

ASK MAYA APA

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Dear Maya Apa,
I have a one-month-old baby and I am scared that she might catch a cold this winter season. What can I do to keep my baby healthy?

Dear Reader,
It is practically inevitable that babies will catch colds in winter, but still one should take some precautions so that your baby does not become too ill.

Most people stricken by winter viruses are contagious before they develop symptoms. So pulling your baby away from a sniffling, coughing, or sneezing person does not guarantee that he/she will not come down with similar symptoms.

There are some practices that one should follow to prevent the germs from attacking your baby-

WASHING HANDS OF YOUR BABY AS WELL AS YOURS

Regular hand washing is the simplest, most effective way to get rid of cold and flu germs. So washing your hands after changing diapers, preparing food or after wiping her runny nose should be an everyday practice. Wash your baby's hands frequently, too — especially before eating (once she is eating solids), and when she comes home from an outing.

BOOST YOUR BABY'S IMMUNITY BY BREASTFEEDING

If you breastfeed your baby exclusively for the first six months, she is likely to develop fewer infections, and recover more quickly from illnesses in the first year of her life.

PROPER VACCINATION

Ensure your baby's vaccinations are up-to-date. This will protect her from some serious illnesses. There are some seasonal

If you have any questions regarding gynaecology and reproductive health please mail to: lifestyleds@yahoo.com. All mail will be forwarded to the expert panel of Maya.com

flu vaccines that will protect your baby from two or three of the most common strains of the flu virus in circulation.

KEEP THE ROOM WARM

Maintain a warm temperature in your bedroom throughout winter. Also ensure adequate ventilation.

COVER HER WITH WARM AND COMFORTABLE CLOTHES

Make your baby wear warm and comfortable clothes but do not overdress. Your baby can easily sweat and lose fluids from sitting in a stuffy, sweltering room or because she is wearing too many layers.

MASSAGE YOUR NEWBORN

Massage your newborn especially in the winters to help improve the blood flow and immunity levels. You can use olive oil, almond oil or coconut oil to massage your baby.

AVOID SMOKE EXPOSURE

If a family member has a habit of smoking they should not smoke around the baby; avoid taking your baby to crowded places where people smoke.

WHEN TO SEE A DOCTOR?

For newborns, a common cold can quickly develop into croup, pneumonia or another serious illnesses. Consult your physician if your baby shows any of the signs below:

- Not feeding properly
- Breathing problems, making strange noises while breathing
- Extremely sleepy or cranky
- Fever.
- Runny nose that does not get better.

I hope the answer helps you to keep your child free from bouts of cold this season.

Regards,
Maya Apa

PERSPECTIVE

For the mother in you

The first few weeks have passed in a rush and finally you have settled into a happy camaraderie with your little one. The initial wave of overwhelming baby duties has finally subsided and you sort of know your way around your baby now.

It is a great time to enjoy motherhood to the fullest as you watch your precious baby grow every day. However, it is also the time when you need to focus on yourself along with your newborn. because you can give your baby your best possible version when you take care of yourself. This is one matter no mother should compromise on.

MAKE TIME FOR YOURSELF

This may sound preposterous with a newborn, but it really is a very important thing every new mother should do. It could be something as simple as taking a leisurely shower or an hour to read a book, but do try to take some time away from baby duty so you can return to it reinvigorated.

Ask your partner or a relative to watch the baby for an hour or so and indulge in an activity that refreshes and recharges you. Also try to get enough sleep. This is easier said than done; try napping whenever your baby does so as to keep yourself energised.

SHARE HOUSEHOLD CHORES

A new mother caring for a newborn cannot be expected to take care of an entire household, so try delegating as much as you can. Entertaining should be delayed as much as possible for the moment. If you have a household help then it is likely that your workload is already low, but in case you do not, as relatives and friends to pitch in and do whatever they can to help. It could be as simple as cooking a meal or doing the laundry. Raising a baby indeed takes a village, and do not be shy to ask for help when you need it.

BOND WITH YOUR HUSBAND

With the pressures of dealing with a newborn, it is very easy to drift apart. Connecting with your husband is very



important to keep your relationship stable and healthy. Spend some time together doing simple things like eating a meal, watching a movie or going out if you can get someone to babysit. This will help you both catch a break and return to your baby with a renewed, positive energy.

DO NOT BEAT YOURSELF UP

Every new parent wants to be the best mother out there, but we all know there is no such thing. Being a mother is amazing, and only you know what is best for your baby and you. Filter out all the unsolicited, unwanted advice that is likely to come surging your way and try to be positive. Take care of your new family and enjoy motherhood to the fullest!

By **Sabrina N Bhuiyan**

Photo: **LS Archive/Sazzad Ibne Sayed**

WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladipeonectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by **Ultrasound Multi-Lymphatic Drainage (UMD).**
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.



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