

## Have constipation? Get yourself checked for celiac disease

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**NEW DELHI:** Doctors from various Delhi government hospitals were sensitised about celiac disease, a condition caused by gluten allergy that damages the lining of the small intestine, preventing it from absorbing certain nutrients, by the Celiac Society of Delhi on Sunday.

One person in 100 is estimated to suffer from celiac disease, with common symptoms such as constipation, anaemia, malnourishment and diarrhoea among others. Since, government doctors see

### WHAT IS CELIAC DISEASE?

- Celiac disease is a condition that damages the lining of the small intestines.
- People suffering from celiac disease are gluten allergic.
- Symptoms include constipation, diarrhoea, anaemia, malnourishment, abdominal pain.

huge numbers of patients with these symptoms, there is a fat chance that a number of them could be suffering from celiac disease.

"Up to 40 per cent of indi-

viduals with celiac disease may lack typical symptoms such as diarrhoea, constipation, abdominal pain, anaemia and short stature can be pointers towards celiac disease. Awareness, therefore, needs to be created in the community about the various presentations of this disease so that the diagnosis doesn't get mixed up," said Dr Anupam Sibal, senior consultant, department of paediatrics, Indraprastha Apollo Hospital.

Gluten is known to be present in wheat, barley, rye and oats. People who suffer from celiac disease must avoid products that have any of these items in them.

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## Inadequate sleep invites health problems: Docs

**EXPERTS SPEAK** Children must sleep for 7-8 hrs; avoid tea, coffee in late evenings

**cracking the boards**



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**NEW DELHI:** With just a few weeks left for the Boards, a large number of schoolchildren compromise on their eight hours of necessary sleep. They study till late in the night and wake up early morning to get back to books again, least realising the harm inadequate sleep can cause on their health.

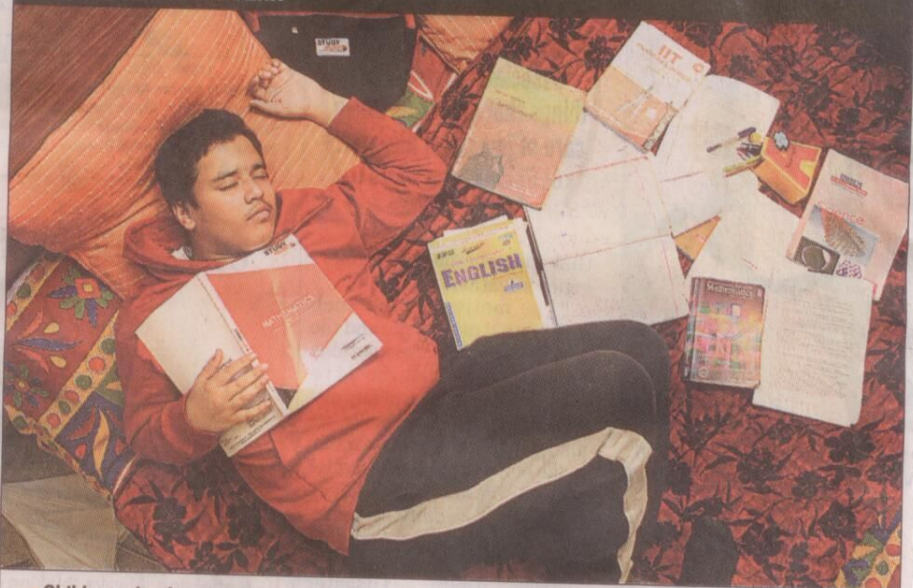
"Children must realise that they cannot concentrate if the mind is not fresh. It is essential that one sleeps for seven to eight hours to be able to focus on studies," said Dr Anupam Sibal, senior consultant paediatrician at Apollo Hospital.

"Children should ensure that there is a break of at least 1-1½ hours between dinner and sleep. They should avoid beverages like coffee, tea and chocolate drinks during late evenings and post-dinner as it interferes with sleep," he added.

"Time-wise, eight hours is enough, but quality-wise, one should get 25 per cent N3 sleep (about two hours), which is the deeper stage of sleep," said Dr MS Kanwar, director, Advanced Sleep Disorder Institute at Greater Kailash.

"Children who do not get adequate sleep tend to develop sleep debt over weeks. Problems like dullness, sleepiness during the day, fatigue and decreased level of brisk thinking start setting

### POOR SLEEPING PATTERN



■ Children who do not get adequate sleep tend to suffer from dullness, sleepiness during the day, fatigue and decreased concentration level.

RAJ K RAJ/HT PHOTO

Kids may suffer from depression, other ailments due to poor sleep

#### BEFORE GOING TO BED



- Take some light snack
- Warm milk and food items high in amino

acid tryptophan like you sleep

- Relaxation techniques such as yoga and deep breathing exercises may help relieve anxiety and reduce muscle tension
- Don't take worries to bed
- Pre-sleep rituals such as

warm bath or a few minutes of reading can help you sleep

- Get into your favourite sleeping position

#### GOOD HABITS



- Fix the bedtime and waking-up time

- Avoid sleeping during the day
- Avoid beverages such as coffee, tea, sodas, chocolate drinks four to six hours before going to bed
- Avoid heavy, spicy or sug-

ary food items four to six hours before bedtime

#### SLEEPING ENVIRONMENT



- Use comfortable bedding
- Set a comfortable room temperature

- Keep the room well-ventilated
- Block distracting noise
- Eliminate as much light as possible
- Bed is for relaxing your body. Don't study on it.

**DEAL WITH STRESS**

in," Dr Kanwar added. He warns

ICONS: ABHIMANYU SINHA

May Healthpage: "Don't study on it."