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HEART ATTACK: Warning signs and emergency approach

ON 29 September, World Heart Day was observed across the world. At maya.com, this year we aim to teach you some basic warning signs and emergency steps that you can keep in mind in case you or a loved one shows signs of a heart attack.

Some heart attacks are sudden and some are slow with little or no pain. Chest pains may develop suddenly and radiate to the left arm, neck and lower jaws. In diabetic patients heart attacks may go unnoticed because they usually do not show any symptoms at all.

What are the common warning signs?

Chest pain or discomfort lasting for more than a minute or goes away and comes back. The chest can feel like it is being pressed or squeezed by a heavy object, and pain can radiate from the chest to the jaw, neck, arms and back.

Shortness of breath with or without chest discomfort.

Palpitation.

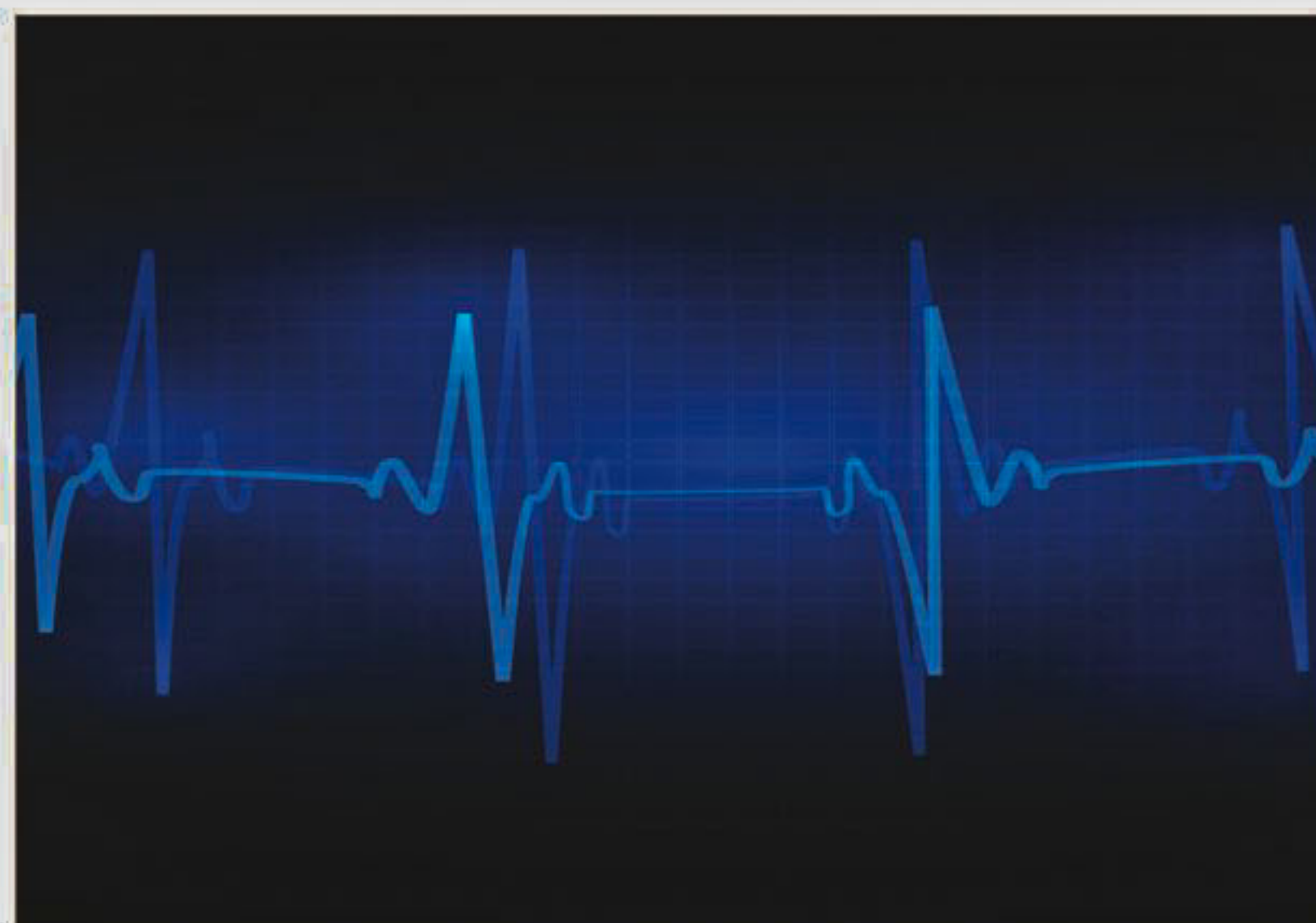
Excessive sweating at rest or after mild activity. Cold sweat is common among women who are having a heart attack.

Feeling weak and/or lightheaded.

Overwhelming feeling of anxiety (similar to being in a panic attack).

Looking pale.

Indigestion, heartburn or feeling nauseated.



What to do in case of a heart attack?

Even if you have the slightest doubt that it is a heart attack, immediately rush to the nearest emergency medical service. If you are waiting for an ambulance or someone to take you to the hospital, meanwhile do the following at home:

If you have aspirin at home, chew 2-4 baby aspirin (baby aspirin are 75mg each), provided you are not allergic to this medicine, or have a bleeding disorder. Chewing helps release the drug into the bloodstream faster than swallowing it whole.

If you have been prescribed nitroglycerin, take it as instructed.

Stop all physical activities, lie down and loosen clothes.

If you are accompanying a person with a heart attack:

Keep him/her in a calm and comfortable position.

Loosen clothes around the chest area.

If the person is unconscious, make sure they are lying flat on their back.

Make sure you give him/her 4 aspirins to chew and give him/her nitroglycerine if available.

Check for the pulse.

If the person does not have a pulse and if you know CPR, you should begin CPR at a rate of approx. 18 compressions in 30 seconds.

If you do not know CPR you can do hands-only-CPR. This involves pushing hard and fast in the center of the chest until help arrives, or until the person begins to move or wakes up. This is safe for an adult or child over the age of eight.

Remember: Do not wait for symptoms to worsen before you seek medical help. Early treatment of heart attack can prevent and reduce death of heart muscles.

By Dr Kazi Mashfia Fardeen
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EVENT

Mount Elizabeth celebrates 35th birthday

AN increasingly large number of people flock to many countries every year to seek medical treatment from the world's very best institutions. One of these institutions, located in Singapore, is Mount Elizabeth Hospitals.

Mount Elizabeth, although far-off from our country, has become almost like a household name: everybody knows about its superior quality healthcare and that it is a landmark of world-class physicians and extraordinary patient care service.

Add to this the fact that this organisation has been active for 35 long, successful years, and the strong reputation it has created makes logical sense.

On 20 September 2014, Mount Elizabeth Hospitals has celebrated its 35th birthday at Lakeshore Hotel & Apartments. The invitees included some of the patients from Bangladesh who have been, or are being, treated in Mount Elizabeth Hospitals – along

with a handful of doctors and other stakeholders.

The chief guest of the programme was Darryl Lau, Consul, Consulate of the Republic of Singapore in Bangladesh.

The event kicked off with an earth-shattering laser show, introducing Mount Elizabeth Hospitals in a nutshell.

Then, Assistant Vice President of Mount Elizabeth Hospitals, Dr. Noel Yeo gave his speech on 'what modern medicine can do'. He put forward some of the milestones Mount Elizabeth Hospitals had achieved – in terms of treatment – over these 35 years, discussing complicated and challenging cases that the institution successfully treated.

Dr. Lye Wai Choong, Renal Physician, Mount Elizabeth Hospitals, enlightened the guests about the treatment and prevention of kidney diseases. "Kidney disease or kidney failure is not the end of the world," he

said. "It is not true that kidney disease is untreatable."

Sharing his insights, Dr. Lim Yean Teng, Cardiologist, Mount Elizabeth Hospitals, told that heart diseases are one of the highest causes of death.

Another cause of death, which is also very high according to statistics, is various types of cancer. Dr. Patricia Kho, Oncologist, Parkway Cancer Centre, gave a glimpse of the future of cancer, discussing breathtaking technologies and treatments, along with the improvements made so far in the field.

Lastly, Darryl Lau, Consul, Consulate of the Republic of Singapore in Bangladesh, said that his country is very hospitable and welcoming and one ought to visit it for the tourist attractions as well. "Of course Singapore is an excellent choice for health care, but we are more than that," he said. "If you are sick and require treatment, come

visit us. But even if you are all fine and healthy, come visit us anyway!"

The event also showed video clips of satisfied patients sharing experiences about the hospital and its good service and the talented doctors. Another clip showed interviews of a few doctors in Bangladesh, providing insights about Mount Elizabeth Hospitals.

The night ended with a cake cutting ceremony and a raffle draw, which included exciting prizes for the winners such as free health screening at Mount Elizabeth Hospitals and Singapore Airlines tickets.

The birthday celebration gave a chance for the patients to see a hospital and some of their best doctors up close and personal – and if that remains the attitude of the institution, as it has been for the past 35 years, Mount Elizabeth Hospitals will surely make it to the next 35 and beyond.

By M H Haider