

ECOH Ekhlaspur Center of Health

ECOH Newsletter



Issue Number 2 Dec 2004

BUILDING AWARENESS AMONG THE OPINION LEADERS ABOUT TOBACCO CONTROL

The adverse impact of tobacco on health is well established. It causes millions of death a year worldwide. By today, most people know that smoking is harmful but few people realize that it is important cause of some major killer diseases, such as cancers, heart attack, respiratory diseases and strokes. To combat the modern epidemic of tobacco, concerted worldwide efforts are necessary.

ECOH has initiated a tobacco awareness and cessation program in a rural area of Bangladesh with technical assistance from WHO.

A. AWARENESS PROGRAM

1. Observance of World No Tobacco Day (WNTD) 2004:

The WNTD was observed on 31 May highlighting the theme, "tobacco and poverty: a vicious circle". To our knowledge this is first of its kind in such an outlying area of Bangladesh. A big rally of about 400 people was held. People carried banners and put on caps with anti - tobacco message. The rally was started in the local secondary school to sensitize the school children, and then march - passed around the village and ended at ECOH. Finally lectures of experts were held.



2. Seminar for awareness:

We started to arrange seminars and workshops to sensitise and create awareness among local opinion leaders like chairman & members of union council, health workers, teachers and other leaders about WHO Framework Convention on Tobacco Control (FCTC).



3. IEC materials:

On 31 May 2004, posters and stickers were distributed and displayed in the markets, motor launch stations, schools, union councils and other important places. These materials reflected this year's theme, pictorial and language, "tobacco and poverty a vicious circle".

B. SAMPLE SURVEY



1. Prevalence survey :

A sample survey among people ages 18 years or above was done in Ekhlaspur village to asses the burden of tobacco in the community. It is observed that 37% of men are smoker. Moreover, 33% of men and 37% women are chewing tobacco users.

2. Assessment of tobacco market:

In addition to the above mentioned survey, an assessment of the tobacco market was also done. The available tobacco and its products in the only market in the village were identified. Detailed results will be presented soon.

C. TOBACCO CESSATION

Quitting tobacco decreases the risk of diseases and increases life expectancy. There are people who want to quit tobacco but fail because of the addictive effect of tobacco. There are countries, which have started cessation program to help people in quitting tobacco. In Bangladesh, ECOH has started a cessation clinic for the first time.



ECOH has been running a "Tobacco and Hypertension Control Clinic" that enrolls people aged 15 years or older with problems of tobacco addiction or hypertension. Some people enroll to know if they have hypertension. Health workers interview, assess and do counseling under supervision of doctors free of charge. Complicated cases are seen by the ECOH doctor.

Participants usually visit ECOH monthly but in case of very high blood pressure Participants are seen at weekly interval. In each visit, tobacco usage, salt intake, body weight and blood pressure including antihypertensive medication are assessed. Reinforcement is done in case of non-users of tobacco. Intake of fruit is encouraged because its intake is very low, in general, in this population. Recently "CO monitor' has been introduced to determine CO level in the expired air. Propranolol and thiazide tablets are given free of charge to the hypertensive patients those who do not improve by lifestyle therapy alone.



Tobacco use is alarmingly high in Bangladesh. If we could control tobacco addction by non-physician healthcare workers, it would cost less to the healthcare system for the Government. We are waiting for the final results of tobacco cessation.



Blood Pressure Camp : 12 March 2004

ECOH organized a Blood Pressure Camp in Ekhlaspur on 12 March Firday 2004. Several doctors from WHO, National Center for Control of Rheumatic Fever and Heart Diseases (NCCRFHD), National Institute of Cardiovascular Diseases (NICVD) and Dhaka Medical College (DMC) attended the Camp: Dr. Sattyabati Hanna (WHO), Dr. Rabeya Khatun (WHO), Dr. Mahbubul Islam (WHO), Dr. M. Mostafa Zaman (WHO), Dr. Masudur Rahman Prince (Daily Independent), Dr. Syed Mahfuzul Haque (NICVD), Dr. Jasimuddin Ahmed (NCCRFHD), Dr. Kawsar Parvin (NCCRFHD), Dr. Abdullah Abu Syed (DMC), Dr. Rumana Abdullh (DMC), Dr. Ferdous Hakim (ECOH) and Mr. Rafiqul Islam, Lab Technologist, Narayanganj.



About 300 patients were treated, medicines were distributed free of charge. Opsonin donated some medicines for the Camp. A leaflet on high blood pressure was printed and distributed widely among the patients, residents of Ekhlaspur and posted to all educational institutes and union councils of Matlab North. It was sponsored by Rotarian Shahnoor Wahid of Rotary Club of Uttara Dhaka. He attended the Camp also. Most of the members of ECOH and several dignitaries of Ekhlaspur were present to organise the camp. Mr. Misao Yano (Japan) was also present.



Obituary



Mr. Akfat Ali Prodhan contributed to ECOH by jointly donating the land. He died of old age problems on 9 April 1999. We gratefully acknowledge his contribution to ECOH. May Allah bless his departed soul.

Population of Ekhlaspur

Results of ECOH Demographic Survey 2001

Age (years)	Male	Female	Total
0	49	39	88
1-4	239	243	482
5-9	354	361	715
10-14	322	342	664
15-19	320	267	587
20-29	488	460	948
30-39	397	334	731
40-49	246	221	467
50-59	153	161	314
60-69	122	102	224
70-79	98	72	170
80-	44	42	86
Total	2832	2644	5476
Reside in			
Ekhlaspur	2358	2468	4826
Elsewhere	474	176	650

There are 965 households *(Khana)*

Cash Donation Received : Dec 2003-Nov 2004

Donar's Name	Amount (Tk.)
1. Dr. Minhaj R. Chowdhury	5,000/-
2. Mr. Alauddin (Rampura)	50,000/-
3. Structural Engineers Ltd	10,000/-
4. Md. Monirul Islam	5,000/-
5. ECSA	26,000/-
6. Kenwa	26,000/-
7. Mr. Kazi Liakat Hossain	5,000/-
8. Mr. Kamal Uddin	2,000/-
9. Mr. Abdul Quader Patawary	2,000/-
10. Mr. Wais Karoni Zilani	500/-
11. Mr. Amzad Hossain Khan Chowdhury	500/-
12. Mr. B.M. Yusuf Ali	500/-
13. Mr. Nasir Uddin Ahmed	200/-
14. Dr. Sahabuddin Mahmud	500/-
15. Mohammad Ali Miah	6,000/-
16. Mahmudul Haque	50/-
Total	**1,39,250/-**

Hats off to them. You also may support ECOH's sevrices by donating money to "Ekhlaspur Center of Health" , SB account number 3934, at Ganobhabn branch (Sher-e-Bangla Nagar Dhaka 1207) of Sonali Bank.

Ekhlaspur Center Of Health (ECOH)

Founder : Dr. M. Mostafa Zaman, MBBS, MPH, PhD, Post-Doc
Newsletter Editor : Jasimuddin Ahmed, MBBS, MCPS, PhD
Associate Editor : Sohel Reza Choudhury, MBBS, PhD
Managing Editor : S.M. Alauddin, MA, DAIBB
Circulation Manager : Mohammad Ali, M Com, MAAT

Address :
Ekhlaspur, Matlab North, Chandpur 3641
Phone : 0172-087536, 0171-443496
E- mail : ecoh@yahoo.com

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Dina Offset Printing Press, Phone : 7100093