

ፈለገ ጤና

Newsletter of the Ethiopian Public Health Association

(Quarterly Issue)

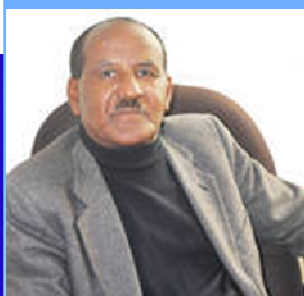


News and Updates

Volume 20, No.2

13ኛው አለም ዓቀፍ የጤና አጠባበቅ ጉባኤ በኢትዮጵያ

ለ13ኛው አለምዓቀፍ የጤና አጠባበቅ ጉባኤ አባላት



ሙሉ ተሳትፎ እንዲያደርጉ ጥሪ ቀረበ፡፡

በ ሃ ገ ራ ች ን

አቶ ወርቅነህ ካሴ የጉባኤው ዋና አስተባባሪ

የሚካሄደው 13ኛው አለም ዓቀፍ የጤና አጠባበቅ ጉባኤ ስኬታማ እንዲሆን የማህበሩ አባላት ሙሉ ተሳትፎ እንዲያደርጉ በኢትዮጵያ ጤና አጠባበቅ ማህበር የጉባኤው ዋና አስተባባሪ አቶ ወርቅነህ ካሴ ጥሪ አቀረቡ፡፡

አስተባባሪው እንዳሉት ይህ ታላቁ አለም

አቀፍ የጤና አጠባበቅ ጉባኤ በሃገራችን መካሄዱ ዘርፈ ብዙ ጠቀሜታ አለው፡፡

በተለያዩ ምክንያቶች፣ ባለፉት ጉባኤዎች ለመሳተፍ እድል ያላገኙ የማህበሩ አባላት በዚህ ጉባኤ ላይ በብዛት እንዲሳተፉና የልምድ ልውውጥ እንዲያደርጉ እድል ከመፍጠሩ ባሻገር ማህበሩን በአለም ዓቀፉ ህብረተሰብ ዘንድ በማስተዋወቅ ደረጃም ጉልህ ሚና ይጫወታል፡፡ በመሆኑም የማህበሩ አባላት ለጉባኤው ስኬት ንቁ ተሳትፎ እንዲያደርጉ ይጠበቃል፡፡

እ.አ.አ ከሚያዝያ 21-29, 2012 ዓ.ም በሚካሄደው በዚህ ጉባኤ ላይ ከ3,000 በላይ ተመራማሪዎች፣ ምሁራን፣ አሰልጣኞች፣ ሳይንቲስቶች፣ ተማሪዎች፣ ፖሊሲ አውጭዎች፣ የፕሮግራም አስተባባሪዎችና ሌሎችም እንደሚሳተፉ ለማወቅ ተችሏል፡፡

EPHA Conducted Health Research Methodology and Ethics Trainings

The EPHA in collaboration with the CDC and FMOH Conducted two trainings In Adigrat and Adama for ten days each.

These were given with the overall objectives to enhance capacity of the RHBs and universities in research undertaking and motivate them to apply evidence based decision making to improve service delivery in the health sector.

The purpose of this health research methodology and ethics training program for the trainees was to improve their understanding of capabilities

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in, research design, data Administration and Analyses.

A key element of the training was to give trainees an opportunity to develop a research protocol that would be implemented later on by the trainees themselves in their respective regions. 50 participants attended the two trainings from Tigray, Amhara, Afar, Oromia, ...

Somali, Benshangul Gumz and Gambella RHBs and universities

Similar trainings will continue based on demands from the RHBs, zonal health offices, woreda offices of health, health centers, hospitals and health science Colleges.

Be member of EPHA; enhance public health situation!

Calendar: Upcoming Events



World Health Day is commemorated each year on the day of **7th**

April,

In the year of 1948, World Health Organization detained the foremost World Health Assembly. The assembly determined to commemorate the day 7 April of every year, with result from 1950, as World Health Day. This day is commemorated to create the "awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO)".

World Health Day 2011 Theme **"anti-microbial resistance"**

World No Tobacco Day

May 31st, 2011

will focus on the



treaty's importance and the responsibility the parties have to support the efforts in tobacco control. The alarming prediction that the death toll from tobacco use could rise to 8 million by 2030, and that from killing 100 million in the twentieth century, tobacco could claim a billion lives during the 21st century should spur the countries that are assenting parties to the Convention to take their obligations seriously.

World Tuberculosis Day 2011

World Tuberculosis Day is commenced on March 24, 1982. World Tuberculosis Day commenced on **March 24th** every year.

World Tuberculosis Day is structured to build community awareness about tuberculosis.

More than 1.6 million people were causing death for Tuberculosis every year.

International Nurses Day 2011

Even though a National Nurses' Day was first planned in 1953, it did not into effect , until 1974.

when the International Council of Nurses stated publicly **May 12** as International Nurse Day.

World Meteorological Day 2011

World Meteorology Day is observed on **23rd March** every year. Commemorates the founding of the World Meteorological Organization by the WMO Convention in 1950. It marks a significant occasion for the World Meteorological Organization.

It is celebrated by 188 members of the World Meteorological Organization worldwide. In 1951, the WMO was designated a specialized agency of the United Nations.

World Asthma Day 2011

World Asthma Day is a yearly occasion structured by the Global Initiative for Asthma (GINA) to perk up the asthma alertness and concern around the globe. World Asthma Day takes place on the first Tuesday of May. The Global Initiative for Asthma (GINA) toils with health care professionals and civic health officials around the world to decrease asthma incidence, morbidity, and deaths. World Asthma Day 2011 will come **on Tuesday, May 4, 2011.**

World Red Cross Day 2011

The World Red Cross Day is celebrated every year on **May 8** to emphasize the role of its members and volunteers in saving lives and aiding the defenseless communities around the world.

World Red Cross Day is very significant for the Red Cross because it is also celebrated as the birthday of its founder Henri Dunant.

Source :-<http://www.unac.org/en/events>



13th World Congress On Public Health



Addis Ababa, Ethiopia 21 - 29 April 2012

World Health Congress 2012

Dear EPHA members and partners:

The Ethiopian Public Health Association (EPHA), which was established in 1989 is increasingly becoming visible at national and international levels because of its contribution towards improving the health of the Ethiopian people and due to the huge number of members it embraces and serves.

It is the biggest national Public Health Associations in Africa. Being a member of the World Federation of Public Health Associations (WFPHA), EPHA it is having an elevated role and voice on public health matters at the global level. In spite of this, it has been selected to host the 13th World Congress on Public Health in 2012.

The Congress will take place in Addis Ababa from April 21-29, 2012. Over 3,000 researchers, academicians, scientists, trainers, programmers, policy makers and student representatives from all over the world will participate

in this historic Congress. Hosting the Congress has many advantages to our country and EPHA.

First, it creates an opportunity for EPHA members and other Ethiopian participants to gain more understanding about international public health issues, approaches and strategies. Secondly it helps to build the capacity of EPHA to host other international events. Thirdly, it will promote EPHA's visibility in international arenas. It also facilitates closer collaboration and partnership between EPHA, international organizations, NGOs and the private sector at national and international levels and improvements in networking and partnership among public health associations in Africa, America and Asia.

EPHA and its members are indeed proud of hosting the Congress because of these and other benefits as well as the objectives that the Congress is intended to achieve. Hence the

Government of Ethiopia and the private sector have a stake in hosting and facilitating this important and historic Congress.

The Theme of the Congress is **"Towards Global Health Equity: Opportunities and Threats."**

The achievement of the health Millennium Development Goals (MDGs) will be among others, a major topic that will be heavily discussed as we are now only three years away from the target year of 2015.

The achievement of the MDGs necessitates concerted efforts through increased equitable and sustainable access to health services to poor and marginalized populations.

Health professionals from Ethiopia working in different entities will have an opportunity to participate in the Congress and interact with their international counterparts on overcoming the challenges and achieving of the MDGs.

(To Be Continued.... in our next issue)

Summary of Research findings

SUMMARY OF RESEARCH FINDINGS

የእብድ ውሻ በሽታ ሁኔታ በኢትዮጵያ (የማሳያ ጥናት ዳሰሳ)

አሰፋ ደራሳ፣ ኢብራሒም አሊ፣ ምክሩ በየነ፣ ቤተልሔም ነዋየስላሴ፣ እሸቱ ይመር፣ ክድር ሁሴን

መግቢያ

የእብድ ውሻ በሽታ ከቫይረስ የሚመጣ ነው። እንደ ሰው ሊያጋጥመው ከሚችለው ተዛማች የእንሰሳት በሽታ ከባዱ ችግር ነው። የእብድ ውሻ በሽታ የሚተላለፈው በበሽታው በተለከፈ እንሰሳ ምራቅ አማካይነት ነው። ቫይረሱ ወደ ሰውነታችን የሚገባው ርጥበት ባላቸው የሰውነታችን ክፍሎች እንደ አይን፣ አፍንጫና አፍ ባሉት ወይም ክፍተት ባለው የቆዳችን አካባቢ ቫይረሱ ያለበት ምራቅ የነካን እንደሆነ ነው።

ቫይረሱ አንዴ በሰውነታችን ውስጥ ከገባ ወደ ምቹ ስፍራዎች ተሰራጭቶ ይባዛል። የቫይረሱ ስርጭት በዚህ ጊዜ ካልተገታ የነርቭ ሴል ይወረዋል። የጭንቅላታችን የነርቭ ክፍል ከተቆጣጠረ በኋላ የቫይረስ ማባጥ ማዕከል ያደርገዋል። ከዚያም ወደ ምራቅ ዕጢዎችና ወደ ሌሎች የሰውነታችን ክፍሎች ይሰራጫል። ቫይረሱ ወደ ሰውነታችን ከገባ በኋላ ለመሰራጨትና ለማጥቃት ከቀናት እስከ አመታት ሊወስድበት ይችላል። ነገር ግን ብዙውን ጊዜ በአማካይ ከ3-8 ሳምንታት ይፈጃል። ቢሆንም ለእብድ ውሻ በሽታ ክትባት አለው። ይሁንና መታከም ከሚገባቸው

የጊዜ ገደብ ካለፈ ለመመለስ አስቸጋሪ ነው።

ምንም እንኳ አስተማማኝ የመከላከያ ዘዴ በአለም አቀፍ ገበያ

..... በአዲስ አበባ በተደረገ ጥናት 90.7 በመቶ ያህል የውሻ ባለቤቶች ውሻ የሚያረቡት ራሳቸውንና ንብረታቸውን ከሌባ ለመጠበቅ ነው። ከእነዚህ ውስጥ 52 በመቶ ያህል መደበኛ ክትባት የላቸውም።

ቢኖርም በማደግ ላይ ባሉ ሀገሮች የበሽታው ጫና አልቀነሰም።

በ1998 ዓ.ም በአለም አቀፍ ደረጃ ከ33,000 ህዝብ በላይ በእብድ ውሻ በሽታ ሞተዋል። ከእነዚህ መካከል አብዛኞቹ በትሮፒካል አካባቢ የነበሩና በማደግ ላይ ባሉ ሀገሮች ውስጥ የሚገኙ ናቸው።

እንስሶችን ለይቶ በማቆያ ውስጥ ማስቀመጥ ለበሽታው ያለውን የተጋላጭነት መጠን ለመቆጣጠር ይረዳል። ዋናው ለሰው ልጆች በበሽታው እንዲጋለጡ የሚያደርግ አስተላላፊ እንስሳ የቤት ውስጥ ውሻ ነው። በኢትዮጵያ የጤና እና አመጋገብ ምርምር ተቋም እንደተጠቀመው በ1964 እና በ1975ዓ.ም 488 ያህል ሰዎች ሞተዋል።

የእብድ ውሻ በሽታን ለማጥፋት

70 በመቶ ያህል የውሾች ዝርያ በተደጋጋሚ መከተብና ጠንካራ የመከላከል አቅም እንዲያዳብሩ መደረግ አለበት ተብሎ ይታመናል። ባለቤት

የሌላቸው ውሾችን ለመከተብ አስቸጋሪ ስለሆነ የውሾችን ክትባት አስጣጥ አጠቃላይ ውጤት ዝቅ እንዲል አድርጎታል። ይህንኑ ችግር ለመቅረፍ ማለትም ባለቤት የሌላቸውን ውሾች ለመድረስ በአፍ የሚሰጠው ክትባት አማራጭ ቢሆንም እስከ አሁን ገበያ ላይ አልዋለም።

ምርጫ በማጣት የኅዳና ላይ (ባለቤት አልባ) ውሾችን የማጥፋት ዘመቻ የእብድ ውሻ በሽታን ለማጥፋት በአለም ጤና ድርጅት አይመከርም። የእንሰሳቱ ቁጥር እየጨመረ የመከላከል አቅሙ እየቀነሰ ቢመጣም ውሾችን የማጥፋት የህዝብ ተቋውሞ ስላስከተለ በሽታው እንዲባዛና የመከላከል ኘሮግራሙ ውድቀት እንዲገጥመው አድርጓል።

በኢትዮጵያ የቤት ውስጥ ውሾች የእብድ ውሻ በሽታ ማቋቋ ናቸው። በውሻ አያያዝና በእብድ ውሻ በሽታ ዙሪያ ያላቸውን ግንዛቤ አስመልክቶ በአዲስ አበባ በተደረገ ጥናት 90.7 በመቶ ያህል የውሻ ባለቤቶች ውሻ የሚያረቡት ለጥበቃ ነው። ከእነዚህ ውስጥ 52 በመቶ ያህል መደበኛ ክትባት የላቸውም። በአለም አቀፍ ደረጃ በእብድ ውሻ በሽታ ወረርሽኝ የሞቱ ሰዎች በአመት 55,000

ወደ ገፅ 5 ይሄድ



Summary of Research ...cont'd (from page 4)

እንደሚደርስ ይገመታል። (90%CI: 24 500-90 800) ይኸውም 56 በመቶ በእስያ 44 በመቶ ያህሉ ደግሞ በአፍሪካ እንደሚከሰት ይገመታል።

የእብድ ውሻ በሽታ በኢትዮጵያ ለዘመናት የሚታወቅ በሽታ ነው። እንደ ሪፖርት ፓንክረስት አባባል በመዝገብ ደረጃ የተገኘው የመጀመሪያው የእብድ ውሻ በሽታ የተከሰተው ነሐሴ 1903 ዓ.ም በአዲስ አበባ ነው።

በአፍሪካ በእብድ ውሻ በሽታ የሞቱ ሰዎች ከፍተኛው ቁጥር የተመዘገበው በ1998 ሲሆን 43 ያህል ናቸው። ይኸውም ከኢትዮጵያ ነው።

አመታዊ የክትባት ሽፋኑ በተለያዩ ምክንያቶች ውስን ነው። በኢትዮጵያ ጤና እና የአመጋገብ ምርምር ተቋም በ1997 ዓ.ም በወጣው አመታዊ ሪፖርት መሠረት ለእንስሳት የሚሰጠው ፀረ የእብድ ውሻ በሽታ ክትባት በአማካይ በአመት ወደ 8,000 ነው። ይህ የመድሀኒት አቅርቦት መጠን ለቤት ውስጥ ፍጆታ ከሚያስፈልገው እንኳ ያነሰ ነው።

ይህ ጥናትም ያሳየው በአዲስ አበባና አካባቢው ውሾችን በአግባቡ በመያዝ ችግርና በርካታ ቁጥር ያላቸው ያልተከተቡ ውሾች በመኖራቸው ምክንያት የእብድ ውሻ በሽታ በከፍተኛ ሁኔታ እንደሚከሰት ነው። በተመሳሳይ ለመድረስ አስቸጋሪ በሆኑ የኢትዮጵያ አካባቢዎች ውሾች ለአደንና ለንብረት ጥበቃ

እንደሚያገለግሉ በጥናቱ ተገልጿል። በብሔራዊ ደረጃ ባለቤት ያላቸው ውሾች በአምስት ቤቶች አንድ ሊኖር እንደሚችል ይታመናል። ይሁንና በብሔራዊ ደረጃ ትክክለኛው አሃዝ አይታወቅም። ነገር ግን በአዲስ አበባ ውስጥ ያሉት የውሾች ብዛት ከ150,000- 200,000 ሊደርሱ እንደሚችሉ ይገመታል። ከእነዚህም መካከል 50 በመቶ ያህሉ የቤት ውስጥ ሲሆኑ ቀሪዎቹ ባለቤት የሌላቸው ናቸው። በኢትዮጵያ የውሾችን አያያዝ ስንመለከት ባለቤት ያላቸውንና የሌላቸውን ውሾች መለየት አስቸጋሪ ነው። በተጨማሪም የላብራቶሪ ምርመራና የተመዘገበ መረጃ ባለመኖሩ በብሔራዊ ደረጃ የእብድ ውሻ በሽታ ክስተትን መገመት አስቸጋሪ ነው። በዚህ መነሻ የዚህ ጥናት አላማ ከተለያዩ መረጃዎች በዋናነትም ከ2001-2009 ባለው የኢትዮጵያ ጤና እና ስነምግብ ምርምር ተቋም የተደራጀ መረጃ በመነሳት የእብድ ውሻ ሁኔታን በኢትዮጵያ አጠቃላይ ዳሰሳ ማድረግ ነው።

የጥናቱ ዘዴ

ከ2001-2009 በኢትዮጵያ የጤና እና ስነምግብ ምርምር ተቋም የእብድ ውሻ በሽታን አስመልክቶ ያዘጋጀው የማሳያ የጥናት ዳሰሳ አለ። ከዚሁ ዕሁፍ በመነሳት በከተሞች፣ በአዲስ አበባና ከአዲስ አበባ 40 ኪሎሜትር ርቀት ላይ የሚገኙ በእንስሳት የተነከሉ ነዋሪዎች

ለናሙናነት ተወስደዋል። የናሙናው መጠን በእንስሳት የመነከስ ሁኔታ ላይና በማሳያ ጥናቱ መረጃ ላይ የተመሠረተ ነው።

የመዝገብ ዕሉፉ የተነደፈው፡-

1. ከተነከሉ ወይም በእንስሳት ምራቅ ከተለከፉ በኋላ የህክምና እርዳታ የሚፈልጉ ሰዎችን ለመለየት፡-

2. ሻይረሱ ያለባቸው እንስሳት በህይወት የሚኖሩ፣ የሞቱ ወይም የተገደሉትን ለመመርመር ነው።

በ1993 የአለም ጤና ድርጅት ይፋ እንዳደረገው “post exposure prophylaxis algorithm” ለእንስሳትና ለሰዎች በበሽታው መለከፋቸውን ለማወቅ በመመርመሪያነት ይጠቀሙበት ነበር።

በሻይረሱ ተለክፈዋል ተብለው የተጠረጠሩት ሰዎችና እንስሳት በኢትዮጵያ ጤና አጠባበቅና ስነምግብ ምርምር ተቋም ተመዝግበው የተገኙት አድራሻ፣ እድሜ፣ ፆታ፣ የተነከሱበት ቦታ፣ የተነከሱበት ቀን፣ የአካከሉ አይነት፣ የሃሻ እንስሳ ሁኔታ፣ (የተከተበ፣ ያልተከተበ፣ የተገደለ፣ የጠፋ) አንዴ ወይስ ከዚያ በላይ ነው የተነከሱት፣ በከፍተኛ ደረጃ የሚታይ የውሃና የንፋስ ፍራቻ በህክምና ምልክታ የሚጠቀሙባቸው መለኪያዎች ናቸው። ሙሉ መጠን ያለውን የፀረ እብድ ውሻ በሽታ ክትባት የሚወስዱ ሰዎች በጤና ወደ 78 7 ሆሯል

Thematic concern

Heart disease

Heart disease is a general name for a wide variety of diseases, disorders and conditions that affect the heart and sometimes the blood vessels as well. Types of heart disease includes angina, heart attack (myocardial infarction), atherosclerosis, heart failure, cardiovascular disease, and cardiac arrhythmias (abnormal heart rhythms). Other forms of heart disease include congenital heart defects, cardiomyopathy, infections of the heart, coronary artery disease, heart valve disorders, myocarditis, and pericarditis.

Risk factors for developing heart disease include having hypertension, diabetes, high cholesterol (hypercholesterolemia, hyperlipidemia), obesity, and a sedentary lifestyle. Other risk factors drinking excessive amounts of alcohol, having a lot of long-term stress, smoking and having a family history of a heart attack at an early age.

Certain congenital heart defects can run in families and/or be caused by exposure during preg-

nancy to specific toxins. Pregnant women with some conditions and diseases can have a higher risk of having a baby with a congenital heart defect.

People who have high C-protein levels, which increases atherosclerosis, are also at a higher risk for heart disease. In addition, people who have high homocysteine levels, which may damage artery walls and increase the risk of clots, are also at an increased risk.

Tests that may be used to diagnose heart disease or the risk of heart disease include blood tests, exercise stress testing, EKG, X-Ray, and imaging tests, such as heart scan, ultrasound and echocardiogram. A coronary angiogram may be done in certain cases. A coronary angiogram is an invasive procedure that reveals which coronary arteries are narrowed or blocked.

It is very possible that a diagnosis of heart disease can be missed or delayed because there may be no symptoms and for other reasons. For more information on misdiagnosis, refer to misdiagnosis of heart disease.

Heart disease is treated with an individualized treatment plan that best fits the individual case of heart disease, a person's life style and other factors.

Symptoms of Heart disease

Chest pain is often thought of as a classic symptom of heart disease. However, now all people with heart disease have chest pain. Some people even have a heart attack without chest pain. In addition, by the time a person experiences chest pain, he or she may have had a form of heart disease, such as atherosclerosis for a long time.

The only sure way to detect heart disease, especially in its early stages before serious complications occur, is through a comprehensive evaluation from a licensed physician or health care professional and regular medical care.

When there are symptoms of heart disease, they may be very mild and/or vague and include weakness, cough, fatigue, dizziness, backache and/or a feeling of indigestion. Other symptoms

(To page 10)

Summary of Research...cont'd (from page 5)

ጣቢያዎችና በሆስፒታሎች ክትባት ይሰጣቸዋል።

በ1993 በወጣው የአለም ጤና ድርጅት መርህ መሠረት የእንስሳት ንክሻ ተጠቂዎች 0.5ሲ.ሲ. (በ0, 7, 21 ወይም 28 ቀናት) የቅድመ ተጋላጭነት ክትባት እንዲወስዱ፤ ከእብድ ውሻ ጋር ንክኪ ያላቸው ደግሞ ሙሉውን ህክምና ማድረግ (በ0, 3, 7, 4 ወይም 28 ቀናት) እንዲከተቡ ይደነግጋል።

ቫይረሱ እንዳለባቸው የተጠረጠሩ እንስሳት በኢትዮጵያ ጤና እና ስነምግብ ምርምር ተቋም ለህክምና ጥልቅ ምልክታና ክትትል ለ10 ተከታታይ ቀናት በእንስሳት ማቆያ እንዲቆዩ ይደረጋል።

የጥናቱ ውጤት

የእብድ ውሻ በሽታ የምርመራ አካሄድና የድህረ ተጋላጭነት ህክምና

የእብድ ውሻ በሽታ ምርመራው የተካሄደው በበሽታው እንደተለከፉ ከተጠረጠሩት እንስሳት-ጭንቅላት በተወሰደ ናሙና ነው። ናሙናው የተወሰደው በህይወት ካሉ ወይም ከሞቱ እንስሳት-ጭንቅላት ነበር። እ.አ.አ ከ 2001-2009 ባለው ጊዜ በአጠቃላይ 20,414 ሰዎች የነክሱ እንስሳት ወደ ተቋሙ ለህክምና ምርምር ተወስደዋል።

ለጥልቅ ህክምና ምልክታ ለ10 ቀናት በማቆያ እንዲቆዩ ከተደረገ በኋላ 18,243 (89 በመቶ) ያህሉ እንስሳት ከእብድ ውሻ በሽታ ነፃ እንደሆኑ ተመስክሯል። በዚህ

እንዲቀጥሉና ክትባት እንዲከታተሉም ምክር ተሰጧል።

ለምርመራ ከተወሰዱ 3,460 የተለያዩ እንስሳት የጭንቅላት ናሙናዎች (በአብዛኛው ከውሻ) 2, 593 (75 በመቶ) ያህሉ ቫይረሱ እንዳለባቸው ያሳያል። በ2004 የእብድ ውሻ በሽታ በውሾች ውስጥ ያለው ምጥጥን 88.7 ነበር። በ2008

ደግሞ 68.5 በመቶ ነበር። በሚታወቁ ሆነ በማይታወቁ ውሾች የተነከሱና ውጤታቸው በቫይረሱ እንደተለከፉ የሚያሳዩ ሰዎች ሁሉም የድህረ ተጋላጭነት የፀረ እብድ ውሻ በሽታ መድሐኒት ወስደዋል።

በ2001-2009ዓ.ም 11,017 (64 በመቶ) የሚሆኑ ሰዎች ከአዲስ አበባ እንዲሁም 6,187 (35.9 በመቶ) ከአዲስአበባ ውጭ የድህረ ተጋላጭነት የፀረ እብድ ውሻ በሽታ መድሐኒት እንዲወስዱ ተመክረዋል።

በአዲስ አበባ ባለፉት 9 ዓመታት ዓመታዊ የድህረ ተጋላጭነት ለሰዎች የተሰጠው ህክምና በየአመቱ ከ1,026 እስከ 1,580 ይደርሳል።

የሰዎች የፀረ የእብድ ውሻ በሽታ ክትባት ምርት

ባለፉት 9 ዓመታት ውስጥ ዝቅተኛው 6,263 ከፍተኛው ደግሞ 21,832 መጠን ያለው የሰዎች የፀረ እብድ ውሻ ክትባት ተመርቶ በየአመቱ ተሰራጭቷል።

የእንስሳት የፀረ እብድ ውሻ በሽታ ክትባት

የእብድ ውሻ በሽታ ክትባት መጠን ከፍተኛው ስርጭት የታየው በኦሮሚያ ክልል ሲሆን ይኸውም 58,618 (57 በመቶ) ያህሉን ይይዛል።

በአንፃሩ ዝቅተኛው መጠን በአፋር ክልላዊ መንግስት ሲሆን 19 (0.02 በመቶ) ያህል ነው።

አመታዊው የእንስሳት የእብድ ውሻ

በሽታ ክትባት ዝቅተኛው 4,363 ሲሆን፤ ከፍተኛው ደግሞ 21,400 ተመርቶ ላለፉት ዘጠኝ አመታት ተሰራጭቷል።

ከ2001-2009 የነበረው አጠቃላይ ምርትና ስርጭት ለሰዎች 130,673 ሲሆን ለእንስሳት ደግሞ 85,055 ነው። ይህም በተለያዩ ክልሎች ያለውን ፍላጎት ለማዳረስ የሚደረገውን ጥረት ያመለክታል።

ከ2004-2009 ለሰዎች ከተሰጠው የእብድ ውሻ በሽታ ክትባት መጠን ከፍተኛው ስርጭት የታየው በኦሮሚያ ክልል ነው። ይኸውም ከ102,098 የክትባት መጠን 58,618 (57 በመቶ) ያህሉን ይይዛል። በአንፃሩ ዝቅተኛው መጠን በአፋር ክልላዊ መንግስት ሲሆን 19 (0.02 በመቶ) ያህል ነው።

ወደ ገጽ 9 ዞሯል

Benefit More

Laughter is the Best Medicine



BENEFIT MORE

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is strong medicine for mind and body

"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state

support good health." [Paul E. Ph.D.](#) Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's

natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart.

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles and
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood and
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict and
- Promotes group bonding

(To page 11)

Summary of Research ...cont'd (from page 7)

ለሰዎች የተሰጠው የክትባት ስርጭት መጠን በተለያዩ ክልሎች (ከ 2004-2009)

ክልል	አመተ ምህረት						አጠቃላይ ድምር
	2004	2005	2006	2007	2008	2009	
ኦሮሚያ	6,482*	8,056	10,847	13,353	12,887	6,993	58,618(57%)
አዲስ አበባ	1,555	1,170	1,428	2,025	2,074	829	7,281(7%)
ደቡብ ህዝቦች	1,362	1,094	2,820	2,913	3,293	2,686	14,168(13.87%)
ትግራይ	404	744	847	1,281	1,303	1,133	5,712(6%)
አፋር	0	0	0	3	0	16	19 (0.02%)
ሶማሊያ	35	12	29	88	1,436	647	2,247(2.2%)
ቤንሻንጉል	119	138	207	341	306	118	1,229(1.2%)
ጋንቤላ	5	26	31	8	88	47	205(0.20%)
ሐረር	0	0	600	500	0	29	1,129(1.1%)
ድሬዳዋ	85	25	967	1,079	1,078	71	3,305(3.28%)
አማራ	339	335	967	3,901	2,804	1,163	9,509(9.31%)
አጠቃላይ ድምር	11,322*	11,294	14,832	16,996	20,334	21,832	

* የአንድ ጠርመራ ክትባት መጠን 100 ሲሲ ነው።

በአብድ ውሻ በሽታ የሞቱ ሰዎች ሁኔታ ከ2001-2009 ባለው ጊዜ በየአመቱ (ከ35-58) በአጠቃላይ 386 ሰዎች ሞተዋል። በእነዚህም ውስጥ 42 በመቶ ያህሉ ከ0-14 የእድሜ ክልል ውስጥ የሚገኙ ናቸው። ከእነዚህም 66.6 በመቶ ያህሉ ወንዶች ሲሆኑ 33.3 በመቶ ያህሉ ደግሞ ሴቶች ናቸው።

ከ256 የህክምና ምልክታት ከተደረገላቸው ተጠርጣሪ ድመቶች መካከል፣ 53 በመቶ ያህሉ ቫይረሱ ተገኝቶባቸዋል። ቀሪዎቹ 47 በመቶ ያህሉ ለ10 ቀናት በማቆያ ከታገሩ በኋላ ከሌሎች የቤትና የዱር እንስሳት እንደ አህያ፣ በሬ፣ በግ፣ ፈረስ ቀበሮና ዝንጀሮ ከመሳሰሉትና ተጠርጥረው ከተመረመሩት መካከል 20 በመቶ ያህሉ በቫይረሱ ተይዘው ተገኝተዋል።

ማጠቃለያ:-

ባለፉት ዘጠኝ ዓመታት ለሰዎች የሚዘጋጀው የፀረ እብድ ውሻ ክትባት መጠንና ስርጭት የአካባቢው ፍጆታ በየአመቱ ከ6ሺወደ 20ሺ አድጓል። ይሁንና እየጨመረ የመጣውን ፍላጎት ለማርካት 80ሺ ያህል መጠን ማቅረብ አልተቻለም።

የእብድ ውሻ በሽታን አስመልክቶ የተዘጋጀው የማሳያ ጥናት እንደሚጠቁመው የድህረ-ተጋላጭነት ህክምና እና የሰዎች ሞት ዝቅተኛ ግምት የተሰጣቸው የእብድ ውሻ በሽታን በምርመራ ለማግኘት የሚቻልበት በቂ ላብራቶሪ

በአገሪቱ የተለያዩ ክፍሎች ባለመኖሩ ነው።

በብሔራዊ ደረጃ ያለውን የእብድ ውሻ በሽታ ሁኔታ አጠቃላይ ገጽታ በአጭር ጊዜ መዳሰስና ይፋ ማድረግ በሽታውን ከመቆጣጠር አንፃር ፋይዳው ከፍ ያለ ነው።

ምንጭ:- የኢትዮጵያ ጤና ልማት መስራት ቅፅ 23



Thematic con...cont'd (from page 6)**THEMATIC CONCERNS**

may include palpitations, change in consciousness, sweating, shortness of breath, chills, nausea, vomiting, anxiety, paleness, and cyanosis, (a bluish discoloration of the lips, feet and hands). Additional symptoms can include pain or numbness in the extremities, fainting, edema or swelling of the ankles or legs. In infants symptoms can include difficulty feeding and not gaining weight.

Treatments for Heart disease

Treatment of heart disease begins with prevention. Many forms of heart disease can be prevented or controlled effectively with prevention measures that include regular exercise, not smoking or drinking excessively, achieving and maintaining a healthy weight, and eating a heart-healthy well-balanced diet. Risk factors, such as high cholesterol, diabetes, and hypertension can be prevented or controlled through these lifestyle adjustment, regular medical care and/or medication.

The risk of developing some

forms of congenital heart defects can be minimized by regular prenatal care.

The most effective heart disease treatment plan includes a multifaceted approach that addresses the specific form of heart disease. This includes regular medical monitoring and testing, lifestyle and dietary changes, and may include medications and surgery. Prognosis and outcomes of heart disease vary greatly depending on the type of heart disease, how quickly it was diagnosed and treated, coexisting diseases, lifestyle and other factors.

Treatment of advanced or critical types of heart disease, such as heart attack, heart failure or serious abnormal heart rhythms, requires hospitalization. Treatment includes the administration of supplemental oxygen aimed at increasing the amount of oxygen that is delivered to the heart tissue. Treatment also involves intensive monitoring and stabilization of vital signs, which may require CPR, advanced life support measures and/or intravenous medications. Breathing may need

to be supported by mechanical ventilation. Heart rhythm and cardiac enzymes are also monitored. Abnormal heart rhythms may need treatment with medications and possibly electrical defibrillation.

In a heart attack, medications, such as nitroglycerin, may be used to improve blood flow to the heart. Pain medications, such as morphine, may be used to reduce pain and anxiety and lower the amount of oxygen the heart needs. Drugs that stop the formation of clots, such as aspirin or heparin, may be used. Other drugs may include clot-dissolving drugs that can break up the clot in the coronary artery that is causing a heart attack.

Many people with a heart attack undergo a surgical procedure called an angioplasty. In this procedure, the blood clot is removed from the artery and the artery is widened using a balloon device and a stent is placed in the artery to keep it open.

Source:- <http://www.healthscout.com>

Social Aspects of Health

Flu and Children at School and Home

Flu outbreak among children at school are a major concern. Pressure on schools to keep attendance high often leads to an environment where sick children are in school. When the illness is as potentially serious as flu, community health is at risk.

More Ways Parents Can Prevent Flu and Other Viruses

Don't send your child to school sick. Look into 'sick child' care options now and plan that you will likely use them. Many times, one parent will want to stay home with the child to provide the care they need. Especially when flu hits, parents need to know how to care for their sick child.

The truth is, we often send our child to school with a cold or other virus, just as we go to work in the same condition. That's why it is so important to use practices to prevent the spread of those viruses. We keep hand sanitizer by the computer at work and home. A shared computer spreads a different kind of virus when you con-

hands spread colds and flu.

We do have alternatives to the flu vaccine to prevent flu. About Dr.'s suggestion that healthy children over age five and adults may consider FluMist as an alternative to the vaccine. Flu treatments such as Tamiflu may help prevent flu in other family members as well as ease your child's illness when flu hits.

Take your child to the doctor at the first sign of a flu to begin treatment within the recommended first 48 hours. Ask your physician about prescribing the antiviral for your entire family at the same time.

Good nutrition, plenty of rest, exercise, and reducing stress are all ways to strengthen kids' and their parents' overall disease resistance.

Stop to think about ways you can incorporate these strategies into your family life. Set a goal to improve each of these areas every week specially through the fall and winter months. By spring, these lessons will be habits that keep your family healthy.

Source:- <http://childparenting.about.com>

Benefit more...Cont'd

(from page 8)

Laughing with others is more powerful than laughing alone

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play adds joy, vitality, and resilience.

Humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Here are some ways to start:

- **Smile.** Smiling is the beginning of laughter.
- **Count your blessings.** Literally make a list.
- **When you hear laughter, move toward it.** When you hear laughter, seek it out and ask, "What's funny?"
- **Spend time with fun, playful people.**
- **Bring humor into conversations.** Ask people.

Source:- <http://www.helpguide.org>

Newsletter of the Ethiopian Public Health Association



Editor's message

Dear Readers,

In the last several editions, EPHA through its "Felege Tena" newsletter has endeavored to contribute in most effective ways to the Public Health issues in the nation's changing health situation. To help achieve its principal aim, which is to promote evidence based policy making and practice in the public health sector, the newsletter has been trying to articulate research outputs and news in the sector. As it is the most effective means of informing the sector actors, the newsletter will continue to make its contents more readable, more reliable and that cover host of current issues. To this effect, in its upcoming editions the newsletter tries to include among other agendas: the organizational updates, research findings and best practices, Social Aspects of Health, humors, Benefit More, Thematic concerns, information on upcoming events including 2012 World Public Health congress as well.

Therefore, hoping that you will enjoy reading the Newsletter, we also welcome your feedback as usual. Obviously speaking your views on topics of mutual concern is important to enrich the debate and practice in the public health issues. Please send your views and comments to:

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Humors

He Wanted to be Castrated

The young man was quite adamant. He insisted to the surgeon that he wanted to be castrated. The surgeon pointed out that this was a drastic step for a young man to take and strongly urged him to reconsider his request.

"No," said the young man, "I have thought long and hard about it, I have read all there is about it and my mind is made up. I must have the operation."

The operation was duly carried out and when he had recovered from the anesthetic and was back in the ward he got to talking to the other patients.

"And what are you in here for?" he asked the fellow in the next bed.

"To be circumcised."

EPHA Executive Board Members.....

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Your comments, suggestions and ideas will improve our Felege Tena