



Japan to test urine to spot cancer

A Japanese firm is poised to carry out what it hailed as the world's first experiment to test for cancer using urine samples, which would greatly facilitate screening for the deadly disease. Engineering conglomerate Hitachi developed the basic technology to detect breast or colon cancer from urine samples earlier. It will now begin testing the method using urine samples, to see if samples at room temperature are suitable for analysis. (AFP)



Low dose of antibiotics can cause resistance

Even low concentrations of antibiotics can cause resistance to develop in bacteria. Antibiotic resistance occurs when bacteria change in response to the use of these medicines, used to prevent bacterial infections. Over time, bacteria exposed to low doses of antibiotics developed resistance to antibiotic levels that were over a thousand times higher than the initial level to which the bacteria were subjected. (IANS)

Ramadan preparation for diabetic patients

With less than a month away to start the holy month of Ramadan, all patients with diabetes who wish to fast during Ramadan should undergo the required arrangements to undertake the fast as safely as possible. These include medical assessment and educational counselling.

This assessment should take place within one month before Ramadan. They must visit their Diabetes doctor. Specific consideration should be devoted to the overall well-being of the patient and to the control of their sugar levels, blood pressure, and level of hydration.

Appropriate blood studies should be ordered and evaluated. Specific medical advice must be provided to each individual patient concerning the potential risks they are accepting in deciding to fast, even if they fast against medical advice. During this assessment, necessary changes in their diet or medication regimen and doses should be made earlier so that the patient initiates fasting while being on a stable and effective program.

Based on age, type of diabetes (type 1 vs Type 2), type medications, existing kidney or heart complications, frequency and seriousness of low blood sugar attacks, pregnancy, presence of family

support, availability of blood sugar measuring device and their 3 months sugar average A1c level before Ramadan, the doctor will then recommend against or allow fasting if safe. Low blood sugar mostly during fasting, High Blood sugar mostly in the evening, developing ketone bodies in those on Insulin or others severely distressed, dehydration, low blood pressure and increase risk of vein thrombosis are all feared outcome in prolonged fasting.

Majority of patients who fast are type 2 diabetes (adult onset diabetes on oral medications or Insulin) and around 50% of type 1 Diabetes (children with Insulin multiple injections or Insulin Pump). In pregnancy, fetal distress and mother distress should be discussed and many physicians advice against fasting unless pregnant patient is well controlled on diet alone.

It is vital that the patients and family receive the necessary education concerning self-care, including signs and symptoms of high and low blood sugar levels, blood glucose monitoring, meal planning, physical activity, timing of medication administration and dose adjustments, and management of acute complications.

Adequate nutrition and hydration



Dr Wiam Hussein

Senior Consultant in Diabetes and Endocrinology. American Board of Endocrinology. Royal Bahrain Hospital

should be emphasized, in addition to ensuring preparedness to treat low sugar reactions promptly should it occur, even if it is mild (use of glucose gel, glucose-containing liquids, glucose tablets, or glucagons injection by family members or friends; wearing of medical alert bracelet).

Wishing you all a safe and healthy Ramadan

PET VET

Dr. Rajani Rajesh



Feline acne

Cat acne is very common in cats and can occur at any age and any breed, although Persian cats are also likely to develop acne on the face and in the skin folds. This is happened as a result of hair follicles in the chin becomes clogged with an oily substance called sebum. The clogged follicle forms blackheads (comedons) that often resemble dirt on cat's chin and lips. These can turn in to red, itchy bumps which can progress to pimples, which can progress to abscesses that rupture and become crusty. Cats may continue to scratch and reopen wounds, allowing bacterial infections to grow worse.

The exact cause of feline acne isn't known, but there seem to be several contributing factors, including hyperactive sebaceous glands, and contact or allergic dermatitis. Sensitivity to foods or chemicals in the diet can be a cause, as can reactions to certain medications, hormone imbalances, and poor grooming habits. Cats with feline immunodeficiency virus or feline leukemia virus can be predisposed to feline acne. Other causes of feline acne include a compromised immune system, and stress.

Pet shampoos containing benzyl peroxide are useful to treat feline acne, because the benzyl peroxide penetrates deep clean the follicle, destroy the bacteria, and remove excess waxy grease that might contribute to feline acne. If your cat has a history of acne, wipe his chin after he eats and pat the area dry. This can prevent oil buildup and bacterial infection from food that's become trapped in the hair follicles. Once the acne has cleared up, monitor your cat regularly so you can catch the sign of any potential recurrence in the earliest stages. In more severe cases, prolonged oral antibiotic treatment with bactericidal antibiotics should be prescribed.

(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.)

With you... 9 months and beyond



Twins Iona and Fiona

As an obstetrician/gynaecologist, there is nothing that gives me more pleasure than helping my patients through the miracle of childbirth. It is the culmination of all my studies and clinical training to help deliver a new baby into the world.

There is a special pleasure for me in helping couples with fertility problems manage to conceive and deliver a baby that others had told them they could never have.

Having children is important for every couple. I have seen the stigma of being unable to become pregnant, which can threaten a marriage and destroy family life. This has driven my interest in helping infertile couples throughout my career. I have always maintained

Dr. Mahnaz Keshavarzian
 Middle East Medical Centre

an infertility clinic in addition to my standard OB/GYN practice, and have developed expertise in helping barren couples to conceive in a natural and affordable way, without recourse to expensive and traumatic in vitro fertilization (IVF) procedures.

I have delivered many children around the world from my infertility cases many of whom stay in regular touch with me. My Instagram account ammehmahnaz has many comments from babies I have delivered, some of whom are now beautiful young adults.

One of my recent joys was in helping a couple from our MEM family to achieve parenthood. The picture on left is the outcome -- beautiful twins Iona and Fiona.

Variety of interventions may assist children to improve self-regulation

Yoga, exercise, education and personal skills training are among the many types of interventions that may help kids improve what's known as self-regulation, or their ability to manage their behaviour and emotions, a study suggests.

Self-regulation covers a lot of things that kids need to succeed inside and outside the classroom, ranging from the ability to have positive interactions with others, the capacity to avoid inappropriate or aggressive actions, and the ability to carry out self-directed learning. Cognitive processes contributing to self-regulation are often referred to as "executive function" and can

include impulse control as well as the ability to direct or focus attention, adapt flexibly to changes, and retain information.

For the current study, researchers examined data from 49 previously published studies with a total of more than 23,000 children and teens who were randomly selected to receive an intervention to improve self-regulation or join a control group that didn't get help.

Most of the interventions were associated with improvements in kids' ability to appropriately adjust their behaviour and emotional responses to fit different situations, researchers report in JAMA Pediatrics. (Reuters)