

The ultimate safety guide

Taking the time to make a first aid kit can help save you from some serious emergencies. You never know when falls, cuts, burns or allergic reactions will happen and it's better to be safe than sorry. Yes, the usual antiseptics, dressings and bandages are a must-have, but what about the other essentials that you are forgetting about?

THE BASICS

Do you remember to keep gloves around? What about distilled water or a turkey baster? Gloves prevent contact with blood in case of cuts, and distilled water is needed to prevent water-borne infections. What's new is the aluminium finger splint. In case of finger swellings, this can be your best friend, protecting the swollen finger until it recovers. You should also keep a breathing barrier for giving CPR, which is essential in case of heart attacks. A first aid manual and a list of emergency numbers should always be kept within reach. You really shouldn't have to run around looking for numbers when you (or anyone) are in critical condition.

MEDICINE

Beside antiseptics and antibiotics, a tropical country like ours requires special attention to keep those insects away. Mosquito repellents and calamine lotion for stings are must-haves. Besides paracetamol, antacids, anti-nausea medicine and laxatives, we should also keep medicine to treat minor burns. Never forget to check the expiry date of medicine regularly. You don't want your medicine to turn into poison now, do you?

FOR CHILDREN

Younger children often have a tendency to put stuff in their mouths. All small things, especially medicine, should be kept out of their reach in cabinets. Have a safe area in the house where they can play while you work. Specifically, keep anything that has water away from electrical wires and appliances.

FOR ELDERLY

For diabetic patients, keep candies around to prevent risk of hypoglycaemia and have insulin ready too. It's also smart to keep oxygen cylinders and a few physiotherapy machines around.

THE NATURAL WAY

Many everyday things can act as brilliant homemade remedies. Here's another reason to love potatoes! For minor burns, applying a peeled potato onto the affected skin after washing it can ease the pain. Then, protect and heal the burned area by simply applying honey or aloe vera to it. Potatoes also work as itch relief. Drinking ginger juice or tea can effectively suppress a cough. Apple cider vinegar can be used for indigestion or even treating burns.

DURING EARTHQUAKES

Have a safe spot in each room of your house and store all flammable liquid on bottom shelves of latched cabinets. You should always keep an emergency kit ready. This should include a torch, extra batteries, a battery-operated radio, a first aid kit with a manual, emergency food, drinking water and money.

Now, start following these pointers already and then stop yourself from worrying all the time!

By Adiba Mahbub Proma

ASK MAYA APA

www.maya.com.bd



Dear Maya Apa,

I have two young daughters aged 4 and 6 years old. I feel that my family is complete but my husband and my in-laws really want a son in the family especially as my husband is an only child and he takes care of his family business. Is there any way I can try to make sure I have a son the next time.

Dear User,

Thank you for this interesting question. First of all congratulations on being a mother to two beautiful children! I am sure they bring you lots of joy.

This is a common question and problem that many women face in Bangladesh. The way to overcome this is through communication, understanding and knowing the medical facts.

First of all the medical facts. We all have chromosomes in our body. These chromosomes make up who we are and determine whether we are a male or a female. Females have two X chromosomes (XX) and males have an X and a Y chromosome (XY). To have children, women release an egg which only carries the X chromosome. The male releases sperm. Each sperm contains either an X chromosome or a Y chromosome.

During intercourse, the sperm joins with the egg. If an 'X sperm' mates with the egg then there are two XX chromosomes so a baby girl will form. If the 'Y sperm' joins with the egg then there will be a XY chromosome and so a baby boy will form. Therefore you see whether a baby will be a boy or a girl depends on the male sperm.

You may hear various theories of doing or eating certain things will encourage a boy baby but these are medically unfounded.

Once you have the medical knowl-

edge, you can confidently and clearly explain to your husband and family. Sit with your husband privately and discuss this issue. Explain to him how the process works and how you feel about the matter. Pregnancy and childbirth are an enormous ordeal for every woman, mentally and physically. You must be prepared in both aspects. If you feel that your family is complete then clearly express your feelings to your husband. I am sure he will understand your point of view.

Giving birth to two healthy children is a miracle in itself. It is a combination of luck and a woman taking good care of herself so be thankful and proud that you have given birth to two healthy children.

Dear Maya Apa,

I am 5 months pregnant. My pregnancy is going well so far and I have no major medical problems. I work as a primary school teacher. I love my job but my family tells me that I should stay home and rest in my condition. Should I give up my job?

Dear User,

Thank you for your question.

This is a common question amongst many women in Bangladesh.

During pregnancy, lots of changes happen to your body throughout the 9 months. You will find that your energy levels will vary as well as your physical size. From now, you might have noticed that your stomach is starting to get bigger and you are developing a proper "pregnant belly". As well as your stomach, your hands, feet and overall build will start to change as well. All this is very normal. The fact that these are normal changes shows that during pregnancy you should also try to lead a normal lifestyle.

Part of your normal lifestyle is to go to work. Many people may advise you that

this is too dangerous for you and your baby, however, if you are experiencing a healthy pregnancy then there is no reason that you should not be able to go to work. It is very important to keep yourself active during this time. With that in mind, it is important that you also listen to your body as well. You may find that your energy levels are quite low and that you get tired more easily. Therefore, if you have a particularly strenuous job talk to your employer about how you can adapt your work schedule so you can continue to work if you choose to do so.

It is important to talk openly with your employer and colleagues on how the pregnancy might affect your responsibilities. It is best to discuss these issues openly beforehand so there is no confusion later on as your pregnancy progresses.

Handling pregnancy symptoms and work can be tough so here are a few tips to help you along the way -

Keep plenty of snacks in your bag or at your workplace so you can keep your energy levels up

Eat iron and protein rich foods like chicken, cereal, vegetables etc to combat fatigue

Take plenty of short breaks

Drink lots of water

If you spend a lot of the day sitting at your office, adjust your chair or take a small cushion so you can sit comfortably

If your job requires you to stand then wear comfortable shoes. Try to have a small stool that you can rest your feet on from time to time

After work, try to ensure you get time to relax once you come home

Go to bed early.

If you have any questions regarding female health please send email to lifestyleds@yahoo.com

TIPS

Tips to save your gadget

Can you recall an experience involving a cracked screen on your new smartphone or water spillage on your laptop that caused it to malfunction? Ever wondered how this could have been avoided by adopting some protective measures? If you have not, here are some hands-on tips on cleaning and caring for your electronic gadgets.

Let's start with the basics. Buy protective casing. There is no point purchasing an expensive phone and leaving it open to scratches. These days, shops provide many designs of protective cases and covers that enhance the appearance of your tablets, laptops, and mobile phones. Be it simple or full of bling, use your creativity and give your gadget a personal touch.

Most modern devices have advanced screen protection such as Gorilla Glass built in. It is a tough glass with high scratch resistance. However, materials such as sand, hard rocks or concrete can still damage your screen. Therefore, during a vaca-

tion by the beach or a mountain trail, an additional screen protector is a must.

Cleanliness also plays a vital role for your gadget. It is important to clean your device regularly using a special fluid and microfiber cloth to protect it from dirt, bugs or smudges.

If you have a habit of carrying your phone or tablets to the restroom, then this tip is specifically for you. Carrying your phone to the restroom involves the risk of water spillage. This can be very harmful since water is a perfect conductor thus causing short circuit of internal components. Wipe your device dry immediately to prevent moisture from seeping in. If you spill your beverage or drop your phone in water, get a bag of uncooked rice and submerge your device in it. The rice will extract the water before it causes any internal damage.

Our lifestyle constantly demands us to go outdoors, leaving the comfort of our homes and exposing our gadgets to the relentless change in weather and temper-

ature. Extreme heat or cold can cause irreparable damage to the components of your device. Sunlight, especially, can cause your gadget to melt and so must be effectively stored in suitable bags and casings, away from direct sunlight.

Lastly, special care must go to batteries since it is the primary source of power for almost all devices. Always use the latest version of your battery and give your device some rest, when the warning sign is indicated showing the battery needs to be charged. If you are facing difficulty with your electronic devices, remember to bring it to an authorised centre. Cheap retail stores can do more damage than you know.

As we move towards a more technologically advanced era, our gadgets continue to be an integral part of our daily lives, so do yourself a favour by looking out for them. Follow these simple tips and you are good to go. Better safe than sorry.

By Mayesha Raidah