

INTERVIEW

When the heart fails- living with heart failure

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This brings us to the final stage of heart failure (Stage D heart failure), where the condition does not seem to get better even with conventional treatment. "After trying medication to tweak the system and make the heart beat harder, at one point, it may feel like "flogging a dying horse." And that is exactly when we might need a "boost" in the form of a ventricular assist device (otherwise known as an artificial heart pump). A good quality of life is still possible after a successful operation to implant this pump," explains Dr Lim.

Ventricular assist devices or artificial heart pumps have been invented to support a badly damaged heart and help cardiac function. Of course, heart transplantation can also be an option, but with long waiting periods, and limited donor pools, not to mention that Bangladesh is still lagging behind in this regard, these electronic rescuers help about 80 percent of patients survive the long wait for a donor heart.

"Ventricular assist devices, in particular, are what's exciting in the field of heart failure. It is basically a heart in

a box," comments Dr Lim. The device simply pumps blood from the lower chambers of the heart to the rest of the body and is especially useful to patients with an advanced case of heart failure, ultimately saving their lives. These devices have become smaller and more durable in the past decade and the risks of the surgery have also reduced significantly in recent years.

With the stages of heart failure duly dissected, the statistics of an aching heart is only worsening. Whether it's health not being a priority in the daily hustle and bustle of intensive schedules, missing follow-ups and delaying check-ups, anatomical deficiencies, or idiopathic reasons not diagnosed by physicians yet, heart failure needs attention. The age-old advice of prevention being better than treatment is a standalone truth that can never be refuted, and it all starts with a simple acknowledgment, "I need to take a look at my heart."

By Ramisa Haque

Photo courtesy: Parkway Hospitals Singapore, Dhaka Office

NEWS FLASH

Indonesian Batik Festival

The Indonesian embassy in Dhaka held their first ever Indonesian Batik Festival on 21 and 22 November, 2018. The two-day event was held to share the 2000-year-old Javanese tradition of batik craft with the people of Bangladesh, Bangladeshi fashion designers, and to the representatives of other countries who came together to take part in the festival.

The traditional Balinese welcome dance *Tari Pendet* was performed to start the show, where two highly acclaimed Indonesian artisans, Ai Syarif, fashion designer and creative director of Jakarta Fashion Week, and Benny Adrianto, Batik artist and Batik motif designer, were present as special guests.

The Indonesian Ambassador Rina P. Soemarno gave the opening speech, saying, "I was inspired to organise this festival for a number of reasons. Primarily, to share my culture and heritage with Bangladesh. I want to enlighten everyone here about the aspects of Indonesian batik in our modern society. Batik carries a long heritage of pride and dignity for the Indonesian people, and so, we want to share the adaptability and versatility of our culture with you."

"I have noticed in Dhaka that people already appreciate handcrafted motifs, so I think that the Indonesian Batik will be well received by the Bangladeshi people."

On 21 November, there was also a segment of a talk show 'All about Batik of Indonesia,' by the Ambassador Benny Adrianto, and Lilis Setyawati, where they dis-

cussed batik's unique evolution in Indonesia. Soemarno said, "Batik started as designer attire for the royal family, and since then, the darker colours of Batik design motifs were worn for formal occasion, something still practiced today."

The Batik Fashion show was held in two sessions, where designer Ai Syarif presented his Ai Syarif 1965 collection, and Benny Adrianto presented his collection- Java by Benny Adrianto. Both collections featured traditional and fusion wear to showcase the adaptability and versatility of the Indonesian Batik.

Along with the showcase of Batik, the guests were also treated to Indonesian snacks and refreshments, and their famous chicken satay.

The Batik Workshop on 22 November included activities where participants learned the techniques of the Indonesian batik. The participants were able to use the original tools that have been carrying the Indonesian heritage for many centuries.

On both days, there was a Batik Fair, where guests and participants could see, try out, and buy varieties of items, such as clothes for

men and women, both ready-made and unstitched, and also accessories like bags and wallets. Designer items by Ai Syarif's 1965 collection were also displayed at the Batik Fair.

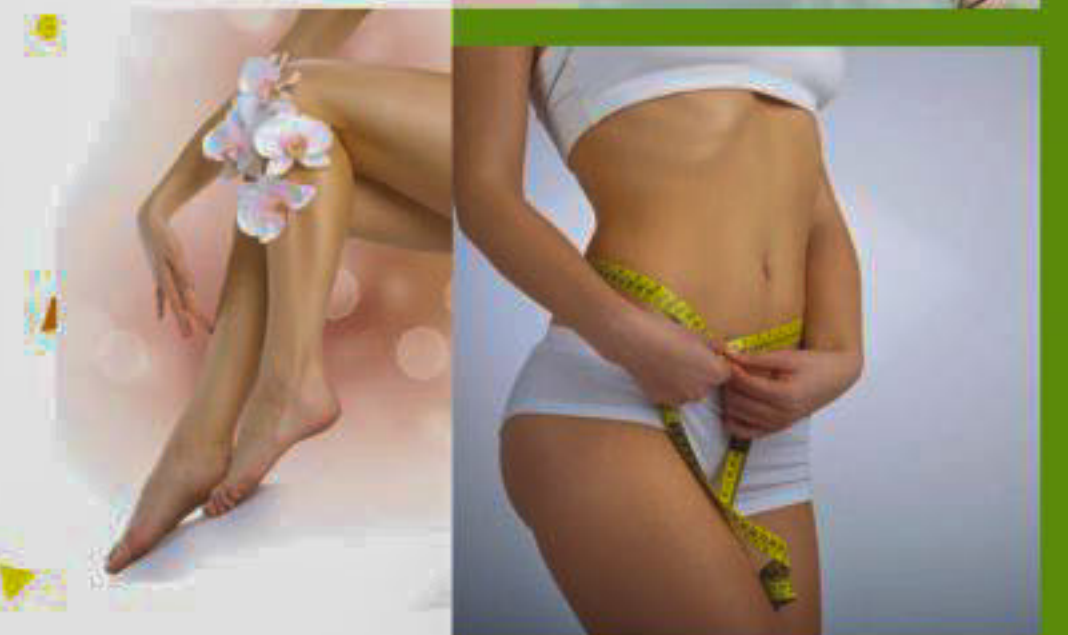
By Sanumkia Siddiqui

Indonesian Batik was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity for its unique methods and long-standing history on 2 October, 2009.

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