

ASK MAYA APA

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Dear Maya Apa,
My husband and I would like to start a family. Both of us are healthy and we do not take any medications. Can you give me any tips?

Dear User,

Thank you for your question. Deciding to start a family may feel like a frightening decision; it can be filled with anxiety but it can also be an enjoyable and exciting time.

Planning before you get pregnant is very important. Planning helps you to keep healthy. And the healthier you are, the more likely you are to have a healthy and happy baby. And when both the mother and the baby are healthy, the more choices there are in childbirth.

Getting pregnant is all about knowing your body well, eating healthy, keeping fit, talking to your doctor when you need to and sharing your experiences with your life partner. For some women, getting pregnant happens very quickly whereas for some other women it may take longer. This can be upsetting at times, but you should remember that it is normal.

When considering having a baby, one often wonders how long it will take to get pregnant, when the right time is to have sex and how often to have sex. Here are a few tips:

In order to get pregnant, couples are usually advised to have unprotected sex for at least 1 year. It's important to bear in mind that it's completely normal to conceive anytime in this 1 year of trying to get pregnant. But after this time, if you are concerned, your fertility can be investigated and you should talk to your doctor about tests for female and male infertility.

The more often you have sex, the more likely you are to get pregnant. But it's also very important to know when the ideal time is to have sex. The best chances for a sperm to fertilise an egg are on the day before and the day of ovulation. So, having sex frequently in that 5-6 day window is essential.

All women are fertile for around 6 days during their menstrual cycle. This is usually 10-16 days before their period, for women with regular menstrual cycles. During this time, you may notice certain changes in your body, like increased white vaginal discharge and increased body temperature. This does not happen for all women though. In order to conceive, couples should have unprotected sex during this fertile period.

You can use an Ovulation Calculator to find out when you are ovulating. But sometimes irregular cycles make it



THOUGHTCRAFT

BY NASRIN SOBHAN

Freelance Writer

Like
father,
like son

When Nabokov wrote "Speak Memory" he filled a whole chapter with an account of his education before he came to the point where he felt able to describe the death of his adored, brilliant, and successful father. It was too intense a memory to address directly. Sometimes, too, only metaphors and random memories can express the intensity of the powerful and elemental bond that can exist between fathers and sons.

The memories of tobacco smoke on a father's lapels, the pipe left on a table, the warmth as the child is swept up into his father's arms, and the games played in the evenings before dinner. A boy's world is encompassed by the father as the ultimate hero; the source of strength, comfort and security.

The father sets the standards to live by: the standards of manly behavior, the values of hard work and discipline, the importance of strength, patience, and fortitude, the right way to win or lose; in sum, the art of surviving in the outside world.

As the boy grows and matures over the years, education, intelligent thought, and experience inspire in him a very natural desire to see and question, even doubt, everything

Starting a family

tricky to calculate when you are ovulating, thus making it difficult to know the ideal time to have sex.

Making a baby takes time and patience. Being stressed can affect your chances of conceiving. Also women who get too little sleep tend to have more problems ovulating regularly than those who don't. So having a good night's sleep is equally important.

Scheduling an antenatal check up with your gynaecologist to discuss your pregnancy plans is a great idea. This can help you identify your health strengths, as well as any family history or health problems that might affect your pregnancy. You can find out whether you are up to date on your immunisations or not and also discuss about your diet, weight and exercise.

A healthy weight increases your chances of conceiving. Try to achieve a normal weight for your height. A pre-pregnancy healthy body mass index (BMI) is between 19 and 25.

Having a balanced, healthy diet is very important while you are trying to become pregnant. It should include: starchy food, such as potatoes, sweet potatoes, bread, pasta, rice and cereals to boost your energy levels fresh fruits and vegetables protein-rich food, such as meat, fish, dried beans, eggs, pulses and nuts dairy products, such as milk, yoghurt and cheese (sources of calcium)

Make sure you drink plenty of water and your iodine intake is sufficient. It's important because it impacts brain development and the IQ of your baby. Seafood is a great source of iodine. It is also recommended that all women should start taking folic acid as soon as they start trying to get pregnant. It helps to prevent abnormalities of the brain and nerves of the baby. Having food that is rich in iron and calcium is also important. It should be said that raw seafood such as sushi should be avoided during pregnancy. As for the would-be fathers, they should also get plenty of folic acid, zinc and vitamin C. These are vital for optimal sperm production and quality.

Being physically active when you're trying to get pregnant can help boost your energy. Exercise also helps manage stress and promotes good mental health. Yoga and aerobics are also a good choice. The fitter you are, the better your body will be able to cope with the demands of pregnancy, as well as childbirth.

Deciding to start your own family can be one of the most rewarding decisions of your life. Children are a blessing. We wish you all the best for a happy and healthy road to conception, pregnancy and beyond!

that he took for granted in the early years. The father, too, will have undergone his own evolution; from youth and optimism, to maturity and experience. He may have achieved his dream or he may not, but implicit in fatherhood is the hope that he will see his son follow in his footsteps or succeed where he failed.

At the same time, the young man begins to see his father as he is, not a hero, but as a man, with the strengths and weaknesses of a man. He sees the expectations and the hopes his father places in him and he faces a choice: to try to fulfil his father's expectations, or to take his own road.

One of the main signposts of change is when the father accepts that he may not be able to live vicariously through his son; and the son realises with sadness that in being true to himself he will not be the man his father wanted him to be. It can be a rending choice; but every man has the right to choose his own destiny; and every road is the right road because it is freely taken.

The single powerful constant that remains is the bond of love and respect between father and son. It is often left unspoken after the days of childhood pass, but it is present in all the little acts of everyday life: the phone calls, the visits, the letters and family celebrations, and even the quarrels, because all of this is engagement in the most intense sense of the word.

It is a history of two lives, from infancy to maturity to old age, mirrored in each other, and it encompasses a whole memory of family, to be passed on to the children to come.

FACIAL RESHAPING

HOW TO SLIM DOWN? A ROUND PLUMPY FACE?



Some of you are not much overweight but get very self-conscious about the roundness and chubbiness of the cheeks. These "chubby cheeks," or "chipmunk cheeks," can result from a variety of conditions. Overweight is the commonest cause, while genetic predisposition can also be the contributing factor. Those who want a totally non-invasive solution without cosmetic surgery, **U.lift®** will be excellent for them.

U.lift® from Medixsysteme, France offers a nonsurgical solution to those who want to reduce the size of their cheeks. Reducing these fat pads can slim the cheeks and contour the face. This can help people achieve a more chiseled and hollowed look.

U.lift® works only by **High Intensity Focalised Ultrasound (HIFU)**

waves which target fat cells deep below the skin specifically the superficial fat tissue from 0.5 to 1.5 cm. Radio-frequency technique is added for

more rejuvenation and tightening by heating up the various skin layers to stimulate collagen production, which smooths and lifts the skin's surface.



Advantages Of U.lift®:

- Non-invasive, safe and simple
- Visible result
- Fast and effective procedure
- Pain-free due to skin contact cooling
- No downtime
- No adverse effect



Dr. Jhumu Khan

MBBS (DMC), DCD (UK),
MSc(Germany) Board Member WOCPM,
Diplomat (WOSAAM) Dermatologist, Anti aging
& Regenerative Medicine Specialist

**Dr. Jhumu Khan's
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Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01784111888

f/lasermedicalcenter, web: lasermedicalbd.com