

## RAIN LIKELY



Light to moderate rain or thundershowers accompanied by temporary gusty or squally wind is likely to occur at a few places over Dhaka, Khulna, Barisal and Chittagong divisions and at one or two places over Rajshahi, Rangpur and Sylhet divisions till 6:00pm today.

Moderately heavy to heavy rainfall is also likely at places over the country, Met Office said. Day and night temperatures may fall slightly over the country.

The sun sets in the capital today at 5:35pm and rises tomorrow at 5:55am.

Unb. Dhaka

Country's highest temperature 34.0 degree Celsius was recorded yesterday in Rangamati and lowest 22.8 degree Celsius in Sreemangal.

The highest and lowest temperatures and humidity recorded in some major cities and towns yesterday were:

	Temperature in Celsius		Humidity in percentage		Temperature in Celsius		Humidity in percentage		
	Max:	Min:	Morning	Evening	Max:	Min:	Morning	Evening	
Dhaka	28.9	26.8	77	95	Khulna	32.7	27.0	79	82
Chittagong	31.9	26.0	82	92	Barisal	31.2	26.2	76	87
Rajshahi	33.0	25.0	87	95	Sylhet	29.2	25.1	90	88
Rangpur	32.8	26.0	76	81	Cox's Bazar	33.5	25.5	73	88



What was once a canal bubbling with life and bringing prosperity to communities in Savar is now a mass of mud, algae and garbage peering over murky waters with only a broken boat to signify its history. This sad demise of Beel Baghil has been brought about for unabated encroachment and pollution. The photos were taken in April.

PHOTO: RASHAD AHAMAD

## A lifeline forced to die

RASHAD AHAMAD, Savar

Beel Baghil, a canal in Savar which was once so lively with fresh water flow and aquatic biodiversity, is now completely dead thanks to unabated encroachment and pollution.

The canal has already lost all of its life saving matters, including water stream, and water quality, said local green activists. While once its natural beauty had attracted nearby dwellers, now it is spreading bad odour from untreated effluents and other pollutants, driving them away, added the activists.

Even, it is too tough for a stranger to believe that only five years ago the canal was about three kilometres in length and 200 yards in breadth which met another canal, Karnotoli Khal, before flowing into the Turag river, they said while describing the state of extinction of the water body.

The canal has now very few remnants, including some water, which is also found in several puddles with heavy pollutants during monsoon while drying up in summer, as well as a broken boat and a bamboo-made bridge

symbolising its past life.

The canal also called Anandapur Beel or Genda Beel at the Eastern part of Savar, on the outskirts of

the capital, had helped develop a beneficial culture in and around the villages with its water and aquatic nature because the inhabitants relied on it for their basic needs, including bathing, cleaning, irrigation, transportation and fishing, said locals.

A local, 50-year-old Abdur Razzaque Matbar of Genda area, who once fished in the water body and irrigated his farmland even in

dry season now changed his profession to a vendor due to lack of fishes and fresh water. Like him over 20 families of Genda were dependent on the canal for their livelihoods but they took other professions for the same reason.

"I was always late to school every day as I with my friends swam in the canal," Sagiruzzaman Shakik, a 40-year-old green activist, told The Daily Star recently.

The three kilometre canal was the lifeline of several villages, including Mazidpur, Emandipur, Anandapur, Rajashon, Ghashmohal, Bartartec,

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## Democratic insts being destroyed

Rizvi tells press conference

STAFF CORRESPONDENT

BNP yesterday alleged that all the democratic institutions in the country were being destroyed due to Prime Minister and Awami League President Sheikh Hasina's spiteful politics.

Prime Minister Sheikh Hasina is a curse both for the nation as well as for Awami League and only her resignation can help restore a healthy atmosphere for holding a fair election in the country, it said.

"Sheikh Hasina has become a curse not only for Bangladesh but also for an old political party like Awami League. The country is reeling under killings, forced

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Indian court gives Bangladeshi life term for murder

CITY DESK

An Indian court sentenced a Bangladeshi man to life term imprisonment for killing a resident of east Delhi during a robbery bid, reports the Times of India.

District and Sessions Judge PS Teji passed the order while relying on the statements of the victim's parents.

"They (Datta's parents) remained stuck to their stand that it was the accused,"

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With Eid-ul-Azha observed days back and a new workweek beginning today, residents of the capital who had extended their holiday return en masse taking up most of the space available on a ferry at the Kewrakandi ghat yesterday.

## To Know is to Prevent

## Pain in the leg? Not anymore!

Even after his retirement from his teaching job from a government high school in Mirpur, Dhaka at sixty, Mr. Azizul Hakim used to have an active life style. At seventy two his days are low-key now; spent puttering around the house. He started to notice recurrent pain shooting down the back side of his right leg while walking approximately five hundred meters. Eventually, the pain became so intense that even simple tasks like walking to the grocery store were unbearable; he even had difficulty sleeping at night. "I couldn't do everyday chores around the house or things that I enjoy because my legs always tightened up," he says, "the pain was pretty intense and it never went away". Hakim first thought it might be a pulled muscle or something similar; he tried a few home remedies like drug store creams, ointments, he stretched and massaged his leg a lot, but nothing worked. Hakim lived with the pain for more than two years, brushing it off as a sign of aging and something not to be taken seriously.

Upon advice from a local community doctor, Hakim consulted an Orthopaedic Surgeon in an International Standard Multi-specialty hospital in the city. A simple, non-invasive test called the Color Doppler Ultrasound diagnosed with PAD or peripheral arterial disease in Hakim's legs.

PAD develops when leg arteries become clogged with plaque or fatty deposits that cause poor blood flow to legs. Just like clogged arteries in the heart, clogged arteries in the legs increase the risk of heart attack and stroke. Like Hakim, people who experience signs or symptoms of PAD may have pain when walking or climbing stairs, which may be relieved after resting. This pain is called intermittent claudication. There are few risk factors for peripheral arterial disease such as increased blood lipids (fats and cholesterol), smoking, hypertension (high blood pressure), diabetes, lack of physical exercise, being overweight etc. These risk factors increase the normal aging process of the arteries, which can be problematic even at a young age.

Unlike many other big hospitals in the city, this hospital had an Interventional Radiologist; to whom the Orthopaedic Surgeon referred Hakim. The Interventional Radiologist explained Hakim his condition by drawing picture of blood supply of legs and showing multiple areas of blockage which he was having because of PAD; unless treated these could lead to gangrene of toes and legs when the affected body parts would need to be amputated.



The Interventional Radiology Consultant told Hakim about Angioplasty procedure which would clear the symptomatic blockage in his artery with less risk and less recovery time compared to conventional surgery. The procedure would be performed by threading a catheter which has a tiny uninflated balloon on the tip, through the groin and into the leg artery to the point of the blockage. The balloon would be inflated to push the fatty deposits against the inside of the artery walls to make the channel wider. Once the artery was widened, the balloon would be deflated and removed. There would be no cutting involved, just a needle puncture through the skin. In some cases, however, stents maybe placed as the primary means for holding the vessel open. Hakim had the Angioplasty procedure performed on his legs in that hospital. Since the Angioplasty procedure, he has not experienced any pain in his legs or toes.

Hakim now enjoys an active life, gardening with his wife and playing with four grandchildren. Do talk to doctors in an International Standard Super-specialty hospital if your near and dear ones experience leg pain, instead of assuming "old age" is the culprit.

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