

## Common walking mistakes and how to fix them

Walking is a great way to get exercise and improve your overall health, but there are some common mistakes people make that can lead to discomfort or injury.

Here are some tips to help you avoid these issues:

**Choose the right shoes:** Avoid high heels and stiff court shoes. Look for a well-padded, light, breathable, and water-resistant shoe. A running shoe may work well for walking too.

**Make sure your shoes fit properly:** They should be comfortable and snug, but not too tight or loose. Shop later in the afternoon when your feet are slightly swollen to get an accurate size.

**Change up your route:** Walking the same route every day can get boring and cause you to lose interest. Look for hills to add intensity and variety to your walk.

**Stay aware of your surroundings:** Avoid listening to music or podcasts at a high volume and use headphones that let in sounds from the outside. Always be aware of your surroundings, especially when crossing the street.



**Avoid distractions:** Don't use your phone while walking. It can be dangerous and lead to injuries.

**Wear appropriate clothing:** Choose loose, comfortable, and breathable clothing that can be adjusted as you get warmer or cooler. Bring rain gear and wear hats, sunglasses, and sunscreen to protect yourself from the sun.

**Track your progress:** Use a pedometer or an app to track your steps, miles, or minutes walked. This can help motivate you and ensure you're meeting your exercise goals.

**Stretch afterward:** Give your muscles a gentle stretch after your walk, especially your calves. Hold each stretch for 10-20 seconds and use a chair or wall for balance if needed.

## Why women get emotional during PMS: factors & strategies for coping

DR NUR-A SAFRINA RAHMAN

Pre-menstrual syndrome (PMS) is a common condition that affects many women of reproductive age. While physical symptoms such as bloating and cramping are well-known, emotional symptoms during PMS are often overlooked. Emotional symptoms can include irritability, mood swings, anxiety, and depression, and they can have a significant impact on a woman's quality of life.

Why do women get emotional during PMS? Following are some points you can note that might help you understand the reasons.

- **Hormonal changes** are thought to play a significant role in the development of emotional symptoms during PMS. During the luteal phase of the menstrual cycle, which is the second half of the cycle after ovulation, levels of oestrogen and progesterone fluctuate. These hormonal changes can affect neurotransmitters, such as serotonin, which are involved in regulating mood.

Studies have shown that women with PMS may have lower levels of serotonin during the luteal phase of the menstrual cycle, which may contribute to the development of mood disorders such as depression and anxiety.

- In addition to hormonal changes, there are several other factors that may contribute to emotional symptoms during PMS. For example, stress can exacerbate PMS symptoms and lead to emotional distress. Lack of sleep and poor nutrition can also contribute to mood changes during PMS.

Certain lifestyle factors, such as smoking and alcohol consumption, may also contribute to emotional symptoms during PMS.

- Psychological factors may also play a role in the development of emotional symptoms during PMS. Some women may feel overwhelmed or anxious about their menstrual cycle and the impact it has on their



daily lives, which can contribute to emotional symptoms.

Overall, the emotional symptoms of PMS are likely caused by a complex interplay of hormonal, psychological, and environmental factors. While the exact causes may vary between individuals, there are several strategies that can help to alleviate emotional symptoms during PMS.

- **Regular exercise:** Regular physical activity has been shown to improve mood and reduce stress, which may help alleviate emotional symptoms during PMS. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, most days of the week.

- **Stress management:** High levels of stress can exacerbate PMS symptoms and lead to emotional distress. Stress management techniques, such as deep breathing, meditation, and yoga, may help to reduce stress and promote relaxation.

- **Healthy diet:** Eating a healthy, balanced diet can help to support overall health and reduce the severity of PMS symptoms. Focus on whole foods, such as fruits, vegetables, lean proteins, and whole grains, and limit processed and high-fat foods.

- **Sleep hygiene:** Getting enough restful sleep is important for overall health and may help reduce emotional symptoms during PMS. Aim for 7-8 hours of sleep per night

and practice good sleep hygiene, such as establishing a regular sleep schedule and limiting exposure to screens before bedtime.

- **Supplements:** Certain supplements, such as calcium, magnesium, and vitamin B6, may help reduce PMS symptoms, including emotional symptoms. Consult with a healthcare provider before starting any supplements.

- **Therapy:** Talking to a mental health professional, such as a therapist, may be helpful for managing emotional symptoms during PMS. Cognitive behavioural therapy (CBT) has been shown to be effective in treating PMS-related mood disorders.

- **Medications:** In some cases, medications may be necessary to manage severe emotional symptoms during PMS. Antidepressants and anti-anxiety medications may be prescribed by a healthcare provider to help alleviate emotional symptoms.

It is important to remember that PMS symptoms can vary greatly between individuals, and what works for one person may not work for another. If emotional symptoms are severe or disruptive, it is recommended to consult with a healthcare provider for further evaluation and treatment.

The writer is a public health specialist.  
E-mail: safjrinarahman16@gmail.com

## HAVE A NICE DAY Numbness of senses

DR RUBAUL MURSHED

"Content is fire. Social media is gasoline." It is said that this media emphasises sociology, psychology and marketology over technology. Switching from current news to hungry people to war and calamities to a comedy show on the screen in minutes, makes us insensitive to social values.

Eventually, social media numbs our senses and turns us into humanoids more than human beings. We have forgotten how to be kind and do good in this social media-driven age. Research has shown that increasing screen time is associated with negative self-concept and an increased risk of obesity as well as insufficient levels of physical activity.

This 'online frontline' has benefits, but unless media regulators and policy makers monitor, it will harm society. Its unrealistic expectations and sources and cheap popularity can harm mental health. It can make people emotionally numb and less kind toward each other. People who make comments online, would never speak in front of someone; and when they do this frequently, they will begin to become less compassionate in real life.

Studies have found strong associations between excessive use of social media and an increased risk for depression, anxiety and even suicidal thoughts. Social media may promote negative experiences easily. It affects behaviour negatively by depriving children of important social norms that would normally learn through in-person communication. This can cause them to be more emotionless and insecure.

Sitting or lying in front of any type of screen for extended periods of time can ultimately cause brain fog and vision problems, among other health issues because it changes the brain, both behaviorally and structurally.

E-mail: rubailmurshed@shomman.org



## Artificial lab-based blood transfusion: the future of medicine

DR OPURBO CHOWDHURY

Blood transfusions have been a crucial part of modern medicine. A blood transfusion transfers healthy blood from a donor to a recipient. It replaces blood lost during surgery or injury or treats certain medical conditions.

However, the demand for blood transfusions often exceeds the supply. There are also concerns about the safety of blood transfusions, as donated blood can carry infectious diseases. These encounters have directed researchers to look into the opportunity of creating artificial blood for transfusion purposes.

In recent years, there has been substantial progress in lab-grown blood, also known as 'in vitro' or 'artificial blood'.

Artificial blood, also known as lab-grown blood, is the blood that is produced in a laboratory setting using stem cells or other cells as a starting material. Stem cells are a type of cell that could develop into many different types of cells in the body.

There are several different approaches to producing artificial blood. One method involves using stem cells to produce red blood cells. Another process consists of using cells from the uterine lining to produce blood cells.

The goal of artificial blood research is to produce a product that is safe, effective, and widely available. If successful, artificial blood could potentially address the shortage of donated blood and eliminate the risk of transmitting infectious diseases through transfusions.

There have been several promising developments in

artificial blood research in recent years. For example, in 2018, researchers at the University of Bristol in the UK announced that they had successfully produced red blood cells in the lab using stem cells.

In 2019, researchers at the University of California, San Francisco (UCSF) announced that they had developed a method for producing red blood cells from endometrial cells. Moreover, these cells could make red blood cells in large quantities.

There have also been several clinical trials of artificial blood products. For example, a clinical trial of a synthetic red blood cell product called

'PolyHeme' was completed. This trial involved patients who had lost significant blood due to injury or surgery. The test results showed that the artificial red blood cells were safe and effective in increasing the oxygen levels in the patient's blood.

Another clinical trial of an artificial red blood cell product called 'HBOC-201' was completed in 2018.

There are several potential benefits of artificial blood transfusions. One of the main benefits is that it could potentially address the shortage of donated blood. According to the World Health Organisation, there is a constant need for donated blood, and the demand often exceeds the supply. This can lead to delays in treatment and can be particularly problematic in low-income countries where the supply of donated blood is often limited.

The writer is a physician in the UK.  
E-mail: opurbo.chowdhury@gmail.com



## Ear and hearing care for all!

STAR HEALTH DESK

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Each year, the World Health Organisation (WHO) decides the theme and develops evidence-based advocacy materials such as brochures, flyers, posters, banners, infographics and presentations, among others. At its headquarters in Geneva, WHO organises an annual World Hearing Day event.

The theme of the World Hearing Day this year is "Ear and hearing care for all! Let's make it a reality."

World Hearing Day 2023 will highlight the importance of integrating ear and hearing care within primary care, as an essential component of universal health coverage.

**Key messages:**  
• Ear and hearing problems are among the most common problems encountered in the community.

- Over 60% of these can be identified and addressed at the primary level of care.

- Integration of ear and hearing care into primary care services is possible through training and capacity building at this level.

- Such integration will benefit people and help countries move towards the goal of universal health coverage.

This year, WHO launched a Primary ear and hearing care training manual. The manual will be accompanied with trainer's handbook and other community resources.



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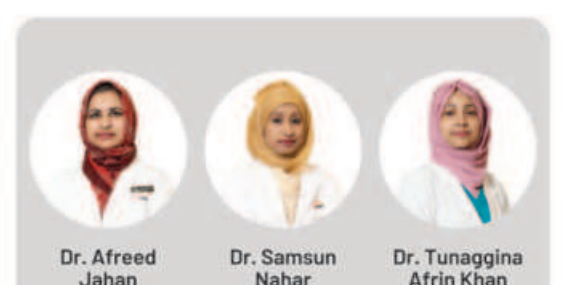
# Save Your Heart!



Dr. Sayedur Rahman Khan

Dr. Rezaul Hassan

Dr. Mirza Abul Kalam Mohiuddin



Dr. Afreed Jahan

Dr. Samsun Nahar

Dr. Tunaggina Afrin Khan

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