

BNP reveals Sundarbans oil spill probe findings today

UNB, Dhaka

BNP will make public today the findings of its investigation into the oil-tanker crash in the Shela River of the Sundarbans and the subsequent effects on the biodiversity of the world's largest mangrove forest due to oil spill.

The findings will be revealed at a press conference at BNP Chairperson Khaleda Zia's Gulshan office at 11:00am, her media wing member Sayrul Kabir Khan told the news agency.

He said chief of the seven-member probe body, formed on December 20, and BNP Vice Chairman Hafizuddin Ahmed, also a former water resources minister, handed over a copy of the report to the BNP chairperson on Wednesday midnight.

Khaleda asked Hafiz to brief the media about the findings with party acting secretary general Mirza Fakhru Islam Alamgir.

The committee members visited the spot and talked to the local people, public representatives and experts, monitored the overall

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Shovel off oil slicks for proper clean-up

Advises former chemical engineering teacher of Buet UNB, Dhaka

The oil slicks remain fused with the shore soil of Sundarbans' rivers should be shovelled off from the affected areas and be stored in a particular place to properly clean up those, according to a chemical engineer.

"After storing the 'slick mixed soil' in a low place, oil should be removed from the soil by pouring water on it," Prof Dr Quader, a former teacher

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Farmers in Gharinda of Tangail sadar upazila have started transferring Boro saplings from seed production beds to the crop fields amidst uncertainty over getting, what they say, just prices which fell short of expectations last year despite a bumper production. Grown during the dry season from November to June and requiring irrigation for which it got the name "irrigated rice", the country's chief rice variety claimed over 55 percent or 1.9 crore tonnes of the total rice production of some 3.44 crore tonnes last year. The photo was taken yesterday.

PHOTO: MIRZA SHAKIL

War rape victims should get highest gallantry award

Liberation War Museum workshop told

STAFF CORRESPONDENT

Female victims of war rape should be awarded the highest gallantry award of the country for their contribution to the Liberation War, said participants of a workshop of the Liberation War Museum yesterday.

They made the request at the closing ceremony of the eight-day long winter school of the Centre for the Study of Genocide and Justice, Liberation War Museum.

The workshop was held at Proshika Human Resource Development Centre in Manikganj.

The forty participants, consisting of academics and professionals, also vowed to initiate a movement to try the 195 prisoners of war who were handed over to Pakistan through the tripartite agreement among Bangladesh, India and Pakistan.

Welcoming their decision, special guest Dr Muhammad Zafar Iqbal, academician and popular writer,

expressed his willingness to extend his support to such an initiative with documents and evidence of his father's killing by the Pakistani occupation force in 1971.

Regarding the trial of the local collaborators, he said, "There might be many criticisms of the present government concerning different issues, but we all should support the government in conducting trials of the war criminals."

War heroine Ferdousi

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Mymensingh pro-BNP labour leader, family killed over debt

'Killer' confesses after being arrested, claim cops

OUR CORRESPONDENT, Mymensingh

Mymensingh police yesterday arrested a bus helper who they say confessed to have murdered the vehicle's owner, who is a Jatiyatabadi Sramik Dal (JSD) leader, and the owner's wife and two children and looted the victim's house for Tk 80,000 which the helper lent to the owner but was not returned.

Arrested in Gazipur's Tongi upazila, Hafizur Rahman alias Tanu, 35, was produced before a Mymensingh court which sent him to jail after recording his state-



Hafizur Rahman

ment. Whether it is a confession is yet to be known.

Rafiqul Islam Bachchu, 35, his wife Parul Akhtar, 28, Jiniya Akhtar, 6, and Riva Akhtar, 1, were found dead in their house in Bhaluka upazila's Lobonkotha village on December 16.

Rafiqul, general secretary of JSD's Habirbari union unit in Bhaluka, and Parul were stabbed to death while their two daughters strangled, said police. Rafiqul's father Wares Ali then filed a case with Bhaluka Police Station.

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A tree branch placed by the locals in a manhole with a broken lid serves as a warning for the unsuspecting vehicles and pedestrians of the danger lurking smack in the middle of the road before Rajarbagh Police Lines in the capital. The photo was taken on Wednesday.

PHOTO: ANISUR RAHMAN

Heart diseases now a plague in Bangladesh

Noted Indian cardiologist Dr Ashok Seth tells The Daily Star; attributes the situation to unhealthy lifestyle

PORIMOL PALMA

Dr Ashok Seth, an acclaimed cardiologist, has expressed deep concerns over the number of people in Bangladesh contracting heart diseases, terming the situation "horrifying".

"It has already become a plague. The [heart] diseases have overtaken infectious diseases as causes of death in the country. So, we are actually in a frightening situation," said Dr Seth, chairman of Delhi-based Fortis Escorts Heart Institute.

Seth has performed more than 50,000 angiograms and 20,000 angioplasties over the past 25 years. A lot of his patients were Bangladeshis. The cardiologist also trained many Bangladeshi doctors.

He recently talked to The Daily Star in Dhaka after inaugurating a unit of Fortis Escorts Heart Institute in Khulna



WAYS OUT

Exercise for 40 minutes daily

Avoid rich, oily food

Give up smoking

aimed at providing high quality cardiac care.

Fortis will manage and operate the 42-bed centre set up by AFC Health Ltd, a concern of Bangladesh-based Active Fine Chemicals Ltd.

According to Dr Seth, coronary

heart disease in India, Bangladesh, Pakistan and Sri Lanka has risen by 300 to 400 percent in the last 30 to 40 years, whereas death from the disease has declined by 50 percent in the West.

In India, 10 percent of the population is affected by coronary heart disease, he noted, adding that the number of people, under the age of 40, contracting the diseases has increased by ten times in the last 20 years.

"In Bangladesh, it is even worse. I regularly see young patients from Bangladesh, who are less than forty, who don't smoke or look overweight, but have very bad blockages in their arteries," he said.

According to medical journal The Lancet, 1.78 lakh deaths were caused by strokes, 1.06 lakh by ischemic heart disease and 28,000 by hypertensive heart disease in 2013 alone in

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Thought for food

STAY HEALTHY WITH DIABETES

Diabetes is a chronic condition associated with abnormally high levels of sugar (glucose) in the blood.

Fast facts on diabetes

Here are some key points about diabetes. More detail and supporting information is in the main article.

- Diabetes is a long-term condition that causes high blood sugar levels.
- In 2013 it was estimated that over 382 million people throughout the world had diabetes.
- Type 1 Diabetes - the body does not produce insulin. Approximately 10% of all diabetes cases are type 1.
- Type 2 Diabetes - the body does not produce enough insulin for proper function. Approximately 90% of all cases of diabetes worldwide are of this type.
- Gestational Diabetes - this type affects females during pregnancy.
- If you have Type 1 and follow a healthy eating plan, do adequate exercise, and take insulin, you can lead a normal life.
- Type 2 patients need to eat healthily, be physically active, and test their blood glucose. They may also need to take oral medication, and/or insulin to control blood glucose levels.

Common warnings signs of diabetes include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination or urine infections
- Unexplained weight loss (even though you are eating and feeling hungry)
- Fatigue (weak, tired feeling)

Complications linked to badly controlled diabetes:

- Eye complications
- Foot complications
- Skin complications
- Heart problems
- Hypertension
- Mental health

Diabetes in Bangladesh

Diabetes is rapidly spreading in Bangladesh as people embrace American fast foods, such as hamburgers, hot dogs, French fries and pizza. Currently, there are at least 32 lakh diabetics in the Bangladesh. Erica Roy Khetran, country director of the Helen Keller International Bangladesh (HKIB), said: "There are currently more than 3.2 million people with diabetes in Bangladesh. This number is expected to rise by more than 11 million by 2030. This would make the country the seventh largest diabetes population in the world."

How to avoid diabetes complications

Yes this is true Diabetes is a serious disease. But now a days in Bangladesh you will get diabetic food in every big and renowned super store. They even made a diabetic corner where you will get every food items what you need for breakfast to dinner. So when you are buying foods or taking any food or drink make sure it's having low calories or is sugarless. Following your diabetes treatment plan takes round-the-clock commitment. But your efforts are worthwhile. Careful diabetes care can reduce your risk of serious even life-threatening complications.

Here are some basic guidelines to avoid diabetes complications:

- Follow the meal plan set with your health care provider.
- Eat a variety of foods every day to get all the nutrients you need.
- Eat only the amount of food in your meal plan. Eat about the same amount of food each day. Be aware of portion sizes.
- Do not skip meals.
- Eat meals and snacks at regular times every day. Distribute meals 4 to 5 hours apart, with snacks in between. If you are taking a diabetes medication, eat your meals and take your medication at the same times each day.
- Maintain a healthy weight. If you need to lose weight, cut down on your portion sizes but do not skip meals. Exercise to maintain and/or achieve a healthy weight.

More food tips

- **Eat foods rich in fiber** (20 to 35 grams per day). Good sources of fiber are cooked and dried beans; whole grain breads, fresh fruits and vegetables.
- **Eat less fat.** Since people with diabetes have a greater risk of developing heart disease, eating meals lower in fat may help lower your risk for heart disease.
- **Avoid alcohol.** Alcohol can make it more difficult for you to control your blood glucose levels.

Above all, stay positive. Diabetes care is within your control. If you're willing to do your part, diabetes won't stand in the way of an active, healthy life.



Dr. Shahed Imran
HMO, Dhaka Medical College

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