

BEAUTY DISSECTED

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Hair related problems of summer

Summer and the ensuing heat give constant reminders that our skin now requires additional care and maintenance. Dust, humidity and heat can all contribute to major hair issues including hair fall, loss of shine and texture, and various scalp problems.

As always, my first advice will be to keep the hair and scalp clean. Choose a shampoo that suits you and use it regularly (at least 2 to 3 times a week), but if you are out every day and sweat heavily, I sometimes advise my patients to clean the hair and scalp seven days a week. The thumb rule is to make sure that the hair does not become oily or sticky, a common problem in this weather. It is also very important to use a good conditioner after shampooing.

Come summer, some people often experience an increase in oil production by the glands in the scalp. Unless cleaned on a regular basis, the hair follicles get blocked in a mixture of dust and oil, which results in reduced flow of blood making the hair loose and prone to hair fall.

People who have rough and dry hair can try an oil massage before shampooing. The oil should be cleaned within two hours.

Dandruff is another common summer complaint and a variety of products are available in the market that can reduce its growth. A specialist physician should be consulted if the problem persists even with regular use of normal shampoos.

Those who have long hair often tie their locks too tight, often leading to hair fall. The same goes for girls wearing hijabs. Make sure to let your hair loose once you get home and let it



dry. Remember wet, sweaty, hair is very unhygienic and leads to hair fall.

Combing is very important in maintaining healthy hair. There is a common misconception that combing leads to hair fall. In reality, combing improves the blood supply to the hair follicles and the scalp, ensuring healthy growth of curls.

Having a healthy diet is also very important. A balanced diet containing green vegetables, a good portion of protein with some nuts is good for hair growth. Drinking adequate amount of fluids is also very important.

For some people, even following these basic tips may not yield satisfac-

tory results. If you experience excessive hair fall or other hair/scalp related issues specialised treatment may be required. Some people suffer from scalp problems like itching, dandruff or even ulcers. These should be treated by consulting a professional.

Patients suffering from androgenetic hair loss can take medication so that the hair fall stays at a minimum. Medication also works well in women suffering from pre-menopausal hair loss. However, if all fails and one experiences permanent baldness, hair transplant is a good option.

Photo: LS Archive

HEALTH

Skin Care

The sun has started blazing through the clouds. Consequently, our skins have already started losing its moisture. It is getting rough, rugged and tangled. Harshness of the sunlight along with heaps of dust badly turns our skin coarse and gloomy. So our skin naturally demands some extra care and a touch of nourishment to bring the glow and radiance back to it. The matter becomes more of a concern for students and working women whose skin get much more affected by scorching weather of the times, for their regular outings for daily shores and work.

Our skin has three types: combination, oily and dry. Getting well acquainted with one's own skin type is a must before starting to treat any problem.

Some skincare tips have proven to be helpful regarding skin's glow and overall health.

For instance, clean your skin before leaving the house so that existing bacteria can be removed.

Use a gentle face wash each morning to ensure the

clarity of the skin and to avoid building up of dirt. Soft and non-greasy moisturisers do not harm our skins. So it can be used on a regular basis.

Keeping a gentle moisturiser in your bag can be a great option. Apply sunscreen every morning to ensure protection from the sun and its harmful radiations, and reapply every few hours.

Moreover, if you allow your skin to get dehydrated, it is likely to become irritated and more sensitive. It is absolutely vital to make sure you drink enough water to keep your body and skin hydrated.

Cleansing skin thoroughly will ensure that city induced bacteria is properly removed from your skin.

Ensure that you are heading towards bed at a reasonable hour and getting at least eight hours of a quality sleep each night – your skin will reward you for it.

By Jennifer Kamal

Get rid off your stubborn fat :

GET A HEALTHIER YOU !!!

Men and women are different and will store fats in different parts of their body due to evolutionary reasons. Women have wider hips and pelvis but men on the other hand are predisposed to store fat in the belly and neck area while women are likelier to store in their hips, arms and thighs. Another thing you need to realize before you start Weight Reduction plan is that **there's no such thing as spot reduction**. You can't just burn fat from one part of your body to get your desired result. Believe me, regardless of your gender or body type you can get rid of these deposits of fat pockets without resorting to invasive methods like liposuction or tummy tuck. **Remember, getting healthier is a lifestyle, not a weekly or monthly affair.**



The benefits of our Weight Reduction & Shaping Program :

- ◆ Body Shaping & Weight Loss
- ◆ Cellulite Reduction
- ◆ Hormone Balance
- ◆ Toxin Removal
- ◆ Pain Release
- ◆ Improve Lymphatic Drainage
- ◆ Improve Varicose Veins



... and remember :

"Healthy **eating** + less **stress** + adequate **sleep** + right **workout** = keeps a **healthier you**."



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