

ব্যাংকক পাতায়া হসপিটাল

পাঁচ পায়ে পুরস্কারপ্রাপ্ত বিশ্বমানের হাসপাতাল

আপনি পাবেন

সেরা চিকিৎসা

সেরা সেবা

সেরা ব্যবস্থাপনা

বাংলাভাষী কো-অর্ডিনেটর.....

আমাদের সেবা বিশ্ব স্বীকৃত

ব্যাংকক পাতায়া হসপিটাল অফিস, বাংলাদেশ

বড়ি: ৩৭ রোড: ২৭ ব্লক: এ বনানী ঢাকা-১১১৩ ফোন: ৮৮২৩৬৩১, ৮৮৫১৫৮৮

ইমেইল: bph@citechco.net www.bangkokpattayahospital.com

হট লাইন: ০১১-৮০১৭৩৩, ০১৭-১৫৩২২৩২

Cancer could strike anyone regardless of age, sex or race. More than 10 million people are diagnosed with cancer every year. It is estimated that there will be 15 million new cases every year by 2020. Cancer causes six million deaths every year—or 12 per cent of deaths worldwide.

However, there is hope. With new technologies, medication and treatment techniques, healthcare professionals are now better equipped at managing and treating the disease.

To begin understanding cancer, it is important to realise that the condition is not a single disease with a single type of treatment. There are more than 200 different kinds of cancer, each with its own name and treatment.

Normal body cells grow, divide, stop growing, and, over time, die. Cancer cells, on the other hand, grow and divide out of control spreading rapidly and unlike normal cells refuse to die. During these growing periods, they usually group or clump together to form cancerous tumours.

As the statistics reveal, this rising incidence of cancer around the world means a greater urgency to promote cancer research and education to both healthcare professionals and the general public.

scientists are responding to that need, constantly improving or developing clever new anti-cancer agents that are changing the way the disease is treated. For example, a special device was recently invent-

A whole array of new therapies

ed in Singapore from polymers that mimic the inside of a blood vessel's wall. This device allows them to study how cells move or migrate within the body. It is hoped the gadget will keep cells alive in an incubator and provide a way to test the drugs to fight cancerous cells.

The whole array of new therapies other than chemotherapy or radiation therapy that has opened many doors in cancer therapeutics is available in Singapore. Brachytherapy is one such treatment. It offers fewer side effects and is highly effective especially in late stage cancers, where other alternative treatment may not be available.

Although it is still not known how to prevent cancer, it is possible to reduce the risks by making certain lifestyle changes. For instance, not smoking, avoiding over exposure to the skin by the sun, and moderating the amount of alcohol on a daily basis all lessen the chance of getting certain cancers. Eating a well-balanced diet, including five portions of fruits and vegetables daily, regular exercise and going for regular tests also decrease the possibility.

Eating is one of life's greatest pleasures and an important social event for most of us. The food we eat breaks down in the digestive system and is then transported through the circulatory system to every part of our body. It gives us the fuel to live, energy to work and play, and the raw materials to make new cells.

And because eating is such an important life-giving activity, a major part of our body consists of the digestive tract. Beginning at the mouth, it is a long tube, measuring approximately nine metres in total in the average adult.

Worldwide needs, such as aging populations and increase in obesity levels are placing new demands on physicians. As the population's healthcare requirements alter, so must doctors in their approach to patient management.

Experienced and caring doctors,

using the latest in techniques and technologies, are among the best in the world when it comes to accurate diagnosis and effective management of problems in the area of gastroenterology, the branch of medicine that studies the gastrointestinal tract and its diseases. They provide a wide range of services, covering all aspects of luminal gastroenterology, familial bowel cancer and clinical nutrition. Other problems that have gone through much research and development in Singapore's hospitals, include the treatment of disorders such as pancreatic disease (acute pancreatitis, chronic pancreatitis and pancreatic cancer), coeliac disease (a digestive disease affecting the small intestine and interfering with absorption of nutrients from food), oesophageal diseases (swallowing disorders and reflux) and hepatology (disorders of the liver).

A person's health and vitality depends on efficient digestion. Without it, gastroenterological and cancer diseases often occur. Eating a balanced diet is essential for good health. Increasing our intake of fibre, drinking more water and reducing the amount of sugary foods we eat can help our digestive system to function better. Regular exercise, drinking in moderation, living a stress free lifestyle and not smoking will help avoid problems of the digestive system.

In an increasingly complex world that places extreme demands on our sense of sight, even those lucky enough to have perfect eyesight could develop diseases that may compromise their vision. Glaucoma, for example, can affect the eye with few initial symptoms and many of us may not even know that we have it until our vision is already impaired.

Your eyes are nature's most intricate complex sense organ. Each eye receives light rays which land on the retina as images; these images are passed along the optic nerve to the brain as nerve messages. The brain receives these two images and combines them into the

one clear picture we call sight or vision - a wonderful gift that is estimated to be responsible for over 80% of human knowledge.

Most people though, give hardly a thought to the amazing work our eyes do to enable us to see, until things start to go per cent wrong. And it's often at work or in school where people most need to see well that they begin to realise they have a problem with their eyes.

Eye diseases are a growing concern around the world and are attributed to a variety of factors that include lifestyle, age, and injury or as a result of another disease. Although some of these conditions are easily treatable or correctable, others may lead to blindness.

To begin taking better care of your eyes, have regular sight tests. It is estimated that as many as one in three working people have visual

defects like short or long sightedness which have never even been diagnosed or have not been properly corrected. These problems may only come to light when we do visually demanding work.

During the examination of your eyes, not only does the optometrist check how clearly each eye sees, but also how well your eyes work together as a team. And because blood vessels are clearly visible inside your eyes, conditions such as high blood pressure, diabetes and others can also be detected during your regular eye checks.

It should be stressed that in many cases, regular eye check-ups and good eye care can prevent a worsening condition. If spotted early, any potential loss of eye function can be averted and kept at bay. Otherwise, varying levels of blindness can occur.

Many eye patients from around the world have found Singapore to be a premier destination for eye checks or treatments. Singapore has one of the best eye-care facilities with the highest safety standards in the world.

To cater to a global increase in eye diseases, Singapore has equipped herself with advanced technology and highly-trained ophthalmologists to offer world-class diagnostic and treatment services and facilities for a host of eye problems to both local and regional patients.

New procedures to help correct common eye problems such as presbyopia - the difficulty in focusing on close objects that typically begins around one's 45th birthday and eventually leads to reading glasses - with LASIK or advanced techniques like conductive keratoplasty (CK) or the laser thermal keratoplasty (LTK) can be found in Singapore.

MEDEXPO 2004

Mount Elizabeth Hospital

Gleneagles HOSPITAL SINGAPORE

Please Visit us at Booth # 3, Winter Garden, Hotel Sheraton on 7, 8 & 9 October and meet some of the Specialist Doctors from

Singapore

The leading international healthcare provider of choice in Singapore is here in DHAKA

PARKWAY HEALTHCARE INFORMATION CENTER

Suite B-3 (3rd Floor), House 10, Road 53, Gulshan-2, Dhaka-1212, Bangladesh
Phone: 885 0422, 885 0423, Fax: 885 4056, Email: parkway@agni.com

Visit Leading

World-class Healthcare providers from

Singapore

at MEDEXPO-2004

Second Bangladesh International Medical Exposition

on October 7, 8 & 9, 2004 at Dhaka Sheraton Hotel

Participating Healthcare Service Providers

PARKWAY GROUP

RafflesHospital

KK Women's and Children's Hospital SingHealth

National University Hospital

Singapore National Eye Centre

Stall No. 1 to 6

Interested parties can speak to medical specialists from Singapore during Medexpo-2004

Singapore MEDICINE www.singaporemedicine.com

Managing Asthma

ASTHMA affects 5-8% per cent of the population. It is characterized by recurrent episodes of dyspnoea, cough and wheeze caused by reversible airways obstruction.

The 3 (Three) factors contribute to airway narrowing are:

1. Bronchial muscle contraction.
2. Triggered by activity of stimuli.
3. Mucosal swelling/inflammation.

♦ SYMPTOMS OF ASTHMA : The major symptoms are intermittent dyspnoea, wheeze, cough and sputum. Some specific things to discuss about-

- ♦ Precipitants :
1. Cold air
2. Exercise
3. Emotions
4. Allergens (house dust, mite, pollen etc)
5. Infection
6. Dust

- ♦ Exercise: Quantify exercise tolerance
- ♦ Disturbed sleep: Quantify as nights per week
- ♦ Acid reflux: This has known association asthma.
- ♦ Other atopic diseases: Eczema, hay fever, allergy or family history?
- ♦ The home (especially bedroom): Pets, carpets, feather pillow.
- ♦ Occupation :if symptoms remit at weekends or

holidays something at work may be a trigger.

♦ INVESTIGATIONS : Generally the following investigations are needed

1. Chest X-ray (A/P and Lateral view)
2. Lung function test:
3. Vital capacity, forced expiratory volume in first hour.
4. Peak expiratory flow rate.
5. Arterial blood gas analysis
6. Sputum culture
7. Blood culture
8. Skin hypersensitivity test

♦ TREATMENT : Avoidance

1. Avoidance of allergens and other substances liable to provoke attacks of asthma.
2. Avoidance of day-to-day triggers such as exercise, cold air, smoking.

♦ MANAGEMENT STEPS :

- Step 1: Occasional use of short acting β_2 agonist bronchodilators.
- Step 2: Regular inhaled anti-inflammatory agents
- Step 3: High dose inhaled corticosteroid or low dose inhaled corticosteroid + long acting β_2 agonist
- Step 4: High dose inhaled steroids and regular bronchodilators.
- Step 5: Addition of regular corticosteroid therapy.

Exposition, Exhibition

Contd. from page 0

Interventional Radiology, MRI Diffusion and Perfusion Testing, Digital Mammography, PET scanning, High Field Open MRI, CR & DR Imaging, Ultra sensitive, Ultrasound, Coronary artery Scanning, Lung Scanning.

Whole body screenings and Picture Archive Communication Systems ... the list is endless!

It has become imperative to keep abreast both transformations that have changed our material environment—such as the scientific and industrial revolutions—and those that have changed our way of thinking.

Exposition like MEDEXPO-2004 has become increasingly important. Because it helps to promote a better understanding of how and how much the medical science in the world has changed and how those changes have made treatment of ailments better. Through such understanding we are now in a much better position to decide what to do, how to do and when to do.

This is a question of life and death. Albeit life and death are in the hands of almighty Allah. we can only try. And we are now in a much better position to give a better try.

The Leader In Live 3D Ultrasound

Medison has innovated the ultrasound industry since 1985 with a restless commitment to research and development.

Pioneering digital technology in the early 80's provided the foundation for the advanced signal processing used as the standard today.

In the 90's we introduced our volumetric 3D ultrasound which immediately set and continues to be the standard in 3D. Looking forward, we will continue our dedication to the ultrasound community and our ongoing development of exceptional 2D and 3D Volumetric ultrasound products. It is our pride to provide you with full line-up 3D product choice adding two brand new ultrasound systems. SONOACE 8000 and 128 BW.

128 BW, the ultimate 128 channel black & white ultrasound system featuring harmonic imaging SONOACE 8000 and 128 BW.

128 BW, the ultimate 128 channel black & white ultrasound system featuring harmonic imaging. SONOACE 8000, the value multifunctional ultrasound system with volumetric 3D features and state-of-the-art 2D imaging.



Medison will open new era with new digital and Live 3D technologies.

STALL # 16, MEDEXPO-2004
DHAKA SHERATON HOTEL
Mobile: 0171 434386

The Leader in Live 3D Ultrasound. www.medison.com.

Singapore National Eye Centre : Your one-stop centre for all your eye care needs

The Singapore National Eye Centre (SNEC) is the premier provider of high quality specialist eye care in the Asia-Pacific region. Established since 1989, the Centre has built up a world-class reputation for its depth of experience, accreditation standards, research programmes and scale of operation. The Centre annually attends to 250,000 outpatient visits and performs 24,000 major eye operations and laser procedures.



SNEC's ultra-modern 8-storey complex with its new wing completed at a cost of US\$30 million features a full array of subspecialty clinics, well-equipped operating theatres, advanced diagnostic, imaging and laser systems as well as two floors dedicated to leading-edge clinical and laboratory research undertaken by the Singapore Eye Research Institute.

The faculty of 45 highly experienced consultant eye surgeons supported by over 350 specially trained nursing, paramedical and support personnel help patients deal with eye disorders ranging from the common to the very complex conditions all under one roof.

• Cataract Small Incision Surgery • Corneal Transplantation including Osteo-Odont Keratoprosthesis (OOKP), Stem Cell Culture Transplantation • Contact Lenses • Glaucoma • LASIK for Myopia (short-sightedness) • Neuro-Ophthalmology • Ocular Inflammation and Immunology (comprehensive investigation with laboratory and radiology tests) • Plastic, Orbital and Tear Duct Surgery • Paediatric Eye Disorders & Strabismus (Squint) Surgery • Retinoblastoma (eye tumour) • Vitreo-Retinal Eye Disease (Diabetic Eye Disease, Macular Disorders, Fundus Photography, Retinal Detachment Surgery)

Singapore National Eye Centre
11 Third Hospital Avenue, Singapore 168751

International Patient Service:
24-hour hotline : (65) 6100 9393
Fax : (65) 6222 9393
Email : ips@sneec.com.sg
Website : www.sneec.com.sg

Visit Singapore for world-class healthcare

Each year, more than 200,000 people from around the world travel to Singapore for quality healthcare. International patients come to Singapore to seek specialised treatment of the eye, heart and brain, or for the management of cancer as well as for medical services such as health screening and rehabilitative services.

