

A national policy is needed to deal with dementia

Dementia is not a mental illness. It is a disease of the brain. But due to a lack of adequate knowledge, people have many superstitions and misconceptions about this disease. Initiatives are needed to remove them. Besides, the country needs a national policy to deal with dementia quickly. Speakers said this at a discussion meeting on dementia awareness in the capital recently, says a press release. The discussion meeting and procession were jointly organised by Uttara Sector 4 Welfare Association and Alzheimer's Society of Bangladesh.

Dementia specialist Raisul Islam Khan, Physician Md. Abul Kalam Azad also spoke on the occasion. Badrul Islam, Farhana Ahmed, Chairman of Dementia Center, Md. Abdul Matin, Founder Secretary General of Alzheimer's Society of Bangladesh; Azizul Huq and others were also present.

The speakers said that a part of the country's population is suffering from dementia. Awareness among people about this disease is still in its early stages. The general public's knowledge of this disease, its symptoms and proper care of people suffering from this disease is very limited. Because of this, the affected persons become victims of social prejudice, carelessness, and neglect.

Speakers said that the number of people suffering from dementia is increasing in Bangladesh, which has a huge impact on social and economic life. This could be one of the most important health, social and economic crises. Therefore, it is necessary to develop the country's national policy and care system quickly to deal with dementia.

Major (ret'd) Anisur Rahman, president of the Uttara Sector 4 Welfare Association, presided over the function. He said that dementia disease can no longer be neglected and neglected. Everyone has to work together to combat dementia. We have to stand by the patients.



STAR HEALTH DESK

Changing your lifestyle and giving up bad habits are great ways to improve your health and well-being at the beginning of a new year. While only a small percentage of people actually keep their resolutions, here are some steps you may follow to get healthier in the new year and achieve your health goals.

Lose weight and keep it off: Losing weight is one of the most important steps toward better health. Losing five to ten per cent of your body weight can help lower your risk of chronic health conditions, such as heart disease, type 2 diabetes, and high blood pressure. If you are ready to start shedding pounds, eat healthy food, get regular physical activity, and follow some weight-loss tips that really work.

Eat a healthy diet: Healthy eating involves both what you eat and how you eat. Getting your recommended servings of fruits and vegetables each day is important because fruits and veggies are low in calories and fat, high in fibre, and rich sources of vitamins and minerals. Foods that contain fibre keep you feeling full, which helps you lose weight.

Eating too fast can cause you to overeat, so slow down and chew each bite carefully. Turn off the TV, put your phone away, and enjoy the textures and flavours of the meal. As you eat, it can take your brain up to 20 minutes to get the message from your stomach that you are no longer hungry, so stop eating before you feel full.

Sit less, move more: If you have not exercised for a while, going to a gym every day may not be a realistic goal. Making a resolution to simply add more physical activity into your daily life is more attainable. An easy way to become active is to sit less and move more. Park farther away from the entrance to the grocery store,

take the stairs instead of the elevator, and exercise while you watch TV.

As you become more physically active, you will start to feel better over time—and you will not feel quite right if you go back to your old ways.

Schedule an annual checkup: Seeing your doctor each year can help you stay healthy. Regular checkups and preventive screenings allow your doctor to identify minor health issues before they become bigger problems. And treatment is often more effective when an illness is detected early. Be sure to visit your doctor each year for a regular checkup, even if you feel healthy.

Take steps to reduce stress: Learning how to manage stress is an important part of taking care of yourself and maintaining good overall mental and physical health. If your stress is getting out of control, simple activities like practising breathing exercises, going for a walk, or listening to music can help restore calm to your life. Chronic stress takes a toll on your health and well-being, so explore healthy ways to relieve stress.

Get more sleep: Good quality sleep boosts your immune system and promotes emotional wellness by giving your mind time to rest and recharge. Establishing a relaxing bedtime routine, limiting screen time before bed, and creating a quiet sleep environment can help you get the sleep you need. If you suffer from insomnia, take steps to reduce stress and follow some tips for better sleep.

Create a plan to stop smoking: Smoking harms nearly every organ in the body and is the leading cause of preventable death. Smokeless tobacco causes cancer of the mouth and can lead to nicotine addiction. If you use tobacco, make a plan to quit.

How to keep your New Year's resolutions: Following through on your

New Year's resolutions is challenging. You are more likely to succeed if you set goals that fit your lifestyle. Creating healthy new habits takes time and energy.

Be specific. Rather than saying you want to lose weight, define exactly how much weight you want to lose. (Remember, a healthy goal is to lose one to two pounds per week.) Don't just say you want to exercise more—make a commitment to exercise for 30 minutes, five days a week. If you need help defining a specific health goal for the new year, work with your doctor or healthcare provider to create a plan.

Be realistic. If you have not exercised in years, resolving to start training for a marathon is not realistic. If you rarely eat vegetables, rather than making a commitment to eat five servings of vegetables every day for the rest of your life, try adding one serving of a fruit or vegetable to a meal each day. Work your way up to five servings per day over the course of the year.

Track your success. If your goal is to be more active, a wearable fitness tracker can help you stay motivated. If you want to stop smoking, keep track of how much money you have saved by not buying cigarettes.

Don't let perfect be the enemy of good. You don't have to be perfect. If healthy eating is your goal, that does not mean you have to give up all of the foods you love at once. Try making one or two small changes at a time. Allowing yourself the occasional salty snack or piece of chocolate can actually help you stay on track and achieve your long-term goals.

Celebrate your milestones. Break your overall goals into smaller items, and reward yourself for each step you accomplish.

Making a healthy New Year's resolution focused on your well-being is an important first step. You can stay on track by following these tips to become a healthier and happier you.

HAVE A NICE DAY

Blaming others is a sickness

DR RUBAUL MURSHED

"He who blames others has a long way to go on his journey. He who blames himself is halfway there. He who blames no one has arrived." – Chinese Proverb

Usually relationships fail because people take their own insecurities and try to twist them into their partner's faults. It is said that no single raindrop believes it is responsible for the flood. Whenever things go wrong, some people have a habit of blaming others.

Finding faults in others and not rectifying one's own actions is a sign of a personality disorder.

People with some personality disorders are extremely resistant to changing their behaviour, even when it is causing them problems.

Blaming others could be a classic personality disorder feature with mild to extreme; and

they may not truly feel they are responsible for their behaviour. They are often referred to as "chronic blamers." In reality, they blame others with their usual behaviours and their negative mindsets. They easily see themselves as victims, and they are extremely resistant to accepting that they may have contributed to making a situation problematic. The psychological term for blaming others is psychological projection, which is a defense mechanism that causes those with this condition to protect themselves by using others as scapegoats.

Blaming or complaining never makes anything better. No one is perfect, we need to realise the meaning of 'adjustment' - an alteration or movement made to achieve a desired result.

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How to protect your skin this winter

STAR HEALTH DESK

From dry hands to chapped lips to cracked heels, see the top cold-weather threats to your skin - and what you can do about them.

SOS for chapped lips: No one is immune from dry lips in winter! Drink plenty of water to stay hydrated and use a humidifier at home. Liberally apply petroleum jelly to your lips. Don't lick your lips - it may feel better briefly, but it only makes chapped lips worse.

Heal cracked heels: Painful, cracked heels are a common skin condition, especially in winter. They are often caused by dry skin. Keep feet healthy by marinating cracked heels in petroleum jelly, covering them with plastic wrap, and putting on a pair of socks overnight. You should see improvement in a few days.

Give dry hands extra care: Your hands may be hard hit by the cold winter air. Washing your hands frequently helps eliminate cold and flu germs, but it also increases dryness. Give dry hands some glycerin-based moisturiser when you wake up, before you go to bed, and any time your hands feel dry throughout the day.

Use super-fatted soap: The same products that keep your face looking fresh in the spring and summer may cause skin problems during winter. Choose a gentle, super-fatted, fragrance-free soap - bar or liquid - for cleansing. Super-fatted means the soap is loaded with oils. Use a non-astringent toner, or just skip it altogether. If skin is dry, moisturisers that contain urea, dimethicone, glycerin, lanolin, or mineral oil can be good bets.

Choose a winter moisturiser: Should you change your moisturiser? Maybe. If you usually use a light lotion, try a heavier cream, at least on dry skin patches. Ointments - like petroleum jelly - have more oil than creams or lotions. That makes them more greasy, too, so they may be best for feet and body. Minimise the greasy feeling by using a very small amount and gently but thoroughly rubbing it into skin. Apply after a warm shower.

Clear away dead skin first: To get the most out of your moisturiser, exfoliate. Clearing away dead skin cells lets a moisturiser better penetrate dry skin. Exfoliate gently with a moisturiser that contains lactic acid or salicylic acid. Some exfoliants can be irritating, especially in winter, so try them

on a small patch of skin first. If your skin is really dry or irritated, ask your doctor before starting a new skin care product or regimen.

Winter showers: A shower can add water to your skin - as long as you keep it short and sweet. Long, hot showers can actually draw moisture from your skin. Appealing as a hot shower on a cold morning may be, lukewarm water is a better choice. It will not strip away skin's natural oils.

Lock in moisture after your bath: Right after you step out of the tub, pat skin dry and apply moisturiser to retain the water your skin just absorbed. A glycerin- or hyaluronic acid-based moisturiser can increase the amount of water that is drawn into your skin. Baby oil is also a good choice, because it prevents water from evaporating from your skin.

Plug in a humidifier: The warm, dry indoor air can mean parched, dry skin. Use a humidifier to restore moisture to the air.

Lube your locks: Protect your hair this winter by shampooing every other day instead of daily. Shampoos and excess shampooing can strip hair of moisture. Use warm water and a mild shampoo with sunscreen. Apply extra conditioner to keep your hair hydrated, shiny, and soft. Don't overstyle with the blow dryer or flat iron. And protect your hair from the elements by wearing a hat.

Winter sunscreen required: Think you can't get a sunburn in winter? Wrong. Skiers and other winter athletes are at special risk of sunburn because snow reflects sunlight. In fact, it bounces 80% of the sun's rays back to us, compared to less than 20% for sand and surf. Even if you're not hitting the slopes, you still need the protection of a sunscreen with an SPF of 30 or more. Apply daily, and reapply at least every two hours if you're outside.

Beat the itch of winter skin: Dry winter skin can be incredibly itchy. Beat itchy skin by taking a lukewarm bath with oatmeal or baking soda, reapplying your moisturizer frequently, and steering clear of wool and other rough fabrics. If these techniques don't make a difference, see a dermatologist. You may have an underlying condition such as eczema or psoriasis that requires different treatment.

Source: WebMD



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