

# The healing flights

## STAR HEALTH REPORT

"We wouldn't call it a luxurious air service; rather a fulfillment of a dream of providing service at ease with highest standard of safety and comfort to the people," said Capt. Sikder M. Ahmed, Executive Director and Chief Pilot of Arirang Aviation, a sister concern of Youngone Group. The company runs an air ambulance service in Bangladesh to carry patients to the hospitals in home and abroad.

Youngone Corporation established its corporate flight division in 1999 to meet its own corporate need. Initially, the company started its flight operations with a Cessna Grand Caravan aircraft to operate in domestic and regional routes. Such corporate flights facilitated diversified activities of the company with greater degree of flexibility.

With the increasing demand and necessity vis-à-vis safe operation by the grand Caravan, encouraged the company to induct a brand new Pilatus PC-12 aircraft in 2004. Subsequently, Youngone purchased brand new multi-engine Piaggio P-180 Avanti II aircraft for covering even more long-distant destinations in less and less time.

Today, Youngone has a fleet of five aircraft which are capable of meeting multifarious mission tasks. Having such versatile fleet in its inventory, Youngone planned to launch commercial flight operations by establishing Arirang Aviation Limited.

Capt. Sikder informed that without compromising the highest possible standard, it grew its solid foundation for a



An in-flight physician is taking care of a patient during transfer by the air ambulance.

PHOTO: COURTESY

long time with highly qualified personnel, the state of the art aircraft and operating facilities before starting commercial operation.

While building up the proficiency in operation, the company thought of extending its service to air ambulance to save the valuable lives of critically ill persons. It is one kind of humanitarian and Corporate Social Service of the company to help the people of the

country. These in fact motivated to operate air ambulance.

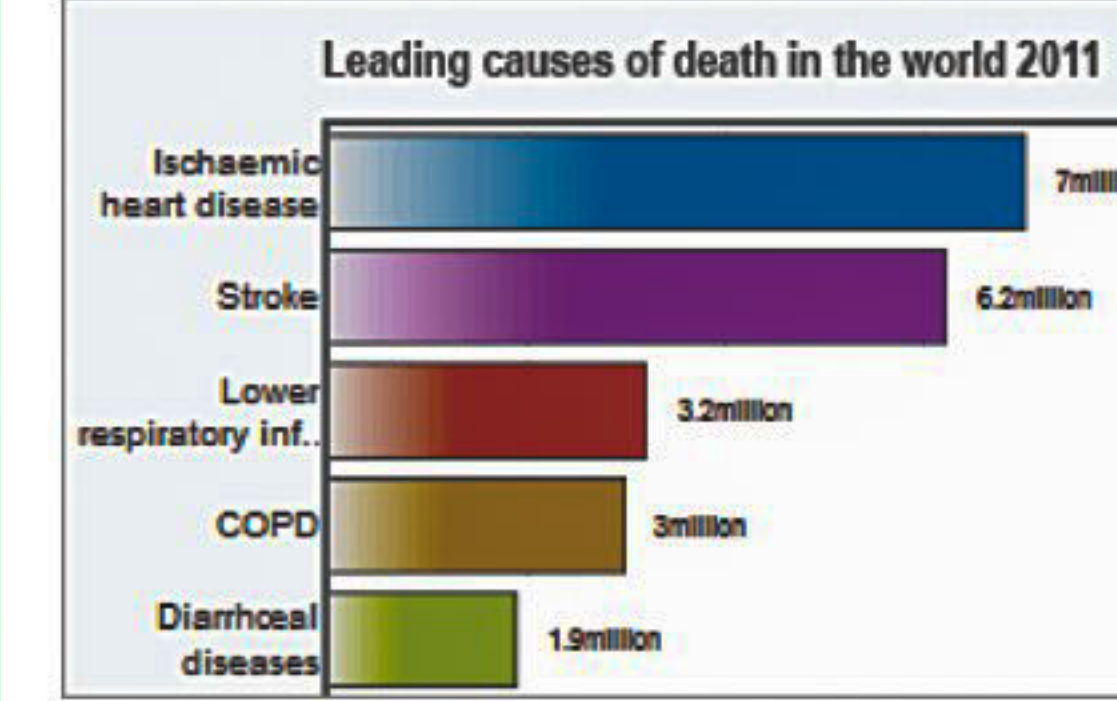
The company now provides the service to all domestic airports in Bangladesh and abroad like Thailand, Singapore etc.

Capt. Sikder also informed that the cost of the flights is recovered for the service rendered rather than profit. They charge fundamentally on the operating cost; hence the profit is marginal which is used to maintain the quality and safety

standard of man and machine with the aim to provide service with highest safety standard.

The future plan of the company is to establish a one-stop service and to expand their horizon in air ambulance service. They already have their own doctors, medical staffs and other medical facilities at the Hangar Complex to stable the patient, if required. They have plan to expand their capabilities in this regard too.

## TOP CAUSES



## Deaths across the globe

### STAR HEALTH DESK

In 2011, an estimated 55 million people died worldwide. Among them, non-communicable diseases including cardiovascular diseases, cancers, diabetes and chronic lung diseases were responsible for two-thirds of all deaths, up from 60% in 2000. Whereas communicable, maternal, perinatal and nutrition conditions collectively were responsible for a quarter of global deaths, and injuries caused 9% of all deaths.

Ischaemic heart disease, stroke, lower respiratory infections, chronic obstructive lung disease, diarrhoea and HIV/AIDS have remained the top major killers worldwide during the past decade. Chronic diseases cause increasing numbers of deaths worldwide.

In low-income countries, nearly 4 in every 10 deaths are among children under 15 years, and only 2 in every 10 deaths are among people aged 70 years and older. People predominantly die of infectious diseases: lower respiratory infections, HIV/AIDS, diarrhoeal diseases, malaria and tuberculosis collectively account for almost one third of all deaths in these countries. Complications of childbirth due to prematurity, and birth asphyxia and birth trauma are among the leading causes of death, claiming the lives of many newborns and infants.

Measuring how many people die each year and why they died is one of the most important means — along with gauging how diseases and injuries are affecting people — for assessing the effectiveness of a country's health system. Cause-of-death statistics help health authorities determine their focus for public health actions to reduce deaths from preventable and treatable causes.

Data source: World Health Organisation

## HEALTH bulletin

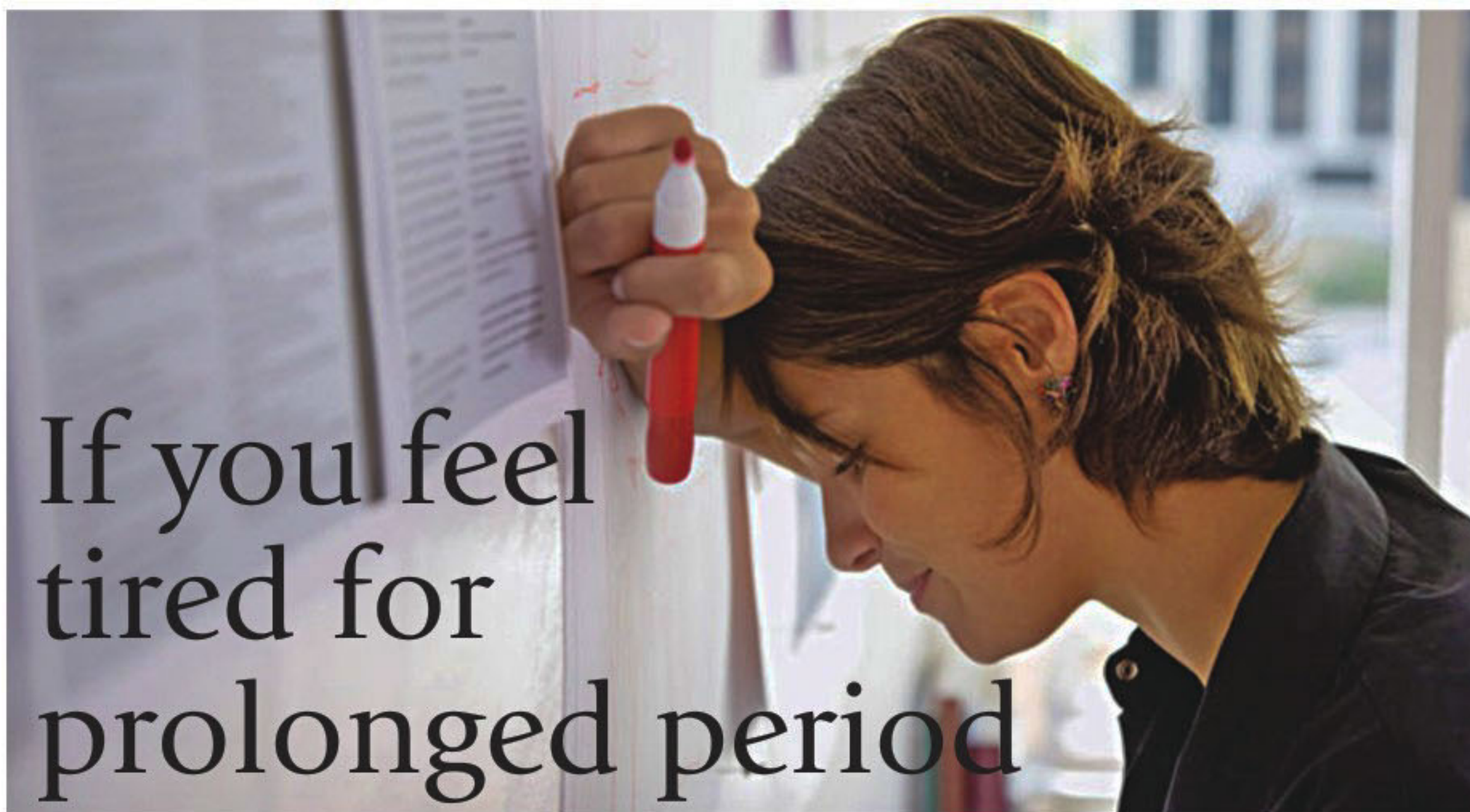
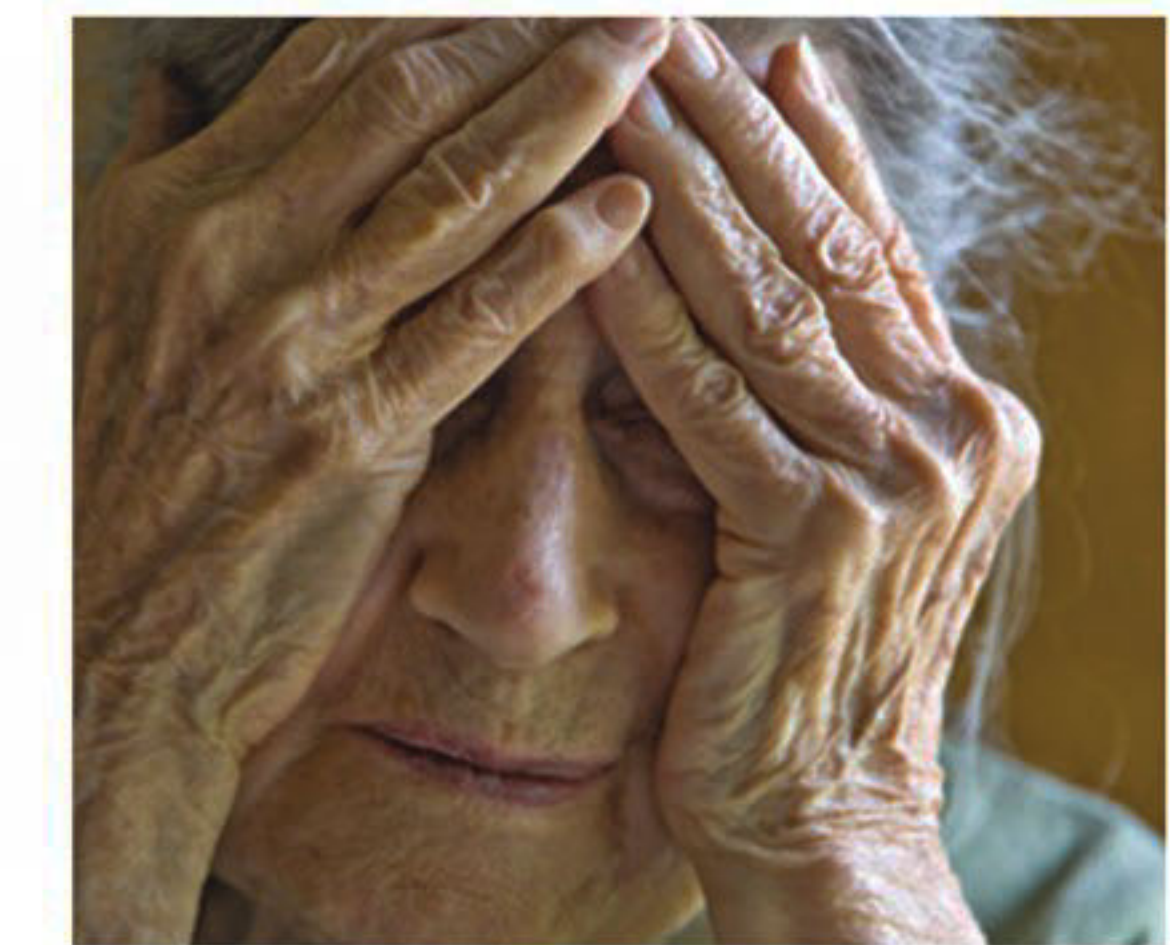
### Women increasingly prone to kidney stones

More women are being diagnosed with kidney stones and the obesity epidemic may help explain the increasing number of cases of this painful condition, a new study published in the Journal of Urology suggests.

### Blood pressure drugs may reduce Alzheimer's risk

Men and women who take drugs to keep high blood pressure in check may be somewhat protected against Alzheimer's disease and other types of dementia, a new study found. And those who took a type of blood pressure drug called a beta blocker may be particularly protected from dementia.

The study recently presented at the American Academy of Neurology's 65th annual meeting, found that treatment for high blood pressure was good for the brain, regardless of the type of blood pressure medication taken.



### PROF M KARIM KHAN

Tiredness is not unusual but prolonged tiredness is a cause for concern. If a person suffers from undue tiredness and fatigue for 3 to 6 months without any obvious reason, it is known as Chronic Fatigue Syndrome (CFS).

Chronic fatigue syndrome (CFS) is the common name for a group of significantly debilitating medical conditions characterised by persistent fatigue and other specific symptoms that lasts for a minimum of six months in adults and 3 months in children or adolescents. It is not due to exertion, not significantly relieved by rest and is not caused by other medical conditions.

The cause and mechanism of CFS is still unknown. But some biological, infectious, genetic and psychological factors may play a role in

causation of the condition.

Symptoms of CFS include malaise after exertion, unrefreshing sleep, widespread muscle and joint pain, sore throat, headaches of a type that was not previously experienced, cognitive difficulties, chronic and severe mental and physical exhaustion and other characteristic symptoms in a previously healthy and active person.

Additional symptoms may be reported including muscle weakness, increased sensitivity to light, sounds and smells, orthostatic intolerance (Can't tolerate standing upright for long time), digestive disturbances, depression, painful and often slightly swollen lymph nodes, cardiac and respiratory problems.

There may be irritable bowel syndrome, chest tightness or chest pain, chills and night sweats, visual disturbance, lack of concentration,

depression, irritability, mood swings, anxiety, panic attacks.

Medication has minor role only in getting rid of the problem. Exercise, travelling to some attractive places, psychotherapy, keeping oneself surrounded by good friends and passing good time with them, plenty of water intake along with healthy food and fruits-together have got better effect. Relaxed and tension free life and environment is helpful too.

In spite of all efforts, some patients may not come out fully from this problem. So, do not ignore undue tiredness, rather give due importance and try to come out of this problem by yourself with the help of friends and physician.

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### Health Tips

## Manage menopause

The onset of menopause brings many physical and emotional changes, and common symptoms from hot flashes to weight gain. Following are some recommendations to help minimise menopausal symptoms:

- Eat a balanced, nutritious diet, making an effort to limit caffeine and alcohol.
- Quit smoking.
- Get plenty of regular exercise to help strengthen bones, lose weight, boost mood and help you sleep.
- Practice regular stress management techniques, such as yoga or meditation.
- Lose any excess weight.



/StarHealthBD

## Knowing for better living

Inappropriate use of **antibiotic** leads to antibiotic resistance !

- Take antibiotic on Doctor's prescription
- Complete the duration of antibiotic treatment even if the symptoms improve earlier
- Store antibiotic in proper place
- Do not take same antibiotic by yourself even for similar infection
- Do not take antibiotic after expiry date
- Consult your Doctor



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