

# HEALTHLINE

Paramount's Monthly Magazine

*To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.*

*- Buddha*



*Importance of  
haemoglobin*



*Heat illnesses*



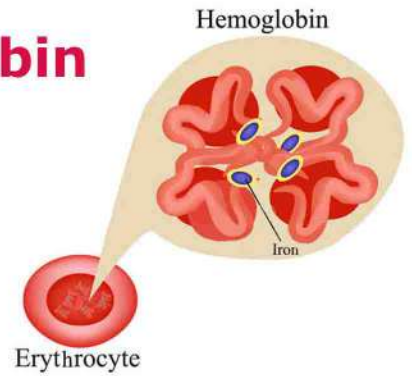
*Foods to beat  
hot flashes*



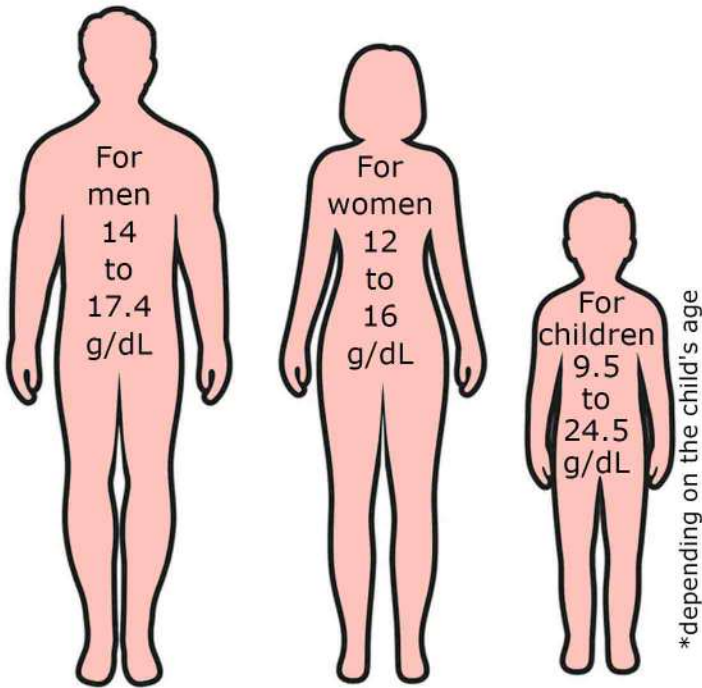
*Summer  
workout tips*

# Importance of Haemoglobin

Hemoglobin is an iron-rich protein contained in red blood cells. In addition to giving blood its red color, hemoglobin makes it possible for red blood cells to transport oxygen from the lungs throughout the body. It also allows carbon dioxide to be transported from the body to the lungs, where it's exhaled.



## Normal haemoglobin levels:



If your child is having this test, you should discuss the results with your child's healthcare provider.

If haemoglobin becomes seriously low (around 7 or 8) your doctor may recommend a blood transfusion, or even recommend any particular other supplements to help increase the count.

## Why is it important?

While sometimes high or low levels of haemoglobin could just be a temporary state of affairs, depending on the person's activity level, diet, or any medications. However, other times a high or low levels of haemoglobin could be indicative of some serious diseases like liver or heart disease, cancer, or anaemia.

A healthy level of haemoglobin is especially more important for women as research suggests that anaemia affects more women than men. The risk is higher especially for those women who are pregnant or have to deal with heavy periods. A lot of pregnant women often are advised to get a CBC test along with other regular tests to observe their health and the health of their baby.

## Some risks involved with low haemoglobin levels?

Low levels of iron leads to anaemia and untreated anaemia leads to complications like severe fatigue, arrhythmias, enlarged heart and even heart failure. Pregnant women with anaemia are at a high risk of developing Postpartum haemorrhage (PPH) which is a major cause of maternal mortality and morbidity worldwide. They may also deliver low-birthweight babies.

Some medical conditions can also cause a low hemoglobin count:

- Blood loss
- Cancer
- Cirrhosis
- Hypothyroidism
- Inflammatory bowel disease
- Kidney disease
- Lead poisoning
- Rheumatoid arthritis
- Sickle cell anemia
- Thalassemia







# Heat Illnesses

Summers are almost here and along with it scorching heat and high temperatures! It is important to keep yourself protected from blazing sun and unbearable heat. Here are some illnesses that are caused by heat, so make sure you are aware and take precautionary steps to stay safe.

- **Heat rash** (also called prickly heat or miliaria), which is a stinging skin irritation that turns your skin red.
- **Heat cramps**, which are painful spasms in your muscles.
- **Heat exhaustion**, which is caused by too few fluids and long hours in high temperatures, causes heavy sweating, a fast and weak pulse and rapid breathing.
- **Heatstroke**, which is a life-threatening illness, happens when your temperature rises above 41 degrees Celsius quickly – within minutes.

Your body sweats to keep itself cool. If temperatures and humidity are too high, sweating isn't effective enough

**Additional factors that increase your risk of getting a heat illness include:**



**Dehydration.** If you're dehydrated, meaning you don't have enough fluids in your body, you're more at risk of a heat illness.



**Obesity** and/or poor physical fitness.

**Using illegal drugs or alcohol.**



**Certain prescription medications.**

These include tranquilisers, water pills, antihistamines, beta blockers, laxatives and drugs used to treat mental illnesses or Parkinson's disease.



**Illness** specifically medical conditions such as diabetes, kidney problems and heart problems. Also pregnancy, and symptoms like high blood pressure and fever.



**Heavy, dark or light clothing.** If you must wear heavy equipment and clothing like sports padding and helmets, police and fire uniforms and industrial protective equipment, you're in danger of developing a heat illness.

**Age.** If your child is four years old or younger, or you're 65 or older, you're at a higher risk. Infants and young children commonly get heat rash.



**Gender.** Males are more likely to get a heat illness than females.



**Prior history** of heat-related illnesses.





# Foods to beat hot flashes

## What are hot flashes?

A sudden flare of heat, sweating and discomfort: Hot flashes are a common and uncomfortable symptom of menopause.

## What does a hot flash feel like?

Even though different people might experience them slightly differently, hot flashes usually feel like a brief sensation of heat throughout your body. When you have a hot flash, you might become flush and start sweating.

After the heat, you might feel chilled. Hot flashes not only feel different for each person, they can also last for different amounts of time and vary in severity. What might be a short inconvenience for one person could be intense heat for another.



## Symptoms:



Breaking into a sweat



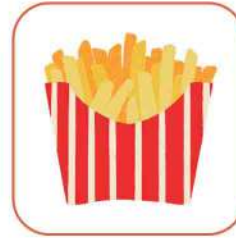
Palpitation



Skin pigmentation



Loss of satiety



Sweet and salt cravings



Moody

## Foods that may help:

**Coconut barfi:** Ideally eat one in the morning around 11 AM or post lunch. Keep the quantity to one. However, if you have any sweet cravings, you may eat more of this instead of processed chocolate.

Coconut has essential fatty acids that give you stamina. It is normal to feel fatigued through the day when dealing with hot flashes and this may help give you some energy. It also has lauric acid which is another essential fatty acid that is good for your body.



**Local vegetable chutney with til (sesame seeds):** Look for traditional chutney recipes from your region. Especially from creeper vegetables like bitter melon, pumpkin, ash gourd, torai etc.

Sesame seeds are rich in calcium and help increase the bone mineral density which is otherwise compromised during menopause. These seeds are also rich in phytoestrogen which help prevent acne or break out.

Have this chutney with your afternoon meal.

**Raw banana chips:** Jackfruit, raw bananas or even karela chips are in fact good to consume. For the salt cravings that you get, instead of consuming other processed foods, make these chips at home and consume these. Bananas also have B6 vitamin which helps you calm the nerves during such a time. You can indulge in your cravings without side effects. Of course, make sure you aren't over-eating these or it may affect your weight. Just have some with your tea or coffee in the evening.







# SUMMER WORKOUT TIPS



## 1. Early workouts

Schedule your sweat session during the early morning when the temperature is cooler. The sun's rays are the brightest from 10:00 a.m. to 4:00 p.m., so if you're a late riser, wait until at least mid-afternoon to take your workout outdoors. Just be aware that while rays might no longer be bright, late afternoon sweat sessions in urban areas could still be hot because asphalt and concrete retain heat. If it's an option, head to a grassy area instead.

## 2. Wear Lightweight, Light-Colored Clothes and SPF

Darker clothing attracts more sunlight, which will make you a lot hotter. And don't forget the sunscreen: Not only can a sunburn raise your risk of skin cancer, it can also cause dehydration and hamper your body's ability to cool down.

## 3. Drink Strategically

To stay hydrated, you'll have to do more than chugging a glass of water 15 minutes before your workout. Instead, start boosting your fluid intake the day before you work out. The next day, drink during your workout. Afterward, fuel up with a protein shake or even a few pieces of juicy fruit (think high-water-content fruit, like melons or peaches). It can be exhausting to work out in the heat. If you're going to be sweating, you need to replenish your glycogen stores right after you're finished.

## 4. HIT it Hard

Instead of measuring your training in minutes, give every minute your all. Trade in the slow-and-steady workouts for high-intensity interval training. You'll get your heart pumping in 30 minutes or less by alternating 20 to 30 seconds of all-out work with rest intervals. Create a DIY sesh with movements like jumping jacks, burpees, mountain climbers, and sprints. And don't worry about cutting your workout short; all of these short segments help build overall endurance. The more that you exercise, the stronger you get, and the longer you can work out.

\*\*\*Tips by Jen Gottlieb, a personal trainer in New York City as reported on fitbit.com.

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