

ECOH Ekhlaspur Center of Health

ECOH Newsletter

Issue Number 1 November 2003

Message From the Patron



I am very delighted to know that ECOH is going to publish a Newsletter to disseminate its activities and educational messages to the people of Matlab.

People of our locality had to travel a long way for treatment from educated doctors even a few years back. Dr Mostafa Zaman established ECOH in 1999 at our village with assistance from his Japanese friends. After the establishment of ECOH many people of the area joined him to strengthen its activities. I appreciate very much what these young dedicated people could do for our ailing people.

ECOH has earned a great fame for providing specialized services every Friday to treat rheumatic fever and rheumatic heart disease patients. Since the humanitarian services are made available by a group of highly educated and experienced doctors and laboratory technologists from Dhaka, many patients even from outside of Matlab upazila nowadays come for treatment of rheumatic fever and rheumatic heart disease. In addition to patient care, ECOH has made a substantial progress in public health oriented services, e.g., pregnant women's check up, infant care, and registration of birth and death.

Let us extend our hands to strengthen ECOH further.

Professor Dr Tafazzal Hossain
Pro-Vice Chancellor
American International University
Bangladesh, Dhaka.

ECOH FOUNDER RECEIVES GOLD MEDAL AWARD

ECOH founder Dr. M. Mostafa Zaman, former Assistant Professor of Epidomilogy, National Center for control of Rheumatic fever and Heart Diseases, Dhaka received Bangladesh Academy of Sciences' award for his outstanding contribution in research on rheumatic fever and heart diseases both in home and abroad. Prime Minister Begum Khaleda Zia distributed the award at the international conference center of the Prime Minister's office on 10 November 2002.

The function was organized to award gold medals to five scientists for their outstanding contributions in their respective fields. Dr. Mostafa Zaman was selected for the biological science category. ECOH members congratulate Dr. Mostafa Zaman for this achievement.



Dr. M. Mostafa Zaman is seen (standing 2nd from left) with the Honorable Prime Minister Begum Khaleda Zia with other awardees

An Appeal From ECOH's Founder



Dr. M. Mostafa Zaman

ECOH is a voluntary non-profit organisation for rural health care. This kind of organisations is rare in rural areas, because of the initial difficulties in establishing and subsequent functioning. Financial supports in rural area are rarely found. ECOH has been facing economic hardship to cover its expenses for doctor's salary and the ongoing construction of the 1st floor and to meet the recurring expenses. You may support ECOH by donating money to "Ekhlaspur Center of Health", Savings A/C No. 3934, at Ganobhaban Branch (Sher-e-Bangla Nagar, Dhaka 1207) of Sonali Bank by cheque/PO/DD/MT/TT. Beneficiaries of your donation will directly be rural helpless people who can not afford to come to urban hospitals for treatment. Naming of a room can be done by donation of Taka 125,000 (one hundred twenty five thousand). Your old computer can help ECOH a lot for record keeping.

পপুলার মাদার-চাইল্ড এন্ড জেনারেল হাসপাতাল

২৪ ঘন্টা আপনার সেবায় নিয়োজিত

☞ বহির্বিভাগে প্রদিনি রোগী দেখা হয় ☞ এখানে যে কোন ধরনের অপারেশন করা হয়

বাড়ী নং-২২, রোড নং-৩, ধানমন্ডি, ঢাকা-১২০৫। ফোন ঃ ৮৬৩১১১০, মোবাইল ঃ ০১৭২-১৪০৩৯৭

চিকিৎসা সেবায় আমরা আপনার চাহিদা ও সামর্থের সবচাইতে কাছাকাছি

Rheumatic Fever Camp 2002

ECOH has organized a free treatment camp for rheumatic fever and rheumatic heart disease patients on 24 June 2002. Eminent specialist on rheumatic fever and rheumatic heart disease attended the camp. The awareness meeting was presided over by the ECOH founder Dr Mostafa Zaman. Dr Manzur Hassan, Director, National center for control of Rheumatic Fever and Heart Diseases attended the camp as the chief guest. Mr Misao Yano attended as the special guest. Drs Jasimuddin Ahmed, Kawsar Parvin, Md Sadekul Islam, Farhadul Haque Mollah, and Sharker Md. Numan from Dhaka rendered services to the patients. Dr. ATM Sanaul Bashar, Program Officer of ECOH played vital role in organizing the camp locally.



A view of the audience at the awareness meeting of the Rheumatic Fever Camp

ECOH Renders Specialist Services For Rheumatic Patients

ECOH has already become popular for treating patients with rheumatological disorders, rheumatic fever and rheumatic heart disease. Specialists on the subject have been treating these patients every Friday in ECOH. This has created a great impact among the people of Chandpur as indicated by the fact that patients from outside of Matlab also come here for treatment. Patients come from Chandpur town and nearby upazilas such as Katchua, Daudkandi and Hajigonj for treatment. The people in this locality consider that ECOH is the second hospital in Bangladesh specialized in rheumatic fever and rheumatic heart disease. The first one being the National Center for Control of Rheumatic Fever and Heart Diseases in Dhaka.



Patients waiting for treatment in Rheumatic Fever Clinic of ECOH



Dr. Kawsar Parvin, a pioneer of ECOH, is treating a patient in the outpatient clinic of ECOH

Pregnant Women's Diet

ECOH has been running a health check-up program for the pregnant women. We need to know the dietary practice of women during pregnancy to plan the educational messages for them. Our program assistant has determined the dietary intake of 37 women for 7 days by using a simple food frequency questionnaire. All of them were from Ekhlaspur. Results are given below:

Food items	Average	Median
Rice	19.3	20
Ruti	1.8	1
Potato	12.3	14
Pulses	3.7	2
Leafy vegetables	5.7	6
Other vegetables	5.3	4
Fruit	8.2	8
Fish	11.3	10.5
Eggs	2.7	2
Meat	8	0
Chicken	0.5	0
Milk & milk product	4.3	2.5
Biscuit	2.5	1
Tea	1.4	0

Cooking oils	Number	Percent
Soybean	32	84.2
Mustard	5	13.2
Sesame	0	0

VITAL DIAGNOSTIC CENTER
Most Reliable and Scientific Treatment of Rheumatic Fever
3/15, Humayun Road, Block-B, Mohammadpur, Dhaka. Phone : 9113483

Laboratory Services in ECOH

Support from a diagnostic laboratory has become essential in modern medical care. In the last decade laboratory facilities have flourished in urban areas, although mostly for business purposes. This is almost absent in rural areas. ECOH has established a small pathology laboratory for services to the patients at their doorsteps. Tests are done at a nominal cost (cost of reagent and depreciation cost



of equipment). Mr Md Rafiqul Islam is experienced and skilled laboratory technologist. He was born in Matlab and currently works in Narayanganj. He has been rendering his dedicated services to ailing patients of Matlab twice a month (1st and 3rd Friday) and training our fulltime technician under supervision of an expert pathologist, Dr Jasimuddin Ahmed. ECOH expresses its sincere indebtedness to both of them.

Cash Donation Received From May1999 to March 2003

Donar's Name	Amount (Tk.)
1. Dr. M. Mostafa Zaman	1,11,782/=
2. Kenwa Byoin	9,002/=
3. ECSA	4,26,025/=
4. Dr. Tofazzal Hossain	5,000/=
5. Mr. Nasiruddin Ahmed	5,000/=
6. Engineer Abdul Awal	5,000/=
7. Mr. Hassan Ahmed	2,000/=
8. Mr. Abdul Barek	1,00,000/=
9. Mr. Kazi Liakat Hossain	5,000/=
Total Tk.	**6,68,809/=**

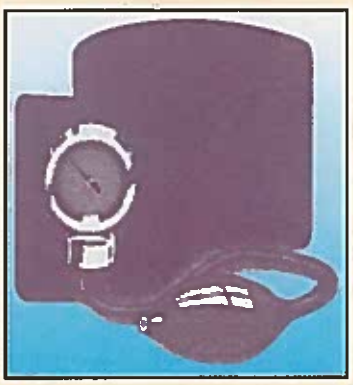
OBITUARY



Naval Commando Md. Salimullah Khan was one of our important associates and a Life-Member of ECOH. He died of heart disease on 5th March 2003. We gratefully acknowledge his contributions to ECOH and express sincere condolence and pray to the Almighty Allah to bless the departed soul and grant strength to the family to overcome this irreparable loss.

Risk Factor Prevention and Management Package Started in ECOH

With the steady control of communicable diseases, non-communicable diseases such as heart disease, diabetes, cancer, stroke and chronic lung diseases are increasing in Bangladesh. These are not problems urban areas only but problems of rural and poor people also. These diseases have a few common risk factors



that can be addressed in a single package. This simple package can be implemented by non-physician health workers even. ECOH has started this package in November 2003 everybody aged 20 years or above free of charge. Patients or healthy individuals may avail this opportunity every Monday and Wednesday for checkup, advice and treatment. The package includes diet, physical activity, smoking, obesity, hypertension and diabetes mellitus.

The following messages could be appropriate for the people of Matlab to change their lifestyle:

- *Eat lots of fruit. Restrict or avoid misti and ghee.*
- *Be physically active. Do moderate to severe physical work, such brisk walking, at least 30 minutes a day.*
- *Do consume tobacco in any form: smoking hukkah, biri and cigarettes, or chewing jarda, sada, gul, etc.*
- *Reduce salt in your diet: cooking and added salt during a meal.*
- *Check your blood pressure at least once a year. Control your blood pressure if it is high.*
- *Check your urine glucose at least once a year. Control your blood glucose if you are diabetic.*

Heart Camp Held in December 2002

A heart camp was held on 25 December 2002 in ECOH. About 100 patients with various ailments of the heart war treated. Eminent cardiologists headed by Professor KMHS Sirajul Haque from the Bangabandhu Sheikh Mujib Medical University, National Institute of Cardiovascular Diseases and National Center for Control of Rheumatic Fever and Heart Diseases attended the treatment camp. Creation of public awareness about prevention of heart diseases was another objective of the camp. We organized an awareness meeting. Professor Haque was the



Lion Benjeer Ahmed is addressing in the awareness meeting

key speaker in the awareness meeting. Lion Benjeer Ahmed and MA Hannan Joint Secretary of Health & Family Welfare Ministry addressed the occasion as the chief and special guests, respectively. Alhaj Abdul Barek and Dr. M.M. Manzur Hassan were present as the guest of honor. Many other dignitaries of Matlab were present in the meeting.



Professor KMHS Sirajul Haque is treating patients

New Donor Members of ECOH

ECOH welcomes the following new donor members:

Mr. Abdul Barek.
Arzo Electronics
88/A Banghabando National Stadium Market
Dhaka-1000.
Phone: 9556763, 018-211027.

Mr. Md. Borhan Uddin
S/O: Late Amzad Ali Master
835 Manipur
Mirpur, Dhaka-1216.
Phone: 8022190 (Res).

Ms. Tahsin Tushan
D/O. Dr. Mostafa Zaman
Flat 6A, Shyamoli Garden
23/8 Khilzee Road
Block-B, Shyamoli
Dhaka-1207.

EDITOR'S NOTE

ECOH has been playing a vital role for health care in Ekhlaspur village since its inception in 1999. It has gradually emerged as an important organization for the people of the area. ECOH wishes to inform its activities and educate people about various health problems. This Newsletter will serve as the medium of communication. Its editorial board welcomes your valuable suggestion for improving the quality of future issues. You may also submit relevant features for publication. We are also looking for a sponsor of the Newsletter.

BOOK POST

Editorial Board

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