

BEAUTY DISSECTED

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Snoring and sleep apnoea to be taken seriously

Snoring is often trivialised; and victims ridiculed by their partners and family. Yet, we often fail to identify it as a health problem that has a high probability of turning into a major complication.

Recently, we have had patients who are on the verge of a legal separation due to the extent of their partner's snoring. Setting aside the mental anxiety, snoring is a telltale sign of some problems, and can be the cause for other serious health concerns.

Snoring is caused by the vibration of tissues/muscles of the nose and throat while air is flowing in and out during breathing. When we sleep, muscles in our body relax; the airway is no different. If, for some reason, there is a constriction of the upper portion, the free movement of air is obstructed and the resulting friction leads to snoring by the patient.

Many causes have been identified for this- people with weight issues tend to have bulky neck muscles, which, when relaxed, may cause narrowing of the air passage; individuals with shorter necks also face a similar problem.

Other reasons include having a thick soft palate; elongated uvula, bulky tongue, enlarged tonsils, etc. Consumption of alcohol, a congested nasal passage or deviated nasal septa can also have similar effects. Studies have shown that sleeping positions may also contribute to snoring and for children, enlarged adenoids is a probable cause.

Snoring is also often associated with a sleep disorder known as Obstructive Sleep Apnoea (OSA). Not all snorers have OSA but sufferers usually do snore.

Sleep apnoea is a serious health issue, which has gained a lot of attention now-a-days. It is a problem where the patient repeatedly stops and starts breathing in their sleep. Sleep apnoea has been identified under three categories

Obstructive Sleep Apnoea (OSA; this is most prevalent); Central Sleep Apnoea (CSA), and (the third) mixed type. It is very important to recognise the problem and get treatment as soon as possible.

Loud snoring, repeated cessation of breathing (which in most cases is noticed by a partner), repeated night walking, shortness of breath, etc. are identifying signs of apnoea. Dryness of mouth at night, morning headache, insomnia, and drowsiness during the day, irritability and loss of attention are also signals that need to be picked early.

Sleep apnoea can even affect children. The risk factors vary even for adults, and include- consumption of alcohol, smoking, etc. People who only snore but do not suffer from sleep apnoea, may undergo lifestyle changes that can ease problems to a large extent. Maintaining a healthy weight, quitting smoking and alcohol consumption also helps.

Those who suffer for anatomical reasons may seek surgical procedures, which can now be done very easily.

Patients diagnosed with sleep apnoea, may use devices like Continuous Positive Airway Pressure

(CPAP), which is a treatment that uses mild air pressure to keep the airways open. CPAP typically is used by people who have breathing problems, such as sleep apnoea. Expiratory Positive Airway Pressure (EPAP) is another viable option - a pressure created during exhalation that stabilises the upper airway, reducing snoring.

Rather than trivialising the issue of snoring, it is best to address the problem and seek a possible solution as soon as possible.



NEWS FLASH

Travelling: functional and fashionable

Who does not love to travel, especially as the perfect remedy to a hectic life? However, sometimes when on the road, a big luggage can take the fun out of all the walks, jumps and hikes. So unless you are travelling to the other side of the world for a few months, skip that heavy extra-large solid luggage and move onto something simpler that will not get in the way of your road life.

Opt for weekend bags, the perfect combination of a tote and gym bag--big enough to stash a pair of outfits, a pair of shoes, accessories and of course your DSLR, while small enough to not be a bother.

Duffle bags are great options too for when on the road,

as they do not take up a lot of space, yet have all the space in the world inside. Moreover, there are tote duffle bags too, which add to your style factor as you travel.

Nothing beats a plain old backpack which can carry pretty much everything from your laptop to cameras and clothes.

If you are someone who absolutely cannot move without your beauty and skincare things get yourself a toiletry bag to keep them in order and safe from spillage.

Happy travelling!

By Anisha Hassan

ENHANCE YOUR CURVES

AT THE RIGHT PLACES



Voluptuous curves can give you a feminine look that doesn't come along with a too straight or plump figures. As a woman, one of our most natural physical gifts is having curves, and there are some amazing ways to enhance your curves you may not know about, or might like to know. I am talking about the French technology ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrinks when we lose. The goal of

ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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