



KOKNI MEDICAL TEAM
For a healthier community

THE HEALTH HUB

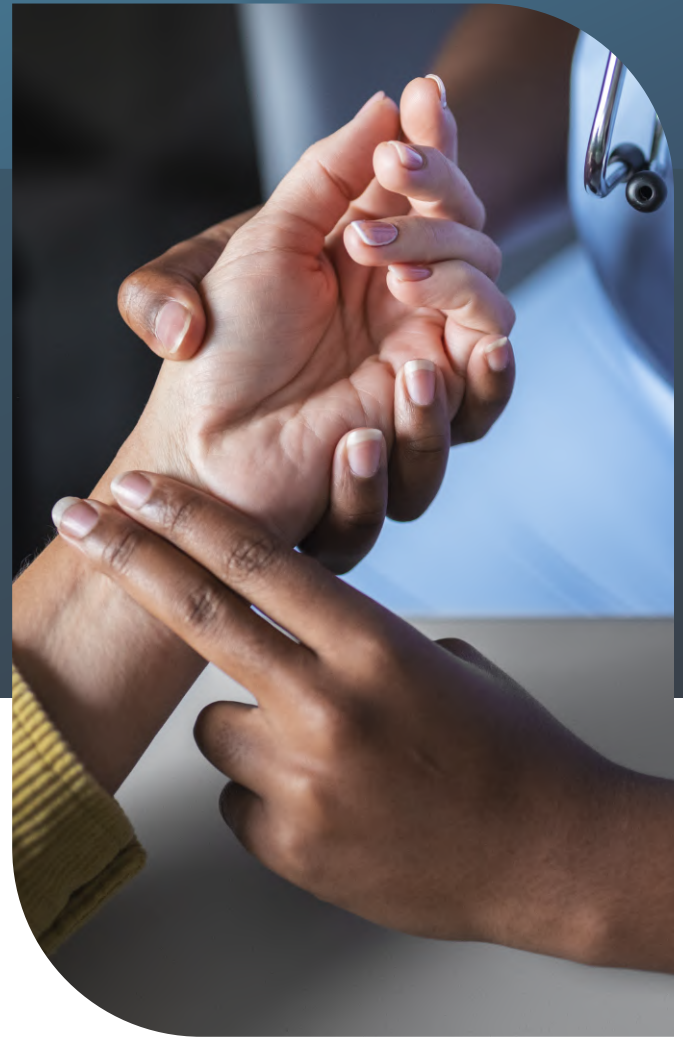
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WELCOME NOTE FROM THE EDITOR

Assalamalaikum w.w.b

It gives me great pleasure in inviting you all to enrich yourselves with our quarterly KMA Health Hub. Our articles come from specialists in their field and as we move forward we will endure to provide concise knowledge on health and nutritional matters.

As we encroach the coldest time of the year, I wish you all, best of health and remind you



to keep warm, keep hydrated, take plenty of warm soups especially as you go through our Health Hub.

Knowledge is power and therefore, feel free to engage us, the KMA Medical Subcommittee, on your suggestions, let us know what topics you would like more information on.



Dr. Imran B Khares
Consultant Pediatrician
Senior editor, The Health Hub
Kokni Muslim Association Medical
Subcommittee Chairman.

Fluoride and Dental Health

Fluoride, a naturally occurring mineral, plays a crucial role in dental health. Its commonly added to public water, tooth paste and mouth rinses due to its ability to prevent tooth decay and strengthen tooth enamel.

Benefits of Fluoride

1

Prevents Tooth Decay

Fluoride helps in the re-mineralization process of the tooth enamel, making it more resistant to acid attacks from plaque bacteria and sugars in the mouth.

2

Strengthens the Enamel

By incorporating into the tooth structure, fluoride makes the enamel harder and less prone to demineralization.

3

Reduces Cavity Risk

regular use of fluoride can significantly reduce the incidence of cavities in both children and adults.

Impact on Health

Dental fluorosis: children consuming high fluoride water can develop dental fluorosis, characterized by staining, mottling and pitting of teeth.

Skeletal fluorosis: long term consumption of high fluoride water can lead to skeletal fluorosis in adults causing joint pain, stiffness and bone deformities.

Fluorosis Incidence in Kenya

In Kenya, the occurrence of fluoride in drinking water is largely influenced by the country's geological formations, especially in areas with volcanic activity.

Fluoride is a naturally occurring mineral found in varying concentrations in ground water across different regions.



FLUOROSIS



Regions With High Fluoride Levels

Rift valley: counties such as Nakuru, Baringo and Naivasha have groundwater with high level of fluoride well above the W.H.O recommended limit of 1.5ml per litre.

Lake Turkana basin: the ground water in this area is high in fluoride content due to geological composition.

Mount Elgon: due to volcanic activities the fluoride levels are elevated.

Central Kenya: areas such as Thika and parts of Nairobi occasionally report high fluoride concentrations in borehole water supplies.

Mitigation Measures

- **Defluoridation Techniques:** Implementation of technologies such as bone char filters, activated alumina, and reverse osmosis systems to reduce fluoride levels in drinking water.
- **Alternative Water Sources:** Promoting the use of rainwater harvesting and surface water sources with lower fluoride concentrations.
- **Community Education:** Raising awareness about the health risks associated with high fluoride levels and encouraging the use of treated water.



Dr. Tahsin Fatima
Dental Surgeon

Spicing Up Nutrition

THE SECRETS TO A HEALTHY AND HAPPY YOU!

Assalaam Alaikum! food lovers!

We all know that food is more than just sustenance—it's a way of life. From the aromatic spices of biryani to the comfort of garam garam chai, our culture is rich in flavors that make every meal an experience. But, have you ever thought about how these delicious foods impact your health?

Let's dive into some tasty tips to keep you and your family healthy and happy.



Spice it Up, the Healthy Way

Who needs bland food when you've got a spice rack that's more colorful than a Masalai market? Haldi, Zeera, Dhania, aala-lasun—these aren't just for flavor; they pack a nutritional punch too. Haldi, for instance, has anti-inflammatory properties. So next time you sprinkle that golden dust on your curry—dhan, remember, you're not just adding flavor, you're adding health!



The Fiber Fix

We all love our chapatis and naans, with some tender, juicy komra but don't forget the humble daal. Lentils and beans are fantastic sources of fiber, which is great for digestion and keeping your heart in check. Fiber can help keep you fuller longer, which means fewer trips to the snack drawer. And let's face it, we could all use a little help avoiding those midnight chatpata snack cravings!



Tip: Try swapping out white rice for brown rice in your biryani and white bread for whole meal brown bread. It's a small change that can make a big difference Plus, it brings out an added flavor

Say Yes to Yogurt

Yogurt is not just for cooling down a spicy meal. It's packed with probiotics that are good for your gut. A healthy gut means better digestion and a stronger immune system. Plus, it's a versatile ingredient—you can make raita, smoothies, or even use it as a marinade for chicken. Talk about a multitasker!



Sweet Treats in Moderation

Yes, we all have a sweet tooth, especially when it comes to gulab jamun and jalebi. While it's okay to indulge once in a while, moderation is key. Too much sugar can lead to a host of health issues like diabetes and heart disease. Try satisfying your sweet cravings with fresh fruit or a small piece of dark chocolate.



Tip: Dates and nuts can be great natural sweeteners for your desserts. They add sweetness and a bunch of nutrients without the sugar crash.

Stay Hydrated

Kenyan weather can be hot, and it's essential to stay hydrated. While chai is a beloved staple, it's good to balance it with water. If you like black or green tea like me, add a slice of lemon or some mint leaves to your water for a refreshing twist. And remember, Madafu is not only delicious but also a great way to replenish electrolytes.



"Each serving contains 10 grams of 'OK in moderation', 5 grams of 'Not the worst thing you could eat' and 15 grams of 'It probably won't kill you'."

Mindful Eating

In our fast-paced lives, it's easy to eat on the go or while watching TV. But taking the time to enjoy your meal can help with digestion and portion control. Savor each bite, appreciate the flavors, and you'll find you might even eat less.



Tip: Try eating without distractions for just one meal a day. You'll be surprised at how much more satisfying it can be.

So there you have it! A few simple tips to keep your meals delicious and nutritious. Remember, food is a celebration of culture, family, and life. By making a few small changes, you can enjoy all the flavors you love while keeping your body happy and healthy. Happy eating!

Stay healthy, stay happy, and keep spicing up your life!



Anzal Sheikh Parkar
Member of KMA
Medical Subcommittee



News of Death from a Child's Perspective

There are numerous obstacles that may alter our visions of happily ever after. Unfortunately, some are harder to talk about than others. Dr. Lisa Damour – a Psychologist–explains how loss of close ones followed by grief are powerful psychological experiences that leave both adults and children feeling disrupted and often very sad.

Loss can be explained as the forfeiture of things that may return such as the rhythms and routines of life before a pandemic. Grief, on the other hand, is for something more permanent, such as the death of a loved one. With grief, the psychological impact is different for every individual for a twofold reason. One that in addition to having to accept that a person is gone, there is the difficulty in acceptance of the fact they will never return.



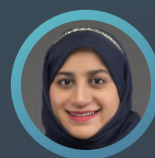
In the case of loss of life of a close one, children under the age of 5, hardly comprehend what death is or appreciate its permanent nature. We therefore need to understand that really young children not only deal with dramatic changes in their lives, but also often misunderstand why these changes have occurred or what has caused them. They may see a sudden anguish amongst those around them and not know how to react.

In children between the ages of 6 and 11, this subset, is often very eager for explanations. They are ready to understand what caused the great disruptions they are dealing with or the death of the person they love. We can sometimes try to give them the answers they are looking for, but sometimes we are incapable and that can be very challenging for them.

For teenagers, these processes can become intense since emotions are seen to be more prevailing for adolescents. At times, they may need reassurance that the intensity of their sadness or even the moments where they forget or don't think about the death of the family member, are all normal and expected, because teenagers can worry that they're not having the right reaction. Others may drown in denial or seek a means of escapism. This could be, for example, in seeking extra-marital relationships, drugs and suicidal ideations as well.

For children, losses feel bigger for them than they do for us because this disruption is a greater percentage of their time that they remember being alive and we may be unfair measuring it against our lifetime and experiences. As adults, we can support our children by giving them space to be upset and to offer them empathy. It is only after offering empathy, that we can help them move toward acceptance. Parents know their children and have a sense of their vulnerability.

If you have concerns for/about your child or a relative, then seeking support from a professional, makes complete sense. Even if it's for no other reason, and just for positive reassurance.



Shazma Mukri
Clinical Psychologist

Keeping your children safe from infections

The world is 80 percent vegetation and dwindling, with significant deforestation and urbanization expansion causing a shift in balance. The effects are seen globally with unnatural weather patterns. Global warming and its effects creates niches that enhance microorganisms to populate and increase the risk of diseases at large. As we enter a new age, we must consider modalities to safeguard our children from the effects of this diseases.



Infections occur when germs invade the body and start to multiply, causing the body to react. Illnesses that result from infections are called infectious diseases. Infections can be caused by different kinds of infectious agents. The majority of infections are viral in nature and then the other usual culprits include bacteria, which cause diseases like strep throat, cholera and pneumonia.

Major cause of morbidity and even death among children vary by age. Children under 5 years are especially vulnerable to infectious diseases like Malaria, pneumonia, diarrheal diseases, HIV and TB. Despite being entirely preventable and treatable, common infectious diseases are still killing young children.

1 Breastfeeding

Breastfeeding is the most natural and intimate of all human connections. Human milk is designed to meet all a baby's nutritional needs at any specific age. It is a living fluid with active molecules that contribute to immune maturation, organ development, and healthy microorganism in the growing gut and therefore secures a proper immunological response that protects against infection and inflammation in the newborn. The result is a more balanced immune system that helps your child's body recognize and fight illness more effectively. Breastfeeding not only reduces stomach infections by upto 64 % it also is seen to improve the IQ of a child as compared to other feeds. The risk of hospitalization for lower respiratory tract infections in the first year is reduced by 72% if infants breastfed exclusively for more than 4 months.



Simple protective measures do still exist such as:

Breastfeeding for up to 2 years, Adequate complementary feeding and Vitamin A Supplementation provide the foundation for keeping children health and free of disease. Preventive measures such as immunizations, reduced household air pollution, safe drinking water, sanitation and hygiene help defend children from illness.

We will get into detail on the big 5 in this article.



2 Complementary feeding

Complementary feeding transitions infants from a milk-based diet to solid foods, providing essential nutrients to the infant and the developing gut microbiome while influencing immune development. A healthy diet provides all the growing and germ fighting capabilities the body needs as it learns about the environment. Foods rich in Vitamin A, C, Zinc and Vitamin D as well as antioxidants provide the fighting pillars a child needs in this harsh environment.

3 Immunizations

Immunization prevents millions of deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles. Immunization is a key component of public health and an indisputable human right. It's also one of the best health investments money can buy. Not only does it save lives it also prevents very serious disease complications. A good example is Polio vaccine, since we have almost eradicated the serious complications of this virus just by mass vaccination. Ensure your little one is up-to-date on the vaccines as well as their booster, this enhances their protection not only in school but also when they interact with their vulnerable grandparents.



4 Hygiene

Never had hygiene implementation been at its best then when COVID virus woke us up in 2019 in regards to the importance of hygiene. We learnt what it takes for a simple viral particle to spread and cause fatality. Simple hand washing techniques can go a long way in keeping your children safe. Don't forget to also wash their toys, oral hygiene as well as nasal hygiene. This will go a long way in reducing hospital visits, costs and intake of many antibiotics.

5 Early health Seeking behavior

Avoiding over the counter medication, some of which have dire side effects and most of which are unnecessary, will go a long way in helping your child improve and return to school. The earlier you see a Pediatrician the better overall guide to safeguard your child and prevent the use of unnecessary medication as well as avoid a battery of unnecessary tests.

Wish the kids a great school year free of infections and missed days.

"I'm the doctor who brings the cards. I'm a cardiologist."



Dr. Imran Bhaudin Khares
Consultant Pediatrician
The Honeybee Children's Clinic