

ASK MAYA APA

www.maya.com.bd



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

Dear Maya Apa,

I have recently been diagnosed with type 2 diabetes. I am not sure how to take care of myself. Can you give me some tips please?

Troubled

Dear Troubled,

It is upsetting to hear that you have diabetes. Type 2 diabetes means your body is resistant to insulin, and cannot use it to break blood sugar appropriately. There is no cure for type 2 diabetes, however, it can be managed.

Balancing the food intake, along with exercise and medicine (if prescribed) can keep your blood glucose in a healthy range.

You might ask yourself, "Does diabetes mean that I have to be scared?" The answer to that will be, "No." With diabetes you can still live a long and healthy life. Changes in lifestyle are often advised to the newly diagnosed person to help with their condition. Having an active lifestyle helps you control your diabetes by bringing down your blood sugar.

The recommended lifestyle interventions include -

Physical activity

Sedentary habits especially watching TV are associated with significantly higher risks for obesity and type 2 diabetes. Once you are diagnosed you should take two-and-a-half hours a week of moderate intensity physical activity, or an hour and 15 minutes of high intensity exercise. This may include- brisk walking, jogging, cycling, swimming and/or skipping.

Weight loss

Eating well helps manage your blood glucose levels, as well as, your body weight. Being overweight is the number one risk factor for type 2 diabetes. This can be overcome. If your Body Mass Index (BMI) is 25 - 29 (overweight), or higher (obese), you should definitely try to lose weight.

Eat healthy

Eating well is very important when you have diabetes, because what you eat affects your blood sugar. There is no such thing as a single diabetes diet. You should replace refined carbohydrates with whole grain foods and increase intake of vegetables, fruits, beans, lentils and other foods high in dietary fibre. You can schedule an appointment with a dietician who can lay out a diet plan for you according to your BMI and needs.

Manage stress

Stress level can affect your blood glucose. When you are stressed your glucose level automatically goes up. Anxiety also might disrupt your blood glucose making it difficult for you to manage your diabetes. Taking deep breaths, doing yoga and meditation, and replacing negative thoughts with positive ones can help you with anxiety, and in turn, help you maintain blood sugar level.

Stop smoking

With diabetes your chances of getting health problems like heart disease, eye disease, stroke, kidney disease, blood vessel disease, nerve damage, and feet related problems increases, but if you smoke, this risk increases even further.

Get regular checkups

And last but not the least, you should always get regular checkups. This is because diabetic patients have an increased risk of heart disease, high blood pressure and cholesterol issues. The more you know about factors that influence your blood sugar level, the more you can anticipate fluctuations and plan accordingly.

If you have further questions, please ask on our website (maya.com.bd) or on the Maya Apa App.

Always by your side,
Maya Apa

Photo: Collected



BY THE WAY

Grilled greens

Winter is a prime season for grillings and barbeque parties. Once in a while, when you are tired of all the meat and need a little crunch to balance out the meaty goodness, try grilling vegetables instead.

We all know what a beautiful smoky flavour grills leave and how everything tastes better once smoked, and this holds true for vegetables too.

Cabbages: Cut cabbages in wedges and coat on all sides with olive oil, followed by sprinkling of salt and pepper, and finally grill on all sides until slightly charred. These are guaranteed to give you that crunch and freshness you seek after having too much meat.

Tomatoes: Grill some sliced green tomatoes on both sides with a pinch of salt and pepper each, finishing off by

grating some cheese of your choice. This makes for a good side dish for other heavy meals.

Beans: By far the easiest to grill. Heat up that grill, oil it with molten butter, grill the beans, sprinkle some salt, and you are done. Grilled beans go great with sauces and dips, and as great side dishes too.

Just like that grill whatever vegetables you can get your hands on, just with a little olive oil or butter, add in some grated cheese or nuts of your taste, and voila.

Since winter is the prime time for both vegetables and grills, give this a try, you will be surprised by how good salads can taste.

By Anisha Hassan

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 (adiponectin & 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.



Dr. Jhumu Khan

MBBS (DMC), DCD (Cardiff University, UK)
MSc (Dresden International University, Germany)
Board Member WOCPM, Diplomate (WOSAAM) Dermatologist
Anti Aging & Regenerative Medicine Specialist

Dr. Jhumu Khan's Laser Medical

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Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01784111888

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