

Edition: August 2019

# HEALTHLINE

Paramount's Monthly Magazine

**You are  
CONFINED  
ONLY BY THE  
WALLS YOU  
BUILD  
YOURSELF.**

**Break  
FREE  
FROM THE  
THOUGHTS  
WHICH  
LIMIT YOU!**

Our immune  
system

Impact of Climate  
change on Health

Skin Facts

Exercise props  
and you



**Our In-house Military**

**White Blood Cells** (also known as Leukocytes) seek out and destroy disease-causing micro-organisms



**The two basic types of Leukocytes are:**

**Phagocytes** - cells that chew up invading organisms

**Lymphocytes** - cells that allow the body to remember and recognize previous invaders, and help the body destroy them

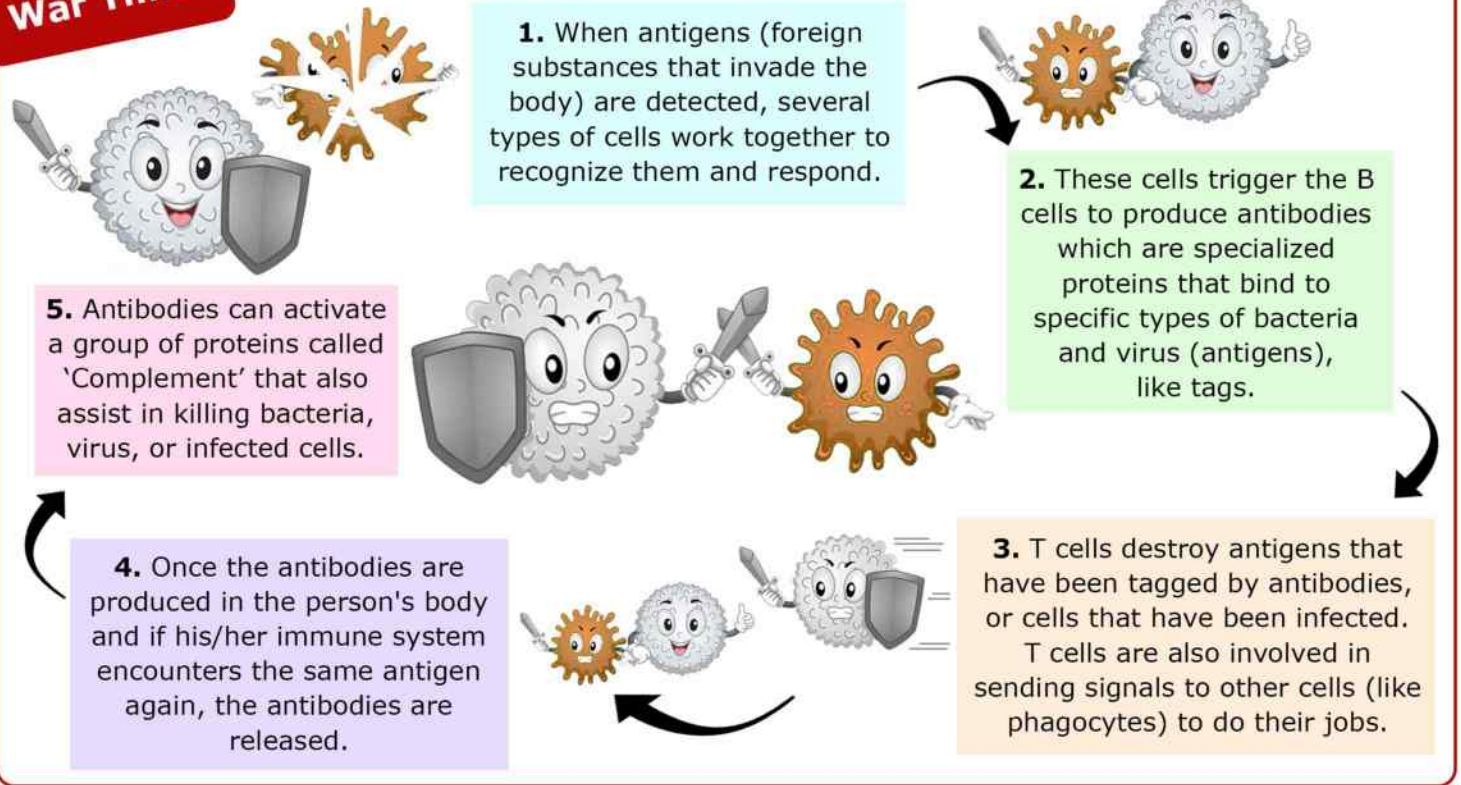
**The two kinds of Lymphocytes are B Lymphocytes (B cells) and T Lymphocytes (T cells).**



**B cells** - seek out their targets and send defenses (antibodies) to lock onto them

**T cells** - destroy the invaders that the B Cells have identified

**War Time**



**Isn't it impressive how our immune system helps us stay disease-free? It is important we strengthen it in the following ways:**



Include plenty of vegetables, fruits, nuts and seeds in our diet



Abstain from excessive alcohol consumption and/or smoking



Ensure adequate sleep of 7-8 hours at least



Follow a regular exercise regime



Consume Probiotics daily such as curd, buttermilk, etc.

# HOW IS CLIMATE CHANGE THREATENING HUMAN HEALTH?

## Alarming facts!

### Who is the Culprit?



Human

Global warming caused due to increased use of fossil fuels in transportation, manufacturing and communications



Climate change

### Who is the Victim?



Human

- Climate variability and extremes are among the leading causes of severe food crises. It also affects the nutrient quality of crops, dietary diversity of food produced and consumed, water and sanitation, etc.
- Rising sea levels are already causing population displacement, particularly in island states. More than half of the world's population now lives within 60 km of coastlines. Floods can directly cause injury and death and increase the risk of diseases.
- Variable rainfall patterns are likely to compromise the supply of safe drinking water. Globally, water scarcity already affects 4 out of 10 people. Lack of safe drinking water increases the risk of diarrhoea (which kills approximately 2.2 million people every year) and other illnesses.
- Burning fossil fuel – for power, transportation and industry – is the main source of the carbon emissions driving climate change, and also a major contributor to air pollution that kills 7 million people every year.
- Heat stress can lead to increased death rates from heart and respiratory diseases, particularly in elderly or vulnerable populations. Pollen and other aeroallergen levels are also higher in extreme heat. These can trigger asthma which affects around 300 million people. Warmer climatic conditions also increase the risk of deadly water-borne and mosquito-borne diseases.

*Remember, there is no Captain Planet to rescue us from Climate Change. Together, we need to take steps to reduce contributing towards global warming!*

\*The above extract of alarming facts is taken from the World Health Organization's website. For detailed information visit - <https://www.who.int/news-room/facts-in-pictures/detail/health-and-climate-change>

## Did you know?

## 'SKIN-TERESTING FACTS'

Skin is one of the largest organs in the human body and accounts for around 15% of its weight.

Skin has its own bacterial population ranging over 1000 species.

Skin gets its color from a protein called melanin and around 7% of skin cells are melanocytes, which contain this coloring agent.



Acne is caused due to over-production of skin cells that line the sweat glands.

Perspiration (sweating) is one of the major factors that helps to keep the temperature of the body steady. Perspiration goes on even when we do not see or feel the wetness of the sweat, which is known as 'insensible perspiration'.

Did you know? - You can make your workout more challenging and effective just by using some simple props!

A couple of commonly used exercise props, their benefits and ways to use them are given below. They are sure to add zing to your workout!



### Step board steppers:

Stepper is a useful prop which can be used for both stamina building and strength building.



#### Step up:

**Benefits :** Helps to increase leg muscle endurance, improves stamina, and improves co-ordination between upper and lower body.

#### Stance:

- Stand near the step board with feet placed in alignment with your hip width.

#### Action:

- Now climb on the step board by putting your left leg on it, followed by right leg.
- Now you are standing on the stepper.
- Slowly come down on to the floor by putting your left leg on the floor followed by right leg on the floor.
- Continue this in a rhythmic manner for 1 minute.
- Once you complete this action with your left leg, repeat the same with your right leg for 1 minute. Slowly you can increase the duration of activity, once your stamina improves.



#### Lunges on stepper:

**Benefits :** Improves the strength of thighs, glutes and calf muscles, and improves stability of the body.

#### Stance:

- Stand on the step board with your feet in alignment with your hip, keeping both hands on your waist.

#### Action:

- Bring your right leg down on the floor, place your right leg in such a way that when you go down, your legs should form a right angle.
- Once you are in this position, inhale while slowly going down, till your left thigh is parallel to the floor.
- Now push yourself back to the standing position while exhaling.
- Repeat 8-20 times for both legs.



### Kettlebell :

Kettlebell is a very useful prop that can be used in a variety of ways for strength training, functional training, cross-fit, etc.



#### Kettlebell squats:

**Benefits :** Strengthens thigh and core muscles, improves metabolism, and is beneficial for weight gain as well as weight loss.

#### Stance:

- Keep your feet at a slightly wider width than the width between your shoulders.
- Hold kettlebell close to chest as shown in image.

#### Action:

- Inhale and bend your knees and hip simultaneously and go down, keeping your spine neutral. Go down till your thigh is parallel to the floor.
- Exhale slowly and come to the standing position.
- Repeat 15-20 times.



#### Kettlebell swing:

**Benefits :** Improves strength of Gluteus (Butt), thigh and lower back muscles, and improves muscle co-ordination.

#### Stance:

- Keep your feet at a slightly wider width than the width between your shoulders.
- Hold kettlebell in between your legs.

#### Action:

- Inhale and push your hip behind with a slight bend at the knees
- Exhale and come up with the force contracting your butt. Raise kettlebell till your shoulder level with straight arms.
- As soon as you come to the standing position, immediately repeat the same cycle from the beginning.
- Repeat 15-20 times.

**Note:** In case you have never used these props before, seeking professional guidance will help to understand the form and technique and will help to make the exercise more effective and injury-free.

## Read the Editor's Mind

Dear Readers,

Paramount Healthcare Management Pvt. Ltd. (PHM) is one of the group companies of Paramount Health Group, with its headquarters in Mumbai. PHM is a managed care service organization providing innovative services for local and cross-border healthcare requirements. PHM specializes in providing medical and travel assistance services across the globe. Following are some of the services provided by PHM:



## Take a Chill Pill



For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.comm@paramount.healthcare](mailto:corp.comm@paramount.healthcare)

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

[phm\\_healthcare](https://twitter.com/phm_healthcare)

[ParamountHealthcare](https://www.facebook.com/ParamountHealthcare)

[blog.paramount.healthcare/](https://blog.paramount.healthcare/)

This disclaimer governs the use of this newsletter. The articles and features provided herein are solely for informational and educational purposes only. The information is not advice & should not be treated as such. We do not claim that this information is an exhaustive compilation of information about these listed facts. We do not represent, warrant, undertake or endorse the accuracy or reliability of any information, contents contained in or linked, herein provided. This information can by no means replace consultation of Doctor or an Expert for professional judgment and advise. We do not provide our own contents (information) and instead acquires them on Good Faith from other sources by purchasing, licensing or freely obtaining them and as a result we are not responsible for the authenticity, accuracy or originality of the provided information. This information is for private circulation only. Thus we shall not be liable to any party as a result of any information or resources made available through this information.