

WEATHER FORECAST

YESTERDAY'S TEMPERATURES

DHAKA
H 22.2 L 15.0

CHITTAGONG
H 19.0 L 15.4

SYLHET
H 24.1 L 12.9

RAJSHAH
H 23.6 L 12.8

KHULNA
H 20.4 L 15.8

BARISAL
H 19.6 L 14.8

RANGPUR
H 23.4 L 10.5

COX'S BAZAR
H 25.5 L 16.5

Mild cold wave may spread over Rangpur and some regions of Rajshahi, Khulna and Dhaka divisions. Night temperature may fall by 1-3 degree Celsius and day temperature may remain nearly unchanged over the country. The sun sets in the capital today at 5:15pm and rises tomorrow at 6:36am. Country's highest temperature 25.0 degree Celsius was recorded yesterday in Teknaf and lowest 09.2 in Dinajpur.

GAFARGAON MUNICIPALITY
Pro-AL councillor candidate held over death of rival's mother

OUR CORRESPONDENT, Mymensingh

Police have arrested a pro-Awami League councillor candidate in Mymensingh's Gafargaon municipality for allegedly killing the elderly mother of his rival candidate.

Anisur Rahman, president of ward no-3 unit of AL in the municipality, was arrested on Thursday night, said Tofazzol Hossain, officer-in-charge of Gafargaon Police Station.

Two of Anisur's nephews -- Md Sohagh, 19, and Iqbal Hasan, 15, -- were arrested earlier in this connection and sent to jail, he said.

Rabeya Begum, 65, the paralysed mother of councillor candidate Azizul Islam, also AL's general secretary of the same ward, died in an attack by his rival Anisur Wednesday night.

Azizul filed a murder case against 55 people, 19 of them named, and made Anisur the prime accused.

Police said supporters of the two candidates clashed on Wednesday evening over bringing people to a Sramik League rally in Gafargaon Railway Station area.

That night, Anisur's men attacked the house of Azizul with sticks and sharp weapons, leaving Azizul's mother, two brothers, and his wife injured, says the case statement. His mother died later in hospital.

Azizul, however, escaped unhurt.

The OC said they sent the body for autopsy, adding, "We did not find any injury mark on her body. The reason of her death would be revealed through autopsy."



Clockwise from left, Awami League mayoral candidate Mahbubul Alam Khoka visits the house of a voter in Chandanaish upazila of Chittagong yesterday, as campaigning gets a momentum ahead of the December 30 municipality election. Supporters carry loudspeakers by rickshaw and auto-rickshaw as they tour around the municipality wooing voters.



PHOTO: ANURUP KANTI DAS

64,000 EC officials to conduct local body polls

UNB, Dhaka

The Election Commission has enlisted some 64,000 election officials, including presiding officers, assistant presiding officers and polling officers, for conducting the December 30 municipal polls.

The commission will start training up the election officials after publishing the final list soon.

"The training for trainers has already started," EC Secretary Sirazul Islam told the news agency yesterday.

According to the EC secretariat, the commission enlisted an additional five percent officials so that it can remove officials against whom complaints might be filed centring bias and controversy.

The number of election officials has been finalised at a recent meeting of the Election Commission.

The commission will require 3,582 presiding officers for the same number of polling stations for conducting the election in 234 municipalities.

Besides, it will need 19,187 assistant presiding officers and 38,374 polling officers for 19,187 booths of the polling stations.

According to statistics provided by the commission, 12,045 candidates

- 923 mayoral, 8,589 general councillor and 2,533 women councillor contenders in reserved seats -- are contesting the polls.

Chandanaish sees vigorous campaign

ARUN BIKASH DEY, back from CHANDANAISH



All four mayoral candidates in Chandanaish municipality of Chittagong have been campaigning long hours from early morning to midnight with the election day closing in.

Their vigorous electioneering has created huge enthusiasm among voters.

A total of 26,736 voters are expected to cast their votes to elect a mayor, nine councillors for nine general wards, and three female councillors in three reserved seats.

Although there are four mayoral hopefuls, locals said, the main battle would be fought

between Liberal Democratic Party (LDP) candidate Md Ayub, also backed by BNP, and Awami League's Mahbubul Alam Khoka. The two others are Abdul Hakim of Islamic Front Bangladesh and independent candidate Jasim Uddin.

Chandanaish is a stronghold of LDP chief Col Oli Ahmad because he developed road infrastructure of the upazila as communications minister in early 1990s, said locals, so Ayub had a good chance to win.

Ayub is also the outgoing mayor and had won two consecutive terms.

His rival, Mahbubul, an executive member of Chandanaish

Hindus vulnerable to polls-time violence

Says Jatiya Hindu Mohajote; wants security during Dec 30 polls

STAFF CORRESPONDENT

Stating that the Hindu community remains vulnerable to attacks before and after any election, leaders of Bangladesh Jatiya Hindu Mohajote yesterday urged the government to take proper steps to avert such violence centring the December 30 countrywide municipality polls.

Addressing a press briefing in the capital's Dhaka Reporters Unity, they also urged the government to enact a law to protect minority communities.

"We want foolproof security so that Hindu voters can cast their votes peacefully and their houses

remain untouched," said the mohajote Executive Secretary General Palash Kandi Dey, threatening to wage a "tough" country-wide movement if any such violence occurred.

Talking to The Daily Star later, the leaders said Hindus were fearful and anxious as two temples in Dinajpur were attacked recently. They demanded immediate arrest and punishment for the perpetrators irrespective of their political affiliation.

The mohajote Executive President Sukriti Kuman Mondal alleged that some persons who had tortured and attacked Hindus have been nominated by political

parties to contest the municipality election.

Such nominations will encourage oppressors more, he said, assuring to divulge the names of such candidates soon.

The mohajote President Dr Provasch Candra Roy said minority communities were being tortured every moment across the country, mostly centring attempts to grab their land. "It should be stopped," he said.

The mohajote Chief Coordinator Shyamal Kumar Roy, Secretary Ananda Kumar Biswas, Woman Affair Secretary Mina Sarker and Soma Sarker were present.

Healthy Living

Things you need to know about HEADACHES



Did you think about consulting a cardiologist the last time you had a jaw pain? Have you ever imagined that something as simple as nausea, indigestion or stomach pain could be an indication of heart disease? Our heart is vital to our health and almost everything that goes on in our body. Throughout the pumping action of our heart, blood circulation is not possible without the body. Symptoms of heart disease are not always obvious or apparent and vary from person to person and by gender. But the interesting issue is that people do not want to admit that they have a heart problem. Heart disease accounts for forty percent of all deaths. However, in many cases a heart attack begins as a mild pain or distress. Here below, consultants from Apollo Hospitals Dhaka tells us about the unheard of minutest agony that may be indications or causes of problems for our heart. Generally, people think some symptoms have nothing to do with our heart. However, here are four heart symptoms that should not be overlooked.

Migraine

Migraine presents moderate to severe headaches and often have accompanying side effects. These types of headaches affect from one side of the head to another and sometimes both sides of the head. Dr. Sandip Kumar Dash, Coordinator & Senior Consultant of Neurology at Apollo Hospitals Dhaka said, "Migraine affects the younger people especially the female. It is not a curable disease but it resolves overtime mostly in between 30-50 years of age. It can be controlled by medicines." The most general symptoms of migraine in addition to head pain include:

1. Nausea or discomfort in the upper stomach
2. Feeling pain behind one eye or ear
3. Feeling pain while seeing spots or flashing lights or sound
4. Temporary vision loss
5. Vomiting

Tension Type Headaches

Generally tension-type headaches are the most common form of headache. One may have a feeling of a tight band around the head, dull ache felt on both sides of the head. The pain may spread to or from the neck. Such headaches normally progress slowly by the middle of the day. Tension-type headache attacks are normally a few hours in duration, but can last for several days. Dr. Sandip Kumar Dash states, "Tension-type headaches is associated with depression, anxiety, sleep disturbance or other psychological problems and so it is most difficult to control. "Tension or stress not only affects one's mental status but gradually his/her physical stamina as well. . Depressive thoughts cause heaviness in the head and ultimately headache.

Cluster Headache

Even though the occurrence of cluster headache is very rare, observed in only 0.9% of the population, it is still a very painful form of headache. About such headaches Dr. Alim Akhtar Bhuiyan, Senior Consultant of Neurology at Apollo Hospitals Dhaka said, "Cluster headache is a very rare type of headache. It affects the younger people. It affects one side of the head and the eye, the pain will be extremely severe, and sometimes it is associated with watering of the eye, runny nose or red eyes." This headache affects more men than women and occurs in cycles. During the pain people may feel restless and unable to find comfort. Cluster headaches may be very tough to treat, and it may take trial and error to find the specific treatment procedure that will work for each patient. The cause of cluster headaches is unknown, but there may be a genetic factor. There is no cure, but medication can control the frequency and duration.

Brain Tumor

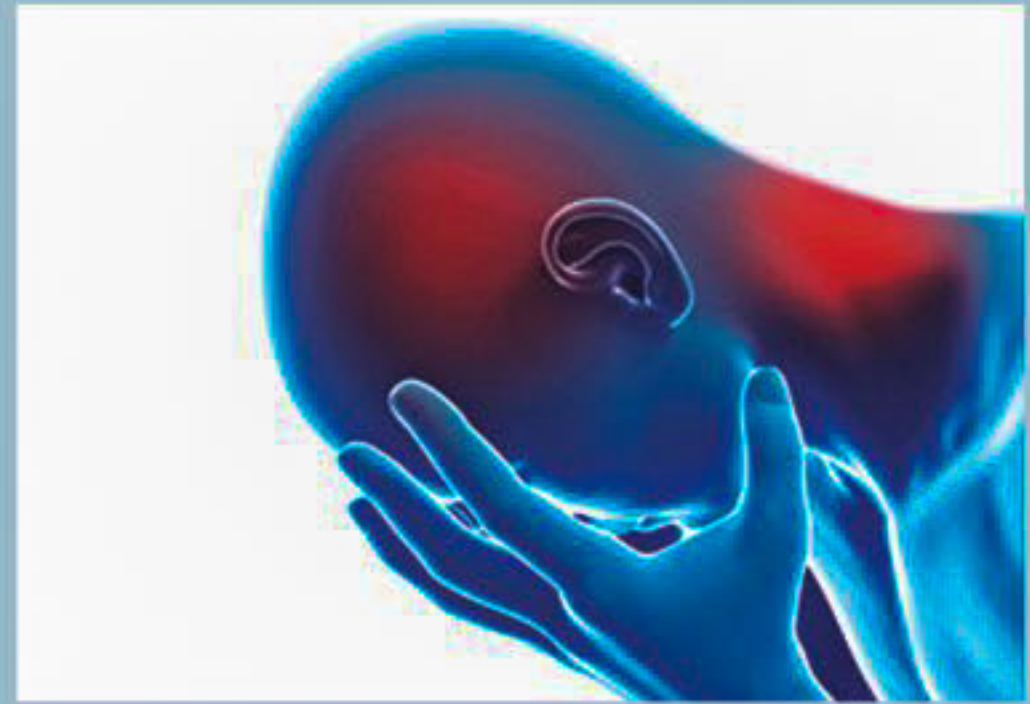
How quickly a brain tumor grows can differ significantly from patient to patient. The growth rate as well as location of a brain tumor determines how it will affect the function of your nervous system. The headache is usually worse when lying down and may awaken the sufferer from sleep. Dr. Alim Akhtar Bhuiyan said, "Symptoms may include behavioral changes, language problem, loss of balance, seizures, loss of coordination, changes in vision and drowsiness. It should be addressed by neuro imaging study CT scan and MRI of the brain." The following is a list of symptoms that can be caused by benign brain tumors along with headache:

1. Vision and hearing problems
2. Balance problems
3. Changes in mental ability or language problem
4. Nausea/vomiting

Other symptoms of a brain tumor depend on the type and location, and may include personality and behavior changes, seizures, loss of coordination and vertigo.

High Blood Pressure

High blood pressure is very common to us all. High blood pressure, which is also known as hypertension, usually takes place due to the high force of blood flowing to our brain. There are myths regarding high blood pressure or hypertension that it causes sweating, sleep deprivation and skin reddening. Thus instead of checking our blood pressure we usually wait for those symptoms as a sign for high blood pressure. According to Dr. Alim Akhtar Bhuiyan, "If the blood pressure is higher than the normal rate then it may cause neck pain and sometimes may lead to a stroke."



Headaches which happen suddenly with no warning can also be serious. Sometimes these are called "thunderclap" headaches. This sudden headache takes place when headaches are caused by bleeding in the brain.

Headaches can be a symptom of a serious condition. It is important to seek medical advice if headaches become more severe, regular or persistent. To avoid life threats Dr. Alim Akhtar Bhuiyan advised, "Headaches need to be immediately diagnosed to save every life possible."

#HealthyLiving

The Daily Star 14 December at 19:15

Headache is not a disease, its a symptom. Know more about it. #HealthyLiving is a platform where all your disease-related queries will be answered by expert doctors of Apollo Hospitals Dhaka. This week's topic is "When it's not just a headache". If you have any query on this topic write that in the comment field and look for reply in the same section.



Like Comment Share

15 shares 13 comments

- Write a comment...
- When I go through much pressure like tension regarding deadlines of any task submission, I get severe headache on the two sides of my forehead. Sometimes it feels like my brain will come out of my eyes and ears when I nod for cash or any purpose. Pain killer works very little only by numbing the pain. That makes me uncomfortable. Is it a symptom of something serious? Like Reply 1 - 15 December at 20:01 Edited
- Apollo Hospitals Dhaka There are not enough details for us to provide any suggestions. You should consult with a neurologist. Like Reply 45 mins
- Write a reply...
- Most of the time if I am supposed to work much time under sun I suffer from bad headache migraine is a very common word for me as I have nasal problem (sinus) sometimes after migraine it starts bleeding, so is it the symptom of any disease? Like Reply 1 - 14 December at 19:24
- Apollo Hospitals Dhaka You should avoid sunlight. Migraine does not cause nasal bleed. Avoid Migraine triggers. Like Reply 1 - 45 mins
- Write a reply...
- I got headache when I sleep less or journey more and work or study much... How can I get rid of this problem? Like Reply 1 - 14 December at 20:39
- Apollo Hospitals Dhaka This sounds like migraine headache. We recommend that you consult with a neurologist. Like Reply 45 mins
- Write a reply...
- I had a headache/migraine for 6 weeks now and I suffered from cluster headaches for 2 1/2 years is this more of an underlying problem xxx Like Reply 1 - 14 December at 19:54
- Apollo Hospitals Dhaka Combined Migraine and Cluster headache is not usual. Needs evaluation by a Neurologist. Like Reply 7 mins

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* This information is for public awareness only. Advice should be sought from qualified doctors.