

WEATHER FORECAST

YESTERDAY'S TEMPERATURES

DHAKA
H 28.6 | L 14.8

CHITTAGONG
H 26.2 | L 14.4

SYLHET
H 27.6 | L 14.5

RAJSHAHI
H 26.6 | L 11.0

KHULNA
H 27.6 | L 13.2

BARISAL
H 27.5 | L 12.9

RANGPUR
H 26.0 | L 12.6

COX'S BAZAR
H 26.2 | L 13.5

Night temperature may fall slightly over the southern part and it may remain nearly unchanged elsewhere over the country and day temperature may remain nearly unchanged over the country. The sun sets in the capital today at 5:23pm and rises tomorrow at 6:42am. Country's highest temperature 28.5 degree Celsius was recorded yesterday in Shitkunda and lowest 09.4 in Sreemangal.



Though reminiscent of the rainy season, the water collecting here on Siddheswari Circular Road near the Malibagh intersection in the capital originated from sewers and construction works of the Malibagh-Moghbarz flyover project, causing sufferings to those who have to use the road. The photo was taken yesterday.

PHOTO: PALASH KHAN

Journo abducted for 'reporting against firm'

Rescued two hours later; 'abductor' held
OUR CORRESPONDENT, Rangpur

A journalist of Rangpur was rescued on Thursday afternoon, two hours after he was abducted from his office allegedly by the owner of a local business firm.

SM Piyal, 42, staff correspondent of Rangpur-based daily Rangpur Chaitra, published a report against the firm, Orchid International, on the same day.

The journalist said he had been abducted because he reported that Orchid International marketed its product, "Purified Drinking Water", without getting permission from the Bangladesh Standards and Testing Institution (BSTI).

Piyal is also Rangpur correspondent of the national daily Bonik Barta.

He was abducted only eight days after another Rangpur journalist, Mashiur Rahman Utsho, 30, was killed by unknown people.

He was the staff correspondent of the local daily Juger Alo. Police, family and colleagues suspected that Utsho was murdered for publishing a report against the drug peddlers in the district.

Around 3:00pm on Thursday, 13 people led by owner of Orchid International Tanmoy, 35, stormed into the office of Rangpur Chaitra in Senpara, beat him up, vandalised the office furniture, and took him away on a motorcycle.

With the help of colleagues, police rescued him from the Orchid International's plant in Kamal Kachna area in the city, 2km from Senpara.

Police arrested Tanmoy on the spot.

Piyal lodged an abduction and attempted murder case with Rangpur Kotwali Police Station yesterday, accusing

SEE PAGE 5 COL 6

Feni BNP leader shot during arrest

Cops deny relatives' blame

OUR CORRESPONDENT, Feni

A union level BNP leader was shot in the leg during arrest in Feni yesterday.

Ali Ahmad, 45, general secretary of Matigonj union BNP in Sonagazi upazila, is under treatment at Feni Sadar Hospital.

Relatives and locals, who claimed to have witnessed the incident, said police shot Ali while he was fleeing from them.

Following the incident, people gathered in the area and locked in a clash with the law enforcers. Police then fired several blanks to bring the situation under control, they said.

However, Harun-or-Rashid, officer-in-charge of Sonagazi Police Station, said people began hurling projectiles at law enforcers when they went to arrest Ali.

He claimed Ali was shot by his own men during the clash.

Harun-or-Rashid said two police officials were injured in the clash.

Ali is accused in 22 cases, police claimed.

Kidnapped Dinajpur girl found killed

Five, including two relatives, held

OUR CORRESPONDENT, Dinajpur

A girl, who was kidnapped six days ago, was found murdered in a jute sack near her Dinajpur town home yesterday.

Locals first noticed the decomposing body of Mahfuza Mimi, 8, daughter of Mahbubur Rahman of Dinajpur Satellite Town, in a dried up pond.

Police apprehended five persons, including two of the victim's relatives, in the area on Wednesday.

Her father said criminals demanded Tk 8 lakh as ransom over cellphone on Sunday a day after his child had been abducted. On the day, he filed a general dairy with Dinajpur police.

Mahbubur agreed to pay them Tk 5 lakh, but the caller's phone had been found switched off since Wednesday, he said.

Police sent the body to Dinajpur Medical College Hospital for autopsy. Mahbubur's allegation that police failed to act was refuted by Ruhul Amin, superintendent of police in Dinajpur.

Road dust posing severe health threat

UNB, Dhaka

Road dust has become the biggest source of pollution in the capital, especially during the dry season, for various unplanned construction works, posing a severe health threat to city dwellers, say experts.

According to them, the air pollution originating from processes of construction like concrete crushing, cement batching and roadstone plants, is destroying the environment, depriving the city dwellers of fresh air.

Many mega development projects like the Malibagh-Moghbarz flyover project and metro rail project, road repair works and construction works are going on in the city generating a huge amount of dust every day.

Jahangir Kabir, who works in a private firm in Shantinagar, said he has to go to different offices on official purposes every day and gets exposed to dust when he travels in areas adjoining Malibagh and Moghbazar.

"I have to go through the dust-prone areas to save time in this chaotic city," he told the news agency.

Moshiur Rahman, a High Court employee, said he was exposed to dust every day as he goes to his office by rickshaw and frequently suffers from allergy. "I use a mask to avoid the dust but that is not enough," he said.

Like Kabir and Rahman, thousands of city dwellers are exposed to dust pollution

SEE PAGE 4 COL 4

জামদানি
বিপ্লব
প্রদর্শনী

Jamdani Exhibition
2 - 16 January 2016

শ্রীঅঞ্জনা

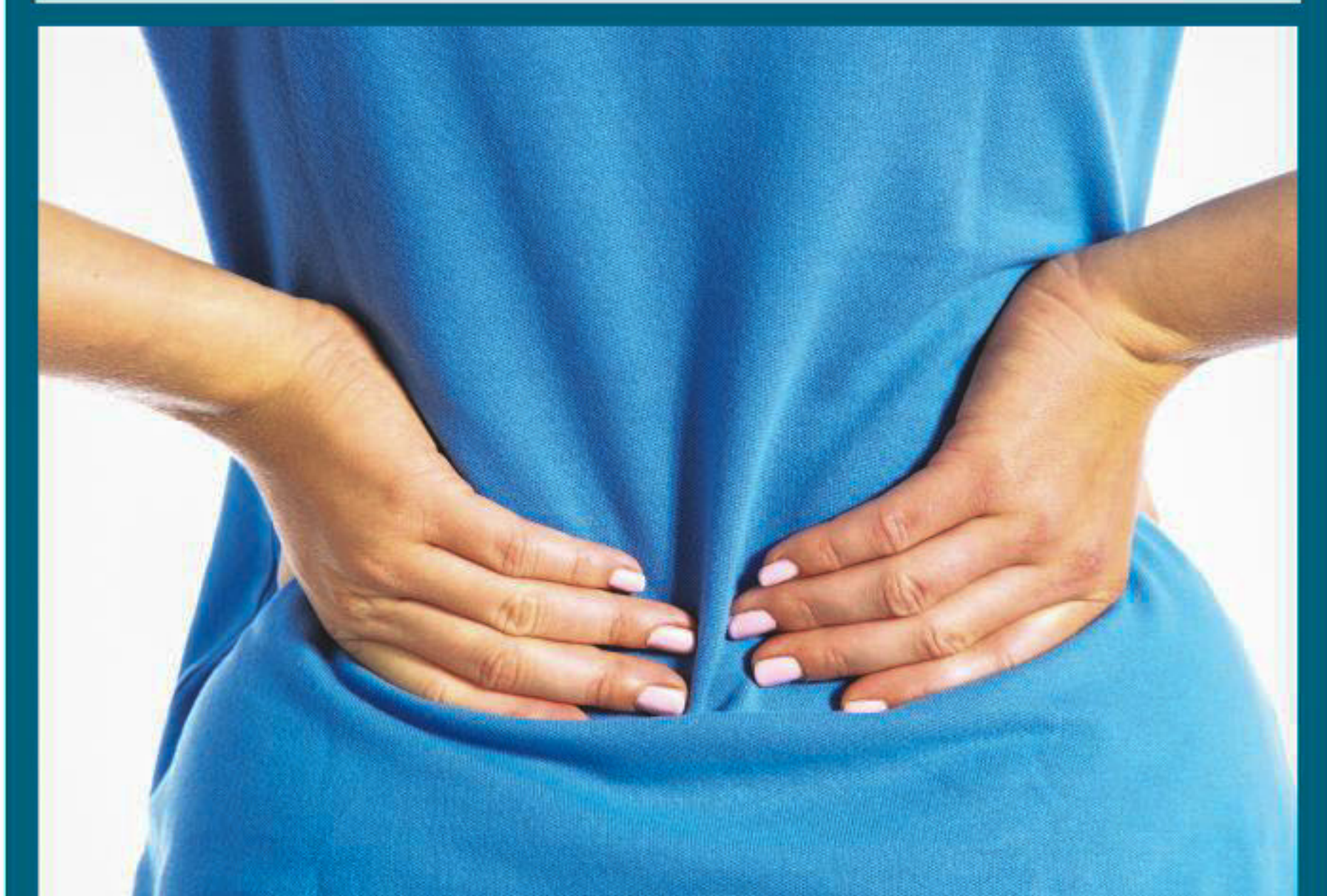
Jamuna Future Park - 9823438
Banani (Road-11) - 9872341
Baily Road - 9354722
G.E.C moure (Chitragong)-01678644187

Inaugural Program : 2nd January 2016 at 4 pm
Anjan's Banani Outlet, House:3G, Road:11, Banani.

Healthy Living

Back Pain

When it is time to see a doctor.



Back pain is a common problem for almost any individual. Four out of five will experience an episode of back pain. Dr. Amit Kapoor, Consultant - Orthopedics, Joint Replacement and Spine Surgery at Apollo Hospitals Dhaka said, "Everybody is likely to have a pain in their back at least once in his or her life." Back pain may be constant or sudden, mild or debilitating. In many cases the reason of back pain develops without a specific cause. The following are some symptoms of general back pain:

- Muscle ache
- Shooting or stabbing pain
- Pain that radiates down to your hips on or both thighs and legs
- Limits flexibility or range of motion of the back
- Inability to sit or stand up straight.

When to see a doctor

There are many people who are hesitant to see a doctor. One should consult with a doctor when back pain creates complications in daily movement. But the longer the delay in treatment, the more difficult it may be to control. Dr. Md. Mohiuddin Araf, Coordinator & Consultant - Physical Medicine & Rehabilitation at Apollo Hospitals Dhaka said, "Doctors do not always suggest pain killer in back pain but proper evaluation is important to avoid pain in future. Delay in consultation may lead the pain to permanent hamper of the spine and sometimes legs". One should contact a doctor when he finds the following symptoms:

- Constant or intense pain especially at night or when one lies down
- Spread down one or both hips, back of thighs and legs
- Is accompanied by unexplained weight loss
- Occurs with swelling or change of color on back

When to see a specialist

People often wonder what type of doctor they should see for their back pain. The answer isn't simple; many different specialists treat back pain, and each has different training, skills, and treatments. According to Dr. Amit Kapoor, during pain, if a patient takes medicine suggested by a local doctor and the pain does not relieve within a period of a week or two, then he or she should go to see a spine specialist. On a discussion regarding the symptoms when to contact a specialist, he said, "If the pain in the back spreads down the legs, if the individual feels any heaviness in both legs and imbalance when walking, if the pain spreads to neck or arms and if there is history of any sort of cancer treatment, the patient must consult a specialist."

The majority of back pain heals without any significant medical intervention. Only 10% of conditions are such where surgery is required. Medications or spinal injections of steroids or anesthetics can provide enough pain relief to allow physical therapy. Massage helps stimulate circulation to the back tissues and aids flexibility. Chronic back pain may be helped by physiological therapy as well.

Treatment depends on test reports

In about 85 percent of back pain patients, no clear cause is ever identified. In order to diagnose back pain, a number of imaging

technologies are now regularly required. Among them X-rays, CT scans and MRI scans are the most common. If the back pain does not diminish with proper medication or if there is reason to suspect a specific condition may be causing back pain the tests like X-rays, MRI, Bone scan or EMG may be suggested by a doctor. But Dr. Md. Mohiuddin Araf stated, "If the age range of the patient is below 40, it is better to go directly for MRI avoiding X-rays unless there is any traumatic injury." He added, "The MRI machines at Apollo Hospitals Dhaka are updated with 1.5 Tesla which do not miss much. Apollo Hospitals Dhaka also provides five films to ensure highest accuracy for treatment." Dr. Amit Kapoor, said, "Reports coming from certain centres may not be reliable. Sometimes they come without enough details. The quality of the images impacts a lot of the decision making." The quality of the machines also matters as the consequences of the treatment are dependent on the reports or images.



Good posture is a very important way to maintain a healthy body mechanics. If correct posture is practiced, body will be in alignment with itself. Good posture can reduce the amount risk of something severe from back pain. Dr. Md. Mohiuddin Araf advised, "To lead a back pain free life one should stand smart, sit smart and lift smart."

We should take high-nutrition, whole foods to keep our bones and back tissues healthy. Unhealthy weight should be trimmed down to prevent back pain. Our lifestyles are not going to become less sedentary. But change in our daily position frequently, ideally at least once every half an hour, is helpful to get relief from back pain. Regular low-impact aerobic activities (that don't strain or jolt back) can increase strength and endurance in our back and allow our muscles to function better. Walking and swimming are good choices too.

#HealthyLiving

The Daily Star
22 December at 12:10 · 🌐

We can hurt our back in many ways. Any such injury, big or small, should not be ignored. #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 "Back injury-when its time to see the doctor". If you have any query on this topic, write that in the comment field and look for reply in the same section.

Don't turn your back on back injury

Like Comment Share

You, Arafat Hossain Plabon, Shallo Leo and 135 others like this. Top Comments

14 shares 6 comments

Write a comment...

Wahidur Chowdhury Hello doctor, Which type of chair would you prescribe to use for those who have to sit for long, doing desk jobs and thinking of avoiding back-pains during or after working hours? Thanks in advance.
Unlike · Reply · 1 · 22 December at 17:15

Apollo Hospitals Dhaka It is commonly seen that those people who had a long desk job suffer from back related problems. The type of chair and posture matters a lot in prevention. In addition there are certain in chair stretching exercises that help in prevention. The chair... See More
Like · Reply · 1 · 3 hrs

Write a reply...

Wahidur Chowdhury Dear Mr. Suran Uddin Sarkar, If your MRI shows a Disc Protrusion significantly, please consult with a Physical Medicine doctor or visit in Apollo Physical Medicine Dept. For further evaluation. Usually all the disc problem doesn't need surgery...only... See More
Unlike · Reply · 1 · 24 December at 19:43

Samir Hossain I am only 20 having much pain in back. What can I do
Unlike · Reply · 1 · 22 December at 15:43

Apollo Hospitals Dhaka The information you have provided is not sufficient enough to suggest you any remedy. I need to know in more details on the character of your pain. Does it go to your legs? What particular activity gives you pain? For how long is it there? Only after L... See More
Like · Reply · 3 hrs · Edited

Samir Hossain I can't sit more than 5/10 minutes at a time I feel heavy pain
Like · Reply · 3 hrs

Write a reply...

Samir Hossain I am only 20 having much pain in back. I just tested my uric acid it is 7.20 which cross the limit
Unlike · Reply · 1 · 23 December at 01:50

Apollo Hospitals Dhaka "Do you have any problems related to this? It is what matters. Medicines are required only if you face any problem related to this. Otherwise the dietary modifications have to be followed." - Dr. Amit Kapoor
Like · Reply · 3 hrs

Write a reply...

an initiative of:

The Daily Star

Experience Apollo Care 10678
* This information is for public awareness only. Advice should be sought from qualified doctors.