

BEAUTY DISSECTED

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Health tips for winter

Although it's not very cold in the big cities, the temperature has already gone down in the countryside. But wherever we are located, there is a change in the overall atmosphere, and this affects all of us in different ways.

With all the construction work and chemical industrial fumes in the air, along with the lack of rain, the weather becomes very dry and dusty. As the pattern of the air and environment changes, so does its effect on our body.

As we are constantly breathing in this air, it affects our respiratory system in many ways. The mucosa of our nose is directly affected. Many people experience excessive dryness of the nose and difficulty breathing.

Over the counter saline drops are available and help a lot, but please do not use prescription drops without a doctor's advice. Patients already aware of dust allergy and patients who have asthma should try to avoid dusty areas. Using a mask in these areas is a good idea. Also please continue your medications regularly and keep an inhaler in your bag in cases of emergency.

As we are not used to low temperatures, the children and the elderly are very prone to get sick when the temperature drops a bit. Viral flu, rhinitis, sore throat, and chest infections are common in this weather. Dressing comfortably is very important. If you do get sick, see a doctor before it gets worse and avoid complications. Those who are prone to coughs and sore throat, gargle regularly with warm water to keep the throat clean.

Our skin, scalp, hair, lips and nails are also affected by this weather. As it is not so warm, we don't drink enough liquids, and this, with the dry and dusty weather, contribute to

loss of moisture from our body and lead to dehydration. There is dryness of the skin, scalp and hair. This rough and dry skin becomes very itchy and flaky.

Regular bathing is important to keep the skin rehydrated. We can use lukewarm water to make us feel comfortable. It is best not to use too hot water as it causes more dryness.

A good amount of moisturiser needs to be used at least twice daily to keep the skin soft. It's best used on moist skin to lock in the moisture. Extra care has to be taken with the soles of our feet as the skin is thick, we can use extra heavy moisturiser in those areas.

Also, dehydration and dry weather affects our lips a lot and they become dry and chapped. Use of lip balms to just simple petroleum jelly works great as moisturises. Also drinking adequate amount of fluids is very important for hydration.

The skin of our scalp and hair also becomes very dry and rough. If we do not clean the scalp properly there is accumulation of dead skin, dust and oils, which clog the hair follicles leading to dandruff formation and hair loss.

So, shampooing and conditioning on regular basis is important for keeping the scalp and hair hydrated and healthy. If you have a problem with dandruff, use an anti-dandruff shampoo along with your normal hair care.

Drinking lots of lukewarm drinks and soups is very comforting and a good way for rehydration in this season. Foods rich in vitamin C are good to boost your immune system and keep you well. Dress comfortably, stay hydrated, and enjoy the season.

Photo: LS Archive/Sazzad Ibne Sayed



ভিটামিন সি সমৃদ্ধ মেরিল পেট্রোলিয়াম জেলি,
আপনার ত্বকের সম্পূর্ণ সুরক্ষায়*



শীতে ত্বক সংরক্ষণ
যেকোনো গ্রন্থ ও ডাক্তারি পরামর্শের জন্য
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পণ্যটি কিনতে
স্ক্যান করুন



* ত্বকের ময়েচার সুরক্ষা করে