

# healthy living

>THESE DAYS, A LOT OF CHILDREN SUFFER FROM THE (ADENOID) SYMPTOMS EVEN AT A LATER AGE OF 12-13 YEARS

> DR TK HAZRA, Head of ENT dept at NRS Medical College and Hospital

## Unhealthy lifestyle aggravates adenoid

**WORRY** The throat problem occurs at the age of three to eight years. But even teens suffer from it nowadays

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**KOLKATA:** Enlarged adenoid or an overgrown mass of lymphatic tissue on the back of the nasal cavity often trouble children during their growing up days. Though it is curable with medicines, it might need surgical correction as well if it goes unnoticed in its early days. Doctors also warn that the problems might persist for long due to improper diet and unhealthy lifestyle.

"Usually, adenoid problems occur at the age of three to eight years. However, these days, a lot of children suffer from the symptoms even at a later age of 12-13 years. This is mainly due to growing pollution and unhealthy eating habits of children that they continue to suffer from nasal passage blockage, open mouth breathing and other symptoms of adenoid," said Dr TK Hazra, head of the department of ENT at NRS Medical College and Hospital.

Adenoid is that mass of tissue behind a child's nose and nasopharynx that is inactive during the initial years of a child's life, but after a couple of years, the tonsil glands or adenoids in the nasopharynx starts contracting germs, which leads to infections and throat problems. During the early days of childhood, right after birth, the adenoid tissues serve as a protective gland for children and fights infections in babies. But with age, the tissues become inactive and shrink after the age of five.



■ Show a doctor if adenoid problems persist. It can be tackled with antibiotics and other medicines.

COURTESY: WIKIMEDIA COMMONS

However, often during this age of inaction, these glands start contracting infections.

"At the age of 2-3 years, the tonsil glands in nasopharynx get enlarged and this is when a child gets infections. When the nasopharynx becomes hyper-

trophic or enlarged, it starts producing symptoms of nasal obstruction and blockage. A child starts breathing through the mouth, and when he keeps his mouth open for prolonged periods, the upper palate of the mouth becomes high and the

tongue keeps protruding out of the palate, which looks odd," said Hazra. Moreover, according to Dr Arunabha Sengupta, head of ENT department at SSKM Hospital, with the adenoid growing in size, apart from the nasal cavity problems a child

also suffers from low intelligence quotient and excessive saliva secretion from the mouth that pours out at odd angles.

"Adenoids are present in each and every person's body and it helps in growing the immunity in a child. These glands produce

antibodies that are essential for a child to fight germs and infections in their growing up days. Thus when adenoids start developing problems and infections, we look at ways of treating it and normalising the situation. Surgical removal must be taken

up as the last option, because adenoids are vital for a child's health," said Sengupta. He added, "Adenoidectomy should be ideally performed at the age of 12-14 years, only if the symptoms persist till that age. But in most cases, the problem can be handled with antibiotics and other medicines."

However, if the persistent problems of adenoid inflammation are ignored and they go unnoticed during the early days, it can cause permanent damage to the nose and ear. "There are simple symptoms of adenoid, which are snoring at night, nasal blockage, persistent cough and cold and ear infections at times. Parents must take their child to a doctor at the earliest if such symptoms start showing. If these symptoms go unnoticed, a child may have to suffer permanent ear damage, snoring and sleep apnea. Moreover, due to constant mouth breathing their facial structure starts changing," said Dr Uttam Agarwal, ENT specialist at Belle Vue Clinic.

Such problems start showing mainly during the winter months, though it can also keep troubling kids during the rest of the year as well. "Adenoid problems start showing at the age of 4-5 years. It might start even before that but it comes to notice only after a child starts to talk. The problems start cooling down after the age of 8-10 years, as the glands become inactive after that age. However, in some rare cases, the problem may persist for many years and in such cases surgical removal is essential," said Hazra.

### SWALLOWING BITTER TRUTH

What is adenoid?

Adenoid is that mass of tissue behind a child's nose and nasopharynx, that is inactive during the initial years of a child's life. But after a couple of years, the tonsil glands or adenoids in the nasopharynx starts contracting germs, which leads to infections and throat problems.

Which age group is affected?

Children, after crossing the age of three to four years, may develop symptoms of adenoid. It may persist till the age of 10-12 years, while in rare cases the problems might linger for a few more years.

Symptoms

Nasal cavity blockage is one of the main problems, along with loss of hearing and ear infection. Some may also develop low intelligence quotient due to lack of oxygen supply and excessive saliva secretion from the mouth. Snoring and mouth breathing are the other common symptoms.

Causes

Doctors do not attribute adenoid problems to major reasons as almost every child goes through some degree of adenoid problem. But it is best to avoid cold food and cold temperature.

Treatment

The symptoms can be best treated with antibiotics and anti-allergic medicines, while for further complicated cases, it requires surgical removal of the gland, which is called adenoidectomy.

Doctors

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Clinics

SSKM  
NRS Medical College and Hospital  
Belle Vue Clinic

### HTMIND&BODY

### A GOOD, CRUNCHY DIET



## Go nuts to gain health benefits

**CRACKING HEALTH** Combination of various nuts can meet a person's daily nutritional needs in a substantial manner

■ Nuts may come in small sizes but contain a powerhouse of healthy fats, proteins, vitamins and minerals.

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**NEW DELHI:** Nuts may come in small packages but they pack a powerhouse filled with healthy fats, proteins, essential vitamins and minerals.

Health experts prescribe a combination of certain nuts to meet a significant amount of a person's daily nutritional requirement. "A lot of us these days are overcautious about consuming fat and try to omit fat completely from the diet, which is not at all healthy. Consuming about 20gm of visible fat daily from a healthy source is very important for the body to function smoothly," said Ritika Samaddar, regional head, dietetics, Max Healthcare.

Nuts — including almonds, walnuts, peanuts and pistachios — contain heart-friendly omega-3 fatty acids, which along with oil from canola, mustard or olive usually takes care of the daily fat requirement of the body, according to Samaddar.

Recent nutritional studies on the beneficial effects of nuts have proven that a handful of almost all types contain equal caloric content.

In fact, a randomized controlled intervention trial of

pistachios conducted by the Diabetes Foundation (India) and National Diabetes, Obesity and Cholesterol Foundation (N-DOC), showed that daily consumption of the nut can significantly bring down the chances of getting diabetes and cardiovascular diseases.

"Simple dietary changes such as including nuts to the diet can lead to multiple health benefits. It will decrease incidence and prevalence of the metabolic syndrome, diabetes and heart disease in Asians and Indians who are prone to develop these problems," said Dr Anoop Misra, chairman, Fortis C-DOC center for diabetes, obesity, metabolic diseases, and endocrinology, who led the study.

According to the study, however, the pistachio nut provides the maximum benefit to Indians, as it has the highest content of anti-oxidants, is very light, acts as a metabolic booster and has high level of good fat that doesn't get fully absorbed in the body.

About 30% of people, including children, in Delhi suffer from

**PISTACHIO NUTS PROVIDE MAXIMUM BENEFIT TO INDIANS, AS THEY CONTAIN THE HIGHEST AMOUNT OF ANTI-OXIDANTS, ARE VERY LIGHT, ACT AS A METABOLIC BOOSTER AND HAVE HIGH LEVEL OF GOOD FAT**

metabolic syndrome.

Moreover, Indians have about three times the risk of developing type-2 diabetes and cardiovascular disease as any other global community.

"Eating nuts also helps feel you full, reducing overall appetite, thus lessening the tendency to overeat or snack on unhealthy items," Dr Misra added.

A word of caution though: always consume unsalted or raw nuts because salt and oil pile up calories and reduce their nutritional value.

**SOME NUTS TO GIVE YOU A HEALTH BOOST:**

**PEANUTS**

High in folate, a mineral essential for brain development, peanuts may protect against cognitive decline.

They are usually recommended for pregnant women as it aids with brain development of the unborn babies.

It helps to lower LDL or 'bad cholesterol' levels and increases HDL or 'good cholesterol levels

in the blood. This nut is also rich in anti-oxidants that slow down aging.

**WALNUTS**

These are known to be good for the heart as they contain alpha linoleic acid (ALA) — known to protect against several heart diseases.

Studies have labeled the walnut to be as effective as olive oil in reducing inflammation and oxidation in the arteries after the consumption of a fatty meal.

A handful of walnuts (about 15 halves) contain 190 calories approximately: about 15 gm of fat and 5 gm of protein.

**ALMONDS**

Almonds are rich in calcium, a mineral that helps in building strong and healthy bones. They also contain flavonoids to aid the heart and are rich in vitamin E that makes the skin glow. Almonds also have low fat content.

A handful of almonds (about 25 pieces) contain 150 calories approximately: about 15 gm of fat, and 7gm of protein.

**PISTACHIOS**

This nut is full of micro-nutrients and anti-oxidants that help improve symptoms of metabolic syndrome reducing chances of getting diabetes or cardiovascular diseases.

The pistachio helps maintain hormonal balance in the body with its vitamin B complex content.

A handful of pistachios (about 25 pieces) contain 160 calories approximately: about 15 gm of fat, and 7gm of protein.

### NUTS ARE GOOD AS THEY HAVE:

- Low levels of saturated (bad) fats
- High levels of monounsaturated and polyunsaturated (good) fats
- No cholesterol
- Antioxidants and amino acids that strengthen immunity to help fight infections and disease and act as building blocks respectively
- High in Dietary fibre
- Plant protein that makes them a good alternative to meat
- Vitamins E and B complex
- Minerals such as magnesium, zinc, iron, calcium, copper, selenium and potassium.



**moreonweb**

How much is your nut-o-meter? Find out here:  
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### AGE ISSUE

## 90% of women who get ovarian cancer are older than 40

**T**here is no available screening for early detection of ovarian cancer but there are tests for high-risk women and those who show symptoms. It is a cancerous growth arising from the ovary. It occurs when malignant cells are found in the tissue of an ovary. It is associated with age and family history of ovarian cancer. According to a study by the World Health Organization, one in 12 women in urban India will develop cancer in their lifetime. Approximately 40% of new cases of cancer afflict women in India. One in every 10 cancer death worldwide is in urban India. What's more alarming is that 75-80% patients are in advanced stages of the disease at the time of diagnosis.

Symptoms are frequently very subtle early and may include: bloating, pelvic pain, back pain, constipation, tiredness and a range of other non-specific symptoms, as well as more specific symptoms such as abnormal vaginal bleeding or involuntary weight loss.

There can be a build-up of fluid (ascites) in the abdominal cavity. Difficulty in eating and frequent urination are easily confused with other illnesses.

Signs and symptoms of ovarian cancer are frequently absent early on and when they exist they may be subtle. In most cases, the symptoms persist for several months before being diagnosed. It is usually detected late and the prognosis is usually bad.

All women are at risk. About 90% of women who get ovarian cancer are older than 40. Most cases occur in women after menopause. Ovarian cancer is the eighth most common cancer in women. Although ovarian cancer is difficult to detect during routine GYN exams, it is recommended that women see their healthcare providers regularly. Women should also be aware of the possible symptoms of ovarian cancer. The earlier ovarian cancer is detected and treated, the better.

Most women have one or more risk factors. So far, what is known about risk factors has not translated into practical ways to prevent most cases of ovarian cancer. There are several ways you can reduce your risk of developing epithelial ovarian cancer.

Much less is known about ways to lower the risk of developing germ cell and stromal tumors of the ovaries. It is important to realise that some of these strategies reduce the risk only slightly, while others decrease it much more.

Some strategies are easily followed and others require surgery. If you are concerned about your risk of ovarian cancer, you may discuss it with your doctor. Some risk factors for cancer can be avoided, but many cannot. For example, both smoking and inheriting certain genes are risk factors for some types of cancer, but only smoking can be avoided. Regular exercise and a healthy diet may be protective factors for some

### docspeak



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Consultant Oncologist

types of cancer.

Few other ways of reducing the chances of getting cancer are:

- Changing lifestyle or eating habits.
- Avoiding things known to cause cancer.

■ Taking medicines to treat a pre-cancerous condition or to stop cancer from starting.

Treatment of cancer is a long-drawn process with several stages. Indian women are among the last ones to visit the doctor when it comes to their own health.

This, coupled with lack of awareness, has been the major driver for ovarian cancer cases. As this condition occurs usually during menopause, most women ignore the symptoms, and further delay the treatment process. Anything out of the ordinary should be checked by a trained physician and treated accordingly.

The main treatment options for ovarian cancer are:

**Surgery:** This is when the gynaecologic oncologist surgically removes the ovary and other tissues that may be affected by cancer.

**Chemotherapy:** The oncologist uses drugs to kill the cancer cells.

**Radiation therapy:** This treatment involves use of high-energy ionizing radiation to kill the cancer cells. In some cases, two or even all of these treatments will be recommended. How much surgery is required depends on if the cancer has spread. When ovarian cancer is found in its early stages, treatment is most effective.

The treatment of ovarian cancer depends on the stage of the cancer, the type of cells involved, overall health and the age of the patient.