



## WORRIED SICK?

NAZIBA BASHER

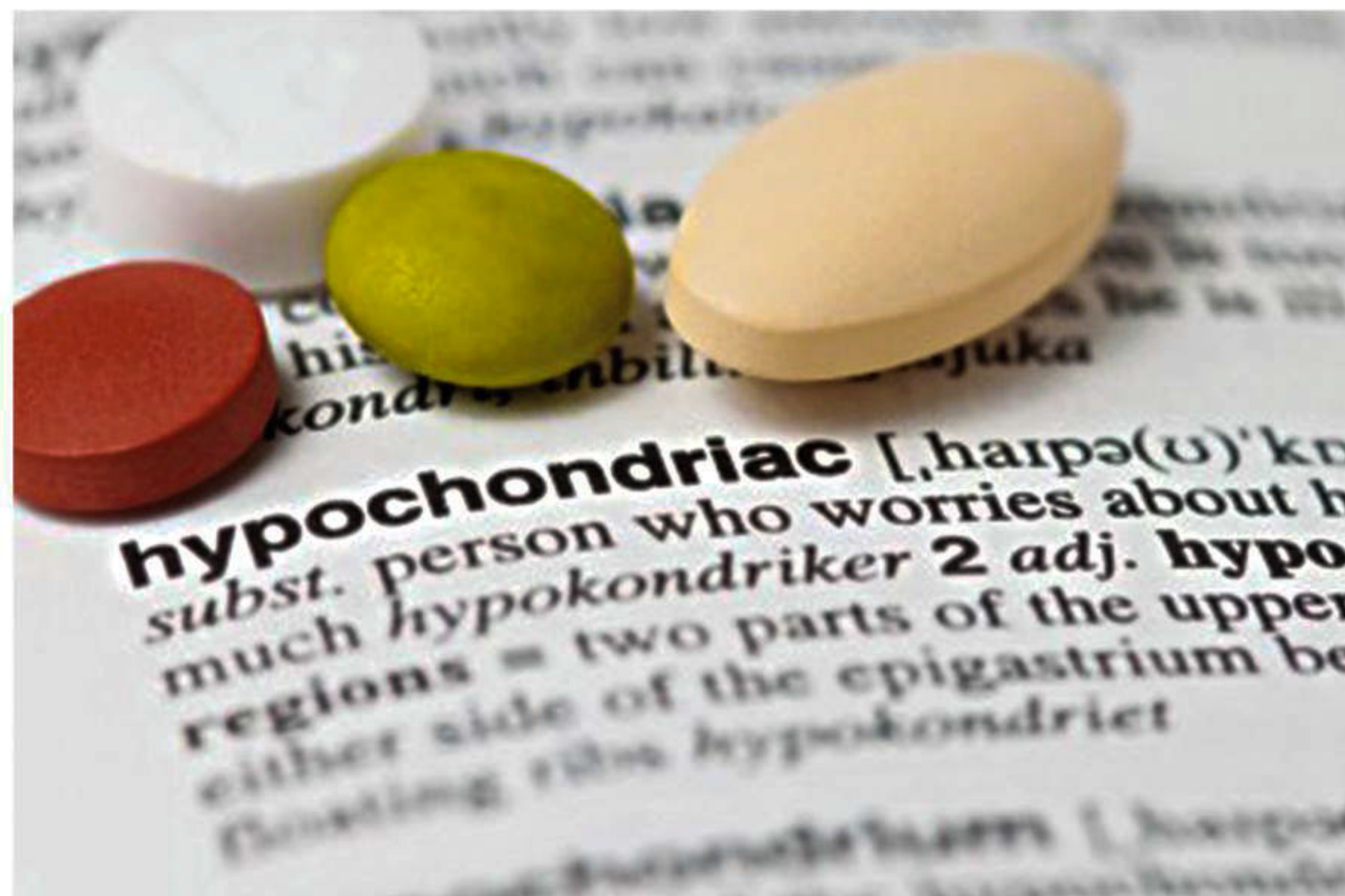


PHOTO: INTERNET

Hypochondria, also known as Hypochondriasis, Health Anxiety or Illness Anxiety, is best described as the obsessive, irrational fear of having serious medical illnesses or complications. Hypochondria / Health Anxiety is based on an individual's misconception of symptoms, and pertains even after doctors or medical experts show and prove that no illness is present. Hypochondria goes beyond usual health concerns, and can seriously impact a person's functioning, whether socially, academically or professionally. It can also affect someone's inter personal relationships if not diagnosed.

Symptoms of Hypochondria differ widely from one person to the other. Some examples of common obsessions of Hypochondriac are:

- thinking that a headache is indicative of a brain tumour
- believing that a cough must be sign of lung cancer
- assuming that a minor chest pain is a heart attack
- thinking that a minor sore is a sign of AIDS

Some common examples of compulsions seen in Hypochondriacs include:

- multiple doctor visits, sometimes "doctor-hopping" on the same day
- multiple medical tests, often for

- the same alleged condition
- repetitive checking of the body for symptoms of an alleged medical condition
- repeatedly avoiding contact with objects or situations for fear of exposure to diseases
- habitual internet searching for information about illnesses and their symptoms ("Cyberchondria")

Hypochondria has many features that resemble OCD (Obsessive-Compulsive Disorder). The one essential difference between the conditions is that those with Hypochondria fear already having the disease, whereas those with OCD are only scared of getting the disease. The most significant similarity is the cyclical process by which the symptoms both increase.

In severe cases, it is best to see a psychiatrist, since this more a disorder of thought, than of the body. But the key treatment is disrupting the cycle of thought-one symptom raising questions, leading to finding more symptoms, and so on, which that can be very tough. Most doctors are afraid of telling their patients that they are hypochondriac, in case they are embarrassed or angered by the diagnosis. It is really, sometimes up to the patients themselves to realise, after maybe 50 doctor appointments and no firm diagnosis, that something should be done to stop the worrying.

source: ocdla.com



PHOTO: INTERNET

### NUMBERS

# 1930

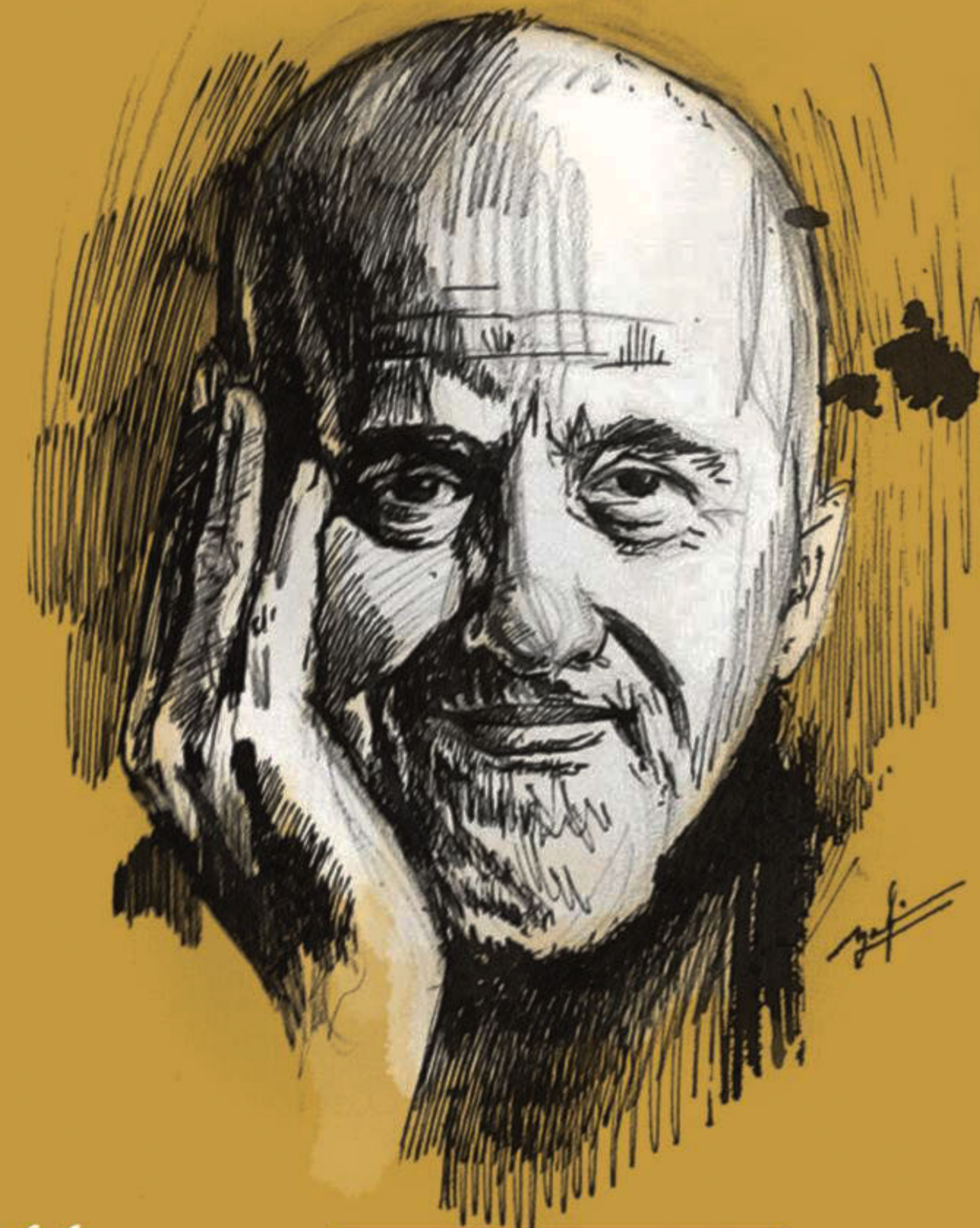
The record number of dengue cases that has been reported in the last nine months. This is also the highest in nine years believes the Directorate General of Health Services (DGHS). According to the experts, rain along with high temperature and humidity are providing the ideal breeding environment for the Aedis mosquitoes. Even though the disease is deadly and fastest growing, there has not been seen any substantial measure to prevent the spread of this viral disease.



## PAULO COELHO

Born August 24, 1947

The Brazilian novelist Paulo Coelho also worked as a lyricist, theatre director, actor and journalist. Born in the city of Rio de Janeiro, Coelho has bagged numerous prestigious international awards including the Crystal Award by the World Economic Forum. His book The Alchemist happens to be one of the best selling Brazilian books of all time and has been translated into 80 languages.



SKETCH: YAFIZ SIDDIQUI

“ WRITING MEANS SHARING. IT'S PART OF THE HUMAN CONDITION TO WANT TO SHARE THINGS - THOUGHTS, IDEAS, OPINIONS.

ONE IS LOVED BECAUSE ONE IS LOVED. NO REASON IS NEEDED FOR LOVING.

NO ONE CAN LIE, NO ONE CAN HIDE ANYTHING, WHEN HE LOOKS DIRECTLY INTO SOMEONE'S EYES.

I HAVE SEEN MANY STORMS IN MY LIFE. MOST STORMS HAVE CAUGHT ME BY SURPRISE, SO I HAD TO LEARN VERY QUICKLY TO LOOK FURTHER AND UNDERSTAND THAT I AM NOT CAPABLE OF CONTROLLING THE WEATHER, TO EXERCISE THE ART OF PATIENCE AND TO RESPECT THE FURY OF NATURE.”

SOURCE: WIKIPEDIA AND BRAINY QUOTES

## THE RIGHT IMAGE

I met Patricia, one of my online friends from Brazil, through Instagram. As we further interacted, we found that she was totally ignorant of contemporary Bangladesh and had a negative and superficial preconceived idea about Bangladesh, especially our economy, and muslims in general. She thought Bangladesh is a country that is inundated with floods, famines and illiteracy. Over time, she expressed her surprise when she learnt that I was an educated and efficient person. When I learnt that, I stopped replying as I felt slighted.

She might have understood my annoyance and probably later read up on Bangladesh. She sent an apology for misunderstanding Bangladesh and its status quo.

I feel out-and-out dejected as my country is not being projected properly, even after all the success stories that should have changed Bangladesh's image on the outside world.

Samiul Raijul  
 School of Business and Economics, NSU



PHOTO: PRABIR DAS

## A STRONG BOND

While people complain of not having good neighbours, I have been very lucky. My next door neighbour to the left is a family of four. The couple have a son and daughter. The daughter is of my age. Being a doctor and a mother of a two-year-old, it becomes very difficult for me to manage everything. Every time they go out to the store for their grocery, they don't forget to ask if I would like them to pick something up. They are very friendly and we often pass most of our afternoons together over a cup of tea. On different festivals, we try to have a meal together. It's like having a family! We share a very strong bond even if we are not related by blood. How lucky we are to have them as our neighbours!

Afrina Tabassum  
 Mohakhali, Dhaka