



Duck cull hits French foie gras production

Paris
The French government yesterday ordered the slaughter of the last 600,000 ducks in a bird flu-hit southwest region at the forefront of the foie gras industry.

The cull will effectively wipe out production of foie gras in the Landes area that accounts for a quarter of the total French production of the controversial delicacy. (AFP)



Hydrogen peroxide ingest can be fatal

A recent study is warning consumers about the risks of ingesting high-concentration hydrogen peroxide.

Researchers have found that a large number of cases where patients swallowed high-concentration peroxide resulted in critical illness, some with continued disability or death. (CNN)

PET VET

Dr. Rajani Rajesh



DEHYDRATION IN DOGS

Water is essential to all living beings, including dogs, which depend on proper daily fluid intake to maintain appropriate health. It makes up 80 percent of your dog's body, and dissolves natural and unnatural substances as well as serves as the root of all his biological processes, including circulation, digestion and waste removal. Dehydration occurs when the total body water is less than normal. Usually it involves loss of both water and electrolytes such as sodium, chloride and potassium. Dogs most at risk for dehydration are those who suffer from various illnesses such as diarrhea, vomiting, kidney disorders, cancer and infectious disease. Elderly dogs, diabetic dogs and pregnant or nursing dogs may be prone to dehydration.

The most common symptom of dehydration is the loss of elasticity in the skin. When pulled lightly, the skin will not readily come back to its original place. Another alarming symptom is the gums lose moistness and become dry and sticky, and the saliva becomes thick. In advanced dehydration, the eyes sink in and the dog may collapse with shock.

If your dog is showing some signs of dehydration, give him electrolyte mixed in water. Dogs that have gone a long time without water have a problem holding it down. So let him lick ice, he hydrates himself with licking the ice.

The treatment for severe dehydration is to supplement the body with fluids. Fluids are typically administered as an injection. The most efficient method of rehydration is through intravenous fluids. This requires hospitalization as well as an intravenous catheter. Fluid replacement is done slowly to allow the body to compensate and slowly replenish tissues starved of fluid.

Provide clean water at all times, and change it frequently to ensure freshness. If your dog is not drinking an adequate amount of water, seek veterinary advice

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)



Yo-yo dieting 'is good for you'

Yo-yo dieting might actually make people healthy, despite the huge amounts of criticism directed towards them, according to an expert.

Repeated crash diets might be best compared to going to the dentist, according to US biostatistician David Allison. In the same way, the extreme slimming method ensures that people get healthier – even if

they gradually move away from that again.

Dr Allison found that in tests on mice, repeated diets didn't seem to do much harm. In fact, those that went on yo-yo diets actually lived longer than those who stayed obese.

Dr Allison said that the technique might actually serve a useful way for many people to keep fit. (independent)

Silent Heart Attack

Static says, by 2030 there would be an increase of 22 million heart-related deaths per year. Cardio Vascular Diseases (CVD) are the leading cause of death globally. An estimated 17.5 million people died from CVDs in 2012, representing 31% of all global deaths.

According to World Health Organization (WHO) it is estimated that 54% of deaths from noncommunicable diseases in the Eastern Mediterranean Region are due to cardiovascular diseases. Deaths attributed to cardiovascular diseases (of total deaths) range from 49% in Oman to 13% in Somalia. The prevalence of cardiovascular diseases is due to sedentary lifestyles and common risk factors, such as hypertension (ranging from 28% in the United Arab Emirates to 41% in Libya and Morocco); diabetes (ranging from 4% in Islamic Republic of Iran to 19% in Sudan) and hypercholesterolemia (ranging from 14% in Lebanon to 52% in Islamic Republic of Iran).

According to WHO data published in May 2014 Coronary Heart Disease deaths in Bahrain reached 382 or 16.00% of total deaths. The age adjusted death rate between (30 and 70) is 85.45 per 100,000 of population.

How many people really know the pain of a Heart Attack? Most people think they recognize the warning signs but, they are wrong. 50% of people, have no warning pain at all. Women, of them few have less pain than men and half of people having Heart Attack die from the injury. It may be surprising to hear that, for a substantial minority of people who have Heart Attacks, its "SILENT."

That is, when Heart Attack occurs, a coronary artery is



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Respiratory Therapist

blocked or narrowed which supplies blood to the heart muscle, by a fatty plaque and fatty clots. Some of the heart muscle die due to severe blockage of the clots, without the victim being aware, that you may never had any symptoms to warn you.

There are several reasons why some people may have a "Silent Heart Attack"

- ▶▶ Some people, simply ignore or unaware of the symptoms or do not notice.
- ▶▶ In some people, a lack of blood flow to the heart muscle simply does not produce chest pain, instead they may experience shortness of breath, feeling weak, Stomach

discomfort.

- ▶▶ Some people, simply ignore the signs and symptoms of a heart attack, as off being due to a cold, heartburn, or "something I ate. Perhaps, a "late dinner".

- ▶▶ Some medical conditions in particular, diabetes affect the nerves that carry pain impulses, so the symptoms of angina or a Heart Attack are blunted and not recognized.

When you sum up all these reasons, it appears that about 1 out of 4 Heart Attack turns out to be "Silent".

Let's know the symptoms of Heart Attack

- ▶▶ Pain in the chest radiating at times to your jaw and arm
- ▶▶ Breathlessness or trouble breathing
- ▶▶ Stomach discomfort or indigestion
- ▶▶ Pale skin or bluish lip
- ▶▶ Fatigue or tired
- ▶▶ Rapid or weak pulse or sweating
- ▶▶ Collapse without warning
- ▶▶ Gasping for air

If you have several risk factors for Heart Disease, such as smoking, Family History, living a sedentary life,

being overweight, Unhealthy food habits, having high cholesterol, hypertension or diabetes. The absence of these symptoms, should not be taken as light as that everything is fine with your Coronary Arteries.

There are little things you can do each day to make a big difference to your health. A heart-healthy lifestyle can help prevent a Heart Attack.

Also,

- ▶▶ Take responsibility of your Health
- ▶▶ Know your Risk Factors
- ▶▶ Quit Smoking
- ▶▶ Avoid Alcohol
- ▶▶ Maintain a healthy Blood Pressure
- ▶▶ Monitor your Cholesterol Levels
- ▶▶ Eat a Healthy Food
- ▶▶ Make Exercise a regular habit
- ▶▶ Reduce Stress
- ▶▶ Get enough Quality Sleep
- ▶▶ Take your Medication that's prescribed

Acting fast can save a life. Call 9-9-9 for emergency medical care.

Let's get started to fight a Heart Attack that's "SILENT".

