

Prevent health risks the smart way

Business Development experts always say, "Optimise your capital expenditure to minimise your operational expenses." This means, if you invest in the right places, such as land, machines, labour etc. you will save a sizeable amount of money in the long run by reducing operational expenses. When talking about your health, the same principle applies, only in this scenario replace investment with prevention, and expenses with illness. A generally known fact is, if you regularly maintain your health, then you can avoid not only large sums on medical bills, but also pre-empt threatening health issues.

The healthcare system of Bangladesh consists of myriad dilemmas, unresolved issues, and improper medical support due to lack of expertise or insufficient finances.

A typical mind-set amongst people is to wait until the last moment and zoom off to the emergency room only when absolutely necessary, instead of focusing on preventing such occurrences. By the time people go to the emergency room, it is often too late. By then, you might incur painfully big losses from your wallet, and in the most tragic of cases, loved ones are lost forever.

Affordability plays a major role in saving lives. Medical care in Bangladesh can get so expensive and scarce that patients opt not to seek care for fear that they will go broke. Health issues that could have been easily helped go unattended. While there are many factors that make it harder for people to get the care they need, people can take control of their health by taking regular care and checking

your health, so that unforeseen situations become easier to avoid.

Additionally, doctor consultations in this country is very haphazard. People tend to bounce from doctor to doctor, based on cost and availability. Moreover, each time they visit a new consultant, they have to undergo a series of redundant tests. This often results in misdiagnosis, due to difference in opinion, and mismanaged tracking of patient history.

Different doctors also prefer different brands of medicine from the same category, which can be a health risk for patients. When you stick to 'one source consultation' for a certain period of time, doctors know your medical history, and also know what suits you best, and what to stay clear of. They also know of your physiological, mental, and financial capacity, which makes it easier for them to devise a plan best suited to your needs.

Suffering yourself, or seeing your loved ones traumatised is the most painful thing on earth. Sometimes, these sufferings may end up in a permanent loss. And often, answers are not so easily available. That could happen due to a number of reasons, ranging from inept medical care, improper history tracking, to prescribing the wrong course of action in a moment of emergency. However, these risks can be minimised when you visit a healthcare provider that you have been seeing consistently. Not only can they provide you with the best possible solutions, but also redirect you to the proper direction when necessary, and be a trusted partner for your health.



CHECK IT OUT

A season of grills and chills at Amari Dhaka

With November comes the smell of winter, and what could be better than BBQ and Grills during chilly nights? Making the best use of this welcoming weather, Amari Dhaka is all set with two different winter grill and BBQ offers for November.

Foodies can take delight in Western-style grills at Amaya Food Gallery till 16 November, 2019. As part of this interactive dinner buffet, diners can enjoy live grilling of a selection of tender meat and seafood served hot right onto their plates. This offer is available for Tk 4,000 net, which also feature over 150 items from Japanese, Chinese, Thai, Italian and Indian origins, as per chef's preference. Buy One Get One is applicable for select cards.

As for the other offer, diners can head to the 15th floor of Amari Dhaka to try meat and seafood, roasted in an open fire, with a melt-in-your-mouth texture. For the entire month of November, Deck 41 Rooftop Restaurant and Bar will host Winter Grills on the rooftop, with a bird's eye view of Dhaka city.

For reservations, please call +880 1777719397 for Amaya Food Gallery, +880 1774737792 for Deck 41 or send an email to reservations.dhaka@amari.com

For further information, please visit www.facebook.com/AmariDhaka



Comprehensive Winter Health Check

actual price ~~BDT 9,130~~

early bird price **BDT 5,500** | regular price **BDT 5,900**
valid until November 30, 2019 | valid from December 1, 2019 to January 31, 2020

14 tests +
1 consultation with Family Medicine Doctor +
1 consultation with nutritionist

Free Registration

promo code: **DSCWH**

use the promo code to avail the offer



PRAAVA HEALTH
family doctors + diagnostics



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