

# Lose 100 pounds or more

STAR HEALTH DESK

Losing weight is all about planning. When you have a lot of weight to lose, it means playing the long game. And during that time, you will face challenges.

Weight loss experts offer you their ideas to cut calories, make exercise easier, stay on track and more. Some are tried-and-true, and others may surprise you.

## Go big for breakfast

People who eat more in the morning and less at night tend to lose more weight. Starting your day with a high-protein meal — especially warm, solid food — helps you feel fuller and less hungry later.

## Keep a photo diary

Save your food photos in a daily file. Before your next snack or meal, review them. They will remind you what you have already eaten. That may help you decide to downsize or choose something else.

## Use an app

There are many mobile applications that can track your daily activities, food and some health indicator records. That helps a lot for some individual.

## Try a meal replacement plan

Under a licensed professional's care, you will eat one regular meal per day and swap the others for special shakes, soups, or bars. Some obesity specialists say that if you can stick to it, you will see big results in 6 months to a year.

## Set up your food storage

Out of sight, out of mind — and

mouth. Put fresh veggies and fruit at eye level instead of inside a drawer, and you are more likely to grab them when you open the door.

## Shop smart

Don't leave your meals to chance. Have ingredients on hand so you are not tempted to resort to take-out. Think about menus that work for the household: Maybe your veggie stir-fry can be their side dish. Stay out of bulk warehouse stores. The oversized items can invite overeating.

## Find a fan club

Support from a group can help you lose more weight than going it alone. You will gain perspective,

encouragement, tips — even a little competition, if that is the kind of thing that gets you motivated.

## Outsmart your inner critic

When you get off-track, it can be hard to forgive yourself. So pretend it is a friend who slipped up and is upset. Write a note to them. Then read it out loud — to yourself. It will likely be kinder and more encouraging than anything the little voice in your head would say.

## Try physical therapy

You will learn to reconnect with your body. Your physical therapist will design a programme, tailored for you, to improve your balance, strength and

range of motion.

## Work your muscles

You may not realise it, but you have built them up just by moving your extra weight around. And as you lose body fat, you want to keep those muscles. They burn fat and calories! But if you don't use them, you will lose them.

## Get in the pool

Swimming is a whole-body, non-impact workout with a fantastic calorie burn. The water helps hold you up, so there is no pressure on your joints. Plus, it saves time by combining cardio and muscle-building in a single activity.

## Look past the pounds

Regardless of what the scale says,

your body may still be changing in a good way. Are your clothes getting looser? Are you losing inches? Is your blood pressure better? If you have diabetes, have your sugar levels improved? Can you handle more exercise? Celebrate those non-scale victories, too!

## Get checked for sleep apnea

You may not be resting as well as you think you are. This condition, which interrupts your breathing while you sleep, often affects people who are overweight. It can disrupt your slumber and you will not know it. Lack of sleep alters hormones that control hunger.

## Ask about weight loss medicine

Once you have lost 5% to 10% of your weight, your body makes adjustments to fight losing any more. Hormones that signal you have had enough to eat don't get sent to your brain, and you are still hungry. When that point comes, talk to a doctor about whether a medicine could help you keep going.

## Play down plateaus

It happens: The scale will not move, no matter what you do. Try not to think failure. Instead, give yourself credit for not adding pounds. That alone is a triumph. If you have not seen a change for 3 months, then it is time to revisit your diet and exercise plan.

Consider weight loss surgery Weight loss surgery can help that you cannot achieve otherwise, especially if your amount to loose is enormous.



## SMART DIET TIPS

### Keep fit during Ramadan



Mentioned below are some quick and easy health tips to follow during Ramadan. These easy to follow diet tips will ensure your food provides your body with essential nutrition.

1. Reduce intake of oil in your food as it makes you feel lazy and less energetic. For example, switch from fried chicken to grilled chicken.
2. Consume coconut water for Suhoor, as it will help maintain hydration level in your body until it is time for Iftar.
3. At the time of Iftar, it is good to break your fast with dates and milkshakes. Sugarcane juice is also good to have during Iftar as it is rich in glucose, so it acts as an immediate source of energy for all the different cells in the body.
4. Fruits are a better option than fruit juices as they are rich in fibre. Apple, banana and oranges are all rich in fibre. So next time, go for a fruit plate rather than opting for a fruit juice.
5. To avoid indigestion and flatulence, consume food with minimal fat and spice. For the same reason, avoid over eating. Carbonated drinks are a big no too. Buttermilk (Laban/Matha) is healthier alternate to aerated cold drinks.
6. Increase water intake after Iftar. Since between Iftar and Suhoor is the only time water can be ingested, drink water more frequently than you usually do. Two litres of water is a goal that should be met to replenish the cells in your body.

## HEALTH bulletin

### Specialised prenatal test now available in Dhaka

STAR HEALTH REPORT

Foresight Prenatal Clinic has introduced NT scan (OSCAR / first trimester scan) and performing triple marker test in Bangladesh. These two tests are used to detect if your child has the chance of being born with any physical and mental health defects like Down's syndrome, neural tube defects, any major heart anomalies etc. during pregnancy.

One in every 600 babies around the world is born with Down's syndrome. 50% of the babies with Down's syndrome are born to mothers below the age of 35 years. In Bangladesh there are at least 1,500 babies born with Down's syndrome each year. Therefore pregnant women should have this test done between 11-14 weeks of pregnancy as an earlier and more accurate method of screening for chromosomal abnormalities. NT scan is performed routinely throughout the world for all pregnancies including the USA, UK, Australia and now in India it is a mandatory test.

NT scan is completely non-invasive with zero risk to both mother and child. It is a combination of an ultrasound and mother's blood test, which is put into a risk assessment algorithm to determine the risk. It can detect with 90-95% accuracy if the baby is affected with any defects.

It detects problems early in preg-

nancy so that the parents to be and the physicians can make an informed decision and monitor the pregnancy closely.

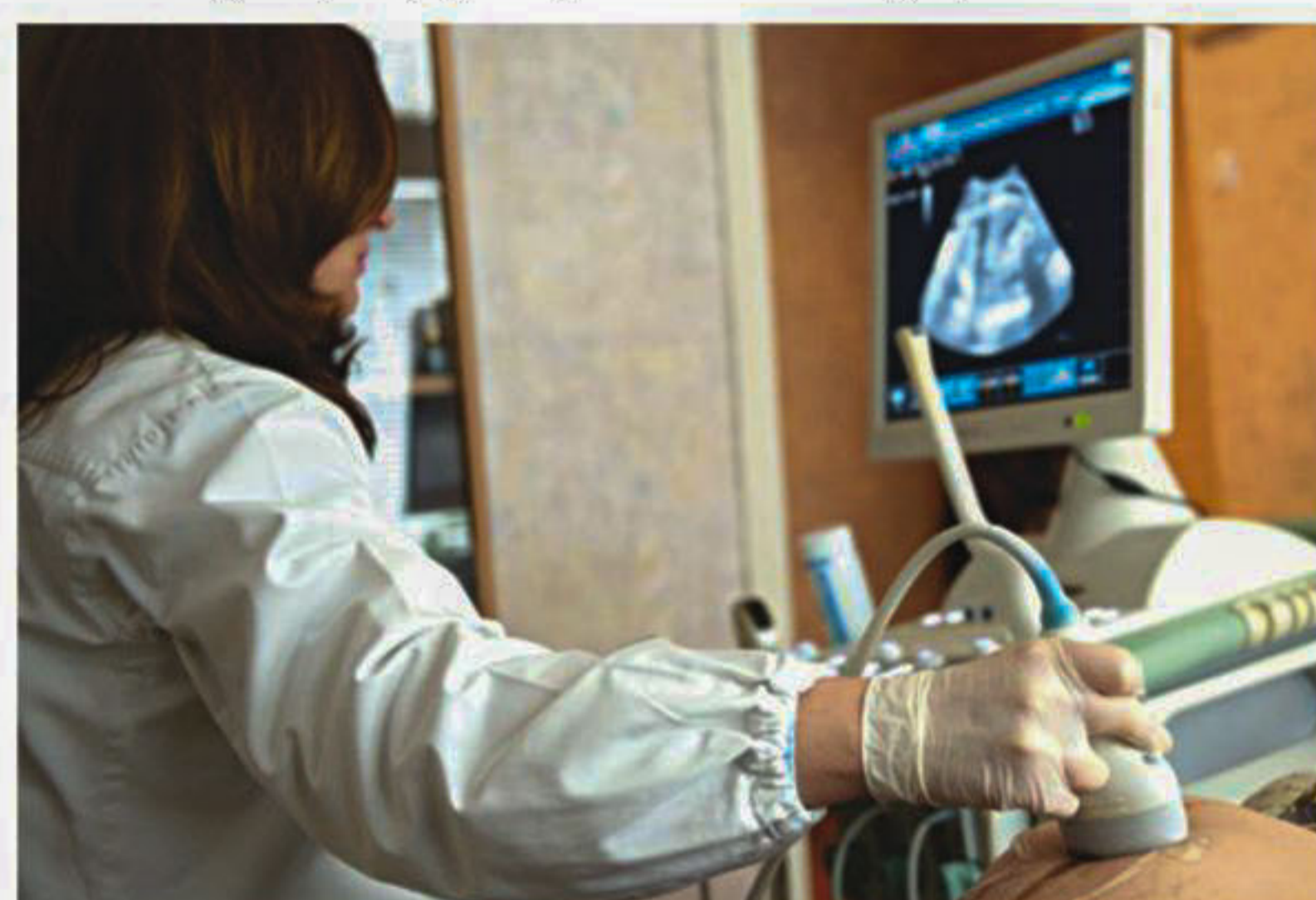
Foresight Prenatal Clinic is performing NT Scan and Triple marker test at House#37, Road#12 Block#E, Banani, Dhaka. They guarantee quick and accurate results without contamination of specimen and delays in result. You do not need to send your blood overseas anymore where there is a risk of contamination and loss of integrity of samples.

Foresight Prenatal Clinic has been operating since September 2014 and has performed numerous NT scan and Triple marker test. Along with these tests the clinic also offers dating scan, biophysical pro-

file, other fetal ultrasounds, all types of blood tests.

Pregnancy is a very joyful and delicate time for the baby and mother. All precautions should be taken during this time. Foresight Prenatal Clinic provides that service so that mothers to be can monitor the progress and have peace of mind.

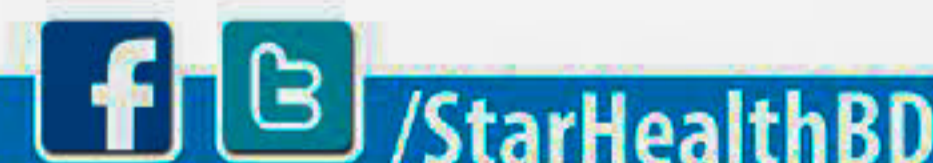
Foresight Prenatal Clinic is focused in introducing new screening tests to improve the medical system in Bangladesh to be in line with the rest of the world. With the support of the public and physicians, Foresight Prenatal Clinic hopes to help improve and create a healthier and better Bangladesh. For more information, visit [www.foresightprenatal.com](http://www.foresightprenatal.com).



### Signs & symptoms of stye

A stye is a small, painful lump on the inside or outside of the eyelid. If you have a stye, your eye may also be watery and you may have a red eye or eyelid. A stye — also called a hordeolum — usually only affects one eye, although it's possible to have styes in both eyes or to have more than one stye in the same eye. Your vision shouldn't be affected. It is not contagious.

- The symptoms of a stye are:
- foreign body sensation (particularly with blinking)
  - pressure
  - sometimes pain in the area of the bump
- There may also be blurred vision if thick sebum or pus from within the sty spreads over the eye's surface.
- Signs of a stye include:
- presence of a bump or lump in the eyelid
  - redness
  - swelling, and
  - puffy appearance of the eyelid
- It is not always necessary to see a doctor if you develop a stye. It is usually self limiting. However, you should have a painful external stye checked.



### Office cake culture is danger to health

Having cake at work to celebrate colleagues' birthdays, engagements or just surviving the week is a danger to health. Prof Nigel Hunt, from the Faculty of Dental Surgery, at the Royal College of Surgeons, says, "cake culture" is fuelling obesity and dental problems. At the Organisation's annual dinner for dentists, he said workplace temptation stops people losing weight. And staff should be rewarded with fruit, nuts or cheese instead.

But for many people the workplace is now the primary site of their sugar intake and is contributing to the current obesity epidemic and poor oral health.

Prof Hunt said, "Cake culture also poses difficulties for those who are trying their hardest to lose weight or become healthier"

He said it should be purchased in smaller quantities and consumed only with lunch. Dentists recommend cutting down on sugary or starchy foods between meals as they give bacteria fuel to produce acids that decay teeth.

Responsible employers should take a lead and avoid high calorie snacks in meetings.

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. With dehydration, more water is moving out of our cells and bodies than what we take in through drinking.

### Call your doctor if the dehydrated person experiences any of the following:

- Increased or constant vomiting for more than a day
- Fever over 101°F
- Diarrhea for more than 2 days
- Weight loss
- Decreased urine production
- Confusion
- Weakness

### Dehydration in Adults Treatment - Self-Care at Home

Try to get people who are dehydrated (even those who have been vomiting) to take in fluids in the following ways:

- Sipping small amounts of water
- Drinking carbohydrate/electrolyte-containing drinks
- Sucking on popsicles made from juices and sports drinks
- Sucking on ice chips
- Sipping through a straw (works well for someone who has had jaw surgery or mouth sores)

### Treating dehydration in sick adults

Most adults with mild to moderate dehydration from diarrhea, vomiting or fever can improve their condition by drinking more water or other liquids. Certain liquids, such as fruit juices, carbonated beverages or coffee, can make diarrhea worse.

