int CacheTime = 30;

private void LoadRegion()

{

if (Cache["Regions"] == null)

{

DataSet ds = SqlHelper.ExecuteDataset(\_connStr,

CommandType.StoredProcedure, "sp\_ GetRegion");

ddlRegion.DataSource = ds;

Cache.Insert("Regions", ds, null,

DateTime.Now.AddMinutes(CacheTime), System.Web.Caching.Cache.NoSlidingExpiration);

}

else

{

ddlRegion.DataSource = (DataSet)Cache["Regions"];

}

ddlRegion.DataTextField = "Region\_Name";

ddlRegion.DataValueField = "Region\_ID";

ddlRegion.DataBind();

ListItem li = new ListItem("--All--", "0");

ddlRegion.Items.Insert(0, li);

}