

MULTAN NAMA

A Regular Publication of
**Volunteers for Education and
Environmental Rehabilitation (VEER)**
MULTAN

Established by Students of the Nishtar Medical College, Multan

www.uderc.com/multan.html

Date: June 7, 2006



Maheen Iqbal,
Technical Advisor



The founder of Civil Society Network in Pakistan.
(Late) Malik Meraj Khalid (former caretaker Prime Minister of Pakistan)



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WEEKLY MULTAN NAMA

City News

Gastro; 10 killed in Dera Ghazi Khan

500 people are infected by it. 70 are admitted in different hospitals of the city. The Chief Minister Punjab is monitoring the situation; said Abdul Aleem Shah.

The Government is responsible for the deaths of the people by Gastro. This reflects the insensitivity of the government. The govt. departments should be active instead of hiding the facts and figures; said Khosa.

Gastro is not controlled in Multan, 57 more patients are admitted to the hospitals of the city; 36 in Nishtar & 21 in Children Complex Hospital. The Department of Food Bureau taken action against the food shops and seals 5 hotels at different places.

The people of Multan city made protest against WASA. The water supplied by WASA is the main cause of GASTRO; said Abdul Hameed, EDO Health.

ACTIVITIES OF VEER-MULTAN

1. **Visit to Nishtar Hospital:** The members of the VEER Network Multan went to see the patients affected by GASTRO at Nishtar Hospital.
2. **Survey about the cause of Gastro:** VEER-Multan made a survey asking whether contaminated water is the main cause of diseases especially Gastro; more than 50% people answer in "YES".
3. **Awareness Program:** It was decided by the members of the VEER that we shall try our best to make awareness about the contaminated water among the people as it is the major cause of all the diseases. Main focus will be to inform people about the presence of Arsenic in drinking water and how to overcome this problem.
4. **Online VEER Community** is made to share the ideas and views of the people of Multan, especially the students that how can we make the city of Sufi Saints environmentally better.
5. VEER Multan offers **online membership.** For more information see this link: www.uderc.com/veer.html

Education for Self Medication

Today's Topic: DIARRHEA

(Source: Children's Health Encyclopedia)

What is diarrhea?

Diarrhea is defined either as watery stool or increased frequency (or both) when compared to a normal amount. It is a common problem that may last a few days and disappear on its own.

Diarrhea may be:

1. acute (short-term, lasting less than two weeks), which is usually related to bacterial or viral infections.
2. chronic (long-term, lasting longer than two weeks), which is usually related to functional disorders, such as irritable bowel syndrome, or may be due to diseases such as ulcerative colitis, Crohn's disease, celiac sprue, or Giardia.

What causes diarrhea?

Diarrhea in children may be caused by a number of conditions, including the following:

- bacterial infection
- viral infection
- food intolerances or allergies
- parasites

reaction to medications

What are the symptoms of diarrhea?

The following are the most common symptoms for diarrhea. However, each child may experience symptoms differently. Severe diarrhea may indicate a serious disease, making it important to consult your child's physician if any/all of the following symptoms persist:

- cramping
- abdominal pain
- bloating
- nausea
- urgent need to use the restroom
- fever
- bloody stools

The symptoms of diarrhea may resemble other conditions or medical problems. Always consult your child's physician for a diagnosis.

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How is diarrhea diagnosed?

In addition to a complete physical examination and laboratory tests for blood and urine, the child's physician may request:

- laboratory examination of stool sample
- additional blood tests

Warning signs of severe diarrhea:

You should call your pediatrician if your child is less than 6 months of age or presents any of the following symptoms:

- abdominal pain
- blood in the stool
- frequent vomiting
- loss of appetite for liquids
- high fever
- dry, sticky mouth
- weight loss
- urinates less frequently (wets fewer than 6 diapers per day)
- frequent diarrhea
- extreme thirst
- no tears when crying

Treatment for diarrhea:

Specific treatment for diarrhea will be determined by your child's physician based on:

- your child's age, overall health, and medical history
- extent of the condition
- your child's tolerance for specific medications, procedures, or therapies
- the expectations for the course of the condition
- your opinion or preference

Treatment usually involves replacing lost fluids. Antibiotics may be prescribed when bacterial infections are the cause.

Do not use anti-diarrheal medications unless recommended by your child's physician.