cardiac arrest while working in her office in Dhaka. The tragic death scene was caught on the bank's CC camera. Sadly, had her colleagues known how to perform CPR, she could have survived.

The prevalence of CPR training among general populations in China is 38%, and it is 49% in Japan. Although there is no

study on the prevalence of CPR training in our country, it is not hard to assume that the number is meager. In the case of South Korea, it is almost 50%. This is a noticeable number. However, previously, this number was much lower. The establishment of a national public CPR programme, public awareness campaigns, the passage of the Good Samaritan Law, and legislation requiring CPR instruction in schools were all significant changes in South Korean national practices that contributed to an increase in the prevalence of CPR training.

It is time for us to implement some drastic measures for CPR training. To spread awareness and knowledge about cardiac arrest and the importance of CPR training throughout the country, the government should come forward with some immediate and necessary steps, for example, incorporating CPR into the curricula of primary and secondary schools, providing hands-on CPR training to the mass population covering major divisional areas, and using social media to advocate the importance of CPR training among youngsters.

For every minute without CPR, the survival chance of a person experiencing cardiac arrest decreases by 10%. Therefore, many more people who fall victim to cardiac arrest would survive long enough to obtain the expert treatment required if they were trained in CPR techniques.

The good thing about CPR is that it is a simple process that even non-health professionals can master without much effort. Therefore, every responsible citizen should invest in acquiring this much-needed education to ensure the safety of the people around us, especially those we care about the most.

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Understanding changes in sleep as we age

As we grow older, our sleep patterns tend to shift, and nearly half of individuals aged 65 and above report experiencing at least one sleep-related issue. Ageing often brings about conditions like insomnia or other sleep disorders. Generally, older adults may sleep less, wake up more frequently during the night, and spend less time in deep sleep or dreaming compared to their younger counterparts.

Maintaining healthy sleep habits becomes crucial. Irregular sleep schedules, excessive napping, or consuming alcohol before bedtime can disrupt sleep patterns. Additionally, certain medications may contribute to difficulty falling or staying asleep.

Life changes, such as loss, relocation, or health conditions, can lead to worry, stress, or grief, impacting sleep. If you or a loved one experience these changes, seeking support from a doctor or counsellor can be beneficial.

Various sleep disorders, including insomnia, apnea, restless legs syndrome, periodic limb movement disorder, and Rapid Eye Movement (REM) behaviour disorder, can also affect sleep quality. Consulting with a healthcare professional can help diagnose and address these conditions.

Remaining physically active in your golden years is essential, as too much downtime may hinder quality sleep. Assessing individual sleep needs is vital, and if sleep disturbances affect daily life, consulting a doctor for guidance and making simple adjustments to daily routines, such as establishing a regular bedtime and incorporating more physical activity, can significantly improve sleep quality and overall well-being.







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NICU and PICU Services

We have Conventional MV support, HFOV, CPAP, HFNC. We give surfactant therapy, Exchange transfusion, UVC, PICU, LP, Intensive phototherapy, Transcutaneous bilirubinometry. Bedside: CXR, Echo, ABG, USG, ROP screening, Hearing screening. MV and BiPAP are available in PICU.

Treatment of Neonatal Diseases

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Vaccination

Our Sister Concerns





Appointment
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