

CHIEF EDITOR DR. SYED MUBIN AKHTAR

KARACHI PSYCHIATRIC HOSPITAL

BULLETIN
APRIL 2011



Opening Ceremony of New Building of Karachi Psychiatric Hospital.



Karachi Psychiatric Welfare Hospital Hyderabad organized a seminar "Understanding Psychiatric Illnesses" at Sindh Museum Qasimabad. Dr. Nazar Muhammad Junejo, Prof. Aftab Munir Siddiqui, Prof. Anwer Memon, Dr. Syed Mubin Akhtar, Dr. Hameed Memon, Dr. Kamal Pervez, Dr. M.I. Siddiqui & Dr. H.L. Lohano speaking on the occasion.



Speaking on the occasion of Epilepsy Day - Dr. Syed Mubin Akhtar, Dr. Shahid Mustafa, Dr. Iqbal Afridi, Dr. M.I. Siddiqui, Mr. Salahuddin & Mr. Ejaz Rehmani.



Opening Ceremony of New Building of Karachi Psychiatric Hospital.



On the occasion of Women Day Mr. Salahuddin, president "INSAN" a Human Rights Organization speaking at a press conference.

دردناک عذاب

حضرت ابو ذرؓ سے روایت ہے کہ نبی کریم ﷺ نے ارشاد فرمایا: تین آدمی ایسے ہیں کہ اللہ تعالیٰ قیامت کے دن ان سے بات فرمائیں گے، نہ ان کو نظر رحمت سے دیکھیں گے، نہ ان کو گناہوں سے پاک کریں گے اور انہیں دردناک عذاب دیں گے۔ یہ آیت رسول اللہ ﷺ نے تین مرتبہ پڑھی۔ حضرت ابو ذرؓ نے عرض کیا:

یہ لوگ تو سب ناکام ہوئے اور خسارے میں رہے۔ یا رسول اللہ ﷺ! یہ لوگ کون ہیں؟ آپ ﷺ نے ارشاد فرمایا: اپنا تہیہ (نخنوں سے نیچے) لٹکانے والا، احسان بنانے والا اور جھوٹی قسمیں کھانے والا۔ (حدیث - مسلم)

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Composed & Designed by

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Photographer & Reporter

Farzand Ali

Readers are requested to send their articles, comments & suggestions.

Doctors who desire to get the bulletin should send their address, contact number and email to:

Address: B-1/14,

Nazimabad # 3,

Karachi-74600

Phone: 111-760-760

Fax: 36681610

Email: editor@kph.org.pk

Email: support@kph.org.pk

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EDITORIALS

Dr Syed Mubin Akhtar

THE TROUBLE WITH NURSES

Nursing is a very important profession. A patient cannot be properly taken care of if there is nobody to nurse him. This is true of out-patient care as well as in-patient care. The present number of doctors in the world would be insufficient to take care of even a fraction of the patients if there weren't nurses to help them to do the job.

However, in hospitalized patients, nursing care takes on an even greater importance. The doctor can only diagnose the disease and suggest the plan of treatment, including the medicines. After that all this treatment has to be carried out by the nurses. Not only the medicine has to be given and the injections administered, but even the proper food has to be provided, clothes have to be kept neat and clean and the bedding has to be changed as needed. The patient has also to be kept clean, properly washed and clothed.

One problem is the pay that the nurses get. Some complain that the pay is too low, but others say that some nurses are paid even more than doctors and it certainly can be said that both doctors and nurses as well as other paramedical personnel well deserve much more pay than they are presently getting. However, this problem exists not only in a poor country like ours but also in a rich country like the United States of America. Even there, the nurses, and even such respected professionals as teachers complain that they are not adequately paid.

Another important aspect of the nursing profession is that more females enter the profession than males. So much so that in the western countries when you think of a nurse, it will always be a female. It is female nurses that take care of male as well as female patients. Unfortunately, this pattern has also been followed in our own country, so that here too most of the members of the nursing profession are female. They are forced to take care of male patients as well as female patients and also they are forced to associate and take orders from male as well as female doctors.

In the western countries male-female contact is a universal phenomenon and not limited to the hospital or nurses alone. All unmarried males and females keep on the lookout for members of the opposite sex that interest them and are at complete liberty to contact those whom they like and invite them in the evening to go with them. If the feeling is mutual they can continue the relationship for as long as they desire. Most often this relationship becomes sexual in a matter of days and the society does not frown upon this at

all.

In our Muslim society social relationship with the opposite sex is very much limited beyond the immediate family and very little opportunity exists for young men and women to contact the members of the opposite sex. There was a time when prostitutes were legally available and many young men made use of their services but now they are more difficult to locate and those that are available have to hide their activities to a very great extent and thus this avenue of male-female contact now has very limited possibility.

However, in the case of female nurses, it is much easier to be able to strike up an acquaintance with them, either as a patient or as a doctor working with them. The acquaintanceship of young females stimulate passions in the male doctor as well as the male patient who come in intimate contact with them. Many such males are able to persuade these young girls to become friendly with them and to satisfy their desire for female companionship. This act of male-female friendship and intimacy is totally alien to the norms of our society and more akin to the contact with the prostitute that we have known. Thus it is that the nurses are considered only second to prostitutes in our society and this explains why most families are very reluctant to send their girls into this profession.

However, in the recent past matters have got even worse. Some males have dispatched with the arduous process of persuasion and have started to use force instead. There have been many instances of successful as well as unsuccessful, attempts at forcible abductions and rape of the female nurses, which rightly has been severely condemned by the nurses, and the other members of the medical profession, as well as the public. The nurses have demanded strict action against the culprits and rightly so.

However, the main problem lies in the blind imitation of the western ways of life. It may be alright for America, England and other western countries to have female nurses to cater for male patients and work with male doctors because the males and females of all the society get together in social functions as well as in offices and clubs, but the same cannot be said of a country like Pakistan where the men and women have entirely separate spheres of life in the social functions at home, as well as out side.

Moreover, it is in the nature of men and women that if they are freely available to each other, they will be attracted and tempted by each other and will form friendly relationships which often leads to sexual intimacy. Whereas this forms the very basis of a strong husband-wife relationship, which is the back-bone of every home, wherein the children, or the future members of the society, are reared; however if this is allowed to develop haphazardly, out side the marital bond, then it becomes a destructive force, which destroys

the husband-wife affinities, as well as the home in which our future generation is to be reared and besides it causes social and moral problems in the society.

Fire is an important source of energy and so is petrol. However, if they are allowed to mix haphazardly great conflagrations can occur, which can destroy lot of life and property, but if they are kept separate, and brought into contact with each other only in the piston of an engine then they can generate powerful forces for constructive purposes and move big machines that can topple mountains. Islam provides the way wherein men and women can have their own spheres of action, unperturbed by temptation from outside the marital bond, and yet utilize the male-female attraction to make the marriage, the home, the house and the rearing of children a successful and pleasant affair.

Let us learn from Islam the secret of successful living and just as we have segregated the sphere of activities of men and women in all the social activities of our life, including our home, as well as outside the home, let us also segregate the activity of men and women in the healing professions. For instance it should be very easy to set up separate hospitals for ladies, wherein the nurses as well as the doctors be female and separate medical institutions for males wherein the patients would be male and so would be the nurses and the doctors. This will be more in accordance with the religious thinking and morality and would go a long way to prevent the kind of ugly incidents that have been occurring in the recent past.

PERFORMANCE OF AUTOPSY ON DEAD BODIES

In our country only when there is suspicion of foul play i.e. a person is suspected to have committed suicide or to have been murdered, the body is taken for post-mortem. In order to assess the cause of death and help in the investigation of the murder or suicide.

However, under certain circumstances even this is not done e.g. in the plane crash in which the late president General Ziaul Haque perished, as well as after the murder of Benazir Bhutto.

This kind of lapse should not occur inspite of the resistance of the friends and relatives because it is possible that those very people may be involved in the crime.

Moreover, an autopsy should be performed on a dead body even if no crime is suspected, because it is only in this way that a lot of information is gained about human illnesses.

It is the practice in advanced countries that whenever a patient dies an attempt is made to persuade the family to allow an autopsy, so that a close examination of the organs can take place and the symptoms and signs as well as the

treatment that was given can be correlated with the actual state of affairs present in the organs of the dead body. This is the way that most research in medicine has taken place and it is something that we need to institute in our country too.

I think it is simple inertia that we are not doing this also most of our hospitals are not set up to perform these autopsies and this the one deficiency we need to rectify.

Another reason is that some people think it is contrary to Islamic teachings. I would like to report here a discussion we had in a conference of the Islamic Medical Association with the renowned Islamic scholar and former judge of the shariat court, the late Mufti Sehauddeen Kakakhel when we explained to him the importance of this procedure, he gave his opinion that under these circumstances it would be completely allowed under Islamic principles. Unfortunately this great scholar died soon after and it was not possible for us to get a written statement or Fatwa on this matter but there are a number of people who are witnesses to this statement.

As a matter of fact he even stated that we are rethinking about our opposition to the corneal transplant also.

I think its time that we start thinking about performing routine autopsies and the first step should be to set up proper autopsy rooms in each major hospital, as well as to have trained pathologists who can perform the autopsy. The second step is that we should routinely persuade the relatives of the dead person to allow us to perform the autopsy in the interest of science and also in the interest of disease in their own family, as some diseases run in the family and thus autopsies can help us treat the surviving relatives more effectively.

Finally if there is any law which prohibits autopsy that needs to be changed too.



B-81 Block-A Behind Bhitai Hospital,
Near APWA School Latifabad No.4
Hyderabad.

Phone : 022-111-760-760

Website: <http://www.support.kph.org.pk> - E-mail: kph_hyderabad@yahoo.com

WHAT AMERICANS THINK ABOUT PAKISTAN

WikiLeaks

Holbrooke confirms Wikileaks accident for great friends. What is surprising about Wikileaks disclosures conc validity. Says leaks were due change in computers in 2005 and an unluckyerning Pakistan is not what they reveal, but how much we already know

In a cable of February 2009 to Washington on the eve of Foreign Minister Shah Mehmood Qureshi and his team's visit to the United States for coordination on the Holbrooke/Riedel strategic review, American Ambassador Anne Patterson wrote that "as we work to prevent Pakistan-based attacks on the US and its forces, we should be clear that al-Qaeda now wants more than just a safe-haven in Pakistan, and defeating a growing witches' brew of al-Qaeda, Taliban, local extremists and criminals will be a long 10-15 year fight".

The fairly lengthy cable said militants will exploit either weak civilian government or a return to military rule that lacks popular legitimacy, so we should help the Zardari/Gilani government complete its full five-year term in office.

"We can work with Nawaz Sharif if he wins the next election, but Zardari is our best ally in Pakistan right now, and US interests are best served by preventing another cycle of military rule..."

The cable stated that ISI Director General Shuja Pasha has said, "We can't kill all the militants." Qureshi, noting recent comments by Defense Secretary Gates, will suggest it is time to review efforts to reach out to Taliban "reconcilable" on both sides of the border. If this initiative progresses, we should consider establishing a Disarmament, Demobilization and Reintegration (DDR) process in both Pakistan and Afghanistan for Taliban, Lashkar-e-Taiba and other militant fighters.

Zardari would like to accept Iran's offer of financial assistance, but we doubt he will proceed without the US blessing."

Pakistan Army approved for the second time in October 2009 deployment of US special operation elements to support Pakistani military operations.

The first deployment, embedded with the Frontier Corps (FC), occurred in September, the October 9, 2009.

"Previously, the Pakistani military leadership adamantly opposed letting us embed our special operations personnel with their military forces. The developments of the past two months thus appear to represent a sea change in their thinking."

Should these developments and/or related matters receive

any coverage in the Pakistani or US media, the Pakistani military will likely stop making requests for such assistance. Mr Zardari nominated sister Faryal Talpur as not only the next president - in case of his departure from this cruel world - but also leader or regent of the party until son Bilawal is ready to take over.

This is not just dynastic politics they treat this country as their personal fiefdom.

Fazlur Rehman always has something up for sale and he always extracts his price.

He invites the much-invited Anne Patterson to dinner and asks the US ambassador to help him become prime minister. As a good marketing man, he also throws in that his members in the Khyber-Pakhtunkhwa are up for sale.

What we do need to ponder, though, is why our military and political class give such an exalted status to the Americans. And, more to the point in this case: why do they talk so much?

I am told that there are few countries in the world where diplomats have as much access to top officeholders as they do in Pakistan.

Other major bombshells revealed are:

- * General Kayani thought of removing and sending Zardari into exile during the Long March days and replace him with Asfandiyar Wali.

- * Asif Ali Zardari disclosed that Benazir Bhutto had come to Pakistan after getting "clearance" from the US.

- * Zardari had promised immunity and safe passage to Musharraf before becoming the president.

- * Musharraf wanted to sack Kayani because he was not helping.

- * Faryal Talpur has been named as Zardari's successor and the next President of Pakistan.

- * General Kayani says Faryal will be a better president than Zardari.

- * Zardari showed Benazir's will to Anne Patterson to convince her that he was the genuine heir.

- * PM Gilani approved the drone attacks; Gen Kayani wanted to remove Zardari and elevate Asfandiyar Wali as president.

- * ISI chief tells the Americans Zardari is corrupt.

* Asfandiyar Wali asks for US help to convince Nawaz Sharif and Zardari.

* Kayani tells Patterson he dislikes Nawaz more than Zardari.

* Zardari says Amin Fahim had spent most of the 2008 election campaign in Dubai with his latest 22 year-old wife and was simply too lazy to be prime minister.

* Zardari claims MQM represents only about 20% of Karachi's population.

* UK Air Force Chief, Marshal Sir Jock Stirrup called Zardari a numbskull who knows nothing about running a country.

* US Embassy says Zardari government is weak, ineffectual and corrupt.

* Bureaucracy is settling into a third-world mediocrity.

* Nawaz assured the US he supported them;

* Nawaz wanted to bring Dr AQ Khan into politics.

* Mumbai attacks closed the door on Kashmir discussions between India and Pakistan.

WikiLeaks precisely proves what was earlier said i.e. Pakistan has been practically reduced from a sovereign state to an American colony as the president, prime minister, top political leaders and even Army chief all have been shown pleasing or taking into confidence the US ambassador - the de facto viceroy of Pakistan - to continue ruling the roost with the blessings of Washington.

What would be more shameful than reading President Asif Ali Zardari as conceding to the Americans "We are here because of you," and then assuring Washington, "We won't act without consulting with you." To the pleasure of his masters, Zardari committed Pakistan to the war on terror, insisting that it was Pakistan's own war.

Asfandiyar Wali too shares the shame by inviting Washington to influence both Nawaz Sharif and Asif Ali Zardari through Jeddah and Dubai to mend fences. Why did he invite three foreign countries in matters purely pertaining to internal politics?

Look at the callousness of Prime Minister Yousuf Raza Gilani, who on the issue of drone attacks told Washington, "I don't care if they (US) do it (carry out drone attacks) as long as they get the right people. We'll protest in the National Assembly and then ignore it." The premier had snubbed the interior minister Rehman Malik, who had suggested to the Americans that the Predator attacks should be stopped after the Bajaur operation.

Look at the double speak of the PML-N, whose top leadership both Nawaz Sharif and Chaudhry Nisar Ali Khan were shown repeatedly assuring the Americans that the PML-N was pro-America. To leave no doubt about his loyalty to the Americans, Nawaz recounted his decision to override his Chief of Army Staff and deploy Pakistani troops to Saudi Arabia in support of the US coalition in the first

Gulf War. Here Chaudhry Nisar Khan pointed out that it was the PPP and its leaders who were organising street demonstrations against Pakistan joining with the US coalition.

Interior minister Rehman Malik is referred to as a frequent and co-operative interlocutor, who professes his support for cooperation with the United States.

No less shocking is the way the Army Chief General Ashfaq Parvez Kayani has been opening his heart and mind before the Americans, including the US ambassador. Otherwise giving the impression of being a man of few words, the Army chief spoke before the Americans against President Zardari and opposition leader Nawaz Sharif, and also talked of getting resignation from the president and tailoring democracy to his sweet will.

Comment by Paul Craig Roberts (Former editor Wall Street Journal and assist secretary of the U.S. Treasury)

The reaction to Wikileaks and its founder, Julian Assange tells us all we need to know about the total corruption of our "modern" world, which in fact is a throwback to the Dark Ages.

These are official US documents and show all too clearly that the US government is a duplicitous entity whose raison d'être is to control every other government.

The mainstream media, not merely in the US but also throughout the English-speaking world and Europe, has shown its hostility to Wikileaks. The reason is obvious. Wikileaks reveals truth, while the media covers up for the US government and its puppet states.

Why would anyone with a lick of sense read the media when they can read original material from Wikileaks? The average American reporter and editor must be very angry that his/her own cowardice is so clearly exposed by Julian Assange.

Just as American politicians want Bradley Manning executed because he revealed crimes of the US government, they want Julian Assange executed. In the past few days the more notorious of those who sit in the US Congress have denounced Assange as a "traitor to America".

Mike Huckabee, the redneck baptist preacher who was governor of Arkansas and, to America's already overwhelming shame, was third runner up to the Republican presidential nomination, has called for Assange's execution. So here we have a "man of God" calling for the US government to murder an Australian citizen. And Americans wonder why the rest of the world hates their guts.

The material leaked from the US government to Wikileaks shows that the US government is an extremely disreputable gang of gangsters. The US government was able to get

British Prime Minister Brown to "fix" the official Chilcot investigation into how former Prime Minister Tony Blair manipulated and lied to the British government into being mercenaries for the US invasion of Iraq. One of the "diplomatic cables released has UK Defense Minister official Jon Day promising the United States government that Prime Minister Brown's government has "put measures in place to protect your interests."

Other cables show the US government threatening Spanish Prime Minister Zapatero, ordering him to stop his criticisms of the Iraq war or else. I mean, really, how dare these foreign governments think that they are sovereign.

Not only foreign governments are under the US thumb. So is Amazon.com. Joe Lieberman from Connecticut, who is Israel's most influential senator in the US Senate, delivered sufficiently credible threats to Amazon to cause the company to oust WikiLeaks content from their hosting service. The documents show that the US government is not what it pretends to be.

Assange fears CIA and Mossad assassinations and to add to his troubles the government of Sweden has changed its mind, perhaps as a result of American persuasion and money, about sex charges that the Swedish government had previously dismissed for lack of credibility. If reports are correct, two women who possibly could be CIA or Mossad assets have brought sex charges against Assange. Would a real government that had any integrity and commitment to truth try to blacken the name of the prime truth-teller of our time on the basis of such flimsy charges? Obvious! Sweden has become another two-bit, puppet government of the US.

The US government has got away with telling lies for so long that it no longer hesitates to lie in the most blatant way. WikiLeaks released a US classified document signed by Secretary of State Hillary Clinton that explicitly orders US diplomats to spy on UN Security Council officials and on the Secretary General of the United Nations. After these revelations anyone who believes the US government about anything is the epitome of gullibility.

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THE UNITED STATES OF AMERICA HAS GONE MAD

By John le Carré

America has entered one of its periods of historical madness, but this is the worst I can remember: worse than McCarthyism, worse than the Bay of Pigs and in the long term potentially more disastrous than the Vietnam War. The reaction to 9/11 is beyond anything Osama bin Laden could have hoped for in his nastiest dreams. As in McCarthy times, the freedoms that have made America the envy of the world are being systematically eroded. The combination of compliant US media and vested corporate interests is once more ensuring that a debate that should be ringing out in every town square is confined to the loftier columns of the East Coast press.

The imminent war was planned years before Bin Laden struck, but it was he who made it possible. Without bin Laden, the Bush junta would still be trying to explain such tricky matters as how it came to be elected in the first place; Enron; its shameless favouring of the already-too-rich; its reckless disregard for the world's poor, the ecology and a raft of unilaterally abrogated international treaties. They might also have to be telling us why they support Israel in its continuing disregard for UN resolutions. But Bin Laden conveniently swept all that under the carpet. The US defence budget has been raised by another \$60 billion to around \$360 billion. A splendid new generation of nuclear weapons is in the pipeline, so we can all breathe easy. Quite what war 88 per cent of Americans think they are supporting is a lot less clear. A war for how long, please? At what cost in American lives? At what cost to the American taxpayer's pocket? At what cost - because most of those 88 per cent are thoroughly decent and humane people - in Iraqi lives? How Bush and his junta succeeded in deflecting America's anger from Bin Laden to Saddam Hussein is one of the great public relations conjuring tricks of history. But they swung it. A recent poll tells us that one in two Americans now believe Saddam was responsible for the attack on the World Trade Centre. But the American public is not merely being misled. It is being browbeaten and kept in a state of ignorance and fear. The carefully orchestrated neurosis should carry Bush and his fellow conspirators nicely into the next election. Those who are not with Mr Bush are against him. Worse, they are with the enemy. Which is odd, because I'm dead against Bush, but I would love to see Saddam's downfall - just not on Bush's terms and not by his methods. And not under the banner of such

outrageous hypocrisy. The religious cant that will send American troops into battle is perhaps the most sickening aspect of this surreal war-to-be. Bush has an arm-lock on God. And God has very particular political opinions. God appointed America to save the world in any way that suits America. God appointed Israel to be the nexus of America's Middle Eastern policy, and anyone who wants to mess with that idea is

- a) anti-Semitic,
- b) anti-American,
- c) with the enemy, and
- d) a terrorist.

God also has pretty scary connections. In America, where all men are equal in His sight, if not in one another's, the Bush family numbers one President, one ex-President, one ex-head of the CIA, the Governor of Florida and the ex-Governor of Texas. Care for a few pointers? George W. Bush, 1978-84: senior executive, Arbusto Energy/Bush Exploration, an oil company; 1986-90: senior executive of the Harken oil company. Dick Cheney, 1995-2000: chief executive of the Halliburton oil company. Condoleezza Rice, 1991-2000: senior executive with the Chevron oil company, which named an oil tanker after her. And so on. But none of these trifling associations affects the integrity of God's work. In 1993, while ex-President George Bush (Senior) was visiting the over-democratic Kingdom of Kuwait to receive thanks for liberating them, somebody tried to kill him. The CIA believes that 'somebody' was Saddam. Hence Bush Jr's cry: 'That man tried to kill my Daddy.' But it's still not personal, this war. It's still necessary. It's still God's work. It's still about bringing freedom and democracy to oppressed Iraqi people. To be a member of the team you must also believe in Absolute Good and Absolute Evil, and Bush, with a lot of help from his friends, family and God, is there to tell us which is which. What Bush won't tell us is the truth about why we're going to war. What is at stake is not an Axis of Evil - but oil, money and people's lives. Saddam's misfortune is to sit on the second biggest oilfield in the world. Bush wants it, and who helps him get it will receive a piece of the cake. And who doesn't, won't. If Saddam didn't have the oil, he could torture his citizens to his heart's content. Other leaders do it every day - think Saudi Arabia, think Pakistan, think Turkey, think Syria, think Egypt. Baghdad represents no clear and present danger to

its neighbours, and none to the US or Britain. Saddam's weapons of mass destruction, if he's still got them, will be peanuts by comparison with the stuff Israel or America could hurl at him at five minutes' notice. What is at stake is not an imminent military or terrorist threat, but the economic imperative of US growth. What is at stake is America's need to demonstrate its military power to all of us - to Europe and Russia and China, and poor mad little North Korea, as well as the Middle East; to show who rules America at home, and who is to be ruled by America abroad. The most charitable interpretation of Tony Blair's part in all this is that he believed that, by riding the tiger, he could steer it. He can't. Instead, he gave it a phoney legitimacy, and a smooth voice. Now I fear, the same tiger has him penned into a corner, and he can't get out. It is utterly laughable that, at a time when Blair has talked himself against the ropes, neither of Britain's opposition leaders can lay a glove on him. But that's Britain's tragedy, as it is America's; as our Governments spin, lie and lose their credibility, the electorate simply shrugs and looks the other way. Blair's best chance of personal survival must be that, at the eleventh hour, world protest and an improbably emboldened UN will force Bush to put his gun back in his holster unfired. But what happens when the world's greatest cowboy rides back into town without a tyrant's head to wave at the boys? Blair's worst chance is that, with or without the UN, he will drag us into a war that, if the will to negotiate energetically had ever been there, could have been avoided; a war that has been no more democratically debated in Britain than it has in America or at the UN. By doing so, Blair will have set back our (British) relations with Europe and the Middle East for decades to come. He will have helped to provoke unforeseeable retaliation, great domestic unrest, and regional chaos in the Middle East. Welcome to the party of the ethical foreign policy. I cringe when I hear my Prime Minister lend his head prefect's sophistries to this colonialist adventure. His very real anxieties about terror are shared by all sane men. What he can't explain is how he reconciles a global assault on al-Qaeda with a territorial assault on Iraq. We are in this war, if it takes place, to secure the fig leaf of our special relationship, to grab our share of the oil pot, and because, after all the public hand-holding in Washington and Camp David, Blair has to show up at the altar. 'But will we win, Daddy?' 'Of course, child. It will all be over while you're still in bed.' 'Why?' 'Because otherwise Mr. Bush's voters will get terribly impatient and may decide not to vote for him.' 'But will people be killed, Daddy?' 'Nobody you know, darling. Just foreign people.' 'Can I watch it on television?'

'Only if Mr. Bush says you can.' 'And afterwards, will everything be normal again? Nobody will do anything horrid any more?' 'Hush child, and go to sleep.' Last Friday a friend of mine in California drove to his local supermarket with a sticker on his car saying: 'Peace is also Patriotic'. It was gone by the time he'd finished shopping.

AMY GOODMAN: British novelist John le Carré reading from his 2003 essay "America Has Gone Mad." John le Carré is the pen name for David Cornwell. (2003 Times Newspapers Ltd)

The US has gone mad in the same way that Germans went mad under the political power of the German steel industry in the 1930s. Using propaganda to manipulate the mostly illiterate masses, a military-industrial complex can steer a country away from mutual cooperation, into a frenzy of fear. Stephen Colbert has it exactly right in naming his rally, "The March to Keep Fear Alive".

"If a man like Muhamed (pbuh) were to assume the dictatorship of the modern world, he would succeed in solving its problems that would bring it the much needed peace and happiness."

- George Bernard Shaw

"Political language is designed to make lies sound truthful and murder respectable, and to give the appearance of solidity to pure wind."

- George Orwell

"The accomplice to the crime of corruption is often our own indifference"

- Bess Myerson

"Civilization begins with order, grows with liberty, and dies with chaos."

- Will Durant

"Democracy is a device that ensures we shall be governed no better than we deserve."

- George Bernard Shaw

"In the end, we will remember not the words of our enemies, but the silence of our friends".

- Dr Martin Luther King, Jr.

"Man is born free, and everywhere he is in chains."

- Jean-Jacques Rousseau

"Every man is guilty of all the good he did not do."

- Voltaire

"The West won the world not by the superiority of its ideas or values or religion but rather by its superiority in applying organized violence. Westerners often forget this fact, non-Westerners never do."

- Samuel P. Huntington (author *The Clash of Civilizations*)

<http://www.informationclearinghouse.info/article26427.htm>

HOW ISREAL PERSECUTES THE MUSLIM PALESTINIANS

From an article by Uri Avnery in the News

It is easy to despair before the filthy wave of racism that is engulfing us. The remedy for this despair: the growing number of young people, sons and daughters of the new Israeli generation, who are joining the fight against racism and occupation. This week, several hundred of them gathered in a hall in Tel Aviv (belonging, ironically, to the Zionist Federation of America) to launch a book published by the group "Breaking the Silence." In the hall there were some veterans of the peace camp, but the great majority of those present were youngsters in their twenties, male and female, who have completed their military service. The Occupation of the Territories is a book of 344 pages, consisting of almost 200 testimonies by soldiers about the daily and nightly life of the occupation. The soldiers supplied the eyewitness accounts, and the organisation, which is composed of ex-soldiers, verified, compared and sifted them. In the end, 183 of some 700 testimonies were selected for publication. Not one of these testimonies was denied by the army spokesman, who generally hastens to contradict honest accounts of what is happening in the occupied territories. Since the editors of the book have themselves served as soldiers in these places, it was easy for them to distinguish between truth and falsehood.

The book makes very depressing reading, and not because it details gruesome atrocities. On the contrary, the editors made it a point not to include incidents of exceptional brutality committed by sadists, which can be found in every army unit in Israel and throughout the world. Rather, they wanted to throw light on the grey routine of the occupation. There are accounts of nocturnal incursions into quiet Palestinian villages as exercises - breaking into random houses where there were no "suspects," terrorising children, women and men, creating mayhem in the village - all this to "train" the soldiers. Every testimony is meticulously documented: time, place, unit.

At the launch of the book, some of the testimonies were shown on film, with the witnesses daring to show their faces and identify themselves by their full name. These were no exceptional people, no fanatics or bleeding hearts. Just ordinary young people, who had time to come to grips with their personal experiences.

The titles of the testimonies speak for themselves: "...The battalion commander ordered us to shoot anyone trying to remove the bodies", "The commander of the navy commandos put the muzzle of the rifle into the man's mouth," "They told us to shoot at anybody moving in the street," "You can do whatever you feel like, nobody is going to question it," "I did not know that there were roads for Jews only," "The [Hebron settler] boys beat up the old woman," "Arrest the settlers? The army cannot do that."

And so on. Just routine.

The intention of the book is not to uncover atrocities and show the soldiers as monsters. It aims to present a situation: the ruling over another people, with all the highhanded arbitrariness that this necessarily entails, humiliation of the occupied, corruption of the occupier. According to the editors, it is quite impossible for the individual soldier to make a difference. He is just a cog in a machine that is inhuman by its very nature.

Groups of young people who are simply fed up are springing to life in the country. They are signs of an awakening that finds its expression in the daily fight of hundreds of groups devoted to different causes. Only seemingly different - because these causes are essentially bound up with each other. The fight against the occupation, for the refugees who seek shelter in this country, against the demolition of the houses of the Bedouin in the Negev, against the invasion of Arab neighbourhoods in East Jerusalem by settlers, for equal rights for the Arab citizens in Israel, against social injustices, for the preservation of the environment, against government corruption, against religious coercion, etc., etc. They have a common denominator: the fight for a different Israel.

ISRAEL'S EX-PRESIDENT KATSAV CONVICTED FOR RAPE

Israeli former president Moshe Katsav was convicted of two counts of rape, capping a four-year scandal that shocked the Jewish state and leaves him facing at least eight years in prison.

As a Tel Aviv court handed down the verdict, which also convicted Katsav on charges of sexual harassment, indecent acts and obstruction of justice, the visibly distraught 65-year-old muttered "No, no."

The ruling comes after a trial that lasted a year and a half and included harrowing accusations, with depictions of Katsav as a sexual predator who routinely harassed his female staff.

The former head of state was accused of twice raping a victim identified as 'Aleph' during his term as tourism minister, and sexually assaulting and harassing two other women while he was president.

Katsav proclaimed his innocence throughout the investigation into the rape and harassment charges. He was forced to resign as president, handing the office to former rival Shimon Peres.

"I have been humiliated, crushed, knocked down, and I suffer," he said in March 2009 -AFP

Editor's notes: This is the character of the leaders of the Jewish, as well as the Christian world and they claim to be the models for the rest of the world.

BURQA BAN

Only 400 burqa-clad women have challenged the secular credibility of France

(From an article by Ammar Ali Jan in The News)

In recent months, the issue of Muslim religious symbols has gripped the European imagination. The French and Belgian parliaments have passed legislation banning the burqa, while earlier Swiss voters voted in favour of a proposal banning the construction of minarets on mosques in Switzerland. A vocal anti-Islam Dutch MP, Geert Wilders, has gone a little step further, calling on European governments to ban all mosques from Europe and place strict restrictions on immigration from Muslim countries.

The primary reason for such proposals has been the belief that the "Western way of life" is under threat from a regressive Islamic culture. Terminology such as the "West" versus the "East," "Them versus Us" and "civilization versus barbarism" have often been used to differentiate the success of European civilization from the relative "backwardness" of the Muslim world.

To talk of the "Western way of life" is to erase all the contradictions and competing ideologies that have emanated from Europe. Europe is arguably the birthplace of modern socialism, but also happens to be the birthplace of the exact opposite ideology of fascism. Europe has taken pride in being the beacon of democracy and human rights while at the same time it denied the same privileges to those it colonized throughout the world. It has witnessed two world wars on its own territory. (1)

It is still astonishing to hear of the "threat" to Western culture, especially when no more than 400 women wear the burqa in France, while the number of minarets in Switzerland is a grand total of 4!

Why should such a minute minority dominate the entire discourse in countries such as France? The answer, according to French philosopher Alain Badiou, lays exactly in the pointlessness of this entire debate. Today, the French state, much like other European states, is facing a crisis of credibility following the financial crisis and the subsequent budget cuts that have affected working people in Europe. It is a coup, Badiou argues, for the ruling clique that currently has little answers for the growing crisis, but has conveniently managed to divert public attention to an "external threat." This process has been gaining strength as more and more Muslim youth living in ghettos becomes restless towards the adverse conditions they live in, as well as the police brutality that is especially severe towards this

segment of the population.

There is precedence for this kind of response to adverse financial conditions. For example, The Great Depression in 1929 led to the growth of fascist movements all over Europe. These movements singled out Jews as the "enemy within" and the crude propaganda against Europe's Jewish population led to a genocide.

It is for this reason that it is naïve to expect that community-specific laws will help integrate Muslims in the mainstream. Despite the fact that only 400 women in France wear the burqa out of a Muslim population of 5 million, but an overwhelming majority of the Muslim community is opposed to this ban and this will result in more hostility. A woman's body again becomes a contested space over issues such as enlightenment, religion, secularism, Islam etc. Once again, it takes away a woman's right to defy limits set by society and to choose an existence that is relatively independent from the wishes of the state, especially since no such restrictions are imposed on men. For example, many of those women who wear burqa in France have already declared that they will not leave their homes if the law is imposed.

With the alarming rise of the anti-Islamic forces throughout Europe and with the small Muslim minority as the focus of their anger, it is important to re-conceptualise the ideas of "free choice," "multiculturalism" and "citizenship" if Europe is to carve out a harmonious existence with an ethnically and religiously diverse citizenry.

Editorial foot note:

(1) Moreover Muslims in Spain laid the foundations of modern science from where this knowledge emanated to the rest of Europe and then the rest of world. They did not kill or exile the non-muslims contrary to what was done to them after the 'Christians' took over the country.



JAPANESE TOILETS OFFER USERS INSTANT HEALTH CHECK-UP

(From an article by Gilles Campion in the Dawn)

Japanese toilets have long and famously dominated the world of bathroom hygiene with their array of functions, from posterior shower jets to perfume bursts and noise-masking audio effects for the easily-embarrassed. The latest "intelligent" model, manufactured by market leader Toto, goes a step further and isn't for the faint-hearted: it offers its users an instant health check-up every time they answer the call of nature.

Designed for the housing company Daiwa House with Japan's growing army of elderly in mind, it provides urine analysis, takes the user's blood pressure and body temperature, and measures their weight with a built-in floor scale.

Toto's engineers developed a receptacle inside the basin to collect the urine for sugar content and temperature checks, and an armband to monitor blood pressure. The readout is displayed on a wall-mounted computer screen.

"With the current model, you date is sent automatically to your personal computer, and then you can email it to your doctor," said Suzuki.

"In the next generation model, the data will be sent automatically to family members or doctors via the Internet," she told AFP.

The electronic marvel, called the "Intelligence Toilet", is capable of storing the data of up to five different people and retails for 350,000 to 500,000 yen (about 4,100 to 5,850 dollars) in Japan, she said.

"For now our customers are essentially middle-aged and senior people. But we hope the young generation will also become more health-conscious." The model is the latest advance in a string of sophisticated toilets, known as "wash lets" in Japan, which have become ubiquitous in recent decades.

The first models were imported from the United States, where they had been used mainly in hospitals, and quickly became standard in Japan in the booming 1980s, finding their way into at least 70 per cent of Japanese homes now. Pioneering Toto designed its first models by asking hundreds of its employees to test a toilet and mark, using a

string stretched across the bowl and a piece of paper, their preferred location for the water jet target area.

"For the problem of nozzle angle and water temperature, there was a particular development team dedicated to these tests," Kuno recalled.

First-time foreign visitors to Japan are often baffled by the complexity of Japanese high-tech toilets, which feature computerized control panels, usually with Japanese language instructions as well as small pictograms.

Standard functions include heated seats, water jets with pressure and temperature controls, hot-air bottom dryers and ambient background music.

A function called "otohime" (literally "princess of sound") produces a flushing sound to cover bodily noises. A portable gadget is available for customers who want to use it on the go, in restrooms far away from home.

In most recent toilet models, the lid automatically lifts when

a user enters the restroom. Men can then push a button to also flip up the seat.

As soon as the user leaves the room, both the seat and lid automatically glide back into horizontal position.

"The auto-lid was not invented for convenience but for older people and young children. They don't have to bend down to lift it," he said. "Only later did we discover that it was quite convenient, so it spread into general use." In recent times Japanese toilets have also become more environmentally friendly, and most new models now use less than five liters per flush.

"Until 2001, there was a water tank behind the toilet, but customers were complaining that it was difficult to clean it. Inax was the first maker to get rid of the tank for home toilets," said engineer Ichiro Kojima.

Today's models also have a function that raises the seat and cover by several inches for easier cleaning because "we want the customers to know that Inax toilets are clean", said Kojima. The bottom line, he added, is that Japanese high-tech toilets are high end goods: "We are targeting the luxury market, the top 10 per cent."-AFP



CHINA DEFENDS INTERNET 'GREAT FIREWALL'

(From an article in the News)

China on Tuesday defended its right to censor the Internet, saying it needed to do so to ensure state security, and cautioned other nations to respect how it polices the world's largest online population.

The government's white paper on the Internet in China - where more than 400 million people are now online - comes after a very public row with Google over web freedoms which prompted the US firm to shut down its Chinese search engine. The Google spat over censorship and cyber attacks touched off a war of words with the United States over Internet freedom, at a time when ties were already suffering over US arms sales to Taiwan and a host of trade and currency issues. China "advocates the exertion of technical means" in line with existing laws and international norms "to prevent and curb the harmful effects of illegal information on state security, the public interest and minors", it said. Such laws and regulations allow the curbing of content on everything from "instigating racial hatred or discrimination and jeopardizing ethnic unity" to gambling, violence and obscenity, the government noted.

Beijing operates a vast system of web censorship, sometimes referred to as the "Great Firewall of China". It blocks access to any content the government deems unacceptable, ranging from pornography to political dissent. Critics at home and abroad complain that the Internet rules stifle criticism of the ruling Communist Party and restrict discussion on sensitive topics such as Tibet and the brutal crackdown on the 1989 Tiananmen pro-democracy protests.

But China on Tuesday insisted it "guarantees the citizen's freedom of speech on the Internet as well as the public's right to know, to participate, to be heard and to oversee" - and warned foreign nations to keep quiet on the issue.

According to the New York-based Committee to Protect Journalists, China is among the worst nations in the world oppressing Internet bloggers, and had jailed 24 journalists as of December 2009, many of them Internet bloggers. The government said in its white paper that it aims to make the Internet available to 45 per cent of its 1.3-billion-strong population in the next five years. It praised the Internet as an "engine promoting the economic development of China" and said the country's leaders "frequently log onto the Internet to get to know the people's wishes" and participate in online chats with users.

Editor's notes: We need a similar system to block obscenity, pornography, and propaganda against Pakistan and Islam.

GROWTH IN SOUTH ASIA

From an article by Alauddin Masood in the News

South Asia Subcontinent, which was reputed to be the 'golden sparrow' in the medieval ages, seems to be poised for rise, once again. However, the economic growth of Pakistan's eastern neighbours - India and Bangladesh - is more impressive at present compared with the former.

The Indian economy is expected to rise by 9.2 percent in 2010-11 following impressive growth in the manufacturing and services sectors, according to the Centre for Monitoring Indian Economy (CMIE).

The foreign investment in the Indian stock market has crossed Rs 1 trillion (\$22 billion), hitting Rs1,00,742 million on October 13, 2010, for the first time in history. According to the Daily Tribune (Chandigarh, October 13), analysts predict that the overseas inflows will continue to increase in the coming months.

Analysts believe Delhi's plans to 'disinvest in public sector companies, including Coal India Ltd, will give more investment opportunities to FIIs.

As regards Bangladesh, the International Monetary Fund (IMF), in its latest economic outlook, has projected the country's economic growth at 6.3 percent for the current year, higher by 0.5 percentage point than last year.

Compared with India and Bangladesh, Pakistan's economic outlook is depressing. "Hardly had our economy started showing signs of recovery when it was hit hard by the recent calamity," President Asif Ali Zardari said, on November 6, 2010, during a dinner meeting with some ambassadors of countries in the Friends of Democratic Pakistan (FoDP) forum.

Economy is the most vital element of national power because it is the one element which keeps the other moving. In addition to the recent unprecedented devastating floods, the war on terror, global financial crises and internal security conditions are some of the factors which adversely affected Pakistan's economy.

After an impressive and above 5 percent growth for a couple of years, Pakistan's GDP growth is projected at 2.8 percent during the current financial year. The foreign direct investment (FDI) in the country has tumbled down by 50 percent and economic activities have slowed down massively in the wake of non-provision of power and gas.

Meanwhile, with a burden of Rs9 trillion public debts, the country's debt to GDP ratio has swelled alarmingly to 69 percent. (According to officials, the existing public debt hovers around Rs8.6 trillion.) The economic experts say that the debt burden is too much and the poor country has no debt carrying capacity.

Officials working for the IFIs and diplomats representing FoDP (Friends of Democratic Pakistan) member states believe that no one in the government looks serious to bring the economy on radar screen, upsetting FoDP and IFIs, including IMF, WB and ADB, as to why the state hierarchy are not serious to increase the national resources.

Mired in poor governance and rampant corruption, Pakistan has paid almost Rs2.6 billion (\$30 million) as commitment charges to ADB for not using efficiently, timely and in transparent manner the credit lines amounting to \$4 billion.

USE OF SECRET FUNDS

By Tahir Khalil

GOVT BREAKS ALL RECORDS IN THREE YEARS
27 departments spent Rs4 billion briefing paper ready
for PAC; ISI, IB, Alwan-e-Sadr records not shown

The Public Accounts Committee will review the use of secret funds of federal institutions next week.

The PAC had given directions to arrange an in-camera briefing on the use of secret funds in its last meeting. Under the light of PAC directions, the federal institutions have prepared a briefing paper in which details of the funds under the use of ISI and IB were not shown.

However, it was disclosed that 27 national institutions, including Alwan-e-Sadr and the Prime Minister Secretariat, are using secret service funds and it is matter of great astonishment that the secret funds were greatly used by Information Technology Division.

According to the official documents, the IT-Telecom Division is using over Rs1.42 billion under the head of secret funds. The officials said that most of the secret funds of the IT-Telecom Division are being transferred to Azad Kashmir where Special Communication Organisation is using these secret funds.

A good aspect of this situation is that these secret funds were provided to Alwan-e-Sadr till Musharraf's tenure. The issuance of secret funds was stopped to Alwan-e-Sadr during the two-year tenure of President Asif Ali Zardari and there is reference of secret funds of Alwan-e-Sadr in the official documents but its data is not shown.

The official documents show that 27 official departments used Rs1.74 billion secret funds during 2010. Despite non-operative, the National Accountability Bureau (NAB) used Rs10 million secret funds in 2009 year, while it used Rs7 million in 2010.

The Ministry of Information and Broadcasting used Rs236.4 million secret funds during the period of 2008 elections which was the record funds of the history of the ministry. In 2010 the Ministry of Information and Broadcasting used Rs75.7 million secret funds, while the ministry used Rs66.7 million secret funds in 2009. Most of the money of secret funds was used in elections. The Rs1 million secret funds were given to the Prime Minister's Inspection Commission in 2010. Where the Ministry of Communication spent Rs450 million, which is also an issue. The Airport Security Force was given Rs1.1 million secret funds.

The Federal Board of Revenue (FBR) and the Customs used Rs6 million secret funds. The Foreign Ministry has used Rs25.5 million secret funds. The Interior Ministry was given Rs40 million secret funds during 2010 while the Islamabad Administration was given Rs1.7 million under this head. The Ministry of Anti-Narcotics used Rs9.6 million secret funds.

During the Musharraf regime, the Ministry of Communication used Rs300 million secret funds in 2000-01. The same ministry used Rs216.3 million in 1999-2000. The secret funds of Rs234 million and Rs257.9 million in 1997-98 and Rs245.5 million during 1996-97 were used during the tenure of Mian Nawaz Sharif. The official

documents show that Rs90.1 million secret funds were used from 1996 to 1999 in the era of Nawaz Sharif. From 1999-2000 to 2007-08 during the tenure of General Musharraf, over Rs3.38 billion were used through secret funds.

And this reality also needs attention that all the previous records of the use of secret funds have been broken in the present government's three-year tenure. In 2008-09 over Rs1.44 billion secret funds have been used. The government used over Rs1.60 billion in second year, while over Rs1.74 billion were allocated in 2010 secret budget.

The sources said besides secret funds, Rs0.6 million for every federal minister and Rs0.4 million for each state minister were given as annual discretionary funds. The Ministry of Communication has been providing secret funds to Special Communication Organisation before the formation of Ministry of Information Technology. There is no limit of discretionary funds for the president and prime minister. The presidents and the prime ministers announce grants for the development projects and these all grants are given from the president and prime minister's discretionary funds. The funds of Baitul Mal were used for the political purposes in the past.

According to the sources, most of the secret funds of NAB, Prime Minister Inspection Commission and Anti-Narcotics are distributed among the informers. While the secret funds for the Ministry of Interior are used through the departments of civil armed forces. The secret funds of the Ministry of Information and Broadcasting were used for the publicity of government and in foreign countries for the image building of Pakistan. According to the officials, the audit of secret funds cannot be carried out and the federal secretaries, who are principal accounting officers, give just one line description to the Auditor General that "the secret funds which were given for the proposed purpose were used."

The government has chalked out regular codes for the use of secret service funds. Interestingly, the federal secretary has full authority to use the secret funds and he is not bound to divulge its details to the federal minister. Under the official codes, it is compulsory for the officers, who use secret funds, that he should give details about the use of secret funds in a special performe and it is a must to make a register for this purpose which should also carry the documentation of those who use secret funds, receiving receipts and vouchers. Every year, an officer, who controls secret funds, signs a certificate that the concerned secret funds were used under such heads.

The sources said under the set rules and regulations, any official department does not show the details of the use of secret funds. Therefore, when this issue will be placed before the PAC at that time the stand of the government officials would be cleared about the use of secret funds.

However, it is obvious that PAC Chairman Chaudhry Nisar Ali Khan will not be ready budge from the constitutional stand, which has been given by the 18th Amendment. According to it, "every institution that uses government budget will be bound to get audit of spending."

THE CONSTITUTION OF PAKISTAN LAYS DOWN THAT MNA AND MPA SHOULD BE PRACTICING MUSLIMS

(From an article by Ansar Abbasi in the News)

Interior Minister Rehman Malik's appalling failure to recite correctly one of the briefest Surahs of the Holy Quran, al-Ikhlās, in Wednesday's cabinet meeting raises the fundamental question whether Article 62 and Article 63 of the Constitution have any relevance.

Already despite extremely clear constitutional provision against corrupt and looters, there is no dearth of parliamentarians having stinking reputation. It is due to irrelevance of these constitutional provisions that the Election Commission sources agree that no mechanism has ever been evolved and put into place to sift those who do not meet the conditions set by the Constitution.

The Election Commission sources, however, indicated that there is need to work out some mechanism to ensure that only those people should get to parliament who are clean, have good reputation and meet other conditions as envisaged in the Constitution.

Leading constitutional expert and senior parliamentarian Senator Wasim Sajjad said that in a rare case challenging the qualification of a sitting MP, the Lahore High Court had once disqualified the MP but the apex court later decided against the high court's decision and ruled that only through the court's decision could such conditions be invoked.

Previous debates though had been focusing on corruption allegations and bad reputation of members of the Parliament this event for the first time exposes a top federal minister having failed thrice to recite correctly what is considered the basic lesson taught to every Muslim child. Interestingly, the minister was reading from the written script but even then he could not recite it correctly leaving everybody in the cabinet room laughing.

Article 62 (d) and (e) are relevant here which read: "(d) he is of good character and is not commonly known as one who violates Islamic injunctions; (e) he has adequate knowledge of Islamic teachings and practises obligatory duties prescribed by Islam as well as abstains from major sins."

Rehman Malik was shown only two days back offering Fateha for his assassinated leader Benazir Bhutto at Naudero. For prayers al-Fateha and al-Ikhlās are considered basic. What he has been reciting on the occasion is not known.

In the NRO case, the petitioners challenging the ordinance had also quoted Article 62(f) questioning the qualification of Asif Ali Zardari as the President of Pakistan. The said Article reads: "(f) he is sagacious, righteous and non-profligate, honest and ameen". These clauses do not apply to a non-Muslim, but such a person shall have good moral reputation as per the Constitution.

1,500 DIE OF RABIES EVERY MONTH

From an article in the News

Speakers at a seminar emphasized the need to create awareness about rabies, a fatal disease caused by dog bite, to minimize the fatalities. **At least 2,000 to 5,000 cases of dog bites are reported monthly out of which 1,500 eventually die due to lack of treatment.**

"The rabies, however, is a curable disease and timely medical intervention can save lives and reduce unnecessary deaths, which could be ensured through availability of anti-rabies in hospitals and awareness among general public, particularly in rural areas of the country," the speakers maintained during a public health seminar on "Rabies is fatal yet preventable disease", organized by the Mir Khalil-ur-Rahman Memorial Society (Jang Group of Newspapers) held here at a local hotel on Tuesday.

Speaking on the occasion, Parliamentary Secretary on Health, Dr Saeed Elahi, said that the provincial government and the health department had ensured provision of anti-rabies vaccines in all public sector hospitals with a view to saving lives from dog bites. He said that the doctors had provided treatment to 1,600 cases of dog bite in medical camps in the flood-hit districts of the Punjab. He added that the government had also started a dog-killing campaign, killing more than 37,000 dogs during the campaign.

The government needed to start an awareness campaign against rabies in schools and colleges, particularly in rural areas, in order to ensure timely treatment to save lives of the people. Poverty and ignorance are the main causes of spread of rabies. "The preventive healthcare will remain a dream without health education," he stressed.

Dr Zarfishan Tahir, Associate Professor of Bacteriology, said that there were around 5,000 to 7,000 cases of rabies in Pakistan as compared to 20,000 cases in India every month. She termed rabies a fatal disease, which can be prevented by timely medical treatment.

She said that, besides dog bite, the rabies could also be caused by biting of cat, wolf, horse, mole, rat, bat, etc.

Therefore, she said, the people must get their pets vaccinated against rabies.

Dr Yaqoob Qazi, Dean Institute of Public Health, Lahore, said that rabies had been eliminated in the developed countries. He said that dog bite paralysed the nervous system and led to eventual death if proper medical treatment was not provided. He, however, said that there was no need to give 14 injections in the belly because anti-rabies vaccines were sufficient to treat rabies.

POLITICAL PARTIES' ORIGIN

(From an article by S Khalid Husain in the News)

There is no knowing where the ongoing political tumult is leading Pakistan. The MQM and Maulana Fazlur Rahman can probably put it to the president that just as agreements are not Hadiths, coalitions are not made in heaven.

In any event, we, the voters, must be prepared for the worst. In spite of the hurdles of fake degrees and the overruling of the Higher Education Commission in the matter, the invalidation of the National Reconciliation Ordinance and the out-of-court defiance mounted against the court order, the emasculation of the National Accountability Bureau and all the rest, the voters could still be led to the polls like sheep.

Here is a brief summing up, starting with the oldest choices before the voters in the event that polls are held. The PPP, the PML-N and the Awami National Party are family-based political organizations in which succession is hereditary. It is remarkable, therefore, that a non-Bhutto son-in-law has succeeded his wife, albeit as co-chairman, sadly, but providentially for the PPP son-in-law, the direct heirs to the Bhutto legacy met unnatural ends, as did his wife, and the Bhuttos' inter-family relations soured at the right time for the nieces and members of the extended Bhutto family, like Zulfikar Ali Bhutto's "talented cousin" Mumtaz Bhutto to be purged from the succession order.

The PPP under Bhutto is best known for nationalizing everything that moved, not long after it took over what remained of Pakistan following the 1971 debacle in East Pakistan. The party got caught in the web of the MQM was brought into being by Zia in 1984, to debacle, from which it has not quite been able to tame the Jamaat-e-Islami in Karachi, when Zia felt that extricate itself, through its founder's "Idhar hum udhar" remark, the tearing by him of the Polish resolution in the Security Council that may have saved Pakistan second term as prime minister when he could not get the and the army from total humiliation, and other such indiscretions.

The PPP's nationalization of banks, industries and all the rest opened the floodgates of corruption, and made Zia asked the head of the Sharif family, Mian Mohammad incompetence a general attribute in Pakistan. The Sharif, to nominate one of his sons to join his administration nationalization of education spelled the death knell for in Punjab, "Abbaji" short-changed Zia by nominating whatever academic activity there was in the country. Nawaz, who was a bit of a burden in business, spending his time listening to, or singing, film songs. The country has yet to overcome the disastrous consequences of the party's reckless actions in the past on the economic and education fronts. But the party has learnt no lessons from its past.

The PPP shop, presently open and in business, strives to retain its clientele through calls of "Jeeay Bhutto" by the co-chairman, through "democracy is the best revenge"

chants, through inundating the "market" with everything named "Benazir" - funds, districts, airports and parks - to milk the name for its magic charm. The PPP is facing hard time living with the ignominy of its forty years old "Roti, Kapra aur Makan" pledge, which is nowhere near fulfillment. The people, since the pledge, have voted the PPP into power four times, but the party in all its time in power has done little except regurgitating the myth.

There has to be, sooner or later, an end to the garden path down which the people have been led, this was clearly messaged by the people at the Naudero meeting to mark the third anniversary of Benazir Bhutto's death, and is being increasingly messaged through smoke signals visible all over Sindh.

The PPP, the PML-N and the MQM are all products of dictatorship. It seems strange that with such common heritage, the parties should be badmouthing each other, and as nastily as the last two. Zulfikar Ali Bhutto was brought into public life by the civilian dictator Iskander Mirza, to whom he wrote that "when the history of Pakistan is written your name will be ahead of that of even Jinnah." He was nurtured by Ayub in his martial law, and whose adoptive "son" he was considered, just as Nawaz Sharif was of Ziaul Haq's product.

The PML-N is the outcome of the Islami Jamoohri The PML-N and the MQM fell out during Nawaz Sharif's frustrated his dream to be Amirul Momineen, a dream he is said to continue to cherish. It is widely believed that when Zia asked the head of the Sharif family, Mian Mohammad Zia, to nominate one of his sons to join his administration, "Abbaji" short-changed Zia by nominating Nawaz, who was a bit of a burden in business, spending his time listening to, or singing, film songs. The MQM is endeavouring to shed the ethnic label. It has to shed the ethnic label by playing no other but the Pakistan card, and also work to shed its "mafia" image.

The writer is former corporate executive. Email: husainsk@cyber.net.pk

PML-N AND MQM EXPOSE EACH OTHER

The PML-N and MQM on Wednesday exchanged uncivilized allegations against each other's top leaders. While Leader of the Opposition in the National Assembly Ch Nisar Ali Khan said whenever MQM Chief Altaf Hussain spoke live on the media, he was not in his senses, MQM leader Haider Abbas Rizvi responded by saying that the PML-N leadership could not spare time from marriages. Rizvi also said the country was on the verge of ruin but the PML-N leaders were going to London for hair transplants. Talking to the newsmen outside the Parliament House following the NA session, Nisar advised the MQM chief to refrain from using irresponsible language during his speeches because it did not behoove a leader of a political party.

Nisar warned the MQM leader that if he did not refrain from using obnoxious language during his speeches, the PML-N would make public the statements of his former wife, which she recorded about the character and political behaviour of Altaf Hussain.

He said the MQM chief had been in self-exile for the last 19 years and was not coming to the country, as he had pledged loyalty to Queen Elizabeth in order to have a UK passport in his lap.

"The MQM was established by a military dictator Gen Zia-ul-Haq and came again into power using the shoulder of another dictator Pervez Musharraf," he recalled. Chaudhry Nisar said that Nawaz Sharif had never begged pardon from a military dictator and never used abusive language against any political party during his speeches.

He said that Azeem Tariq, the chairman MQM, was killed for opposing the policies of Altaf Hussain. He said that Altaf's politics was the politics of hypocrisy and bullets. He said that Altaf Hussain visited India during the Musharraf era and spoke against the Pakistan ideology.

"Those who were speaking about bringing revolution in the country were sitting in the armpit of a military dictator during his rule and supported his unconstitutional rule."

Talking to the media outside parliament, the MQM leader Haider Abbas Rizvi dubbed the PML-N as a cowardly bunch who failed miserably to express themselves in the assembly, and were content on staging silent, ineffective walkouts.

He said that the PML-N was challenged for a debate but it ran away "putting its tail between its legs". He said that the PML-N leadership was busy in marrying and they knew how and with whose daughter and sister the marriages were solemnized. He said that millions of rupees were being spent in the Punjab on the name of protocol.

He also berated the latest title bestowed by PML-N elements on their party head, calling Milan Nawaz Sharif as Emperor Shah Jehan, and accused Chaudhry Nisar of using Punjab's wealth for his personal protocol. (Agencies)

PAKISTAN CAN SAVE \$ 8 BILLION ANNUALLY BY AVOIDING CORRUPTION

(From an article by Ansar Abbasi in the News)

The founding Managing Director of the Public Procurement Regulatory Authority (PPRA), Mohammad Khalid Javed, says Pakistan can save at least US\$8 billion annually as against the figure of US\$4 billion quoted by the Transparency International by merely curbing corruption in all procurements. In response to the chairman Transparency International Pakistan report Javed said Pakistan can save more than US\$8 billion annually merely by ensuring strict adherence to the legal framework in all procurements. Javed is the person, who gave this country a Public Procurement Regulatory Framework (Public Procurement Rules 2004) ranked as one of the best in the world by the Transparency International. However, according to a source, the dilemma remains that the regulatory framework is not fully implemented and the defence procurements are exempted from the framework.

"I wish to intimate you that the figure of US\$ 4 billion is a very conservative estimate," Javed said, adding: "The government procurements are estimated at 25 pc of its GDP in a western country. In Pakistan, government procurements are of much higher as the government is running many large ventures."

He explained the Pakistani economy has been stated to be over \$212 billion. As per the 25 per cent yardstick, the magnitude of government procurements would be in excess of \$53 billion.

A 15 per cent improvement in the government procurement, he said, would yield close to \$8 billion which is more than the total economic assistance Pakistan gets. "We do not need any borrowings from the WB or the IMF if we can save this money, he said.

Javed believed the 15 per cent figure is also a conservative estimate as the actual magnitude of corruption is much higher. He disclosed some of the cases investigated by him during his tenure as the MD PPRA would indicate a much higher level of corruption.

All that is required is honest political leadership to arrest this menace," he commented.)

Chairman Transparency International Pakistan Syed Adil Gilani had revealed that at this crucial time of financial crunch faced by Pakistan, the government can save US\$4 billion only by implementing the Public Procurement Rules 2004 in the federal government, armed forces and all the four provinces of Pakistan and corporations/authorities/trusts.

(1)Editor's notes: The Jamaat-e-Islami can provide this "honest political leadership". I implore my countrymen to make use of this party for the benefit of the country.

THE DOUBLE SEX LIFE OF WOMEN

By Annie Murphy Paul

Psychologist Kim Wallen notes that women can also use the critical first trimester report more intense feelings of knowledge of their menstrual cycles to manage their disgust than do women who are farther along in their sexuality. "Research shows that women are more likely to pregnancies. Such sensitivity likely "compensates" for take social risks around the time of ovulation," he says. women's increased vulnerability by prompting them to avoid "Women who know that's the case can choose not to put potential sources of illness.

themselves in risky situations, such as drinking too much at For the same reason, Fessler has found, women make a bar or party, at that time of the month." And if a woman different dietary choices when they are pregnant. The food should feel attracted to a man who would make an cravings and aversions, odor sensitivity, and nausea that inappropriate partner, says Wallen, she can restrain her many women develop during pregnancy all help protect the impulse, knowing that soon enough her preferences will fetus from dietary pathogens. Meat is a principal source of shift and her desire will wane. "The adolescent male doesn't such dangerous organisms, Fessler notes, so it's no have that option," he points out. "If he lusts after someone surprise that it's high on pregnant women's list of foods to today, he'll still be lusty after her next week and next avoid. Women may even spurn meat during some phases of their menstrual cycle, leading Fessler to a bold theory; month."

A familiarity with the changes associated with estrus can even help us make sense of our feelings about long-term romantic partners. Women who experience an attraction to men other than their husbands or boyfriends need not conclude that there's anything amiss in their relationships, says Martie Haselton. "If a woman understands the evolutionary underpinnings of these impulses, she can reassure herself that these feelings don't mean that she doesn't love her partner or isn't 'meant' to be with him," she says. "The goal she's trying to achieve-to have a stable, loving, monogamous relationship-is not the goal that evolution has built her to act upon."

Although we can consciously choose to resist evolution's dictates, says Haselton, "the fingerprints of evolution are all over the behavior we engage in today."

A Pregnant Pause

Forget decorating the nursery. Gestating a fetus brings out far more adaptive concerns and behaviors in women.

If the phases of the menstrual cycle produce distinctive behaviors in women, so too do the nine months of pregnancy. During gestation, evolution's aim is to protect mother and fetus from disease, infection, and contamination. A pregnant woman is vulnerable to such dangers, especially during her first trimester, because her immune system is suppressed to prevent it from attacking the fetus as a foreign body.

Daniel Fessler, an anthropologist at the University of California, Los Angeles, has studied a suite of such protective behaviors that accompany pregnancy. Women in

the critical first trimester report more intense feelings of disgust than do women who are farther along in their pregnancies. Such sensitivity likely "compensates" for women's increased vulnerability by prompting them to avoid potential sources of illness.

For the same reason, Fessler has found, women make different dietary choices when they are pregnant. The food cravings and aversions, odor sensitivity, and nausea that many women develop during pregnancy all help protect the fetus from dietary pathogens. Meat is a principal source of such dangerous organisms, Fessler notes, so it's no surprise that it's high on pregnant women's list of foods to avoid. Women may even spurn meat during some phases of their menstrual cycle, leading Fessler to a bold theory: Our male ancestors ate more meat than their female counterparts, leading them to become our species' principal hunters, leading in turn to the gender-based division of labor that we still largely practice today.

There is evidence that pregnancy leads women to treat people, and not just nutrients, in particular ways. Benedict Jones, a professor of psychology at the University of Aberdeen in Scotland, showed pictures to 115 pregnant women and 857 nonpregnant controls. The women were asked to pick which of two faces they preferred in the photographs; one set had been digitally manipulated to look healthy, the other to look diseased. Women who were pregnant showed a stronger preference for the healthy-looking faces-evidence, Jones argues, that pregnant women are unconsciously motivated to avoid people who may be carrying infectious diseases that could disrupt fetal development.

In our ancestral past, the individuals bearing illnesses to which we lack immunity were more likely to be strangers, people outside our clan or tribe. In a 2007 experiment, Fessler found that "ethnocentrism"-the tendency to prefer the members of one's own group-peaked among women in their first trimester of pregnancy. Shown an essay by an American praising the United States, and an essay critical of the U.S. written by a foreigner, women early in their pregnancies reported stronger pro-American feelings.

<http://www.psychologytoday.com/articles/201010/the-double-life-women>

SEXUALLY TRANSMITTED DISEASES AMONG USERS OF ERECTILE DYSFUNCTION DRUGS: ANALYSIS OF CLAIMS DATA

Jena A, et al _ Ann Intern Med 2010

A major retrospective study showed that men prescribed erectile dysfunction (ED) drugs such as sildenafil (Viagra) also had markedly higher rates of sexually transmitted diseases – though the association could have more to do with behavior than ED drug use.

An analysis of insurance claims for 1.4 million men ages 40 and older (average age 61) found that users of prescription ED drugs developed STDs at a rate of 214.9 per 100,000 – with HIV cases accounting for a startling 70% of the total – compared with 106.0 per 100,000 among men not using such drugs.

However, STD rates among the ED drug users were higher than in nonusers even before the men received their first prescription, the data showed – suggesting it was the users' behavior, not the drugs, that was responsible.

The observed association between ED drug use and STDs may have more to do with the types of patients using ED drugs rather than a direct effect of ED drug availability on STD rates.

On the other hand, they suggested that a connection between the availability of ED drugs and increased STD rates can't be ruled out either.

For example, the drugs might have allowed men to have more and/or riskier sexual encounters and therefore their exposure to STDs. But Jena and colleagues noted that their data could not address that or other possibilities.

But the association found in the study could be clinically useful.

Use of ED drugs by middle-aged and older patients may serve as a simple screening tool for physicians to use in identifying those patients who may benefit from reminders about safe sexual practice.

The study's findings make it critical that all ED drug prescriptions be accompanied by assessment of STD risk and counseling about safe sex.

The CDC has reported that HIV/AIDS rates in individuals older than age 50 in 2005 were higher than for people in their 20s, and have been increasing in older people while

rates among most other age groups have declined. Other STDs are less common in people over 40 compared with younger individuals, with little change in the rates from 2004 to 2006, according to CDC statistics.

Data for the retrospective cohort study came from pharmacy claims in 44 large employers' health plans from 1997 to 2006. About 34,000 men ages 40 and older in the database had received at least one prescription for an ED drug, and 1.38 million had not.

Users had higher rates of several comorbidities including cancer, depression, diabetes, high cholesterol, and hypertension by about 50% in each case ($P<0.001$).

HIV was by far the most common STD identified from the database in users as well as nonusers, accounting for 147.2 and 66.5 cases per 100,000, respectively.

Next most common was chlamydia, identified in 41.2 and 15.0 per 100,000 in ED drug users and nonusers, respectively.

Syphilis was somewhat more frequent than gonorrhea in the users, whereas the reverse was true among nonusers. When Jena and colleagues examined quarterly STD diagnosis rates in the year before the first prescription for ED drugs versus the following year, found little difference.

In some statistical models, there appeared to be a spike in STD diagnosis rates for certain infections in the quarter just before the first ED drug prescription, followed by a steep decline. But this finding was not consistent when different adjustments were applied, for covariates such as age, comorbidities, and year of entry into the database.

In the primary analysis, the odds ratio for developing an STD during the year prior to the first ED drug prescription was 2.60 relative to nonusers ($P<0.001$), compared with 2.65 ($P<0.001$) for the year after.

The elevated rates among ED drug users were both believable and alarming.

<http://www.medpagetoday.com/21029>

BREAST FEEDING DURATION AND ACADEMIC ACHIEVEMENT AT 10 YEARS

Oddy WH, et al - *Pediatr* 2010

Breast feeding for at least six months has been associated with enhanced immunity and other benefits for children – but a prospective study from Australia suggests breast feeding may also yield academic benefits later in a child's life, at least for boys.

The study, which followed almost 3,000 children from birth onward, found those who were predominantly breast fed for six months or longer had significantly higher scores on standardized tests of reading, math, and spelling at age 10 compared with kids breast fed for shorter periods.

However, the effects on those test scores appeared to be much stronger for boys than for girls.

The study adds to growing evidence that breast feeding for at least six months has beneficial effects on optimal child development.

While breast feeding is promoted as beneficial to both the mother and newborn – and exclusive breast feeding for at least six months is widely recommended – the benefits of breast feeding on cognitive development have not been clear, according to background provided by the authors.

Would benefits of breast feeding reflect nutritional or socioeconomic advantages? Some studies have shown no benefits in terms of academic achievement after adjusting for socioeconomic status, environment, and maternal verbal ability, while benefits are apparent in others.

To examine the relationship between duration of breast feeding and educational outcomes included 2,900 women who were enrolled at 18 weeks gestation. A total of 2,868 infants were then followed prospectively.

The data was with standardized test scores in mathematics, reading, writing, and spelling for 1,038 of these children.

Overall it was found that children who were breast fed for at least six months had higher academic scores than those who weren't breast fed that long. Children of mothers who were merely continuing to breast feed at six months had significantly better scores, which increased with each additional month of breast feeding for math ($P=0.01$), reading ($P<0.001$), writing ($P=0.004$), and spelling ($P=0.005$).

But these results were attenuated when adjusted for confounding factors including maternal and demographic factors. With each additional month of breast feeding, the

scores still increased, but did not reach significance.

However, children of mothers who were predominantly breast fed at six months had significantly improved academic scores in multivariable models for reading, math, and spelling. Those findings approached significance for writing. The relationship may be explained by the fact that nutrients in breast milk -- especially long-chain polyunsaturated fatty acids -- are essential for optimum brain growth, including cell membranes and neurons.

When looking at other factors, the researchers found that lower maternal education and family income were significantly associated with decreased child academic achievement. Conversely, reading and looking at books with the child between ages 3 and 5 were associated with improved mean scores for reading and writing, particularly for girls. This gender difference also held true for the big picture. When analyzing the cohort by gender, predominant breast feeding at six months was significantly associated with increased mathematics, reading, writing, and spelling scores for boys – but there was no effect on educational attainment for girls in any subject.

This could be due to the fact that male children are known to be more vulnerable to adversity during critical periods, which may be related to the neuroprotective effect of estradiols. These are typically at higher concentrations in female children. Thus, any neuroprotective role of breast milk would have greater benefits for male children.

Another possibility is that breast feeding has a positive effect on the mother-child relationship, facilitating bonding, interaction, and, indirectly, cognitive growth. Studies have shown that male infants are more reliant than females on maternal attention, so the positive effects of this bond may be stronger in males. One limitation of the study was that it could not control for maternal intelligence. There was also a lack of information on children who attended non-government schools, and no data on academic achievement at other time points.

The study was also conducted only among mothers and children in Australia, which may limit its generalizability to other locations.

<http://www.medpagetoday.com/23982>

INCREASED MORTALITY RISK IN WOMEN WITH DEPRESSION AND DIABETES MELLITUS

Pan A, et al - Arch Gen Psychiatry 2011

The coexistence of depression and diabetes confers a high mortality risk on middle-age women, particularly for death from cardiovascular disease, a prospective study showed. Compared with women who had neither depression nor diabetes, the relative risk for all-cause mortality among a large cohort of women who had both conditions was 3.11 (95% CI 2.70 to 3.58).

And the relative risk for cardiovascular death was 5.38 (95% CI 4.19 to 6.91).

Epidemiologic studies have found that depression, while common in the general population, is particularly prevalent among patients with diabetes and is associated with poor disease control.

To explore the effects of these conditions among women -- who have higher rates of depression than men -- Hu's group analyzed data from 78,282 participants in the Nurses' Health Study who ranged in age from 54 to 79.

At baseline in 2000, 14.2% of the women reported having depression, 5% had diabetes, and 1.3% had both.

During six years of follow-up there were 4,654 deaths, 21% of which were from cardiovascular causes.

After controlling for factors such as age, family history, body mass index, smoking, and estrogen use, multivariate analysis showed that the relative risk for all-cause mortality among women with depression only was 1.53 (95% CI 1.42 to 1.64).

Among those with diabetes only, the relative risk was 1.52 (95% CI 1.36 to 1.69), rising to 2.46 (95% CI 2.12 to 2.84) among those with both.

For cardiovascular mortality, the multivariate-adjusted relative risks were:

- Depression only, 1.56 (95% CI 1.33 to 1.84)
- Diabetes only, 2.15 (95% CI 1.76 to 2.64)
- Both conditions, 3.89 (95% CI 3 to 5.05)

Controlling for major comorbidities such as hypertension and heart disease attenuated the associations, but the overall relative risks for all-cause and cardiovascular disease mortality remained significant, at 2.07 (95% CI 1.79 to 2.40) and 2.72 (95% CI 2.09 to 3.54), respectively.

Duration and severity of diabetes were important contributory factors. Women with depression whose diabetes had been present for more than ten years had a relative risk for cardiovascular mortality of 3.22 (95% CI 2.29 to 4.52) compared with women having neither condition.

In addition, those who required insulin had an approximate relative risk for cardiovascular death of 4.90 (95% CI 3.35 to 7.15) compared with women without diabetes or depression.

Severity of depression also influenced cardiovascular death risk. Patients with severe depression and diabetes had a relative risk of 4.54 (95% CI 2.60 to 7.92) compared with those having neither condition.

Potential mechanisms by which diabetes and depression could exert influence on mortality risks include poor glycemic control and treatment adherence, as well as unhealthy lifestyle factors such as smoking and lack of exercise.

Moreover, depression could have negative effects such as increases in sympathetic nervous system activity, lowered heart rate variability, and promotion of thrombogenesis.

<http://www.medpagetoday.com/24157>

DIABETIC POLYNEUROPATHY

Rutkove SB - JAMA 2009 Oct 7

Focal diabetic neuropathies involve one nerve, whereas diffuse neuropathies involve more than one nerve. The most common diffuse diabetic neuropathy is diabetic polyneuropathy, with a prevalence between 28% and 55%. In diabetic polyneuropathy, sensory fibers are affected more than motor fibers. Some patients with diabetic polyneuropathy remain asymptomatic, but many present with painful, burning feet or numbness or weakness of the lower extremities.

The differential diagnosis, which includes orthopedic conditions such as plantar fasciitis and also neuropathy associated with other medical conditions or with chemotherapy. Screening for underlying medical conditions or nutritional deficiencies is a reasonable step. Nerve conduction testing and electromyography are helpful if the presentation is asymmetric, rapidly progressive, or involves upper more than lower extremities or if weakness predominates.

Diabetic neuropathies are treated with various medications, including those aimed at underlying causes and those aimed at symptom relief. The article includes a table that compares the efficacy of numerous drugs for neuropathic pain, using the "number needed to treat" (NNT) index. Protective treatment includes tight glycemic control and alpha-lipoic acid. The mainstay of treatment is symptom relief. Tricyclic antidepressants are more effective for short-term pain relief than any of the newer, more expensive anticonvulsants such as pregabalin, or antidepressants such as duloxetine.

CLINICAL REPORT -- INCORPORATING RECOGNITION AND MANAGEMENT OF PERINATAL AND POSTPARTUM DEPRESSION INTO PEDIATRIC PRACTICE

Earls M, et al - Pediatrics 2010

Pediatricians who screen new mothers for depression can help prevent a host of problems in their children.

Simply asking the mother if she has been feeling down, depressed, or hopeless, and if she has little interest or pleasure in activities -- well-recognized as symptoms of depression -- can be a tip off that intervention may be needed.

Rates of depression among pregnant and postpartum women have been estimated to range from 5% to 25% -- and for major depression in the first year after the birth the rate of depression ranges from 1% to 6.8%.

This means that more than 400,000 infants are born annually to depressed mothers, resulting in increased costs of medical care, inappropriate medical care, child abuse and neglect, discontinuation of breastfeeding, and family dysfunction.

Depression in new mothers ranges from fleeting "maternity blues," which typically consist of crying, anxiety, and mood swings that can afflict up to 80% of women shortly after giving birth, to postpartum psychosis, which requires urgent attention and often hospitalization.

Of critical importance, according to the committee report, is the interference maternal depression can have on mother-child attachment and bonding.

The processes for early brain development -- neuronal migration, synapse formation, and pruning -- are responsive to and directed by environment as well as genetics.

And if that environment lacks sufficient mother-child bonding and attachment, cognitive, and social development can be affected negatively, beginning as early as two months.

Furthermore, "insecure attachment" resulting from untreated maternal depression can later lead to the development of behavior problems, anxiety, and mood disorders through childhood and adolescence.

Maternal depression also can impair parental attention to health and safety concerns for the child. If compounded by other parental risk factors such as substance abuse and violence, the negative effects on the child can be cumulative.

Paternal depression -- estimated at 6% -- can further worsen the situation, whereas the presence of a nondepressed father can be protective, even when the mother is depressed.

Most pediatricians feel that screening their patients' mothers for depression is feasible -- and during the past

decade many screening programs, including ones for mental health, have successfully been implemented into primary care.

Although there are potential barriers to screening -- such as time pressure, inadequate reimbursement, and lack of training in postpartum depression screening tools -- the pediatrician who screens for perinatal depression does not necessarily need to provide treatment.

Rather, the focus should be on providing guidance, referrals to specialists and community services, and follow-up, according to the AAP report.

One potential strategy is to arrange for a prenatal visit, when the pediatrician can meet the parents and possibly identify warning signs and risk factors and plan for necessary services.

Screening for postpartum depression can then be done during the routine infancy visits, using a tool such as the Edinburgh Postpartum Depression Scale.

If screening is positive, symptom severity should dictate the course of action.

For maternity blues or minor depression, support and patient education, particularly through "demystification," may suffice.

The process known as demystification seeks to help the mother understand:

- She is far from alone. Her symptoms are shared by many other women.
- She is not at fault. Hormonal factors play a large role in postpartum depression.
- She will improve.

If the depression is more severe, referral for treatment may be needed. Various resources are available, including mental health providers integrated into the pediatric practice, outside clinicians experienced in caring for the maternal-child dyad, and research-based programs such as the video-based Circle of Security intervention.

"The primary care pediatrician, by virtue of having a longitudinal relationship with families, has a unique opportunity to identify maternal depression and help prevent untoward developmental and mental health outcomes for the infant and family," the AAP report concluded.

<http://www.medpagetoday.com/Pediatrics/EatingDisorders/22953>

EXCESSIVE DAYTIME SLEEPINESS IN A GENERAL POPULATION SAMPLE: THE ROLE OF SLEEP APNEA, AGE, OBESITY, DIABETES, AND DEPRESSION

Bixler et al — JCEM, Aug. 2005

Daytime sleepiness is likely to stem from depression or metabolic factors such as diabetes and obesity, rather than sleep apnea, researchers here report.

A cross-sectional study of 16,563 men and women found depression to be the strongest risk factor for excessive daytime sleepiness ($P < 0.0001$). A body mass index of 28 or higher and diabetes ($P < 0.001$) were also significant and independent risk factors.

On the other hand, sleep apnea was not as significant a risk factor as once believed ($P = 0.266$).

The relative contribution of various factors for the complaint of excessive daytime sleepiness, current treatment for depression was most strongly associated. This relationship held even after controlling for antidepressant medication.

Body mass index was also a significant and independent risk factor for excessive daytime sleepiness. There was a "dramatic increase" in the prevalence of excessive daytime sleepiness when BMI reached 28, the researchers reported. A BMI of 25 to 29 equals overweight; 30 or higher defines obesity.

The findings were based on telephone interviews with 12,219 women and 4,364 men ages 20 to 100. The presence of excessive daytime sleepiness was determined on the basis of a moderate or severe rating response to one of two questions: Do you feel drowsy or sleepy most of the day, but manage to stay awake? and Do you have any irresistible sleep attacks during the day?

Survey respondents were also asked whether they were being treated for depression, allergies, asthma, hypertension, or diabetes.

A total of 8.7% of this group reported excessive daytime sleepiness. Thirteen percent had diabetes and 13.3% were being treated for depression. Gender was not a factor, but age was.

Excessive daytime sleepiness was more common among those ages 30 and younger and those ages 75 and older. Depression and unmet sleep needs probably accounted for the young adults' sleepiness, while increased health problems and medical illnesses most likely affected the older respondents, the researchers wrote. Daytime fatigue showed a linear decline between ages 30 and 75.

The association between diabetes and excessive daytime

sleepiness suggests "that a simple fasting blood sugar test should be considered appropriate in the presence of an excessive daytime sleepiness complaint," the researchers wrote. The biochemical relationships between these associations have not yet been made clear and warrant further study, the researchers noted.

Smoking tended to be a risk factor for excessive daytime sleepiness. However, smoking, it turned out, was not strongly associated with nocturnal sleep disturbance in this study. The researchers had no clear answers for this finding, but suggest that smokers may use nicotine to self-medicate during the day.

In the second part of the study, a sub-sample of 741 men and 1,000 women who had participated in the telephone survey were randomly selected to participate in a one-night observation at the researchers' sleep laboratory. Each participant underwent a physical examination and provided an in-depth sleep history. They were monitored for eight hours using 16-channel polygraphs.

There was a significant association between typical sleep duration and excessive daytime sleepiness ($P = 0.007$) when compared with patients who did not have daytime sleepiness.

Although excessive daytime sleepiness has been associated with sleep breathing disorders in the past, such as sleep apnea— it was found these breathing disorders were not the leading significant factor as previously believed.

Sleep apnea was described as having an obstructive or hypopnea index (OHI) of 15 or higher. The prevalence of excessive daytime sleepiness was 18.3% among those who had an OHI of 15 or more compared with only 10.7% for those without a breathing disorder.

This finding may explain to some extent why continuous positive airway pressure at times fails to improve excessive daytime sleepiness in patients with sleep apnea.

The findings suggested that when diagnosing excessive daytime sleepiness, patients should also be screened for depression and/or diabetes, the authors concluded, "both in the presence and absence of sleep apnea."

<http://www.medpagetoday.com/1691>

EFFECT OF DAILY ASPIRIN ON LONG-TERM RISK OF DEATH DUE TO CANCER: ANALYSIS OF INDIVIDUAL PATIENT DATA FROM RANDOMISED TRIALS

Rothwell PM, et al _ Lancet 2010

Daily aspirin use appeared to lower the risk of death from cancer in randomized trial participants, a meta-analysis found.

Cancer death rates were 21% lower in study participants assigned to aspirin after five years (95% CI 6% to 32%), and the reduction persisted among those followed for 20 years, according to pooled data on more than 25,000 individuals in eight randomized studies.

The results were "the first reliable evidence that aspirin prevents noncolorectal cancer in humans," which had been suggested for a number of solid-tumor cancers on the basis of earlier studies.

It was suggested that the findings should alter calculations of risks and benefits of daily aspirin in individual patients.

Analyses show that taking aspirin daily for five to 10 years would reduce all-cause mortality (including any fatal bleeds) during that time by about 10%.

But they also cautioned that the findings, by themselves, do not prove that aspirin prevents cancer or even cancer death.

They noted that before either conclusion would be fully justified, additional studies would be needed to:

- Determine what effect, if any, daily aspirin has on cancer incidence
- Analyze the effect on gynecologic cancers, which were not adequately represented in the meta-analysis
- Examine aspirin effects with follow-up longer than 20 years, in case there is a late rebound effect
- Look for effects occurring in the first five years that might have escaped detection in the current analysis

The American Cancer Society agreed that it would be premature to put everyone on daily aspirin.

Even low-dose aspirin can substantially increase the risk of serious gastrointestinal bleeding.

It will take time for expert guidelines committees to carefully consider these new results together with the existing evidence and consider for whom the benefits of aspirin use are likely to outweigh the risks.

On the other hand, several physicians indicated that daily aspirin could be considered for at least some patients as chemoprevention and some were recommending daily aspirin to patients.

The meta-analysis findings only confirm what has been known for a while – the nature of the study just makes the statement stronger.

A general recommendation would not be warranted yet, "but in patients who do have risk factors (such as family history) this would be something to discuss and consider."

The studies included in the meta-analysis weren't designed to address cancer prevention, and hence the findings need confirmation.

What is badly needed is a prospective, disease-specific study that shows with placebo-control that either incidence, recurrence, or death are significantly reduced.

The selection of participants for these trials may not be relevant since they were selected based on cardiovascular risk and "the primary goal of the included studies was to reduce that risk. ... This clearly deserves a prospective study with cancer as the endpoint."

The data had been sought from randomized trials with at least four years of treatment with daily aspirin versus placebo and a total study duration of five years or more.

Eight such trials were found with a total of 25,570 participants. Two of the trials assessed aspirin for primary prevention of vascular disease, five recruited patients with vascular risk factors such as diabetes or angina but no history of cardiovascular events, and one was for secondary prevention of events. Aspirin doses in these studies ranged from 75 to 500 mg daily.

One of the trials showed a significantly reduced rate of cancer deaths by itself – the UK Transient Ischemic Attack study, which assigned patients to aspirin or placebo in a 2:1 ratio. It found an odds ratio for cancer death of 0.45 (95% CI 0.25 to 0.82) in the aspirin group.

Six of the other trials each showed nonsignificant trends toward lower cancer death rates with aspirin (OR 0.53 to 0.83), and one trial showed a slight increase in cancer deaths in its aspirin arm.

Pooling the 674 cancer deaths during the study phases of all eight trials yielded an odds ratio of 0.79 (95% CI 0.68 to 0.92) for cancer deaths in the aspirin groups.

When the researchers looked only at data for the first five years of follow-up, the protective effect of aspirin was not statistically significant for all cancer deaths or for deaths from any particular type or class of cancers.

Another notable finding was that the preventive effect was evident mainly in deaths from gastrointestinal cancers, with an odds ratio of 0.46 (95% CI 0.27 to 0.77), compared with 0.76 (95% CI 0.54 to 1.08) for non-GI solid tumor cancers.

The effect was apparent for most types of GI cancers, not just colorectal cancer, for which aspirin had already been shown to have a chemopreventive effect.

In the meta-analysis, lower death rates were seen with aspirin for esophageal and pancreatic tumors as well as for colorectal cancer.

For participants in three of the trials, all of which took place

in Great Britain, Rothwell and colleagues were able to count cancer deaths with 20 years of follow-up using public registry data on participants.

In these trials, which had a total of 12,659 participants, there were 1,634 cancer deaths. The hazard ratio for death from solid-tumor cancers associated with assignment to aspirin in the studies was 0.80 (95% CI 0.72 to 0.88) relative to placebo assignment.

There was less difference by cancer type in the strength of the effect in these data. For GI cancer deaths, the 20-year hazard ratio was 0.65 compared with 0.79 for non-GI solid tumors and 1.09 for hematologic cancers.

Among individual non-GI cancer types, only lung cancer deaths were significantly lower in the aspirin groups (HR 0.71 in the 20-year data, 95% CI, 0.58 to 0.89). Deaths from prostate tumors, bladder and kidney cancers, and all other non-GI solid tumors combined were somewhat lower with aspirin but the relationships were not statistically significant. It was also found that deaths from non-adenocarcinoma tumors were not significantly reduced with aspirin (HR 0.87 versus 0.66 for adenocarcinoma deaths). The researchers didn't address in detail the mechanism by which aspirin may reduce cancer deaths, but they did suggest it probably is not related to platelet aggregation – other antiplatelet drugs have not reduced deaths from cancer in randomized trials.

Instead, they suggested, the mechanism may involve inhibition of cyclooxygenase-2, with "other pro-apoptotic effects early in the development of tumours perhaps also being important."

<http://www.medpagetoday.com/tbprint.cfm?tbid=23768>

'INDUSTRY-OCCUPIED MEDICINE . . . SOMEWHAT LIKE A COMMUNIST STATE

By Gary Schwitzer- Medpage

That's the way Dr. Peter Mansfield of the Healthy Skepticism organization – run out of his home in Australia – describes the status quo.

Mansfield, just one of the planners for last week's international "Selling Sickness" conference in Amsterdam, is a soft-spoken man who has carried a big stick at times in his 25+ years of railing against drug industry practices. His main aim for Healthy Skepticism: "to improve health by reducing harm from misleading health information." His first encounter as a medical student in the '80s complaining to Bayer about a "tonic for stress" marketed in Pakistan "which was essentially a light beer with arsenic and strychnine. We actually got a dozen products withdrawn in the '80s." All on a budget of about \$100-200.

In a portion of an interview I conducted with him in Amsterdam, Mansfield discussed troublesome drug advertising and promotion and "industry-occupied medicine" somewhat akin to a Communist state with people afraid to speak out.

The "Selling Sickness" conference was hosted by the Dutch Institute for Rational Use of Medicine, whose own "healthy skepticism" initiative is called "Gezonde scepsis."

<http://www.medpagetoday.com/22717>

COMBAT DRUG RESISTANCE

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*** Infections caused by resistant microorganisms often fail to respond to conventional treatment, resulting in prolonged illness and greater risk of death. *** About 440 000 new cases of multidrug-resistant tuberculosis (MDR-TB) emerge annually, causing at least 150 000 deaths. *** Resistance to earlier generation antimalarial medicines such as chloroquine and sulfadoxine-pyrimethamine is widespread in most malaria-endemic countries. *** A high percentage of hospital-acquired infections are caused by highly resistant bacteria such as methicillin-resistant *Staphylococcus aureus* (MRSA). *** Inappropriate and irrational use of antimicrobial medicines provides favourable conditions for resistant microorganisms to emerge, spread and persist.

SUBLINGUAL IMMUNOTHERAPY FOR ALLERGIC RHINITIS

Radulovic S, et al _ Cochrane Database of Syst Rev 2010

Sublingual immunotherapy – dubbed SLIT – is a safe and effective treatment for allergic rhinitis, according to large meta-analysis.

The analysis of 60 trials found that SLIT treatment was associated with a significant reduction in symptoms and medication requirements when compared with placebo.

These data continue to support the clinical efficacy of sublingual immunotherapy for allergic rhinitis.

SLIT involves giving small but increasing doses of the allergen under the tongue as immunotherapy in either pill or drop form. It's more commonly used in patients who are refractory to treatment with antihistamines and nasal corticosteroids.

The review follows a meta-analysis done in 2003, which also suggested that sublingual therapy was effective, but the findings were based on a smaller number of trials. Much more evidence has accumulated since then.

In a review, which added 38 trials including those involving pollen, dust mites, and cat allergens for a total of 60 studies, Radulovic and colleagues found a significant reduction in symptoms and medication requirements in patients on sublingual therapy compared with placebo ($P<0.00001$ for both).

The overall results of the meta-analysis differ little from those seen in 2003, with the overall effect for symptom scores being of a similar magnitude, with tighter confidence intervals reflecting the greatly increased number of study subjects.

In terms of safety, the researchers said that local reactions were common and reported more frequently among those on sublingual immunotherapy compared with placebo.

But none of the trials reported severe systemic reactions or anaphylaxis to SLIT, and none of the systemic reactions required the use of adrenaline, they added. Systemic reactions were largely confined to upper respiratory tract – although they were more frequent among patients on sublingual therapy.

SLIT remains a safe treatment with an extremely low incidence of significant side effects.

When they looked at the results by age, the researchers found that the SLIT treatment was significantly effective for both adults and children ($P=0.001$ and $P<0.00001$, respectively).

SLIT represents a particularly attractive alternative to injection immunotherapy among children and our findings are entirely consistent with those reported elsewhere.

It was also found that doses under 5 mcg were not significantly effective, while doses higher than that level –

and those greater than 20 mcg – were effective for allergic rhinitis.

The length of treatment may also be important, the researchers added. The study showed a trend in symptom score reduction in trials that lasted for longer than 12 months.

Indeed, SLIT is now given for longer time periods, and more recent studies have shown that treatment for longer than 12 months provides consistent clinical improvement in symptom and medication scores.

It was noted that there were too few studies to compare sublingual immunotherapy directly with subcutaneous immunotherapy – so more head-to-head trials are needed. Still, Radulovic and colleagues concluded that sublingual therapy is now established as a viable alternative to allergen injection immunotherapy, with a significantly lower risk profile and, on the basis of meta-analyses, little difference in overall efficacy.

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FDA OKAYS FIRST RAPID HCV TEST

By Cole Petrochko, Staff Writer, MedPage

Today 4- June 25, 2010

The FDA Has approved the first rapid blood hepatitis C virus test for patients 15 and older.

The OraQuick HCV Rapid Antibody Test can read oral and blood samples for hepatitis C in 20 to 40 minutes with 99% accuracy, according to statements made on manufacturer OraSure Technologies' website.

The device uses a test strip for sampling and does not need an instrument to provide results.

The device allows a sample to be taken from oral fluid, finger-prick, intravenous device, or from serum or plasma. The sample is then mixed in the buffer and a result is read on the device face as either reactive or nonreactive.

Samples of blood from the finger, from a vein, or from plasma need to be mixed in the buffer before they are read.

The device is for use with patients who are at risk for or show signs and symptoms of hepatitis C, the FDA said in a prepared statement.

Approximately 3.2 million patients are infected with the virus, with 17,000 new infections occurring annually, the statement said. The disease is associated with 12,000 deaths annually and is the leading cause of liver transplantation in the U.S.

OraSure is located in Bethlehem, Penn.

FDA WARNS ON MIXING ANTIDEPRESSANTS WITH MIGRAINE DRUGS

By Peggy Peck - MedPage Today

Mixing common migraine drugs such as Sumatriptan (Sumapain/Sumatec) with antidepressants like Fluoxetine (Rozax) or Duloxetine (Yentreve) can trigger a life-threatening condition called serotonin-syndrome.

Serotonin-syndrome is characterized by rapid heart beat, sudden changes in blood pressure, and increased body temperature. Other symptoms include restlessness, hallucinations, loss of coordination, overactive reflexes, nausea, vomiting, and diarrhea.

Patients with these symptoms when taking these drugs should seek immediate medical care.

The warning was issued after receiving reports of serotonin syndrome among patients mixing triptans and SSRIs or SNRI.

The risk may be greater when initiating this drug combination or when changing dose of one of the drugs.

Physicians prescribing a triptan with a SSRI or SNRI should:

- Keep in mind that triptans are often used intermittently and that the triptan, SSRI or SNRI may be prescribed by different physicians.
- Follow patients closely if a triptan and an SSRI or SNRI are used together, particularly during treatment initiation, with dose increases, or with the addition of another serotonergic medication.

SSRIs included in the warning were Citalopram, Fluvoxamine, Escitalopram, Paroxetine, Fluoxetine,

Symbyax (olanzapine/fluoxetine) and Sertraline.

SNRIs were Duloxetine and Venlafaxine.

Triptans were Naratriptan, Almotriptan, Frovatriptan, Sumatriptan, Rizatriptan, Relpax (Eletriptan), and Zolmitriptan.

FDA APPROVES IMPLANTABLE TELESCOPE FOR AMD

By Cole Petrochko, - MedPage Today

In a bid to help people with end-stage, age-related macular degeneration (AMD) the FDA has approved a small, surgically-implanted telescope to amplify vision in those patients.

The Implantable Miniature Telescope (IMT) replaces the eye's natural lens to magnify images two or more times in AMD patients ages 75 or older with stable severe to profound vision impairment due to bilateral central scotoma (blind spots), as well as a visually significant cataract. The device is implanted in one eye.

Device approval was based on a 219-patient clinical trial. The trial found 90% of patients experienced a two-line gain in distance or best-corrected visual acuity, while three-quarters of those enrolled downgraded their visual impairment from severe or profound to moderate.

AMD causes central vision loss, making it difficult or impossible to recognize faces or perform daily tasks such as reading or watching television. AMD affects around eight million Americans -- with nearly two million suffering significant vision loss.

An FDA advisory panel recommended the device for approval at the end of March 2009. However, the FDA increased the recommended age for its use to 75 from 65 during the approval process.

The device's large size may cause extensive loss of corneal endothelial cells, which can lead to corneal edema, corneal decomposition, and a need for corneal transplant, the agency said in a statement.

In the clinical trial, 10 patients had unresolved corneal edema, which resulted in five corneal transplants.

The FDA and the IMT's manufacturer, VisionCare Ophthalmic Technologies, have created detailed labeling for the product and require an Acceptance of Risk and Informed Decision Agreement for patients to convey the serious risks associated with implantation.

As part of the approval process, the manufacturer must complete two postapproval studies -- one to study the long-term effects of the device in patients in the clinical trial, another to monitor the effects on endothelial cell density and similar adverse effects for five years following the implant in 770 new patients.

Prior to surgery, patients must have external telescope training to evaluate the patients' visual improvement with a device similar to the implanted one as well as degree of peripheral vision in the untreated eye.

The IMT comes in 2.2 and 2.7 times magnification.

<http://www.medpagetoday.com/21054>

LONGITUDINAL ASSOCIATION OF VITAMIN B6, FOLATE, AND VITAMIN B12 WITH DEPRESSIVE SYMPTOMS AMONG OLDER ADULTS OVER TIME

Skarupski KA, et al _ Am J Clin Nutr 2010

Higher intakes of two B vitamins – but not folate – may help ward off depression among older people, particularly if they take supplements.

The prospective study, which followed more than 3,000 people ages 65 and older, found that higher intakes of vitamins B-12 and B-6 were both associated with a slightly reduced risk of depression ($P=0.01$ and $P=0.05$, respectively) for up to 12 years of follow-up.

In the assessment and treatment of depressive symptoms in older adults, clinicians and other healthcare professionals should be mindful of the patient's nutritional status in general, and whether there are vitamin insufficiencies in these nutrients before treatment.

Recent data show that 6% of older people are deficient in vitamin B-12, and 20% may have marginal depletion, according to background information supplied by the authors. Vitamin B insufficiency among individuals over 65 can be caused by reduced absorption and by medical conditions.

The prevalence of depression in later life ranges from 7% to 49%, they further noted. Depression among older people is associated with adverse health outcomes (including risk of mortality) and increased health costs.

While B-vitamin deficiencies have been associated with depression, there's little prospective evidence on this association in population-based studies of older adults.

The researchers analyzed data from 3,503 participants in the ongoing Chicago Health and Aging Project. The average age of the study cohort was 73.5; 59% were African American, and 59% were female. One-third reported being widowed.

Diets (including intakes of vitamins B-6, B-12, and folate) were assessed via food-frequency questionnaire, and depression was measured by the Center for Epidemiologic Studies Depression scale, which has shown reasonable specificity and sensitivity for detecting major depression among older adults.

These instruments were used during four interview cycles. Around 13% of participants reported depressive symptoms during three of the four cycles.

Using logistic regression models, the researchers found that higher intakes of B-6 and B-12 that included supplementation were associated with a decreased likelihood of incident depression for up to 12 years of follow-up (average follow-up 7.2 years per participant). Each additional 10 mg of vitamin B-6, and each additional

10 µg of B-12, from both food and supplements, were associated with 2% lower odds of depressive symptoms per year, they found.

These associations remained after adjusting for smoking, alcohol use, caregiving status, cognitive function, widowhood, physical disability, and medical conditions.

Folate intake, however, was not prospectively associated with reduced risk of depressive symptoms (P values ranged from 0.61 to 0.91).

Also, there was only a marginal association for intake of vitamin B-12 solely from dietary sources, not supplementation.

This likely represents the poor bioavailability and absorption of vitamin B-12 from food sources, especially in older age.

Intake of vitamin B-6 from dietary sources wasn't significantly associated with depressive symptoms. Thus it is possible that the association with total intake is due to partial confounding by vitamin B12 contained in multivitamin supplements.

African Americans were disproportionately represented in the lowest tertiles for vitamin B intakes.

Vitamin B-12 deficiency causes a neurologic syndrome that includes cognitive and depressive symptoms; the primary biologic form of vitamin B-6 is a cofactor in the synthesis of neurotransmitters, including serotonin.

The study was limited by its observational nature and by the use of self-reported data. It also may not apply to different ethnic groups with other patterns of diet and supplement use and the findings may be "proxies for other unmeasured factors such as an overall healthy diet."

The study has made an important contribution to a long-running fascination with the associations between B vitamins and depression but the associations "are not clear-cut." For instance, they don't support the association of folate intake with depressive symptoms.

There was the need for further information on the role of dietary intake of these vitamins and the long-term mental health benefits.

Still, the findings have taken some way along the road to addressing some of these areas, but large-scale public health interventions, such as the fortification of flour require to travel much further. The proof of the pudding is in the eating.

<http://www.medpagetoday.com/Pediatrics/EatingDisorders/21378>

RESTLESS LEGS SYNDROME AND ERECTILE DYSFUNCTION

Gao X, et al _ Sleep 2010

Men with restless leg syndrome (RLS) had a significantly increased risk of erectile dysfunction compared with men who did not have the neurologic disorder, data from a large cohort study showed.

The likelihood of erectile dysfunction increased with the frequency of restless leg episodes, reaching an adjusted risk apex about 80% greater for men with the most frequent episodes of RLS compared with men who did not have the syndrome.

The findings suggest a common etiology for restless leg syndrome and erectile dysfunction and support preclinical evidence of altered neurotransmitter receptors linking the two conditions.

This finding indirectly supports a role of dopamine in restless leg syndrome. Further epidemiologic studies are warranted to clarify the temporal relationships between restless leg syndrome and erectile dysfunction and to explore the biological mechanisms underlying this association.

Although the etiology of RLS remains unclear, dopaminergic hypofunction in the central nervous system (CNS) has been implicated in the condition's pathophysiology. The dopamine hypothesis has been supported by studies showing that RLS symptoms improve with administration of L-dopa or a dopamine agonist and worsen with administration of dopamine antagonists that cross the blood-brain barrier.

Dopamine may also play a role in erectile function. For example, Gao and colleagues previously reported an association between erectile dysfunction and Parkinson's disease, another condition involving dopamine hypofunction in the CNS.

To continue the exploration of the dopamine hypothesis, investigators analyzed data from the ongoing Health Professional Follow-up Study to determine whether men with RLS have an increased prevalence of erectile dysfunction. The analysis included 23,119 men who responded to questions about restless leg syndrome in a 2002 follow-up survey.

The study group comprised 22,175 men with no history of RLS, 549 who reported five to 14 episodes of RLS symptoms per month, and 395 who reported 15 or more episodes a month.

As compared with men without RLS, those with the condition were older, more likely to be smokers, less likely to exercise, and more likely to take antidepressants. They also had a higher BMI and anxiety score and greater prevalence of stroke and hypertension.

Overall, 52.9% of men with RLS had erectile dysfunction compared with 40.3% of men without the condition (OR 1.47, 95% CI 1.3 to 1.7).

Men who reported five to 14 episodes of RLS symptoms monthly had an adjusted odds ratio of 1.16 for erectile dysfunction compared with men who did not have the condition. More frequent episodes of RLS symptoms were associated with an odds ratio of 1.78 for erectile dysfunction ($P < 0.0001$ for trend).

In a model adjusted only for age, the odds ratio for erectile dysfunction was 1.22 among men who reported five to 14 symptomatic episodes monthly and 1.93 among men with more frequent episodes of RLS symptoms ($P < 0.0001$ versus men without symptoms). Adjustment for other variables did not appreciably change the results.

No significant interaction was found between presence of restless leg syndrome and age, obesity, and smoking status, in relation to the likelihood of having erectile dysfunction. Further, the interactions between presence of restless leg syndrome and antidepressant use were also not significant.

<http://www.medpagetoday.com/tbprint.cfm?tblid=17753>



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FAITH HEALERS

(From an article by Qadeer Tanoli in the News)

The number of the faith healers is mushrooming across the city despite a ban on them. Some of them are adapting to new techniques of advertising in addition to traditional methods of publicity. Apart from distribution of brochures on buses and at roundabouts and billboards hanging in different parts of the city, especially near their Astanas, they are nowadays seen advertising their magical expertise on cable-based TV channels.

One such faith healer is Aamil SR Ray. According to the ad on TV, Ray can assist you in finding a favourite match, convince a heartless lover, irrespective of distances of continents and guarantee success in an examination. He promises 'guaranteed success' through a single Taweez and offers his clients to convert their disappointments into happiness through his services. He is available 24 hours a day.

Almost every faith healer, regardless of his location, promises women a way to bring their husbands under their control. They can expel evil forces from one's home and remove hurdles in one's marriage. Some of them can even give tips to their clients about lucky prize bond numbers. Large numbers of faith healers also claim to have some association with Bengal as it is generally believed that there is nothing better than Bengali Magic.

However, all the efforts are not done by the faith healers alone. The clients have to do a bit of labour at times for the sake of a tension-free and prosperous life. Some clients are asked to bring dust from a graveyard to persuade a heartless lover. The faith healer will then recite something on the dust and ask the client to throw it on the path of the person they love. Once the person steps over the dust, they will yearn for the one throwing it.

An investigation conducted by The News revealed that the specific backbone of a cow or a bull is also very important in conducting magic. The heart of a cow is also used for attaining various objectives. Likewise, the blood of an owl is regarded a 'key solution' to removing a number of hurdles from people's lives. At times, the clients are requested to arrange for a black goat so that the bad impact of magic could be undone.

Meanwhile, some cable-based TV channels also run advertisements of MA Bawa Krishna, who claims to have 'experience' of 50 years at the age of 70.

He is a specialist in fighting Kala Jadu (black magic). His ad

on TV tells us that Kala Jadu can create a lot of hurdles in one's life, such as destroying one's business or causing distances in relationships. He has solutions to infertility, differences between husband and wife, property disputes and can stop divorce from happening. Women who cannot visit him in person may contact him on the phone 24 hours of the day, the ad informs us.

"You make efforts, get Taweez (from another faith healer) to avoid the impact of Kala Jadu that has been brought upon you by some ill-wisher but you get nothing out of all these practices," says Krishna. "I give only one Taweez and all your problems will be solved. And if they are not solved, you can take back your money."

However, not every faith healer in the city gives you back the money you pay him.

On June 29, 2010, a judicial magistrate had sentenced a fake faith healer to three years imprisonment in a fraud case. The court had found Muhammad Javed Ashraf alias Junaid Bengali guilty of cheating and dishonestly extorting money from a woman.

The woman, complainant in the case, had gone to the faith healer to resolve some domestic problems, but he cheated her and collected a total of Rs100,000 on different occasions by giving her three talismans, which did not work. Later, the accused refused when he was asked to return the sum.

A case was registered against Bengali under Section 419 (punishment for cheating by impersonation) and 420 (cheating and dishonestly inducing delivery of property) of the Pakistan Penal Code at the Saddar police station. The affairs of Junaid Bengali's Astana located near Kala Pul are now run by his brother.

Around five years ago there was a crackdown on the faith healers in the city and they had vanished from the scene. During the operation in November 2005, some of them were arrested. However, as soon as the dust of the crackdown settled, their Astanas re-emerged. Now most of the faith healers, who were called Amils before the action against them was taken, like to refer to their Astanas as 'istekhara Centres.'

Editor's notes: The so called 'Faith Healers' are no worse than the other quacks practicing in the country, including so called 'homeopaths'.

UNENDING WAR IN THE TRIBAL REGION

(From an article by Rahimullah Yusufzai in the News)

A new wave of attacks by militants in the Mohmand and Bajaur tribal regions, including one apparently carried out by their young commander Abdul Wali, alias Omar, showed attacking not only the security forces but also the threat posed by the outlawed Tehrik-e-Taliban tribesmen who dare to oppose them or become part of Pakistan (TTP) hasn't diminished despite a sustained pro-government lashkars and peace committees, military campaign against its components for almost seven years now. The matter of formation of lashkars, raising of armed volunteers belonging to a particular tribe or particular area to tackle the militants needs to be dispassionately reviewed as it has pitted people from the same community or village against each other and resulted in border following reports that the Obama administration revenge killings leading to intractable blood feuds. The was stepping up pressure on Pakistan to allow US government is primarily responsible for providing ground troops into its tribal areas to hunt down protection to the life and property of citizens and it is Al-Qaeda and Taliban militants. Reports in the the duty of the security forces and law-enforcement American media said the US military commanders in agencies to fight insurgents, criminals and others Afghanistan were becoming impatient over Pakistan's challenging the writ of the state. The government has to make bigger effort to isolate the within its borders. The reports about any planned militants and win the hearts and minds of the people by cross-border were denied by NATO, though such addressing their concerns instead of arming one group denials didn't stop the US ground troops from violatingto fight the other in a tribal setup that is heavily armed Pakistan's borders on a few occasions in the past. and radicalised and where the concept of honour and Pakistan's rejection of such a possibility was swift, but revenge is very strong. Most of the recent bombings it remains to be seen if Washington took Islamabad and acts of terrorism were carried out by militants seriously on the issue. The last time Pakistan was seeking revenge against those who formed lashkars taken seriously was on Sept 30 when it blocked and peace committees at the behest of the government. supplies to NATO forces in Afghanistan for 10 daysThe mention of suicide bombers brings us to the after a US helicopter-gunship raid on one of its borderquestion of whether or not the Dec 25 bombing of the posts in Kurram Agency killed two Pakistani soldiers, Bajaur Levies checkpoint close to a World Food Lance Naik Nawazish Khan and Sepoy Shahinshah. The Programme food distribution centre for displaced US tendered an apology and promised that it won'tpeople in Khar town was carried out by a female happen again. bomber. The attack killed 47 people. All were civilians, Recent events in Pakistan's tribal areas contributed to except the three personnel of the Bajaur Levies, mostly the tension on the Durand Line, the long, porous and belonging to the Salarzai area where the tribe has mostly unguarded border between Afghanistan and raised a relatively effective lashkar against the Pakistan. After the daring assault by up to 150 militants militants. The civil and military authorities in Bajaur are on five posts of the security forces in Mohmand Agencyconvinced that the suicide bomber was a young during the night of Dec 23-24, in which 11 soldiers and woman. 40 insurgents were reportedly killed, Pakistani authorities alleged that some of the attackers came from Afghanistan. The governor of Khyber Pakhtunkhwa province, Owais Ahmad Ghani, warned that such attacks would be resisted and that there would also be retaliation by Pakistan's security forces. The coordinated night-time attack by a large number of militants on five different military posts in the Sati and Balzai areas of Mohmand Agency should be a matter of great concern. Earlier, TTP militants in Mohmand Agency had carried out two big suicide bombings at the heavily-guarded offices of the political administration in Ekkaghund and Ghallanai towns and caused death and destruction at a scale never seen before in the area.

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COUNCIL ON COMMUNICATIONS AND MEDIA POLICY STATEMENT -- MEDIA EDUCATION

American Association of Pediatrics - Pediatrics 2010

The American Academy of Pediatrics says it is time for some Latin American nations already mandate media pediatricians to include the monitoring of kids' use of education in the schools.

TV, video games, and other entertainment media as a Congress should consider mandating and funding universal media education in American schools.

Pediatricians should ask at every well-child visit how much a child or adolescent is viewing per day and whether a TV or Internet access is in the bedroom. Meanwhile, pediatricians can take action by not only becoming educated themselves on these issues but watching for problems in the children they treat.

Parents need to be encouraged to educate their children about ways to critically evaluate the content of what they're watching. Moreover, parents should take the lead in encouraging children to spend time in nonvideo, nonseidatory activities. Children and teens showing aggressive behavior, academic difficulties, overweight or obesity should have an additional history taken of their media use beyond the standard questions at well-child visits.

Schools, too, need to get involved by working media education into curriculum, the AAP guidelines proposed. Office-based counseling could result in parents of an additional one million children learning about the AAP recommendation to limit media time to two hours per day.

The simplest way to do this would be to incorporate principles of media education into existing programs on TV and video use in waiting rooms and patient rooms, instead promoting reading, such as by having volunteer readers in waiting rooms.

Media -- whether TV, movies, books, music, the Internet, or video and computer games -- should be recognized as potential health risks. Pediatricians should also offer in-office reading programs such as Reach Out and Read, and promote active play. ---<http://www.medpagetoday.com/22751>

Kids and teens spend more time on these activities than anything else aside from sleep. More than 70% of American teens have a TV in their bedrooms, half have a video game console, and one-third have a computer with Internet access there.

The problem is that time spent on these activities often displaces more creative, active, or social activities, Strasburger's group warned. A higher level of TV use has been linked to obesity and poorer school performance.

And significant exposure to violence in the media increases the risk of aggressive behavior, desensitizes kids, and "makes them believe the world is a 'meaner and scarier' place than it is."

Highly sexualized TV programs and advertising are common as well. But text messaging and online social networks also often get used for sexual or pornographic purposes.

Teaching kids skills that will equip them to decode the powerful media messages that shape their understanding of the world may make them less vulnerable to the negative aspects of media exposure.

Media education allows people to limit use and make positive choices about media, choose creative alternatives, develop critical thinking and viewing skills, and understand political, social, economic, and emotional implications of media.

Some countries, such as Canada, Australia, Britain, and



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AMERICA _ THE REAL EXPORTER OF TERRORISM?

(From an article by Abdul Zahoor Khan Marwat in the News)

According to a secret CIA analysis released by Law and Practice at Princeton University, has written in WikiLeaks, the United States has long been an exporter detail about Hiroshima and Nagasaki as instances of terrorism. The analysis says "if that phenomenon state terrorism. He writes that "The graveyards of were to become a widely held perception, it could Hiroshima and Nagasaki are the number-one exhibits of damage relations with foreign allies and dampen their state terrorism... Consider the hypocrisy of an willingness to cooperate in extrajudicial activities, such Administration that portrays Qaddafi as barbaric while as the rendition and interrogation of terrorism preparing to inflict terrorism on a far grander scale.... suspects."

Any counter terrorism policy worth the name must The WikiLeaks report is based on CIA "Red Cell" report include a convincing indictment of the First World of February 2, 2010, which discussed the risks of variety."

people, including foreign governments, learning of About the Iran-Contra affair, Florida State University US-exported terrorism. The report said: "Contrary to Professor, Frederick H. Gareau, has written that the common belief, the American export of terrorism or US-backed Contras "attacked bridges, electric terrorists is not a recent phenomenon, nor has it been generators, but also state-owned agricultural associated only with Islamic radicals or people of cooperatives, rural health clinics, villages and Middle Eastern, African or South Asian ethnic origin." non-combatants... CIA commandos launched a series While examining examples of terrorism exported from sabotage raids on Nicaraguan port facilities. They the US, the report found that "perceptions abroad of them the country's major ports and set fire to its US as an Exporter of Terrorism, together with US largest oil storage facilities."

government double standards in international law, may With regard to Pakistan, it is important to note that the cause foreign governments to stop cooperating in CIA concerned WikiLeaks report cites the example of rendition of prisoners, to arrest CIA officers, and to Pakistani American David Headley, among others, to refuse to share terrorism-related intelligence with the make its case that America is a terrorism exporter. United States." There have been claims about the US Headley recently pleaded guilty to conducting involvement in state terrorism earlier. Many people surveillance in support of the 2008 Lashkar-i-Taiba throughout the world, including academics, historians, attacks in Mumbai, which killed more than 160 people. military officers, politicians, HR groups besides other American journalists have wondered if the US citizen individuals have blamed the United States of David Headley, aka Daoud Gilani, who was arrested in committing terrorism in countries like the Philippines, connection with Mumbai terrorist attacks, may have Cuba, Chile, Guatemala, Iran, Iraq, Lebanon, Japan, been a double agent for the CIA at the time of the Nicaragua, and Vietnam. The list goes on and on. For incident. Also, Indian intelligence services do not know example, historian Henry Steele Commager wrote in the whole truth about the so called Lashkar-e-Taiba 1985 that "Americans, too, must confess their own clandestine agent's operations orchestrated by CIA. terrorism against those they feared or hated or Another American blog writer says: "David Headley was regarded as lesser breeds." He cited the 1637 massacre convicted on heroin smuggling charges in 1998, and of the Pequot, the 1864 Sand Creek massacre, the the available evidence overwhelmingly suggests that Philippine American War (1899-1902), and the 1968 My the following year he did undercover surveillance work Lai massacre in Vietnam. Arno Mayer, an Emeritus in Pakistan for the DEA in exchange for a reduced Professor of History at Princeton University, charged in sentence. During his time in Pakistan in 1999, his October 2001 that "since 1947 America has been the surveillance target was reportedly a drug gang based in chief and pioneering perpetrator of 'preemptive' state Afghanistan/Pakistan. This has given rise to terror, exclusively in the Third World and therefore speculation among Indian officials that Headley's work widely dissembled."

for the US government may have gone beyond the DEA. Noam Chomsky has argued that "Washington is the The speculation holds that DEA may have passed center of global state terrorism and has been for years." Headley on to the CIA, given his experience in He has charged that the tactics used by agents of the Pakistan."

US government and their proxies in their execution of To end with, writer and journalist Webster Tarpley has US foreign policy - in such countries as Nicaragua - are declared: "If this David Headley was working for the CIA a form of terrorism and that the US is "a leading all along, which is a very plausible conclusion, it means terrorist state."

that the CIA is implicated and was running and Richard A. Falk, professor Emeritus of International masterminding the Mumbai terror attack of 2008."

EFFECT OF MENTAL HEALTH COURTS ON ARRESTS AND JAIL DAYS

Henry J. Steadman, PhD; & Others

Arch Gen Psychiatry. 2011

Context: Mental health courts are growing in popularity as a form of jail diversion for justice system-involved people with serious mental illness. This is the first prospective multisite study on mental health courts with treatment and control groups.

Objectives: To determine if participation in a mental health court is associated with more favorable criminal justice outcomes than processing through the regular criminal court system and to identify defendants for whom mental health courts produce the most favorable criminal justice outcomes.

Design: Longitudinal study.

Setting: Four mental health courts in San Francisco County, CA, Santa Clara County, CA, Hennepin County (Minneapolis), MN, and Marion County (Indianapolis), IN.

Participants: A total 447 persons in the mental health court (MHC) and 600 treatment-as-usual (TAU) controls.

Intervention: Eighteen months of pre-entry and postentry data for 4 jurisdictions. All subjects were interviewed at baseline, and 70% were interviewed at 6 months. Objective outcome data were obtained on all subjects from Federal Bureau of Investigation arrest records, jails, prisons, and community treatment providers.

Main Outcome Measures: Annualized rearrest rates, number of rearrests, and postentry incarceration days.

Results: The MHC and TAU samples are similar on the major outcome measures in the pre-entry 18-month period. In the 18 months following treatment, defined as entry into mental health court, the MHC group has a lower annualized rearrest rate, fewer post-18-month arrests, and fewer post-18-month incarceration days than the TAU group. The MHC graduates had lower rearrest rates than participants whose participation was terminated both during MHC supervision and after supervision ended. Factors associated with better outcomes among the MHC participants include lower pre-18-month arrests and incarceration days, treatment at baseline, not using illegal substances, and a diagnosis of bipolar disorder rather than schizophrenia

or depression.

Conclusions: Mental health courts meet the public safety objectives of lowering posttreatment arrest rates and days of incarceration. Both clinical and criminal justice factors are associated with better public safety outcomes for MHC participants.

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THE PREVALENCE OF HEARING IMPAIRMENT AND ASSOCIATED RISK FACTORS: THE BEAVER DAM OFFSPRING STUDY

Henry J. Steadman, PhD; & Others - Arch Gen Psychiatry. 2011

One in 10 adults ages 45 to 54 had a hearing impairment, a large cohort study showed, and some of the risk factors are modifiable.

Among more than 2,800 adults with an average age of 49, 14.1% had hearing impairment. The prevalence increased steadily from 2.9% in those ages 21 to 34 to 42.7% in those ages 65 to 84, and was consistently higher in males than females. The researchers identified some modifiable risk factors that were associated with the odds of hearing impairment, including central retinal venular equivalent, hematocrit percentage, statin use, and mean intima-media thickness. The findings suggest that hearing impairment, if detected early, may be a preventable chronic disease. The researchers examined data from the Beaver Dam Offspring Study, an epidemiological cohort study of aging that included the children of participants in the population-based Epidemiology of Hearing Loss Study conducted in Wisconsin. The analysis included 2,837 individuals who underwent a hearing examination, which included otoscopy, tympanometry, pure-tone air- and bone-conduction audiometry, and a test of word recognition both with a quiet background and with another person talking. The pure-tone average was calculated using the thresholds from the 0.5, 1.0, 2.0, and 4.0 kHz frequencies. Hearing impairment was defined as a pure-tone average greater than 25 dB hearing level in either ear. The mean percentage of words identified correctly on the recognition test when there was a competing voice in the background was 64%. In a multivariate model, the following factors were independently and significantly associated with hearing impairment:

- History of ear surgery, OR 4.11
- Male gender, OR 3.88
- Less education (12 or fewer years), OR 1.79
- Larger central retinal venular equivalent (fourth versus first quartile), OR 1.77
- Age (per 5 years), OR 1.70
- Noisy job, OR 1.57
- Higher hematocrit percentage (per 5%), OR 0.77

Factors associated with a lower score on the word recognition test were similar, with the addition of increased intima-media thickness and statin use ($P=0.005$ for both). Central retinal venular equivalent and hematocrit could be considered risk factors for cardiovascular disease along with intima-media thickness and statin use, according to the researchers. These results suggest that there may be cardiovascular antecedents of hearing impairment, as measured by pure-tone or speech audiometry, which are detectable even in middle age. They noted that the finding that increasing hematocrit was associated with a lower chance of hearing impairment was opposite what would be expected because of its proposed correlation with blood viscosity, which has been associated with higher blood pressure and greater risk of ischemic heart disease. Nash and his colleagues proposed some explanations for the apparent discrepancy. First, they wrote, hematocrit may be an imperfect surrogate for blood viscosity. Second, the blood vessels may be less atherosclerotic in younger adults and thus more resistant to the negative effects of increasing blood viscosity. And finally, hematocrit in younger adults may be more a reflection of diet or vitamin use. The authors acknowledged some limitations of the study, including the cross-sectional design, which precludes the establishment of causal relationships, the possibility that some of the associations were attributable to type 1 errors, and the fact that more of the participants had a history of parental hearing loss than nonparticipants.

<http://www.medpagetoday.com/Surgery/Otolaryngology/25008>

UNDERSTANDING PSYCHIATRIC ILLNESSES

Psychiatric diseases are caused due to imbalance of chemicals present in the brain. The concept that mental diseases were produced due to problems and worries has been proved wrong. According to survey report about 25% of population (i.e. about four crores people on Pakistan) is suffering from mental illnesses. Mentally ill people cannot perform normal daily routine jobs and they usually get cut off from their friends, family and colleagues.

Only about 0.5% of mentally ill patients became aggressive and gave hallucinations, otherwise rest are such that sometimes even family members are not aware. Unfortunately about 70% of mentally ill people do not consult doctors instead they go to Pirs, Faqirs & Quacks. In such patients the incidence of physical disease is also greatly increased and they are exposed to major health problems.

These views were expressed by Dr. Syed Muibn Akhtar, renowned psychiatrist of country & MD, Karachi Psychiatric Hospital during his lecture. People who visit our hospital show the following mental problems: Depression 26%, Bipolar Affective Disorder 13%, Panic Anxiety and Phobia 5%, Obsessive Compulsive Illness 4.3%, Schizophrenia 15%, Seizures 6% and Sexual Problems 12%.

When youngsters enter puberty, especially boys they worry about the normal changes in their sexual organs. Because of quacks the problems of these patients are aggravated. Thus there is a delay in getting proper and timely treatment. The misguided persons stop eating, studying and working and develop depression as well as suicidal tendencies.

The chief guest, Dr. Nazar Muhammad Junejo, Medical Superintendent Sir C.J. Institute of Psychiatry emphasized the importance of imparting proper awareness and understanding of these problems. He also appreciated the efforts by Dr. Syed Muibn Akhtar in this regards.

Life Time Achievement Awards were given to well known gynecologist and obstetrician Prof. Aftab Munir Siddiqui and Chest physician Dr. Anwar Memon, for their services.

Journalist and media men were also awarded shields. Lucky draw was also arranged for the audience and finally participants were invited to a sumptuous dinner. The children were entertained by play activities, magic show, cartoon and candy etc.

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SELF-HYPNOTHERAPY CAN BRING HEALING

By Lauren F. Friedman- Psychology Today

Ran Anbar, a pediatric pulmonologist in Syracuse, once watched a patient with severe milk allergies bring on an asthma attack simply by imagining the smell of cheeseburgers. He wondered: Could the mind be trained to suppress an asthma attack instead?

Anbar, now president-elect of the American Society of Clinical Hypnosis, believes the answer is a resounding yes. You can train your mind to control a whole lot. Hypnosis—a mind-over-body state of deep concentration and self-control—has been used in medicine for over a hundred years, and though there are some skeptics in the medical community, studies confirm it often works where traditional interventions have failed. The latest research shows that patients can achieve these curative effects through self-hypnosis, a simple technique that many master in a single session.

Hypnosis taps into the autonomic nervous system, which modulates processes like blood flow, breathing, digestion and—importantly—the body's immune response. Philip Shenefelt, a dermatologist in Tampa, has trained patients to apply hypnotherapy to inflammatory skin disorders. "When you just suggest that the treatment is happening, your immune system responds as if it actually were happening," he says. When hypnotized patients imagine a freezing sensation at the site of warts, the warts can disappear without physical treatment.

Some patients, like those suffering from certain types of vocal cord dysfunction, regain perfect function after one session, while others use self-hypnosis to temper long-term symptoms of everything from irritable bowel syndrome to asthma to breast cancer treatment (such as pain and nausea). "The appropriate question is not, 'Is hypnosis applicable to this medical situation?'" says Anbar. "It's, 'How is it applicable?' Because it usually is."

You are getting sleepy... Got nagging symptoms that pills don't control? You should consult a physician, but self-hypnosis might help. First, prove to yourself that your mind physically affects your body: Hold your palms four inches apart and imagine they're powerful magnets. They will come together until they're stuck. Now release them. Convinced?

Next, pick a one-handed gesture, such as crossing your fingers, to serve as your relaxation sign. When you make it, you'll imagine yourself someplace safe and tranquil, such as in a forest or at a beach.

1. You don't have to lie down, but make yourself comfortable. Quiet is helpful, but not required.

2. Make your relaxation sign and enter your place in your mind. Relax and fully imagine your surroundings with all five senses.

3. Your mind is now open to suggestion. Give your body cues: "I want to feel this way all day," or "My condition will improve soon."

4. Stay "Under" for as long as you want—10 minutes is reasonable. Then undo your relaxation sign. "If a patient feels more confident or hopeful after a session, he has succeeded," Anbar says. No luck? Find a professional hypnotherapist.

<http://www.psychologytoday.com/articles/201010/mind-your-body-will-yourself-will>

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USE OF IBUPROFEN AND RISK OF PARKINSON'S DISEASE

Xiang Gao, Honglei Chen, Michael A. Schwarzschild and Alberto Ascherio
Neurology, March 8, 2011

There is no cure for Parkinson's disease, so the Parkinson's disease should begin taking ibuprofen. possibility that ibuprofen, an existing and relatively Although generally perceived as safe, ibuprofen can non-toxic drug, could help protect against the disease have side effects, such as increased risk of is captivating. gastrointestinal bleeding. Whether this risk is Parkinson's disease, a progressive nervous disease compensated by a slowing of the disease progression occurring generally after age 50, affects at least half a should be investigated under rigorous supervision in a million Americans, according to the National Institute of randomized clinical trial.

Neurological Disorders and Stroke. About 50,000 new cases are reported each year, with the number expected to increase as the U.S. population ages. It is hypothesized that ibuprofen may reduce inflammation in the brain that may contribute to the disease.

Prior studies showed a reduced Parkinson's disease risk among NSAIDs users, but most did not differentiate between ibuprofen and other non-aspirin NSAIDs.

In the new study data was analyzed from nearly 99,000 women enrolled in the Brigham and Women's Hospital-based Nurses' Health Study and over 37,000 men in the Health Professionals Follow-Up Study. The researchers identified 291 cases (156 men and 135 women) of Parkinson's disease during their six-year follow-up study (1998-2004 in women; 2000-2006 in men). Based on questionnaires, the researchers analyzed the patients' use of ibuprofen (e.g., Advil, Motrin, Nuprin), aspirin or aspirin-containing products, other anti-inflammatory pain relievers (e.g., Aleve, Naprosyn), and acetaminophen (e.g., Tylenol). (Although not an NSAID, acetaminophen was included because it's similarly used to treat pain.) Age, smoking, diet, caffeine, and other variables also were considered. It was observed that men and women who used ibuprofen two or more times per week were about 38% less likely to develop Parkinson's disease than those who regularly used aspirin, acetaminophen, or other NSAIDs. The findings suggest that ibuprofen could be a potential neuroprotective agent against Parkinson's disease, however, the exact mechanism is unknown. findings raise hope that a readily available, inexpensive drug could help to treat Parkinson's disease. "Because the loss of brain cells that leads to Parkinson's disease occurs over a decade or more, a possible explanation of our findings is that use of ibuprofen protects these cells. If so, use of ibuprofen could help slow the disease's progression.

The findings do not mean that people who already have

SUCCESS AND CLEANLINESS

By Jackie Fisherman- Psychology Today

New research suggests that we may be able to predict American children's future success from the level of cleanliness in their homes. A University of Michigan study presented at the annual meeting of the American Economic Association uncovered a surprising correlation: children raised in clean homes were later found to have completed more school and to have higher earning potential than those raised in dirty homes. The clean homes may indicate a family that values organization and similarly helpful skills at school and work, researchers say.

Cleanliness ratings for about 5,000 households were assessed between 1968 and 1972, and respondents were interviewed 25 years later to determine educational achievement and professional earnings of the young adults who had grown up there, controlling for variables such as race, socioeconomic status and level of parental education. The data showed that those raised in homes rated "clean" to "very clean" had completed an average of 1.6 more years of school than those raised in "not very clean" or "dirty" homes. Plus, the first group's annual wages averaged about \$3,100 more than the second's.

The main implication of the study is that there is significant evidence that non-cognitive factors, such as organization and efficiency, play a role in determining academic and financial success.

ATTENTION GPS: PSYCHIATRIC CONSULTATION BY THE PHONE

Karachi Psychiatric Hospital was established in 1970, and today (2010) has branches in North Nazimabad, Nazimabad and Quaidabad in Karachi as well as a branch in Latifabad, Hyderabad. More than 200 patients come to our hospital daily and the average number of in-patients is one hundred and fifty (150). About 30 professionals, including psychiatrists, graduate doctors, psychologists and social therapists work in the hospital to treat the patients. The paramedical and other staff members are almost three hundred (300). Since there are less than four hundred (400) psychiatrists for the whole country of sixteen crore people we feel the immediate need to extend our psychiatric expertise to other cities and villages without actually going there. This we plan to do with the cooperation of the general practitioners and other doctors interested in providing proper treatment to psychiatric patients. We have a sliding scale of fees which people of various financial status can afford, and we will work out a system of sharing of fees between Karachi psychiatric hospital and the cooperating doctors.

To provide some training to doctors we will send them the Monthly Karachi Psychiatric Hospital Bulletin as well as booklets on the common psychiatric illnesses. We will also welcome those doctors who can find some time to come to our hospital in Karachi. Of course the phone can be used for this purpose also. At places that have facilities can also install a video phone. We already have one and thus the patient and the therapists will not only be able to talk to each other but also see each other, which helps in diagnosis and treatment. We also have e-mail and DSL services and these can improve our communication further. This is a preliminary communication and if we feel the need we can give further information. You can also contact us for any information you need. We may remind you that our hospital has psychiatrists and their assistants on duty day and night, as well as during sundays and other holidays, so you can contact us whenever there is a need.


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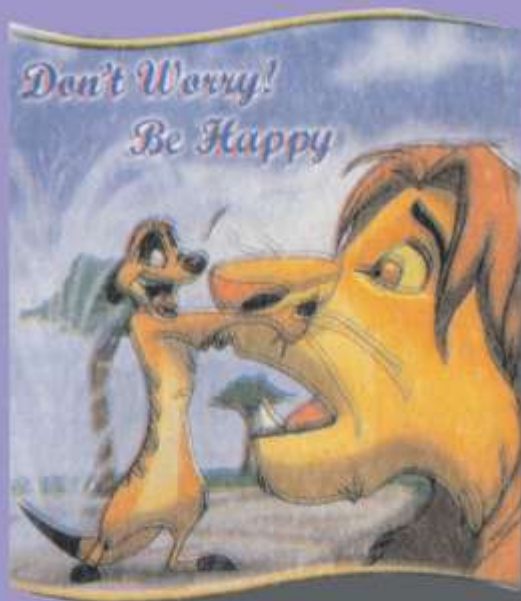
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Email: mpharm@woi.net.pk
Factory: 31, km, ferozepur Road, Lahore
ph: 5935073-4 Fax: 5935072

