

HOROSCOPE



ARIES (MAR. 21 - APRIL 20)

Don't waste this exciting day by sitting at home. Be sure to take care of any minor ailments. Your lucky day this week will be Monday.



TAURUS (APR. 21 - MAY 21)

Don't try to get their approval on the things you want to do. You need to hangout with friends. Your lucky day this week will be Saturday.



GEMINI (MAY 22 - JUNE 21)

You could overreact to emotional situations. You will be looking for ways to make extra cash. Your lucky day this week will be Friday.



CANCER (JUNE 22 - JULY 22)

You could decide to treat yourself, buy some gifts for your family, or perhaps do some work on your home. Your lucky day this week will be Saturday.



LEO (JULY 23 - AUG 22)

Your partner may not understand your needs so you must figure out a way to communicate them. Your lucky day this week will be Sunday.



VIRGO (AUG. 23 - SEPT. 23)

You can make money if you are willing to push your ideas on those in a position to support your efforts. Your lucky day this week will be Friday.



LIBRA (SEPT. 24 - OCT. 23)

Passion will be your only answer. Your financial situation may be draining. It's time to make changes. Your lucky day this week will be Friday.



SCORPIO (OCT. 24 - NOV. 21)

Your disciplined attention to jobs will enhance your position. You will get along well in social situations. Your lucky day this week will be Wednesday.



SAGITTARIUS (NOV. 22 - DEC. 21)

Don't let any small misunderstandings get in the way. Don't bang your head against a wall. Your lucky day this week will be Thursday.



CAPRICORN (DEC. 22 - JAN. 20)

Compromise if you have to, to avoid verbal battles. Try to make amends by planning a nice dinner for two. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21 - FEB. 19)

You can enjoy your involvement in organisations that make charitable contributions. Your lucky day this week will be Tuesday.



PISCES (FEB. 20 - MARCH. 20)

Travel for pleasure. There are ways of making extra cash if you put your mind to it. Your lucky day this week will be Saturday.

ASK MAYA APA

www.maya.com.bd



Dear Maya Apa,
I am a 25-year-old female and newly married. My husband and I do not want to start a family just yet. My sister takes contraceptive pills but it seems very complicated. Can you please tell me more about this?

Dear Reader,
Thank you for your question.
Congratulations on being newly married.
There are many types of contraception available now in Bangladesh that can let a couple choose the right time to start a family.

Taking a pill may seem quite complicated but once you know how and why, it will seem a lot simpler.

There are two types of contraceptive pills - The Combined Contraceptive Pill (COCP) and the Progesterone Only Pill (POP). The COCP is the most common amongst young women. The POP is usually taken by older ladies who have a history of smoking or those who are breastfeeding.

Let us focus on the COCP. COCP contains a combination of two female hormones - oestrogen and progesterone. You should take one pill everyday at the same time. Every packet contains 21 pills so you have one each day for 21 days. After 21 days, you will have a period. This can last from two to seven days.

After seven days, whether the period has stopped or not, you should start the next packet. During your period you can lose iron and many contraception companies provide seven iron pills to be taken during this time. These are usually a different colour. If the COCP is taken properly

then this is more than 99 percent effective.

However, we are all humans and tend to forget things from time to time. If you miss one pill then take the missed pill as soon as possible even if that means taking two pills on the same day. You will still be protected.

If you forget two pills then take the most recent missed pill even if it means taking two pills in one day and use condoms for seven days.



As it is important to take the pill at the same time everyday, we recommend women to take it when doing something they do every day such as brushing their teeth or setting a reminder on your phone.

Other than preventing pregnancies, there are other benefits to using the COCP. It can decrease the duration and heaviness of your period as well as alleviating premenstrual cramps.

As with all medication, there are side effects as well and it is important to note that the medication affects different women in different ways. Some women do not get any side effects at all but others can experience breast tenderness, weight gain or headaches.

If you are considering the combined oral contraceptive pill as a method of contraception then you should always consult your doctor beforehand.

I hope this information has helped you and clarified the matter of how to take the combined oral contraceptive pill. If you have anymore queries please contact Maya Apa again.

BEAUTY DISSECTED

BY DR FIRDOUS QUADER MINU
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Q. I have been wearing spectacles for about three years now, and I have developed a very visible spot on the bridge of my nose due to the frame of my glasses. I would like to have this removed. Could you advise me on what to do? Thanks!

Dear Reader,
Thanks for the question. This is a very common problem faced by bespectacled people. First of all I will advise you to change your frame. You should have a non-metallic frame or one with plastic hinges around the bridge of nose. This will help so that the marks do not get deeper. You also need to consult a cosmetic surgeon or dermatologist to get the spot checked.

Spots can be made lighter by some light skin peels and also by use of depigmentation cream. You need to make sure that the same area is not getting dry and rubbed constantly. A good moisturizer is needed; also make sure your frame is not too tight around the bridge of nose.

Q. We are headed towards warmer temperatures again, what is the best way to prevent and treat heat rashes?

Dear Reader,
As we are going on to warmer weather some people do tend to get heat rashes. Wear clothes that keep you cool and dry. Cotton fabric is advised as they absorb sweat so the skin does not get too sticky. You have to make sure that you wash the area with soap and water to keep it clean. Apply a good talcum powder to the area so it does not get sticky from the sweat. If the rash is too irritating rub ice onto the area. There is no need to use any kind of medication unless its infected. The area has to be kept

clean, cool and dry. If it does get infected consult with a dermatologist for help.

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