

Role of nutrition and life style in disease management

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Disease, a regularly used simple word that is thrown around so commonly, but what does it actually mean? Something has gone wrong, a disorder of a function that produces specific symptoms. We don't claim to cure, but almost manage symptoms and focus on prevention with nutrition and healthy lifestyle choices. Nutrition is somewhat overlooked when looking into disease management; however, micronutrients can play a big role in preventing and managing diseases. Focusing on non-communicable diseases which are the global burden, we delve into many studies that have showed promising results from adequate micronutrient intake. From cardiovascular disease, diabetes, cancer, obesity and central nervous system disorders we discuss how and why they can be prevented. Seventy percent of all deaths are due to non-communicable diseases. Eighty percent of all premature NCD deaths are from cardiovascular disease, cancers, respiratory diseases and diabetes. In cardiovascular disease, high omega-3 diet reduced blood pressure via activation of calcium dependent potassium channels. In diabetes, chromium in conjunction with lifestyle guidance can increase insulin sensitivity and produces a greater reduction in pre-prandial and postprandial glucose versus control. Studies show how risk of cancer was reduced in women who followed certain guidelines on diet over 10 years by 22%. In central nervous system diseases such as Alzheimer's vitamin B6, B12 and folate have been demonstrated to reduce neural atrophy, as observed when synapses deteriorate, and neurons die. We look at the impact that non-communicable diseases have on society and the costs associated with it.

The burden of menstrual problems and the factors affecting adolescent girls in Jaipur, Rajasthan

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Background: Menstrual disorders frequently affect the quality of life of adolescents and young women. Menstrual disorders are a common presentation by late adolescence and about 75% of girls experience some problems associated with menstruation. Various aspects such as physiology, pathology and psychology of menstruation have been found to associate with health and well-being of women. Hence it is an important issue concerning morbidity and mortality of female population.

Method: A school based cross-sectional study was carried out in primary and secondary schools of Achrol village, Jaipur who attained menarche, belonging to age groups of 10-19 years.

Result: 60% of the adolescent girls i.e. 241 (60.2%) had normal menarche between 12 to 13 years of age while 120 (30.0%) girls had late menarche i.e. between 14 to 16 years of age. In the majority of the adolescent girls i.e. 283 (70.8%), it was normal, followed by menorrhagia in 104 (26.0%) adolescent girls. Out of 400 adolescent girls 180 (45.0%) gave history of consuming fast food frequently and all of them had dysmenorrhea.

Conclusion: The study revealed that menstrual disorders like oligomenorrhoea, hypomenorrhoea, polymenorrhoea and menorrhagia ranged from 1.5% to 26.0% and around 20% girls had PMS. As per GOI through Rajiv Gandhi scheme for empowerment of adolescent girls-Sabla in an effort to provide adolescent reproductive and sexual health information and services along the continuum of care, community based intervention and demand generation initiatives should be linked to facility based service across all levels of health system.

Notes: