

SPECIAL FEATURE

you are not YOUR STRESS



Do you wake up every morning as if you have no energy left in your body? Are you cranky at work and feel that you are losing perspective of your life? Perhaps it is time you take a few minutes off from whatever you are doing, and consider that you may be suffering from stress. Fear not, stress is some-

USE A CALENDAR

Calendars and to-do lists are tools that you can use to cure your life from stress. Break down a big task into small one hour tasks. Mark your calendar with specific hours of the day during which you will accomplish those tasks. Tasks can be professional or personal. Often times we use calendars for office work. Use them for personal tasks too, such as going to the salon, the gym or meeting a friend. You can buy hard copy calendars from stationary stores. However, phone and Internet based calendars are best as you can update on the go. So before you try out any of these tips, download a calendar app in your phone, or buy one!

WRITE IT DOWN

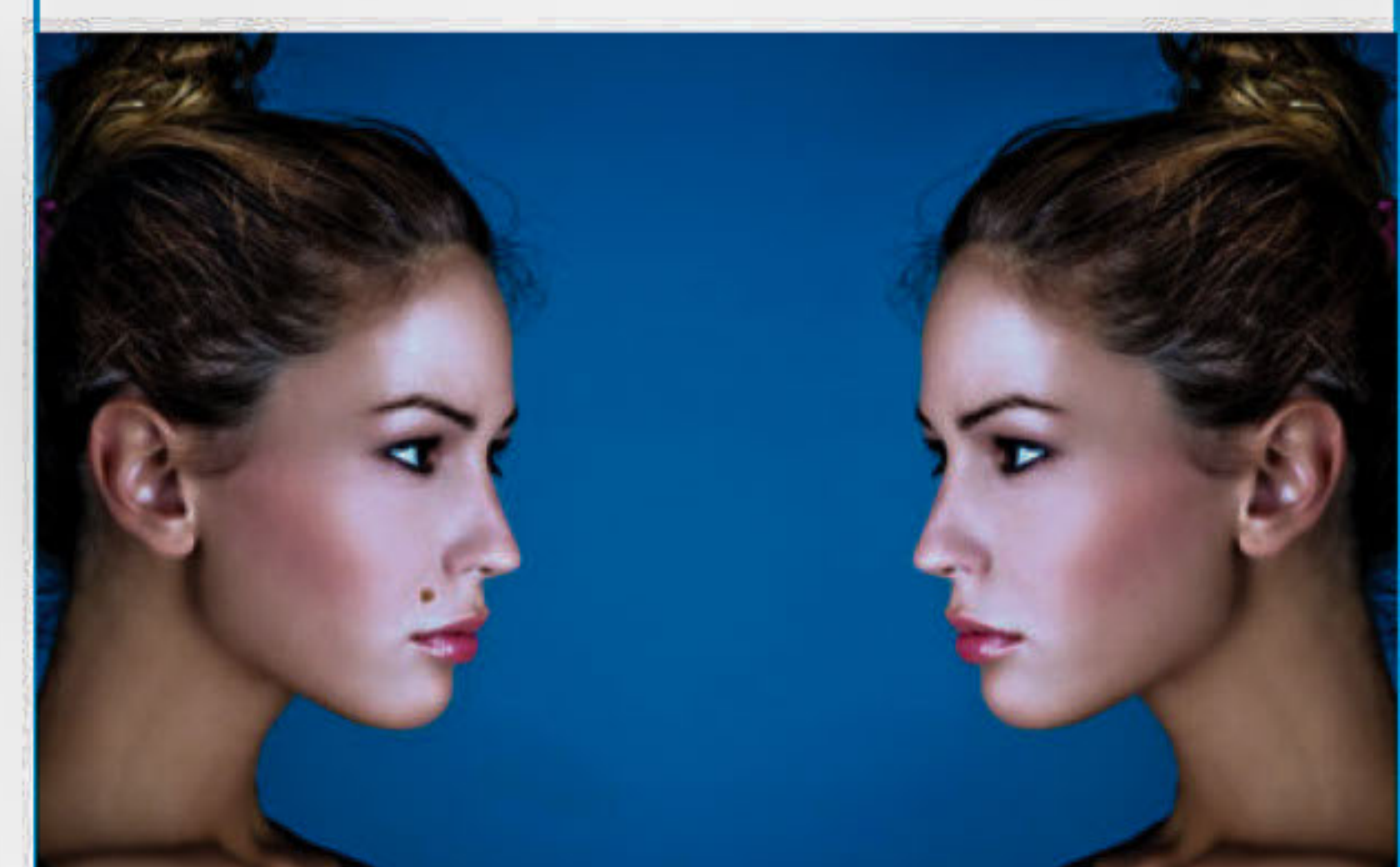
Jotting down what is bothering you is the first step you can take to face your stress. Pour your heart out and then mark on points that are causing major stress. Now write down an action work beside the stress issue that will help you address or solve it. For instance, let's say not speaking with your sister is upsetting you, then write the action word, "call sister." Commit a date and time in your calendar at which you will perform the action. Perhaps you decided you will call your sister this weekend, mark the date in your calendar, call her and get it over with! There is no use carrying around

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UNDESIRE MOLE LASER CAN BE THE SMARTEST OPTION



In the twentieth century Marilyn Monroe's beauty mark generated a new vogue. Fashion model Cindy Crawford's prominent mole helped revive the fashion. But not all moles are beauty spots. When a person has multiple moles on his/her face or if one of them is too big, it doesn't look appealing or nice. Moreover, too many moles or some large and irregular moles on face or body are at greater risk of melanoma or skin cancer. Now a days, moles are removed via two main methods: Laser or surgical excision. With advancement of time, Laser mole removal has become more popular. The

quickest laser treatment possible within 15 minutes is mole removal which is done by erbium YAG laser in Laser Medical Center. It gives the finest finishing in raised moles. For flat moles we use Q switch, CO2 or Erbium YAG Laser as required.



Advantages :
◆can be done quickly and safely. ◆usually there is no visible scar after removal, sometimes scab remains for 3-7 days. ◆no cutting or burning of the skin, the risk of infection is significantly reduced. ◆multiple moles can be treated during one session. ◆able to reach areas of the body such as the face or nose that may be difficult to treat using other methods.

Dr. Jhumu Khan's
Laser Medical
NEW LOOK NEW LIFE
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