

Living with Lupus

Another day, another torment. The same will follow the next day — the excruciating pain, inexplicable fatigue, and never-ending drowsiness.

This is life with lupus, a rare, chronic autoimmune condition where the body's immune system starts working against itself. The situation is such that the body gets into an internal battle, every day, for the rest of its days.

The word originates from Latin, which literally translates to 'wolf'. The malar rash caused by lupus is one of its main symptoms. They look like circular discs and typically appear on the face on either side of the nose.

In the past when research was limited, people used to assume the afflicted person has been bitten by a wolf, thus derivation of the name.

Lupus mostly affects women between the ages of 15-45, and approximately five million people worldwide are suffering from it. When diagnosed at a young age, it does not dawn upon the victim the massive effect this will ultimately have. It will seem like any other ordinary disease that will cure with the help of medicines. The question stands, how will your immune system help you recover when it is no more functioning normally? The answer is, it does not.

In our society, most people are not aware of the existence of such diseases. Autoimmune diseases are not given much importance and consideration, mostly because they are uncommon. Only someone who has been diagnosed knows about the pain and the trauma one has to face every passing day. It shackles the afflicted.

The treatment of lupus works on a trial and error basis, as no particular medicine works for all. What may work miraculously for someone can cause severe adverse reactions for another. Furthermore, treatment options are limited, even in the most technologically advanced and medically facilitated countries.

Dropping the spotlight on the effects of this disease — they are endless. It can affect any organ of the body at any given time. Thus, sufferers have to be extremely wary. To add to this misery, the medicines come with more side effects than benefits.

A victim of lupus has to bring changes in diet, habits, daily routine, and even life choices to say the least. With each passing day, the medicines and the disease will wear out the body making the ailed feel tremendously fatigued.

Currently, it is impossible to cure the disease completely as research is still in progress. What will help a victim recover other than medicines is support from the family and society. It is common for a sufferer to lose hope and go into depression. However, encouragement from family, friends, and society will aid to make this thorny journey easier.

As victims are helpless regarding their physical health, mental health can somewhat be controlled. An important factor that is mostly overlooked is good psychological wellbeing.

Mental health is as important as physical health when it comes to autoimmune diseases. When a person fighting lupus falls into the trap of depression, the condition exacerbates.

The mental pressure drags down the physical abilities, and eventually, the will to live.

We are living in a society where people are too quick to judge. The reason for obesity can be adverse reactions of medicines and not overeating. The reason behind falling grades can be tormenting aches and pain all day, and the sudden change in behaviour might be due to loss of patience every day. A person may look normal outwardly but could be battling a monster internally.

Lupus forces you to reconsider your life plans. It compels you to think about the future, how long can you survive? Even the strongest people fall prey to this deadly aspect.

Suffering from joint aches and fatigue at the age of twenty is not normal when you want to catch your dreams. Seeing your peers get ahead of you is not fair when you are trapped by this limitation that is beyond your control. Making life decisions revolving around this condition is not fair when you want to fly and prosper.

Certain habits and lifestyle changes, together with the support from family and friends, can make this tough journey easier. We can help these victims, these silent sufferers.

Most people will not willingly speak about it to avoid the lengthy explanation and the harsh trauma of their lives. By just being friendly and congenial with them, we can be active supporters and help these people lead a better life.

By Fariha Amber

BelleAme biscuits launched

New Zealand Dairy Products Bangladesh Limited has launched BelleAme, a new premium biscuit brand, through a press briefing on 17 October, 2019 in the Daily Star Centre's A.S. Mahmud Seminar Hall.

"We hope BelleAme will grab consumers' attention by providing and maintaining better taste and quality. BelleAme started its journey with Digestive, Energy Go, and Cremo biscuits. Later on, we will launch Crush, True Marie, Sweet Blaze, Dingo, Cream Cracker and Soda Cracker," New Zealand Dairy Products Bangladesh Limited's Managing Director S.A. Mallick FCA, said.

The company's Business Development Manager Nazmus Saquib Mallick and Chief Marketing Officer Md. Shafiqul Islam Tushar were also present in the launching ceremony.

Mallick further said that the finest ingredients, European formulation for better taste, and world-class processing and packaging machines are used in making BelleAme biscuits, stating that the brand will be consumers' first choice in the near future.

BelleAme biscuits ensure world-class quality by using fully automated technology and machines with the help of foreign expertise in its own factory.

New Zealand Dairy Products Bangladesh Limited, since 1992, ensures top-notch quality and nutrition in its products. The company offers a wide range of products, such as Diploma, Red Cow, Doodles Instant Noodles, Spicy Potato Sticks, etc. In 2009, it earned ISO 22000:2005 for quality food safety management.

HOROSCOPE



ARIES (MAR 21-APR 20)

Emotional blackmail will only make matters worse. Avoid getting involved in gossip. Change things up at home. Your lucky day this week is Saturday.



TAURUS (APR 21-MAY 21)

Take a look at your direction in life. Family members may be irritating. Be wary of disruptions at home. Your lucky day this week is Monday.



GEMINI (MAY 22-JUN 21)

Get your documents in order. Relationships will be emotional. You need an outlet. Your lucky day this week is Tuesday.



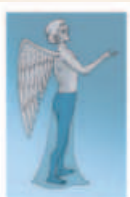
CANCER (JUN 22-JUL 22)

Involvement in groups will be favourable. Overindulgence will mean poor health. Develop your creative talents. Your lucky day this week is Thursday.



LEO (JUL 23-AUG 22)

Deception regarding your status in society is likely. Stop avoiding and resolve problems. Pick up some overtime. Your lucky day this week is Friday.



VIRGO (AUG 23-SEP 23)

Fitness programmes will lead to romance. Rid yourself of clutter. Be wary of those who want to use you. Your lucky day this week is Wednesday.



LIBRA (SEP 24-OCT 23)

Your mood swings will result in loneliness. Redecorate your home. Consider conservative investments. Your lucky day this week is Friday.



SCORPIO (OCT 24-NOV 21)

Your self-esteem will benefit. Friends will be loyal. Opportunities to make advancements will rise. Your lucky day this week is Saturday.



SAGITTARIUS (NOV 22-DEC 21)

You mustn't be so trusting. Your determination will lead to successful. You have more than enough on your plate already. Your lucky day this week is Sunday.



CAPRICORN (DEC 22-JAN 20)

Don't press your luck with family. Involvement in groups will be favourable. Don't let relatives get the better of you. Your lucky day this week is Tuesday.



AQUARIUS (JAN 21-FEB 19)

Your charming personality will lead to popularity. Don't waste time nit-picking. Confusion is apparent at work. Your lucky day this week is Monday.



PISCES (FEB 20-MAR 20)

Make favourable real estate offers. Don't let anyone provoke you. Children are not as accepting as you have been. Your lucky day this week is Tuesday.