

BEAUTY DISSECTED

BY DR FIRDOUS QUADER MINU
M.B.B.S, D.L.O ENT, Head-Neck
& Cosmetic Surgeon,
Phone: 01841845531



A word about nasal congestion

Imagine a face, and the nose is probably its most prominent feature. The dimensions of the nose are often a big part of how you look. Its myriad shapes also reveal our race and ethnicity.

Its function is just as vital as it is one of the major respiratory organs of our body. After being inhaled, air is purified and humidified in the nose, before it flows into the lungs.

Anatomically speaking, the nose is made up of bones and cartilage, covered by muscles, mucosa and skin. The muscular layer is very thin and the skin is adhered to the main structures. The nasal cavity is divided by a partition known as the septum, made up of bone and cartilage.

As a specialist on Ear, Nose and Throat (ENT), the most common ailment I observe in my patients is nasal obstruction or blockage. This can happen for various reasons, such as deviated nasal septum, swelling or growth inside the nose and others.

Deviated nasal septum refers to the problem when the partition of the nose becomes crooked, due to developmental or acquired causes. Developmental deviation occurs when the cartilage and the bones inside the nose develop at different rates during growth, that is to say that their growth is not synchronised. Deviation can also be due to injury to the nose, causing a swelling inside the nose, which eventually ends up pushing the septum to a side.

Whatever the cause, if the septum is deviated enough to cause breathing discomfort, the usual treatment will be a simple surgical correction, as medication cannot restore a deviated septum to its natural position.

The surgery is known as septoplasty, and it corrects the deviated portion from the inside of the nose and a splint is left for about 5 to 7 days. The surgery should always be done by a specialist, and the results bring much comfort

to the patient as they can then breathe normally, without any obstruction.

However, the block in the nasal passage may also be due to swellings with the cavity. The most common finding is hypertrophied turbinate or swelling of the nasal tissues due to overactivity. Patients suffering from this face recurrent allergic problems, constant runny nose, and even slightly deviated septa. Although medication in the form of drops and sprays are prescribed initially, if the ailment persists, electrical cautery, a procedure that reduces growth of unwanted tissue, is usually done; surgical excision maybe suggested depending on the severity of the case.

Nasal polyps are also another cause of blockage of the nose. If caught in its early stages, steroid sprays can help; otherwise surgical treatment may be required.

Blockage or feeling of blockage in the nose may be due to nasal congestion of the mucosa after catching a cold, or if the patient has sinusitis, or allergic rhinitis. Common symptoms include heaviness of the head, headache, difficulty in sleeping, fullness of ears and others. Consulting with an ENT specialist is advised in order to receive appropriate treatment.

In some cases, we can see the deviation affecting the shape of nose externally. Under such circumstances, correction of the septum, as well as the shape of the nose needs to be performed. This is known as septorhinoplasty.

After examining the nose, the surgeon will explain the procedure to the patient. Good results can be expected when done by experienced surgeons; however, the patient may need more than one session of surgery.

Nasal blockage should not be taken lightly as what may now seem insignificant, may cause problems with advancing age. So, whenever diagnosis is made, a suitable treatment should be followed as suggested by a specialist.

FYI

Living with phobias

Be it standing on the top floor of Bashundhara City or spying on a spider high on the bathroom wall, or even avoiding your relative's unusually small lift— deep down you know you are afraid. These fears that feed on you are phobias, which have names and their strange games.

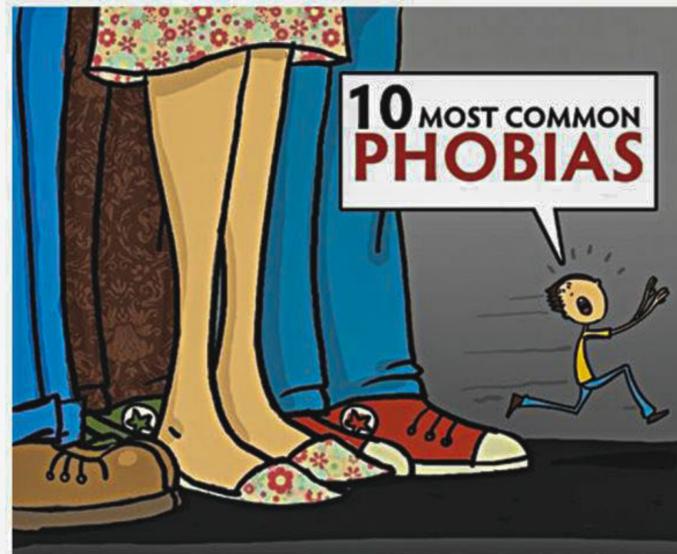
The mind is your little factory where your phobias fiddle with your nerves. To understand phobias in general, we need to understand that it is possible to discover fear in a completely new form, but it does not have to be constant, especially with conscious efforts and support to overcome it.

Some of the most common phobias related to creepy crawlies are arachnophobia, the fear of spiders; ophidiophobia, the fear of snakes; katsaridaphobia, the fear of cockroaches.

"Cockroaches are the most difficult living beings in my home that have managed to survive since the existence of dinosaurs and I don't know how to get rid of them!" says Taslima Khatun, who is greatly disturbed by flying cockroaches.

Terrified of riding a rollercoaster? Or shopping at New Market and Gausia? Do you dread the fact that you might never learn to take your loved one on a romantic boat ride? You might have what is known to be acrophobia (fear of heights), enochlophobia (fear of crowds) and aquaphobia (fear of water).

"It usually starts with the utter curiosity to see how it feels to stay so high up the ground and within a split second, that curiosity disappears as my entire body starts to shake," says Kazi Nayeer, who would rather walk up the



stairs than take a see-through lift. Glossophobia, which is known as fear of public speaking, is one of the common phobias amongst students and amateur musicians.

Be it the fear of insects, animals, or a phenomenon that would not seem so terrifying to others but is heart-wrenchingly traumatic for you, there might be ways to overcome these fears that refrains you from taking chances. However, do not hesitate to take baby steps and move away from your fear. Deep breaths and brave hearts all the way!

By Sumaiya Tasnim
Photo: Collected

ENHANCE YOUR CURVES

AT THE RIGHT PLACES



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.



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

NEW LOOK NEW LIFE

Gulshan 01711660938 | Dhanmondi 01727001199 | Uttara 01784111888

f/lasermedicalcenter, web: lasermedicalbd.com