

Researchers claim a new discovery could drastically reduce hospital admissions

STAR HEALTH DESK

Half of England's adult smokers making the switch to e-cigarettes could save the NHS more than £500 million per year, a study has claimed. Researchers at Brunel University London used data from NHS Digital, the Royal College of Physicians, and the Office for National Statistics (ONS) to identify the prevalence of smoking in each region.

They found that between 2019 and 2021, 13.6% of people aged 18 and over in England smoked. The lowest rate of smokers is in the south east (12.2%), compared to 14.1% in the midlands, 14.6% in the north west, and 15% in the north east and Yorkshire.

The study, published in the British Journal of Healthcare Management, suggests that if 50% of those people were to switch to e-cigarettes, hospital admissions would reduce by 13%, translating to savings of £518 million.

The figure was calculated by looking at data relating to smoking as a cause of death as well as the risk of developing five diseases as a result of the habit: cancer, heart disease, stroke, chronic bronchitis, and emphysema. The research team calculated total health expenditure by multiplying average ward costs per bed day for a specific disease by the mean length of stay in hospital for that disease. In the North East and Yorkshire alone, half of smokers switching to a vape could save £148 million, researchers said.

In 2019, the UK government outlined its ambition to make England smoke-free by 2030. It also launched a "swap to stop" campaign in April, offering one million smokers vapes to encourage them to quit cigarettes.



Maintaining health in the golden years

DR ZUBAIR KHALED HUQ

Cardiovascular disease, osteoporosis, and dementia are common chronic conditions in old age. Osteoarthritis, diabetes, and related mobility disabilities will increase in prevalence as the population ages. These population changes have considerable public health importance. No matter your age, it is important to take care of your body and prevent illness. But if you are older, the flu or common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection.

If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these conditions worse. Because of this, it is important to make healthy choices to strengthen your immune system and reduce the likelihood of illness. Physical activity is an immune system booster. The more you move, the more your body can fight inflammation and infections. Low-impact exercises are also effective in this case. You can get engaged in moderate-intensity exercise for about 20 to 30 minutes a day to reach the recommended total of 150 minutes a week.

Some supplements help support a healthy immune system. Some

supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12. Take supplements or multivitamins as instructed to boost your immune system.

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are good sources of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system.

Washing your hands regularly is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It is possible to become ill if you touch a virus-covered surface, contaminate your hands, and then touch your face. Wash your hands with warm, soapy water often and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands.

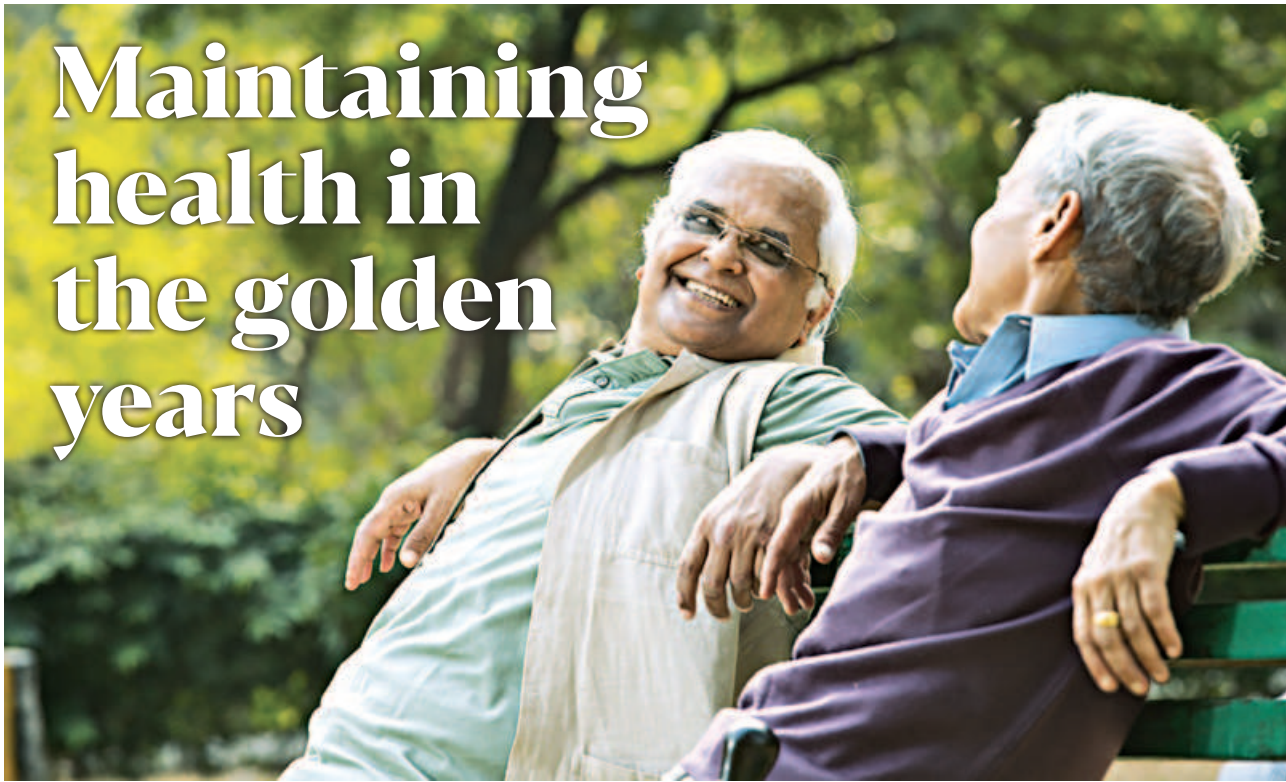
Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system. To reduce stress, increase physical activity, get plenty of sleep, set reasonable

expectations for yourself, and explore relaxing, enjoyable activities. Not only can sleep reduce your stress level, but sleep is also how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications.

Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus. If you must go out, protect yourself by wearing a face mask. If you are caring for someone with the flu, wear a face mask and gloves and wash your hands frequently.

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HAVE A NICE DAY How much is too much? - Part I

DR RUBAUL MURSHED

Money is a good servant, but a bad master—an ancient proverb. People first crave wealth, because they want power, status, and a luxurious life. Eventually, they desire material possessions to compare themselves to others and show superiority. Once the rich become more prosperous, they can have anything they need but still focus on making more money.

However, recent studies have shown that the more money you have, the more likely you are to suffer from depression and other mental health problems, including megalomania (obsession with the exercise with power).

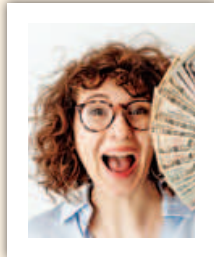
Even billionaires make the mistake of believing that money, not time, sharing, and moral values, will enrich their lives. The urge for unlimited wants can create social pressure in human nature. Chasing wealth is a trap because it leads only to an increased focus on rushing for money by bypassing moderate lifestyles.

Researchers found that high income may improve a high standard of lifestyle but not emotional well-being. They learned that happiness increases with income levels until our basic needs are met. Studies also found that wealthy people are not happier than the upper middle class.

A luxury good is a product that is thought to be non-essential. Some reasons wealthy people buy luxury goods when they do not need them include a sense of irrationality and accomplishment. This means consumers do not need expensive luxury items for a good living, like clothing from high-end designers, handbags, jewellery, watches, high-end vehicles, and certain accessories.

Well, all expensive things are not luxury, as sometimes good-quality baby food or medicine could be costly. However, evidence shows that our sense of self-worth, inner peace, and attitude towards events can bring us true happiness.

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Elevating beauty and confidence by redefining aesthetic care

STAR HEALTH REPORT

Este Medical Bangladesh Ltd. was founded in 2021 by Mohammed Faisal with the aim of providing exceptional aesthetic care and dermatological services not only in Bangladesh but throughout South Asia. Mr Faisal envisioned a state-of-the-art facility that would offer top-quality treatments for skin, body, hair, and dental needs, utilising the best technology and dermatological experts trained by Este Medical.

Este Medical Bangladesh established itself as a brand in the field, catering to clients seeking dermatological, aesthetic, dental, and cosmetic procedures. Mr Faisal firmly believed that the combination of advanced technology and talented professionals would result in unparalleled creativity, innovation, and success.

Partnering with Alif Group, Este Medical Group (UK) embarked on an ambitious plan to expand its presence in South Asia. With branches planned in Bangladesh (Dhaka and Chattogram), India, Dubai, and other locations, Este



Mohammed Faisal, Managing Director of Este Medical Bangladesh Ltd.

Medical aimed to become a household name associated with exceptional medical and aesthetic care. Este Medical's beauty expertise and commitment to embracing the latest technology and attracting top talent set the stage for historical achievements. Mr. Faisal expressed his unwavering faith in technology and talent, recognising the immense potential

they hold when working together.

Este Medical's services encompass various treatments under Este Plant, Este Comfort Zone, Este Beauty, and Este Dental, covering a wide range of aesthetic and dermatological procedures.

With a rich experience of 25 years in the consumer market and a dedicated workforce, Alif Group embodied the values of hard work, trust, and client dedication.

Alif Group remained committed to supporting the community during challenging times, such as the pandemic and natural disasters like the Sylhet flood. With a strong sense of responsibility, the group stood beside the people of Bangladesh and worked towards their well-being.

Este Medical Bangladesh, in collaboration with the Alif Group, aimed to revolutionise the landscape of aesthetic care in Bangladesh and South Asia. With their combined expertise, cutting-edge technology, and unwavering dedication, Este Medical strived to provide unmatched services, leaving a lasting impact on the industry.

DID YOU KNOW? Classic rock music can be recreated from recorded brain activity!



STAR HEALTH DESK

Researchers from the University of California, Berkeley, have shown that they can recreate recognisable versions of Pink Floyd's rock music using brain activity recorded while patients listened to the song. This was done through advanced computer modelling.

The study, published in PLOS Biology, used brain data from 29

patients listening to "Another Brick in the Wall, Part I". The researchers found brain regions related to rhythm perception, a critical element of music, which could be useful for brain-machine interfaces.

The researchers succeeded by analysing brain activity from 29 patients listening to rock music. They found that specific brain areas, like the superior temporal gyrus, are key for perceiving

music elements like guitar rhythm.

Previous research could recreate speech, but not the complexity of music. They recorded brain activity from electrodes placed on patients' brains as they listened to music, identifying key brain areas involved.

This discovery might help people with hearing issues by improving how they perceive rhythm and melody.

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