

4 fatally run over by truck while repairing road

OUR CORRESPONDENT, Moultribazar

Four construction workers were killed and another was injured as a truck ran over them while they were working on Dhaka-Sylhet highway in Aushkandi of Nabiganj upazila in Habiganj yesterday.

Of the deceased, two were Maharram Ali, 50, and Manik Mia, 39, hailing from Habiganj Sadar upazila.

The Dhaka-bound goods-laden truck from Sylhet hit the workers from behind, leaving three of them dead instantly and the other injured, said Abdul Baten, officer-in-charge of Nabiganj Police Station.

Police seized the truck and detained its driver. The driver lost his control over the vehicle, Baten quoted the trucker as saying.

The injured succumbed to his injuries at a local clinic where the other person is being treated, Baten added.

Following the accident, agitating locals blocked the highway for around two hours, said Nurun Nabi, officer-in-charge of Sherpur Highway Police.

Meanwhile, in Bogra, Saikat Mondal, 12, son of Hobu Mondal, was killed when a truck hit him on Dupchanchia-Talora road at Talora railway intersection in Dupchanchia upazila yesterday.

In Mymensingh, a Dhaka-bound truck knocked a woman down while crossing Dhaka-Mymensingh highway at Jamirdia in Bhaluka upazila on Thursday evening, leaving her dead.

Joyshna Begum, 50, hailed from the area. Police seized the truck. A case was filed.



Dhaka International Trade Fair sees a huge crowd on the weekend yesterday, the 15th day of the month-long event.

PHOTO: STAR

Two councillors held soon after taking oath

OUR CORRESPONDENT, Bogra

Two newly elected BNP-backed councillors were arrested by Bogra police while they were coming out from the Shaheed Titu Milanayatan Auditorium in the town, soon after taking oath, yesterday noon.

The arrested councillors were Delwar Hossain Poshari of ward-7 and Touhidul Alam Bitu of ward-2 under Bogra municipality.

The Detective Branch (DB) of police said they were arrested on at least 5-6 sabotage and subversive cases. The number of cases was mentioned during the time of arrest.

Contacted, officer-in-charge of DB police Amirul Islam said that they were sent to jail soon after arrest.

Earlier, the newly elected mayors and councillors of 9 municipalities were given oath by the divisional commissioner of Rajshahi Md Helaluddin Ahmed.

Dhaka's unclean water bodies intensify mosquito menace

HELEMUL ALAM

As both the city corporations have failed to clean the water bodies in time, many parts of Dhaka have been facing a severe mosquito problem since the beginning of winter.

The problem is particularly acute in Mirpur-11, Pallabi, Gendaria, Mohammadpur, Kamrangirchar, and the secretariat staff quarters and adjacent areas.

"I have to use the mosquito net from the evening...because the repellent coils cannot kill the insects properly," said Emran Alam, a resident of Adabar of Mohammadpur.

In Gendaria, the lone pond has its surface covered



A drainage canal in the capital's Nikunja-2 has turned into a fertile ground for mosquito breeding. The photo was taken last week.

PHOTO: MAHBUBUR RAHMAN

with water hyacinths in the last one year, making itself a fertile ground for mosquito breeding.

Authorities said they would clean the water bodies soon.

"We are in the middle of a process to invite bids for cleaning water bodies," said Chief Health Officer of Dhaka South City Corporation (DSCC) Brig Gen Mahbubur Rahman.

He hoped that the cleaning would start this month.

Mahbubur said there were 569 bighas of water bodies in DSCC, which needed to be cleaned.

DSSC is spraying malaria oil-B in the water bodies as a temporary measure, he added.

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Man killed 'by his brother over land dispute'

OUR CORRESPONDENT, Benapole

A man was killed allegedly by his elder brother over a land dispute at Guakhola in Abhaynagar upazila of Jessore yesterday.

Mintu Patwari, 40, son of Sattar Patwari, died on the way to hospital.

Quoting locals, police said his brother Ruhul Patwari along with three cohorts stabbed and choked Mintu while he was returning home from a mosque.

All the four are absconding, said police on sending the body to the Jessore Medical College Hospital morgue for autopsy.

Bangladeshis alerted in Libya

STAFF CORRESPONDENT

The Bangladesh mission in Tripoli has asked Bangladeshis to limit their movements outside their residences, urging not to go out at night and carry documents to avoid any untoward situation amid the rise of violence in the North African country.

The warning, over "the necessity of ensuring self-security", came on January 12 after the Tripoli-based government on January 7 announced a state of alert in the capital and some other cities, according to a post on the mission's Facebook page. The Libyan law enforcers have started collecting information about foreigners and increased monitoring on them, it mentions.

Meanwhile, six Bangladeshis confined by kidnappers in Tripoli's Abu Salim area were rescued on December 29 last year with the assistance of Libya's Special Deterrence Force, according to another Facebook post of the mission.

The victims told the embassy officials that they were taken there by a Libyan promising jobs, it says, adding that a Bangladeshi and a Libyan were arrested in this connection.

The embassy requested Bangladeshis to be cautious before going in search of work with any unknown person as foreigners were being targeted. On emergency cases, the migrants have been urged to carry their passports, medical certificates

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Anisul asks land registrars to ensure better services

STAFF CORRESPONDENT

Law Minister Anisul Huq yesterday urged land registrars to discharge duties with sincerity and integrity to ensure maximum service and properly collect revenue.

Addressing as chief guest at the annual general meeting of Bangladesh Registration Service Association (BRSA) in the capital's Bangabandhu International Conference Centre where around 300 district and sub registrars were present, Anisul said the government was working to turn the registration office into a directorate.

BRSA acting president Abu Talib Khan and Secretary General Mahfuzur Rahman Khan also spoke.

Healthy Living

IMPORTANCE OF ANNUAL HEALTH CHECK



It is known that "prevention is better than cure". Many believe that the best way to fight disease is detecting it as early as possible, even before feeling any symptoms. Regular health checkup is imperative to identify problems before they start or at early stages. The annual health check is an opportunity to receive counseling from doctor on weight management, smoking, sexuality, alcohol consumption and other health issues. One can get aware of risk factors and preventive measures to avoid diseases. The annual checkup of health is also a valuable opportunity to ask doctor to point out specific aspects about one's health that could be improved, how to quit a harmful habit, or to ask for a referral to visit other health professionals if needed.

In our country healthcare sectors offer many packages for annual health checkup. One should choose the health check packages to monitor if any diseases are present or to help in identifying the cause of ongoing minor disorders. Also in cases like these patients are recommended to consult a physician. Dr. Ahsanul Haq Amin, Consultant-Endocrinology & Metabolism of Apollo Hospitals Dhaka said, "Most of the patients come without any symptoms, just being aware of their age or advised by someone. Some people come with headaches, others with hip pain as well, or with chest pain from gas problems. But what happens is as the consultant inquires about the issues, more problems arise from there such as diabetes, high blood pressure or chronic heart disease." Apollo Hospitals Dhaka recognizes the importance of preventive healthcare and has created a separate facility to help you with these needs.

Purpose of the Annual Health Check:

According to Dr. Md. Mahi Uddin (Mahi), Staff Clinic Physician said that, "The primary target of health checkup is to prevent all possible disease; mostly those, which appear in the human body without giving any or very mild symptoms."

- To avoid medical emergency
 - To identify risk factors for chronic diseases
 - To counsel people for promoting healthy behavior
 - To keep records for health checkup
 - To evaluate mental health such as depression or stress
 - To know about multiple disease symptoms
 - To provide better treatment and cure
- Dr. Md. Mahi Uddin (Mahi) also said, "By taking a full body checkup package, many problems are detected and the appropriate treatment can then be done from the very early stages. One should go for health checkup twice a year."

Hereditary diseases matters:

A clear and comprehensive medical record benefits to perceive hereditary problems. One should realize the importance of family history of disease in his own life. Dr. Ahsanul Haq Amin said, "A family medical history can help in identifying a person with a risk of having common diseases such as heart disease, high blood pressure, stroke, certain cancers, diabetes, thyroid disorders etc." An individual should participate in the process of selection of his/her own health screening package based on that individual's family medical history. Blood pressure and resting heart rate are always taken at the annual checkup. Measuring weight and height is important for checkup. Though many of us think that lost or gained significant weight or height without trying is normal, but that can signal a possible health problem which should be investigated, such as height loss could mean an acceleration of osteoporosis.



Doctor's Visit:

Dr. Ahsanul Haq Amin said, "For anyone who is above 40 years of age, it is always better to check the health status even if one is in normal health." Depending on one's age, sex, and family medical history, a checkup primarily may include: Blood, urine, vision, hearing tests, assessments of blood pressure, cholesterol level, and weight.

Concerns for Men:

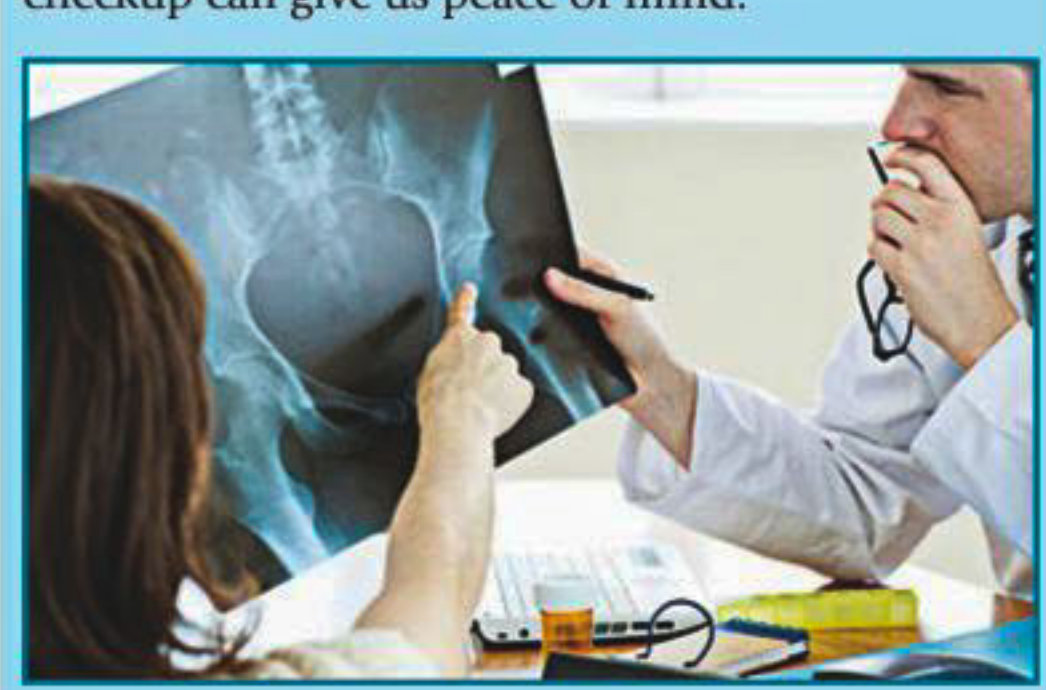
For men, in addition to checking weight, high blood pressure, and other basics, he should go for checkup if there is chronic disease in the family history or if he is a smoker from the younger age. Diseases like Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts. Ignorance to those types of symptoms can develop with age and become a life-threatening problem. Sever heart disease may be found through investigations. The periodic checkup of health might lessen patient's worry and cause mental relief.

Concerns for Women:

For women, in addition to check weight, high blood pressure, and other basics, she should go for checkup if there is a strong family history for breast cancer. Breast cancer tests is very common now-a-days for women. Though there are many symptoms of breast cancer but in some cases the symptoms are overlooked by the patients. Bone density tests are required to screen for osteoporosis that causes brittle bones and typically affects older women. Pregnant women or those expecting to conceive are advised to inform officers at the MHC front desk to not undergo any X-Ray test.



One should balance the calories that are taken in from food and drink with the calories that are burnt off by exercises or activities. It is very common that if diseases are caught early, treatments are usually much more effective. Ultimately, having a regular doctor's visit will help us to live a long and healthy life. The best part is that nowadays people pro-actively come for their desired health checkups. To get accurate reports, the annual health checkup should be done from a reliable organization otherwise that will be a wastage of money and time. Knowing your health status by having an annual health checkup can give us peace of mind.



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Annual health checkup gives you the opportunity to know about your health. Critical health issues can be screened out before they spread. #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 "Annual health checkup". If you have any query on this topic, write that in the comment field and look for reply in the same section.

Keep an eye on your health

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