

A NOTE ON NUTRITION

BY CHOWDHURY
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Managing polycystic ovary syndrome (PCOS)

Few women in our society realise that while PCOS is a serious health issue, simple adjustments in their diet can aide in the treatment and desired recovery. Polycystic ovary syndrome is caused by an imbalance of female sex hormones, which may lead to irregular menstrual cycles, acne, increased hair growth on the face and body, cysts in the ovaries, and problems related to pregnancy, among others.

High levels of insulin play a significant role in the development of PCOS, and therefore, managing the blood sugar level is important. Many patients who have developed PCOS may eventually become resistant to insulin. In fact, research shows, more than 50 percent of those with PCOS develop diabetes, or are already diabetic by the time they reach 40.

Apart from insulin, PCOS is linked with another hormone — androgen. Many are unaware that although androgen is a 'male hormone,' it is also present in the female body in trace amounts. If one has PCOS, the body makes too much androgen, which can lead to weight gain, especially around the belly area.

Losing weight is perhaps the first measure one should undertake as even a 10 percent reduction in body weight decreases insulin resistance. Balancing the intake of carbohydrate on a day to day basis is important. It is equally essential that one does not miss meals. Dieticians suggest that one should not pass four to five

hours between meals/snacks. This is an essential part of maintaining optimal blood sugar level.

Other suggestions include gradually increasing the intake of carbohydrate rich in fibres; incorporating protein in most meals, and snacks.

Avoid food containing trans-fats. Introduce anti-inflammatory foods and spices, such as turmeric and tomatoes in your everyday meal.

Include two to three servings of low-fat dairy foods per day, such as skim or 1 percent milk, yoghurt, light cheese, etc.

Some phyto-nutrients might improve insulin resistance. They are abundantly found in cinnamon, nuts especially walnuts; orange and leafy green vegetables such as spinach; carrots, yams, and sweet potatoes.

Vitamin D deficiency has been associated with insulin resistance and reduced pancreatic beta cell function. Supplementation with Vitamin D3 (cholecalciferol) may also be beneficial.

And finally, lifestyle changes are essential for PCOS treatment. Reducing stress through self-care practices, such as getting enough sleep, avoiding stress, and making time to relax can help. Try to exercise for at least two-and-a-half hours every week.

Start with 10 minutes of activity and work up to longer times as your body adjusts.

NEWS FLASH

A night of positive VIBES

VIBES is a nationally and internationally well renowned beauty and fitness clinic, offering services in weight management, beauty, and laser treatments. It is an international chain which thrives on providing the best services in care and devotion, coupled with the use of the latest technology when tending to their clients.

VIBES has functioning clinics in India and Bangladesh, catering to over 1 million of its devoted clients in matters of the body, from head to toe. VIBES started its journey in 2005 and since then, it has made a successful network of chains encompassing both India and Bangladesh. The brainchild of founder, Latha Jain, it remains a trendsetter in moulding beauty and panache externally and internally.

VIBES provides a wide array of diverse services, from Weight Loss Solutions, Skin and Hair Treatments, Laser Hair Reduction, and Salon for Men and Women.

On 5 September, 2019, national award winning actress, Champa, launched their new Dhanmondi outlet on the 9th floor on the Imperial Amin Ahmed Centre, located on Satmasjid Road.

It must be noted that this is the second Dhanmondi VIBES Healthcare centre, and in order to accommodate the increasing

demands of its ever-increasing legion of clients, the recently launched outlet is much more spacious. Several leading Bollywood stars are acquainted with VIBES being the leading brand in the health and beauty industry.

VIBES celebrates vibrancy and happiness, and along with its dedicated legion of fans, it houses 1,000 plus well known experts in the field of its practice in beauty and health treatment.

On 6 September, in the evening, a starry and grand event was held in Westin to celebrate the vibrant positivity embedded in the relationship of VIBES and its dedicated clients, which has led to its great success in Bangladesh. The event commenced with the ritual of lighting the lamp.

The grand event name, "Celebrating positive VIBES," featured striking visuals of presentations, unveiling of the latest technology to be used in cool sculpting, and live testimonials of clients from both India and Bangladesh, accompanied by a cheerful ramp walk.

The glitz and glamour of the event was punctuated by throbbing and heartfelt musical dance performances performed by Eagles Dance Company.

Featuring keynote addresses by Ashok Jain, the esteemed

chief mentor, and others closely associated with the company, their speeches stressed on the harmonic relationship between the clients and VIBES itself, in addition to the lavish praises on Bangladeshi hospitality. The most valued possession to them is the trust of the customers, which binds them together as a family.

A major highlight of the event was the unveiling of the latest and best technological equipment that aids in coolsculpting – a non-invasive reduction of unwanted fat without any surgical procedures. The accumulated fat in our body will be frozen away with no need for surgery or needles.

The event featured live testimonials from clients all across the professional spectrum, who spoke about how VIBES was instrumental in helping them in areas of weight loss, skin, and laser treatments. Alongside heartfelt gratitude, the clients were also given the podium to have a ramp walk to celebrate the positivity in the air.

Guests were given a mirror to reflect on their beauty, something VIBES keeps on channelling. The event was sealed with a hearty dinner in front of a live and enticing musical performance. A night of positivity vibes all around indeed.

By Israr Hasan

Dr. Jhumu Khan's Laser Medical

PCOS month Celebration Offer

20% Discount

for PCOS patients only
till 15 Sep '19

*Condition Apply

PCOS SYMPTOMS



Menstruation
Problems



Acne



Hirsutism



Hair fall



Over weight



Skin
Discoloration



Depression



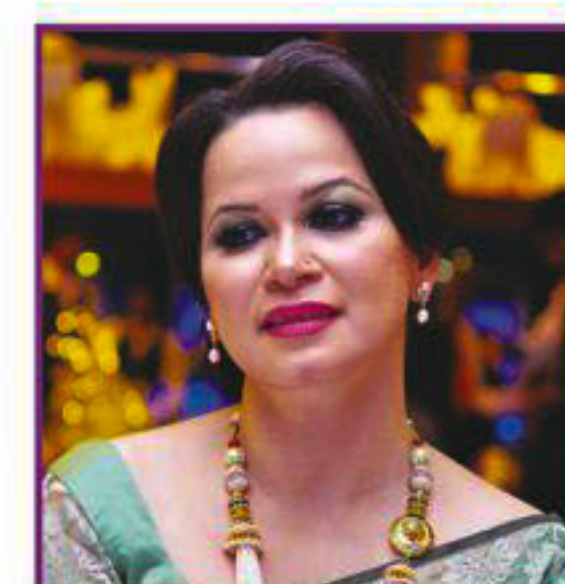
Infertility



Treat

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For Complete Solution



Dr. Jhumu Khan

MBBS (DMC), DCD (UK),
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Diplomat (WOSAAM) Dermatologist, Anti aging
& Regenerative Medicine Specialist

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