



Editorial

Dengue-The Health Catastrophe' 2019

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More than 50 thousand Dengue Patients have been admitted into hospitals in this year's August. This alarming number is bigger than the total number of all the dengue patients of last 19 years. According to the data of the Health Directorate, from 1st January to 3rd September, 72,745 dengue patients nationwide took treatment from hospitals. On the other hand, according to IEDCR's data, there is a suspicion of 188 deaths due to dengue. After analyzing the data, the institution has confirmed that 57 of the 96 patients died from Dengue. But the number of deaths accounted by Private Institutions is larger. According to WHO's data, half of total global population is in the risk of getting affected by Dengue. Stats say, most of the people getting admitted into hospitals being contaminated by dengue are children. This year's irregular rain has increased the risks of dengue propagation. As a result, if someone feels feverish, he/ she must check whether it is dengue or not by taking suggestions from doctors. Two of the Dhaka City Corporations have started taking initiatives, even though after a delay. Also, we expect the public and private hospitals to abide by the 'National Guideline' for fighting Dengue propagation. Health Emergency, Operation Centre and Control Room quotes that 94% of dengue patients admitted to the hospitals from this year's beginning have returned home with good health.

Dengue Fever is an awkward disease. In most cases, the medication depends upon the condition of the patients. It is a need for the patients to remain in rest until the illness completely comes round. The patients must have sufficient water, juice, coconut water and other liquid foods. If the patients can't eat themselves, they must be given saline. To mitigate fever, Paracetamol is enough. An adult of more than 72 kg weight can take up to 8 paracetamol pills every day. Doctors have told that the highest dose of paracetamol is 4 gm. But if someone has criticalities related to their Kidney, Liver or Heart, then they must take advice from doctors before taking paracetamol. Aspirin or Diclofenac must not be consumed under any circumstances by the patient. It will increase the risks of bleeding. Wet cloth (cold sponging) can be applied to patient's body to mitigate fever. While being in fever, the patient must be under mosquito net the whole day & night. Decrease in platelets is the most disturbing part. The

patients' platelet level should be tested depending upon the category of the disease. Generally a human being has 1.5 - 4 lacs of platelet count. Although there is nothing to worry much if there's a decrease in the platelets. This matter should be left to the doctor. While in fever, NSAIDs Group (Diclofenac, Ibuprofen, Naproxen, etc.) consumption is prohibited for heart patients, until the platelet count reaches the normal level. No antibiotics should be assumed without the prescription of the doctors. As there is no available antidote to dengue, home and its surroundings should be made adverse to Aedes mosquito's reproduction and if dengue illness occurs, carefulness is the way to come round from the get-go. Tension never helps.

Last 15th August, only within 24 hours, 1929 people around the nation have been admitted to hospitals being infected by this disease. Last 12th August in the day of Eid-UI-Adha, 2093 new dengue patients were admitted into all the hospitals of the country. Meanwhile, High Court had alerted the Dhaka City Corporations about Dengue Epidemic two months earlier. But the Mayors did not really listen to that and since then, the dengue epidemic rose. In the beginning, many politicians were ridiculed for referring this situation as 'rumour'. Later on, the words were twisted in the fear of public rage. In the meanwhile, High Court ordered the Chief Health Inspector to gain access to the medicines used for keeping Aedes mosquitos in check. But still, even a month after the high court decree, there was no signs of those medicines. On 1st August, Mayor of Dhaka South, Mayor Sayed Khokon declared 11 wards free from Dengue on the basis of data provided by Health Ministry. But Mayor was proved wrong just few hours later. Most of the 42 public and private hospitals of Dhaka are untidy which is abhorrent. Mosquitos are reproducing with ease in the drains around the City Corporation building. The larva of Aedes mosquitoes are even found in VIP areas along with public and private institutions.

Among People who have been diseased for the first time, 80% people do not show any of the signs of the disease in the primitive stage. As a result, they also do not go through the tests. This large amount of diseased people usually go out of the statistics. But their blood contains Dengue's germs. Consequently, Dengue can easily be spread by them. This

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information is provided by WHO and related experts. This organization tells us that most of these dengue patients do not give importance assuming that it is a normal fever. But these 80% of the people also carry Dengue germs for 5-7 days and help dengue spread. But still, the state is not giving any importance to this. As a result, both the sustainability and propagation of Dengue will increase.

Professor Dr. A K M Shamshuzzaman from Mugda Medical College said, "The main bearer of Dengue is *Aedes Aegypti*". But in the running season, people from villages too are being diseased. Recently, almost 50 people of a village in Kushtia got diseased by Dengue. We can clearly assume from this event that *Aedes Albopictus* has been actively working as a secondary vector. In Last 24th August, number of diseased people in Dhaka was 570 and outside Dhaka it was 609 and in 25th August, the number in and outside Dhaka was respectively 607 and 692, 26th August, it was 577 and 674, 27th August, 608 and 691, 28th August 551 and 606, 29th August, 524 and 665 and 30th August 465 and 560. Experts say, the assumption that the source of propagation of Dengue outside Dhaka was Dhaka itself is flawed. *Aedes Albopictus* has been working as a vector locally. As rural *Aedes Albopictus* is working as a secondary vector, it is creating tensions. Besides, in the grassroots, mosquitos are not killed institutionally. Also people at the grassroots are not aware of it. So, it is essential to create awareness about killing mosquitos to keep Dengue in check. A

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