



#### PREP BEFORE GUESTS ARRIVE

It makes a world of difference when you prepare your food beforehand, by which, we mean having all your food items in boxes, already marinated and made out in the desired shapes you want to. As the host/hostess, this gives you time to mingle with guests without having to worry about chopping veggies or making those seekh kababs.

#### MAKE SURE YOU HAVE SUFFICIENT FUEL FOR THE GRILL

The worst thing that can happen amidst cooking those kababs and beautifully marinated steaks is running out of coal, leaving your grill cold and leaving those

good pieces of meat half done. Double, even triple check because the last thing you want is to have to rush out and then end up serving your guests over cooked rubbery grilled meat dishes!

#### GET YOUR GUESTS TO BRING SIDE DISHES

This is a very good tip to use, especially when you're preparing for large barbecue events. Ask guests to help out by bringing side dishes and desserts, after all its Eid, and pretty much everyone has some sort of sweet dish made in abundance.

#### SERVE YOUR APPETISERS AWAY FROM THE GRILL

It is best not to have all your guests huddled

around the grill, which can turn out to be a very big distraction and delay the cooking process. Hence, keep your appetisers on a table further away from the grill so that guests can socialise there while you concentrate on getting all those mouth-watering meat dishes done.

#### USE ALUMINIUM FOIL TO CLEAN-UP EASILY

The most exhausting task when you have people over is the cleaning bit that the host/hostess i.e. you are stuck with after everyone leaves. To get an early start on the process, line the inside of the cooker with a few sheets of foil. This makes it quicker and easier to clean up the burnt coal and ash

once the cooking is done.

#### SET UP GAMES

If you have a large open space to do your barbecue in, try to set up some options for games, especially if children are around. From fun board games like, ludo, monopoly, carrom board to jenga, just take your pick and make the most of your surroundings.

By Supriti Sarkar

Photo: Sazzad Ibne Sayed

Models: Manoshi, Mahi, Arpita, Rabbi, Rupom, Maruf, Tanzim

Styling: Sonia Yeasmin Isha

Makeup: Farzana Shakil's Makeover Salon

Location: The Base Camp, Bangladesh

#### CHECK IT OUT



## Affordable fashion with Cats Eye

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## WordswithCardiologist Dr Ong Sea Hing

FROM PAGE 5

**Heart attack, stroke and kidney disease tend to manifest 5-7 years earlier in South Asians than in Caucasian/European populations. Why do you think that is?**

I think genetics and diabetes are the strongest reasons of all. If your parents and siblings have heart diseases, I am afraid there is a high chance that you might inherit it as well. Secondly, South Asia has many diabetics which is one of the major risk factors of cardiovascular diseases.

**How is early detection of cardiac diseases undertaken?**

Common screening tests for heart disease are chest X-ray, exercise stress testing, echocardiography, and CT coronary angiography. Depending on your cardiac risk profile, your doctor will be able to advise the most suitable screening test. This may include treadmill exercise testing, stress echocardiography and CT coronaries.

**What are the types of treatment available?**

Early detection and treatment by a cardiologist will prevent escalation

of the disease process. If there is significant disease a stent can be placed to reduce the narrowing of the arteries. If the condition is severe enough then surgery may be recommended. In cases of left main disease and severe triple vessel disease, bypass surgery not only reduces angina, it prolongs life and reduces the risk of sudden death.

For severe mitral valve leak, mitral valve repair restores the normal function of the valve and heart function. On the other hand, for severe aortic stenosis, aortic valve replacement will relieve the obstruction and restore normal heart function.

The quality of life after heart surgery is wholesome and should approach that of normal life span if the patient is able to maintain a healthy lifestyle.

By Tahmid Azad Sohan

Photo courtesy: International Medical Consultants

Farrer Park Hospital, Singapore,  
local office contact: Fazana Wali Liza  
Phone: 01783 929292  
International Medical Consultants