

# PAKISTAN OBSERVER

## **Iodization of salt most inexpensive way of preventing iodine deficiency disorders**

Thursday, July 17, 2014 - Islamabad—Seminar on 'Iodized Salt Usage' held here on Wednesday to promote awareness about the utilisation of iodized salt and its impacts on masses. 'TheNetwork' in collaboration with UNICEF and District Health Department-Islamabad Capital Territory (ICT) organized a seminar titled "Iodized salt consumption to prevent iodine deficiencies" with healthcare providers at Tarlai.

Dr Fawad Khalid, medical officer health department-ICT and Dr Javaid ali, Incharge RHC, Tarlai realizing the importance of this campaign appreciated the efforts of 'TheNetwork' team for organizing it.

The six countries are home to 19 million of the 37 million newborn babies at risk of iodine deficiency in the developing world, and over 40 percent of the world's population not protected against iodine deficiency, he added.

It is time we come together as one voice. Healthcare providers must be the primary source to disseminate the health related messages as they are closer to the community, he said. Executive Coordinator 'TheNetwork'(TN) for Consumer Protection Nadeem Iqbal said iodization of salt was the most inexpensive way of preventing iodine deficiency disorders. "Previously, goiter was believed to be caused by iodine deficiency but now iodine deficiency is also being linked with mental impairment," Iqbal said.

There is a misconception that iodine affects fertility among its consumers instead its iodine deficiency that is causing complications including abortion among the pregnant women, Iqbal added.

Iqbal said that mild iodine deficiency could result in a significant loss in learning ability. Other effects include increased risk of still birth, miscarriage, and goiter for women and learning difficulties for children. Thereby further emphasizing that Iodine Deficiency Disorders (IDD) threatens human and economic development of nations, he said.

A large number of the medical staff of BHU, RHC and dispensary including the doctors, medical assistants, lady health supervisors and lady health workers attended the seminar.