
Health Asia

Posted by linsi - 2007/05/31 19:17

Asia Braces for Sharp Cancer Rise

SINGAPORE) —Asia is bracing for a dramatic surge in cancer rates over the next decade as people in the developing world live longer and adopt bad Western habits that greatly increase the risk of the disease.

Smoking, drinking and eating unhealthy foods — all linked to various cancers — will combine with larger populations and fewer deaths from infectious diseases to drive Asian cancer rates up 60 percent by 2020, some experts predict.

<http://www.time.com/time/world/article/0,8599,1626477,00.html>

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Re:Health Asia

Posted by linsi - 2007/06/01 14:38

NEPAL: Impoverished urban squatters face high risk of poor health

KATHMANDU, 23 May 2007 (IRIN) - The growing population of the Nepali capital, Kathmandu, has exacerbated the plight of the city's estimated 50,000 squatters who are among the poorest people in Nepal, according to a study by local non-governmental organisation (NGO) Water Aid Nepal.

The major problems faced by the city's poor are a limited supply of clean drinking water, and poor sanitation, health and hygiene, according to local NGO Lumanti.

In addition, urbanisation has contributed to making the already contaminated water of Bagmati River worse. The government has failed to manage a proper sewerage system in the city, according to Lumanti. Squatters are the most affected as they all live on land close to the river, the only available space for them.

<http://www.irinnews.org/Report.aspx?ReportId=72319>

again like any other impoverished asian nation, the government has the major role to alleviate such conditions but poverty still is on the rise :(

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Re:Health Asia

Posted by linsi - 2007/06/01 18:29

labourers exposure to raw opium pushes them towards drug addiction-:(

Health risks

Back on the poppy fields, lancing-and-robbing is an arduous task, which requires a poppy field labourer to work half-bowed for hours. Many labourers complain about lumbago and pain in the legs.

Moreover, extensive exposure to raw opium pushes many labourers towards drug addiction, Afghanistan's Ministry of

Counter Narcotics (MCN) has found.

Some labourers use their fingers, instead of a flat razor, to collect raw opiates. It is common for harvesters to lick their fingers, a spokesman for MCN said.

Labourers also inhale a strong opiate odour during working hours which exacerbates their vulnerability to drug addiction. "I always feel dizzy while I work in the field," a labourer admitted. Another worker said he started using opium regularly after he first worked on poppy fields for over a month in 2006.

It is unclear whether all poppy labourers realise the risks they are taking in their job, but Ravan from UNODC says: "If they had alternative opportunities, I don't think they would do this intensive and risky job."

<http://www.irinnews.org/Report.aspx?ReportId=72263>

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Re:Health Asia

Posted by linsi - 2007/06/01 18:31

Is there any other option for labourers in afghanistan?

:(, sometimes when i read about these articles i feel i am luckier.

but i wish the situation there isn't that way but it is...

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Re:Health Asia

Posted by linsi - 2007/06/01 19:32

http://msnbcmedia.msn.com/j/msnbc/Components/Photos/050425/050425_poppies_hmed_10a.hmedium.jpg

<http://dragonflyglo.blogspot.com/opium-poppypic.jpg>

<http://www.unodc.org/images/pakistan/fig3study19806.jpg>

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Re:Health Asia

Posted by linsi - 2007/07/19 16:14

<http://www.special-tea.com/images/Bittermelonfruit.jpg>

Philippine bitter melons (Ampalaya)-natural diabetes cure

Bitter gourd / bitter melon for diabetes

Also popular among natural diabetes cures is the bitter gourd or bitter melon (Latin *Momordica charantia*). It is known as *Hairy mordica*, in India as *Kerela* and in the Philippines as *Ampalaya*.

There are two main types of bitter gourds. One is small with dark green skin that is very "knobby" or "pebbly". It typically grows to two to four inches, although I have seen versions of it from Japan that are much bigger.

This first type is generally regarded as being better for natural diabetes cures.

The second type is paler in colour and has more even skin. It typically grows to be between six to 12 inches or even longer.

Many years later, I met someone in the business of selling anti-allergy products and he actually discourages the use of air ionizers. His reasoning is that ionizers charge air particles in the lungs with a negative charge but the lungs are positively charged. So we end up breathing in more dust.

It makes some sense, but it does not explain why I felt better while using it.

<http://www.natural-cancer-cures.com/natural-diabetes-cures.html>

Re:Health Asia

Posted by linsi - 2007/07/19 16:22

Virgin Coconut Oil from the Philippines

Coconut Oil & Metabolism

Medium-chain triglycerides (MCT's) are commonly used in special nutrition formulas created for hospitalized patients. The medium-chain fatty acids in coconut oil are much different than the long-chain fatty acids found in seed oils. This difference affects how the body utilizes the oil. Because of the ease in how MCT's are digested and metabolized, this oil can be used even when people have compromised digestive systems. Read more on coconut oil and health related issues by clicking on [Metabolism](#).

Coconut Oil & Weight Loss

In the United States 55% of the population is overweight. One in 4 adults is considered obese. The former recommendation to simply restrict fat has been discredited by most recent nutritional and obesity research, and by the skyrocketing obesity rates among a fat conscious nation.

Coconut Oil is a healthy source of MCT's, which the body readily absorbs and converts to energy. MCT's found in coconut oil support healthy thermogenesis levels. Coconut oil is also ideal for people on low carbohydrate diets †Read more on coconut oil and health related issues by clicking on [Weight Loss](#).

http://www.wildernessfamilynaturals.com/virgin_coconut_oil_traditional.htm

<http://www.gococonuts.com/pics/husk-pic.jpg>

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Re:Health Asia

Posted by linsi - 2007/07/22 01:38

BETGARI, Bangladesh: In the golden haze of dawn, Mohammed Salim Sheikh walked slowly through the paddies, so frail and thin that the skirtlike lungi wrapped around his waist looked like a clown's oversize trousers.

Carrying a treatment chart in one hand and a stainless steel water glass in the other, he crossed the threshold of a house. The homemaker inside, Zahida Khatun Jharna, rose from her cooking fire, fetched his medication and filled his water glass. Then she ticked off his chart for the day and sent him home.

The routine plays out in countless villages across Bangladesh every morning, and it represents a remarkably simple but apparently effective effort to tackle a stubborn and deadly epidemic: tuberculosis, a scourge that kills 1.6 million people worldwide each year.

In a country plagued by years of corrupt and sluggish governance, Bangladesh has come up with a novel innovation to curb the disease.....

They conduct daily household surveys in their neighborhoods, hunt for patients like Sheikh who have been coughing for more than three weeks - a standard measure of detecting potential patients - coax them to get tested and, most important, administer a long and rigorous treatment.

A Bangladeshi army of housewives battles tuberculosis

<http://graphics8.nytimes.com/images/2007/04/05/world/05bangla-600.jpg>

Re:Health Asia

Posted by linsi - 2007/08/27 07:06

<http://www.ch.cam.ac.uk/events/openday/openday2003/gsk.gif>

Second vaccine to combat cervical cancer launched in RP

Pharmaceutical company GlaxoSmithKline launched its Cervarix anti-cervical cancer vaccine in the Philippines on Saturday, making it the second company to launch a drug in Southeast Asia combating the virus that causes the disease.

Company officials refused to give Cervarix's price in the Philippines, saying the vaccine will start selling in the country next month or October, and the price has yet to be set.

Merck's Gardasil sells in the Philippines at 15,000 pesos (US\$320; euro235) for three doses.

Bogaert said Cervarix's price will differ in each country, depending on economic conditions.

Company officials also said they are linking up with private groups and charities to make the vaccine more accessible to poor women in Asia, where many governments have limited funds to cope with a host of health problems. – AP

<http://philstar.com/index.php?Headlines&p=49&type=2&sec=24&aid=20070826139>

Post edited by: linsi, at: 2007/08/27 07:09

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Re:Health Asia

Posted by linsi - 2007/09/08 11:39

Cough syrup withdrawn from shelves in Singapore

Raymond Poon
Tue, Sep 04, 2007

Singapore

Raymond Poon
Tue, Sep 04, 2007
AsiaOne

Cough syrup Silomat has been voluntarily withdrawn in Singapore by pharmaceutical group Boehringer-Ingelheim following concerns that it could increase the risk of an irregular heartbeat.

New findings from a clinical study in healthy subjects conducted by the group and analysed in the last few days suggest a "very low" risk of cardiac arrhythmia. However, Boehringer-Ingelheim said it decided to withdraw its clobutinol hydrochloride-containing medications (Silomat) in view of patient safety and the ready availability of alternative treatments.

The Health Sciences Authority of Singapore has been informed of this decision and a letter of notification has been sent to healthcare professionals who prescribe or dispense Silomat, said Boehringer-Ingelheim. Silomat is available locally in pharmacies only.

The pharmaceutical group also assured the public that the effects of the medication only occur during the period of use so patients who have used clobutinol need not be concerned about potential late adverse effects.

Those who were prescribed or dispensed the cough syrup can get a full refund by returning, latest by 30 Nov, the full or partly used packs of Silomat to the place from which they were obtained.

<http://health.asiaone.com/Health/News/Story/A1Story20070904-24228.html>

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Re:Health Asia

Posted by linsi - 2007/09/13 17:09

Asia-Pacific has fastest increase of children, women's smoking

The Asia-Pacific region has the world's fastest growth rate of smoking among children and women, a high-ranking World Health Organization (WHO) official highlighted Thursday, urging the region to implement better smoke-free policies, according to Yonhap News Agency.

The (Asia-Pacific) region has one third of the world's smokers, the highest percentage of male smokers and the fastest increase of smoking among children and young women," said Shigeru Omi, WHO's director for the Western Pacific, at the 58th WHO Western Pacific Regional Committee meeting held on Jeju Island, South Korea's southernmost island.

Omi, without providing detailed statistics, called for an all-out war against tobacco use in the region, stressing that nearly all WHO Asia-Pacific members are parties to the WHO Framework Convention on Tobacco Control (FCTC).

In July 2007, parties to the convention, the world's first international public health treaty, adopted strong guidelines on second-hand smoke and established an organization to start work on a protocol to stop illegal tobacco trade.

http://www.koreaherald.co.kr/SITE/data/html_dir/2007/09/13/200709130075.asp

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Re:Health Asia

Posted by linsi - 2007/09/30 05:57

"We are initiating a retail chain company to keep away any multinational or big enterprise from entering in the market. This will give security to our members," Mohan said.

PANAJI: Druggists and chemists across the country have decided to get their fragmented retail business more organised to prevent the MNCs from entering the domestic market.

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http://economictimes.indiatimes.com/News/News_By_Industry/Services/Retailing/Pharmacists_to_organise_retail_business/rssarticleshow/2414023.cms

I just hope this becomes effective all throughout asia
retail trades are harder to regulate specially in rural areas..

medications produced between natural and synthetic substances is a very crucial point.:S

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Re:Health Asia

Posted by linsi - 2007/10/04 15:01

India's malnourished tea workers

It's just after dawn on the Ramjhora estate in northern Bengal. In this remote region, not far from India's border with

Bhutan, tea has been the bedrock of the local economy for more than 150 years.

But five years ago this estate was shut down when the owner packed up abruptly leaving unpaid salaries and no alternative employment.

Weeds are now infesting the tea bushes, buildings are abandoned, and estate workers say that they have been slowly dying because they are not eating enough food.

Exact numbers are hard to pin down. But one study released recently estimates that more than 700 people have died in this region in little more than a year from malnutrition.

read more:

http://news.bbc.co.uk/2/hi/south_asia/7022794.stm

So this is a story which typifies the contradictions of modern India. On the one hand there's innovation, creativity and progress; on the other there's outright neglect, and a callousness which still has the capacity to shock.

I was just thinking based on the article...dry:
are there no any other means for farming?

It says the land is fertile...
therefore there are lots of possibilities to produce
food in planting :unsure:

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Re:Health Asia

Posted by linsi - 2007/10/18 13:42

"The flip side of the economic boom is that one in every five Indians suffers from hunger,"

As many as 214 million people are chronically food insecure and many more, about 40 million, are exposed to natural disasters, Kandiah said yesterday at a seminar on "emerging technologies in food processing and ensuring food safety."

http://economictimes.indiatimes.com/Agriculture/Food_sufficiency_has_not_resulted_in_food_security_UN_official/articleshow/2469881.cms

when people re food insecure- hunger sets in and diseases
proliferate--:S

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Re:Health Asia

Posted by linsi - 2007/10/18 13:48

i personally believe that health and longevity
is based on nourishment of the body first

when a person is well nourished he becomes
more productive but

one reason why hunger lingers is because it is not readily addressed, it is an issue over which there is a lot of denial.
Food is a sensitive matter, and also big business.

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Re:Health Asia

Posted by linsi - 2008/03/17 14:20

http://static.flickr.com/105/278530370_a02e43f1fd_o.jpg

Hong-Kong Using Silver-Titanium Dioxide Nanocoating to Disinfect Subways

Hong Kong is applying nano silver-titanium dioxide coating, a disinfectant, to all surfaces inside the city's subways cars, as well as to escalator handrails, ticket machines, and poles, to reduce instances of flu and other hand-transmissible illnesses.

The article says that preliminary tests in Hong Kong have indicated that the disinfectant reduces 60 percent of bacteria.

The article says that the disinfectant is applied once every three years and inspected once every eight months. Ben Mascall, a representative of Hong Kong's railway operator MTR Corp., said that it is still unknown whether the disinfectant is effective against avian flu. According to the article,

Dr. John Trainer from the University of Rochester in the U.S. said that this type of disinfectant could become important if person-to-person transmissible strains of avian flu develop. The article says that transportation authorities in London have indicated that they may consider using the disinfectant if it is found to be effective in Hong Kong.

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Re:Health Asia

Posted by linsi - 2008/04/25 19:57

Posted by BrickJoe 5 months 3 weeks ago

moved--

Dental treatment India is standard medical procedures following quality disease diagnosis and management systems. In

India there are many dental treatment centers concentrating highly on timely service and care. Gum problems are also a heading coming under dental treatment centers, since it is the second most common cause for toothache and related problems. In gum disease the soft tissue surrounding the tooth will get inflammation and it will result in the abnormal loss of bone. In most cases gum disease is caused mainly due to the improper care and attention individuals pay to tooth protection and care. Bacteria accumulating in plaque will cause gum infection, pain, and bone destruction. If not attended quickly the gum disease may badly affect dental health.

Oral hygiene and removal of bacterial plaque are the preliminary steps in gum disease treatment. But for advanced gum disease this will not be sufficient, the complete cleaning of the tooth should be followed by root planning and subgingival curettage. Subgingival curettage will remove the inflamed tissue of the gum and this will act as a long lasting cure for gum diseases. In dental treatment India employs these treatments for gum diseases.

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Re:Health Asia

Posted by linsi - 2008/08/01 15:03

http://www.readersdigest.co.nz/global/AU/images/au/GB_vegetable_salad_tuna.gif

Raw food diet

By Marge C. Enriquez
Philippine Daily Inquirer
First Posted 21:53:00 07/28/2008

MANILA, Philippines—Culinary artist Cherie Lou Ignacio was a walking drugstore for most of her life. She suffered from hypertension at 21 years old, had a baby who died in her womb at 23, suffered from arthritis in her 30s, not to mention high cholesterol, and had lived on heavy medication until her 40s. Meanwhile, she established a successful but stressful Quickmelt Ensaymada business, went through a rocky relationship and survived it. As if the travails weren't enough, she was diagnosed with kidney stones.

Not wanting to have them blasted, Ignacio decided to take the natural route by chucking in the white flour and refined sugar for a healthy diet of brown bread and green leafy vegetables. Eventually she met a naturopath who put her on a raw food diet. In three days, she was liberated from all her medications. Then she went on a detoxification program for another 10 days, eating salads, fresh fruits, coconut juice, tuber leaves, bitter gourd and radish. She lost three pounds on the first day. Then at the end of her program, she lost 16 pounds. "I lost weight without looking haggard," she says.

Then she decided to reinvent herself at midlife as a raw food chef. She sold her ensaymada business and decided to pursue an alternative lifestyle. "I was managing 200 employees. I was just too glad to let go," says Ignacio.

Healthy lifestyle

Two years ago, Ignacio enrolled in raw food cuisine under one of the world's most prominent experts on healthy lifestyle, Alissa Cohen in Massachusetts. Thousands of people worldwide have benefited from her book "Living on Live Food" and her raw food diet wherein many have experienced dramatic and permanent weight loss and healed themselves of ailments such as diabetes, migraines, joint pains, high cholesterol, hypoglycemia, allergies, depression, gas and bloating, skin diseases, chronic fatigue and cancers.

The raw food diet espouses uncooked produce, nuts, seeds and sprouts, seaweeds, and cold-pressed olive oil. The principle is that cooking destroys most of the enzymes in foods. Enzymes are needed for body functions. As the body ages, the enzymes dwindle. The loss has to be replenished by eating raw food to feed the cells with nutrients. Cooking makes it more difficult for the body to digest the food and assimilate them. When overcooked, the food accumulates and becomes toxins, resulting in diseases.

The body becomes acidic when it takes meat, refined sugar, flours and pasta, candy, alcohol and foods with preservatives. An acidic body results in restless sleep, chest pains, sinuses, negative moods, constipation and a mental slackness. A raw food diet can put the body back in balance.

The raw food diet eschews cooked fats that often lead to heart disease, cancer risks and obesity. Cooked fats clog up

the arteries and get stored in the body resulting in weight gain. Raw plant fats such as avocados, coconuts, seeds and nuts contain antioxidants. They don't make the body heavy because they contain enzyme lipase which helps in digesting fats. Cooking fats ruin the lipase and other important nutrients.

A liver-cleansing program espoused by Dr. Sandra Cabot complements the raw food lifestyle. The liver is a vital organ in the body that has a major influence in the other systems. The author of "The Liver Cleansing Diet," Cabot observed that one in every three persons has a dysfunctional liver which, no matter how minor, will still affect the immune system and energy levels. Conventional and even natural medicine may ease the symptoms but not get into the root cause of the problem. Invariably, the symptoms worsen and the intake of antibiotics, anti-inflammatory medication and immune suppressants increases.

Green smoothies

Pushing 50, Ignacio looks 20 years younger, having lost more than 20 pounds. She starts the day with two glasses of green smoothies made from 40 percent green vegetables and 60 percent banana, coconut juice, flax seed oil, Vitamin C and virgin coconut oil. Raw food expert Victoria Boutenko espouses that taking two or three cups a day provides the body with all the energy and nutritional requirements. These could be combinations of mango and parsley; bananas and spinach; or kiwi, banana and spinach.

Between meals, Ignacio drinks juices made from fruits or celery and cucumber. She has a big salad for lunch with flax seed oil. For dinner, she favors fresh fruits and juices.

Ignacio prefers to eat her meals by 6 p.m. so she can sleep at 8 p.m. "The liver functions actively from 10 p.m. to 2 am. That's the time it purifies the blood and gets rid of the body's toxins," she says.

Comparing raw food cuisine with conventional culinary art, she says the latter is more complicated, what with all the gadgets, heavy fats from dairy and oils, and the precept caters to the gustatory experience rather than the health benefits.

"All you need is a blender or a food processor. If you want to splurge, you can get a dehydrator to make the pastas, pizzas and breads from nuts and vegetables. I don't worry about oils flying out of the pan or burns from the gas range. I can wear makeup because I don't cook in front of a hot stove that will melt it," she says.

With the spiraling costs of oil and its effects on byproducts, the raw food diet is the way to go.

Cheloy Ignacio offers raw food diet classes and detoxification programs. Call 6871121, 4093529 or 0915-2959582. Located at Parc Royale Condominium, Doña Julia Vargas Ave., Ortigas, Pasig City

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