

**AKHBAR : THE STAR**  
**MUKA SURAT : 7**  
**RUANGAN : ARTIKEL**

By Dr LAURA JANA  
and Dr JENNIFER SHU

WE are big believers that there's really no need for parents to pay a high price in exchange for less gas.

That said, if your baby seems gassy, there are several things you can try to do to remedy the situation.

We simply suggest that you do so with only modest expectations, since breaking up gas is hard to do.

If you're nursing a gassy baby, there are some foods that you consume that may be more suspect than others.

However, identifying which ones may be the cause in a breastfeeding parent's diet is often easier said than done.

It is certainly worth paying attention to whether or not a certain food or drink clearly causes your baby's distress.

Just remember that food is not the only cause of infant gas. Be sure not to randomly remove so many foods that you leave yourself with too little on your plate.

If your baby is formula-fed, consider holding off on mixing up powdered formula and use concentrated or ready-to-feed formula instead to minimise air in the formula.

Or, let your freshly mixed powdered formula settle before serving. The more mixing and shaking involved, the more air bubbles get into the mix. And this results in more swallowed air and potentially more gas.

Be sure to discuss any formula changes with your paediatrician.

When a lot of gas is involved, trying a different formula may well be just what your doctor orders.

#### Help your baby

You can also help your baby swallow less air by slowing the flow of liquids from their bottle into their mouth.

Trial and error with different bottles and nipples tends to be the best approach. You can also look for special bottles – such as those that are vented, angled or collapsible – meant specifically to keep babies from swallowing extra air while drinking.

Stepping up your burping

# Gas relief for babies

Burping and tummy time are some ways to manage this discomfort.

efforts can help with infant gas relief.

Burp your baby during, as well as after, each feeding. Just be forewarned – some babies don't take kindly to this sort of rude interruption.

You can help get rid of unwanted gas by simply laying your baby flat on their back and moving their legs in a bicycling motion. It works as a form of baby massage for gas.

Better yet – give them some supervised tummy time.

Tummy time not only can help keep their head from becoming flat while strengthening their upper body, it can put pressure on any gas that's thinking about settling in to be on its way out instead.

You may hear

that some babies seem to respond well to over-the-counter anti-gas drops that contain simethicone, the key ingredient found in certain colic drops.

To tell the truth, we haven't found definitive evidence to show that the effort and expense of infant gas drops pay off.

In fact, with respect to colic, studies suggest that simethicone does not help.

It is for this reason that paediatricians are increasingly recommending that you just shouldn't use them.

If, however, you still feel your baby may

benefit from anti-gas drops, there's usually no harm in trying them. But consult with your paediatrician first just as you should before introducing any medication. – American Academy of Pediatrics/Tribune News Service

Dr Laura A. Jana is a paediatrician, early educator and award-winning author of more than 30 children/parenting books, including the AAP books *Food Fights and Heading Home With Your Newborn*. She has more than 25 years' experience working with parents, educators, media, academia, government, non-profits and corporations. Her areas of focus include

everything from health, safety and nutrition to early literacy, early brain and child development and child care.

Dr Jennifer Shu serves as the medical editor of [HealthyChildren.org](http://HealthyChildren.org) and provides oversight and direction for the site in conjunction with the staff editor. Dr Shu is a practising paediatrician at Children's Medical Group in Atlanta. She earned her medical degree at the Medical College of Virginia in Richmond and specialised in paediatrics at the University of California, San Francisco. Dr Shu is also co-author of *Food Fights and Heading Home with Your Newborn*.

Stepping up your burping efforts can help with infant gas relief. Burp your baby during, as well as after, each feeding. – Freepik



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Researchers believe probiotics like certain yoghurts could help regulate brain activity linked to anxiety. — dpa

## Eat more yoghurt

GERMS in the gut can cause anxiety and other mental health troubles, according to Singapore-based scientists, who said their findings suggest that probiotics could be a solution.

Tests on mice showed “crucial connection between gut microbes and anxiety-related behaviour,” according to researchers from Duke-NUS Medical School and Singapore’s National Neuroscience Institute.

Published in the journal *EMBO Molecular Medicine*, the team’s findings suggest that microbial metabolites called indoles, which are produced by

gut microbes, “play a direct role in regulating brain activity linked to anxiety.”

The discovery “opens up exciting possibilities for new probiotic-based therapies to improve mental health,” the team said, adding that they were already looking into doing related clinical trials.

The tests results show links between microbes, nutrition and brain function, said Patrick Tan, senior vice-dean for research at Duke-NUS.

“This has huge potential for people suffering from stress-related conditions, such as sleep

disorders or those unable to tolerate standard psychiatric medications,” Tan added.

The findings follow the recent uncovering of a link between a form of gut bacteria and depression by a team from Harvard University and Massachusetts General Hospital.

And in January, a team of French and Italian scientists said they had found “a real breakthrough” on how x-rays can “provide clues on the processes that link the gut neurons with those in the brain and may trigger Alzheimer’s.” — dpa



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## Does climate change trigger prolonged pregnancy?

WHILE the impact of the climate on premature births has already been established in previous research, its influence on post-term pregnancies remains poorly understood.

Now, for the first time, researchers at an Australian university have looked into the matter.

Their study suggests that exposure to air pollution and extreme temperatures during pregnancy may increase the risk of prolonged pregnancy.

To reach this conclusion, the team led by Dr Sylvester Dodzi Nyadanu of Curtin University analysed data from almost 400,000 births in Western Australia.

The study, available via the ScienceDirect platform, reveals that exposure to high levels of fine particulate matter (PM2.5) and biothermal stress increases the likelihood of a pregnancy exceeding 41 weeks.

The researchers describe bio-



thermal stress as a measure that combines air temperature, radiant temperature, relative humidity, wind speed and human physiology.

“Environmental stressors, including climate-related exposures during pregnancy, have been associated with maternal stress response and subsequent

disruptions in endocrine and inflammatory activities, which increase towards the end of pregnancy. This can either shorten gestation, leading to preterm birth, or lengthen gestation, resulting in prolonged pregnancy in some cases,” explains Dr Nyadanu in a news release.

The study reports that exposure to pollution and biothermal stress during pregnancy increases the risk of prolonged pregnancies, particularly in women over 35, first-time mothers, those living in urban areas and those with complicated pregnancies.

### A public health issue

Like premature births, prolonged pregnancies can have a significant impact on the health of both mother and child.

In particular, they can lead to an increased need for more medicalised interventions, such as caesarean sections or labour inductions.

They are also associated with an increased risk of stillbirth, birth complications, infant mortality and behavioural or emotional disorders in young children.

With climate change driving more extreme weather events and deteriorating air quality, it is becoming crucial to consider these exposures when assessing pregnancy-related risks.

Dr Nyadanu stresses the need for health professionals, policymakers and pregnant women – especially the most vulnerable – to take these climate-related exposures into account. “This study highlights the need for targeted policies and preventative measures to reduce climate-related health risks, including better air quality regulations and public health initiatives aimed at protecting expectant mothers and children from extreme climatic conditions,” the researcher concludes. – AFP Relaxnews

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FOR those with kidney failure, the wait for a new kidney can take years.

There are just not enough organs from deceased donors to fill the need.

Fortunately, a person can live a healthy life with just one kidney, making living-donor kidney transplants an alternative to deceased-donor transplants.

This means a healthy kidney is removed from a living donor and placed into a patient whose kidneys are not working properly.

Mayo Clinic transplant surgeon Dr Carrie Jadowiec says a living-donor kidney transplant has benefits for organ recipients, including better survival rates.

"As long as you're healthy and have good kidney function, then you could potentially qualify to be a kidney donor," she says.

## When you donate your kidney

Living donor kidney transplants offer better survival rates, and the kidneys start working immediately in the recipient's body after transplantation, compared to deceased donor kidneys.  
— 123rf

It starts with a thorough medical evaluation.

"That gives us a good sense of where we're starting, and then it also allows us to better predict where will your kidney function be at in five years and 10 years after you donate," she says.

Both surgical and medical risks are low, thanks to advanced technology.

"For all kidney donors, that risk is less than 1%, which is what we see within the general population," says Dr Jadowiec.

It's a minimally-invasive surgery.

"Meaning that we do it through small incisions, which helps with faster recovery," she says.

Full recovery can take up to six weeks, but many people start feeling better around three weeks after surgery.

"The biggest benefit is the ability to help someone and to really change their life," she notes. — Mayo Clinic News Network/Tribune News Service