

# HOROSCOPE



## ARIES (MAR. 21-APRIL 20)

Don't reveal personal details. Stay level headed at work. Start working out. Concentrate on work. Your lucky day this week will be Monday.



## TAURUS (APR. 21-MAY 21)

Travel for work but remember to not over work yourself. Be careful about what you say. Avoid any unnecessary gossip. Your lucky day this week will be Saturday.



## GEMINI (MAY 22-JUNE 21)

Don't trust everyone blindly. Work overtime for extra cash. Socialise more at group functions. Your lucky day this week will be Tuesday.



## CANCER (JUNE 22-JULY 22)

Focus on your relationship. Don't overspend. A positive attitude and intellectual outlook will benefit you. Your lucky day this week will be Tuesday.



## LEO (JULY 23-AUG 22)

Involve someone if you need assistance. Entertain those who provide valuable information. Be there to support your partner. Your lucky day this week will be Monday.



## VIRGO (AUG. 23-SEPT. 23)

Keep your temper in check. Engage conversation with experienced individuals. Let your creativity go wild. Your lucky day this week will be Friday.



## LIBRA (SEPT. 24-OCT. 23)

Careful planning will accomplish more. Avoid demanding individuals. Read and catch up with friends. Your lucky day this week will be Sunday.



## SCORPIO (OCT. 24-NOV. 21)

Make plans to travel. Pay attention to your partner. Catch up on any pending errands. Your lucky day this week will be Tuesday.



## SAGITTARIUS (NOV. 22-DEC. 21)

Take a break if things are getting too hectic. Clear up all financial matters. Put some effort into romantic endeavours. Your lucky day this week will be Friday.



## CAPRICORN (DEC. 22-JAN. 20)

Spend time with friends. Focus on improving yourself. You may be unhappy with family members this week. Your lucky day this week will be Saturday.



## AQUARIUS (JAN. 21-FEB. 19)

Socialise more at organisational events. Don't be press your luck with loved ones. Find some time for family. Your lucky day this week will be Tuesday.



## PISCES (FEB. 20-MARCH. 20)

Spend some time with loved ones. Avoid risky financial investments. Take on home projects. Your lucky day this week will be Saturday.

### A NOTE ON NUTRITION

**CHOWDHURY TASNEEM HASIN**  
Chief Dietician, United Hospital Ltd.  
Organizational and Press Secretary,  
Association of Nutritionist and  
Dieticians (AND)



# Ramadan for chronic conditions

Muslims worldwide observe an absolute fast from dawn to sunset without any food or drink. Ramadan can be a challenging time for many people, as their usual eating routine changes significantly. But it is especially important for people with chronic conditions to be aware of the special dietary needs that fasting can entail for them.

### CARDIAC PATIENTS IN RAMADAN

It is important for patients with heart conditions to carefully plan the food consumed to ensure they enjoy a healthy Ramadan. The impact of fasting during Ramadan on patients with stable cardiac disease is minimal and does not lead to any increase in acute events. Most patients with stable cardiac diseases can fast safely. Most of the drug doses and their regimen are easily manageable during this month and may not need to be changed. Ramadan fasting is a healthy non-pharmacological way to improve cardiovascular risk factors.

However, patients with decompensated heart failure or those requiring large doses of diuretics are strongly advised not to fast, particularly when Ramadan falls in summer. Patients with controlled hypertension can safely fast. However, patients with resistant hypertension should be advised not to fast until their blood pressure is reasonably controlled. Patients with recent myocardial infarction, unstable angina, recent cardiac intervention or cardiac surgery should avoid fasting. Physician advice should be individualised.

Patients with heart problems should pay attention to the amount of salt they consume during Ramadan as the traditional Iftar items are rich in salt. High salt consumption is a major threat as it leads to high blood pressure and increases thirst. Raised blood pressure can lead to water retention and negatively affect heart health.

Diuretics are better avoided during fasting, especially in hot climates, or should be administered in the early evening. Weight changes during Ramadan

are short lasting, and patients gradually return to pre-Ramadan status. Although Ramadan provides a chance to lose weight, structured and more consistent lifestyle modifications are still necessary in achieving weight loss.

Fibre is essential to prevent constipation, control blood-sugar levels, reduce high cholesterol levels, and increase satiety levels. It's easy to meet our fibre requirement during this month: at the early-morning meal (sehri) and for the evening meal (iftar) we can include pasta or brown rice with lentils and vegetables, or a curry with whole-wheat ruti, dates etc high fibre food. Haleem, a common lentil-based soup eaten during this



month, is a great source of fibre and other nutrients, therefore filling up on this dish will provide you with plenty of nourishment. But we should keep in mind that the cooking process should maintain proper hygiene. In that case homemade food is much more preferable.

Consumption of unhealthy saturated fats (full-cream dairy, chicken skin, visible fats on meat, coconut, coconut milk,



margarines, butter, ghee, coffee creamers and palm kernel oil) and trans fats (commercially fried foods, biscuits, cakes, crackers and packet chips) raise the risk for cardiovascular disease by increasing bad cholesterol levels and lowering good cholesterol levels. Rather choose lower-fat or fat-free options to prepare various dishes, for example skim or low-fat milk for milkshakes, low-fat evaporated milk instead of cream, or low-fat cottage cheese instead of sour cream.

Good fats include monounsaturated (avocado, olives, olive oil, almonds, peanuts, pecan nuts, cashew nuts) and polyunsaturated fats (oily fish, seeds, soft tub margarine and vegetable oils). By adding a handful of nuts and seeds to your early morning or evening meal, you can be assured of some good, heart-healthy fats. For example, eat fish instead of red meat because fish does not contain harmful fats. It contains a healthy fat called Omega 3 which is important for a healthy heart and the arteries. Use good vegetable oils like olive oil instead of other fats as they contain omega fats which are good for the arteries. Eat vegetables and fruit daily - fresh or cooked - because they contain vitamins and minerals and high amounts of fiber. Heart patients are also advised to eat brown bread instead of white bread.