

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

If you go shopping, only take what you can afford to part with. Put in extra hours and finish pending jobs. Your lucky day this week is Friday.



TAURUS
(APR. 21-MAY 21)

Your personal life may suffer from a lack of spare time. Unfinished projects at home are most satisfying. Your lucky day this week is Wednesday.



GEMINI
(MAY 22-JUNE 21)

Travel will possibly result in new romantic attractions. You will not get the reaction you want from your spouse. Your lucky day this week is Monday.



CANCER
(JUNE 22-JULY 22)

Emotional deception will cause friction on the home front. Your involvement in interest groups may bring you popularity. Your lucky day this week is Sunday.



LEO
(JULY 23-AUG 22)

Sort situations out as best you can. Watch your spending habits. Your depressed mood has been hard to shake. Your lucky day this week is Friday.



VIRGO
(AUG. 23-SEPT. 23)

Talk to superiors about any problems you may have. Your high energy must be directed into productive goals. Your lucky day this week is Thursday.



LIBRA
(SEPT. 24-OCT. 23)

You can make money if you are willing to go out on a limb. Uncertainty regarding your spouse may emerge. Your lucky day this week is Monday.



SCORPIO
(OCT. 24-NOV. 21)

You are best not to say too much to colleagues. Use your creative flair. You will be prone to carelessness. Your lucky day this week is Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Get involved in competitive sports. Minor health problems might flare up. Involve yourself in group endeavours. Your lucky day this week is Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

Catch up on your correspondence. Make sure to make reservations early. Your ability to charm others will bring added popularity. Your lucky day this week is Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Sooner or later your partner will have had enough. Dead-end projects could plague you. Do not be extravagant. Your lucky day this week is Sunday.



PISCES
(FEB. 20-MARCH. 20)

Emotionally, things may not run smoothly. Your wit will bring popularity. Develop some of your good ideas. Your lucky day this week is Wednesday.

HEALTH

Forestalling joint pain

It's a chilly weekend afternoon and snuggled up on a cosy rocking chair by the bedroom window, you are about to finish reading this fabulous novel. After having basked quite a while in the feel-good vibes of the novel's climactic finish, you decide to rise from your chair for a brisk walk around the house.

To your utter dismay, your right knee gives a loud ominous pop and a twinge signals the onset of an excruciating pain that renders you unable to rise out of the chair let alone stand up on your own at once. And the horrid realisation hits you with a jolt — one cannot have the same bounce in step in their '50s like in their '20s.

Nightmarish, isn't it?

Even this mere envision thought can send chills down your spine. The tell-tale sign of geriatric-joint pain can veritably prevent you from leading a life unbound to the shackles of aging.

How many times did you come across somebody in their '50s, or '60s, who has not complained if not knee, but of a joint pain located somewhere else?

Regardless of how alarming the scenario might seem in the carefree and footloose '20s, given the sedentary lifestyle of the millennials, this happens to be where we all might be headed to. A drastic cutback in physical activity, paired with aging, exacerbates the situation.

Growing up, it's a common scene in every home to come across our beloved grandparents' complaints about aching joints, or even get to see them become bedridden from the health issue eventually. Seeing no other apparent solution except painkillers, most people resort to diverse home remedies such as using hot water bags, and pain remitting balms.

Although painkillers might provide temporary relief from the pain, they

fall short in ensuring cure or long term remission. Over time, they are forced to adapt to reduced mobility owing to their joint pain and have to face trouble in completing day to day chores.

Stress from run of the mill daily tasks like walking, sitting down, squatting, gripping things, rising up from sitting positions, climbing stairs etc become too much for the joints. There are many causes of joint pain — osteoarthritis, rheumatoid arthritis, gout, osteoporosis, bursitis, etc.

The 'geriatric curse – Osteoarthritis' alone accounts for 87 percent of causes behind all joint pains.

WHAT IS OSTEOARTHRITIS?

Osteoarthritis is a condition in which the shock-absorbing and supporting tissue of bones, known as cartilages, break down. It is a manifestation of wear and tear arising from the overuse of joints. Osteoarthritis usually occurs with age. However, it can also occur due to joint injury, or obesity which is known to exert pressure on joints. Automatically, the questions arise —

A. What are cartilages made of?

Cartilages are connective tissue and hence, comprise cells embedded in extracellular matrix. This matrix is composed of collagen fibres and ground substances, namely – glycosaminoglycans, proteoglycans, and water. Popularly known as GAGS; these glycosaminoglycans are essentially what provide joints with tensile strength, flexibility, and weight-bearing capacity. Aging robs the joints of the GAGS required for them to function properly and stave off stress.

Hence, preferably after turning 50, it is advised to take glucosamine supplements to help prevent osteoarthritis.

For some unexplained reason, many people tend to believe that Vitamin D and Calcium will both prevent and heal joint

pain. But this information happens to be quite incorrect and misleading to some extent.

What calcium will do is maintain bone density, while Vitamin D is going to help absorb Calcium. They are necessary to maintain the strength of bones and promote overall bone health. But your joints will need glucosamine to provide them with their own strength.

GAGS are the diesel for your body's junctions. Very much analogous to a machine, the body's joints end up jammed and rusty if they are not supplied their fuel — glucosamine.

Glucosamine and chondroitin have their natural source in the exoskeletons of shellfish, lobster, crabs, shrimps, etc. and crustacean shells do not turn edible even after proper cooking. So, supplements are the only exogenous supply of GAGS.

B. What to do?

Our favourite cliché makes it here too — prevention is better than cure.

Men in their '50s and postmenopausal women should start taking glucosamine and chondroitin supplements on a daily basis, and alternating between months. Other important supplements like Vitamin D and Calcium should not be missed. However, consulting your physician is always recommended for the correct dosage and to find out if you are contraindicated due to some other health condition or concurrent drug prescription.

Aging is a mystery, weakening over time, you wake up one day to find the once young body unyielding to its own wishes, insistent on a bit more rest and a little more support. Let's not have joint pain subdue the gifts life has to offer. Here's to healthy aging!

By Zarin Atiya

NEWS FLASH

Annual orchid show

Beguiling lost hearts and charming old souls, orchids have blessed the earth for the longest time among all other species of flowers. A true championship of orchids, Dhaka's Annual Orchid Show, held at Gulshan 2, therefore, aims to unite orchid enthusiasts from all parts of the city to indulge in nothing but the floral stunners of nature.

A two-day show, with 2019's event lasting from 20 to 21 September (Friday and Saturday), the annual event is the pride and joy of Bangladesh Orchid Society, led by the one and only Naseem Iqbal, President of the community.

"We take care of orchids all year round. We nurture them and believe in the preservation of the flowers. Bangladesh Orchid Society is a great way for like-minded enthusiasts like us to come together to share our love for orchids," shares Naseem Iqbal.

And so, the Annual Orchid Show is an



endeavour for this exact purpose. There is always something new every year at the show. The variety of orchids here do not just come from nurseries in and out of the country. Enthusiasts, boasting tens of hundreds of different species, bring about plants they bred and nurtured to give away to another enthusiast in an

attempt to fill their balconies and terraces. Conversely, one may even drop by to further their hoard of orchids by adding more indigenous or hybrid breeds of the floras. Whatever your motive, the display of flowers simply has the whole space abuzz with fragrance, colours, and a shared love for nature!

Other than being swept off your feet by breeds of dendrobium or charmed beyond repair by simple ground orchids, priced at Tk 600 and 500, respectively, you will also be pleasantly surprised by the range of fertilisers, types of soil and cuts of gardening tools all aimed to make you an expert orchid keeper yourself!

The Annual Orchid Show is an Eden plush with orchids smiling to the sun. Seizing the opportunity to find the orchid that warms your heart is all that's left for now!

By Ramisa Haque
Photo: Tauseef Iqbal Ali