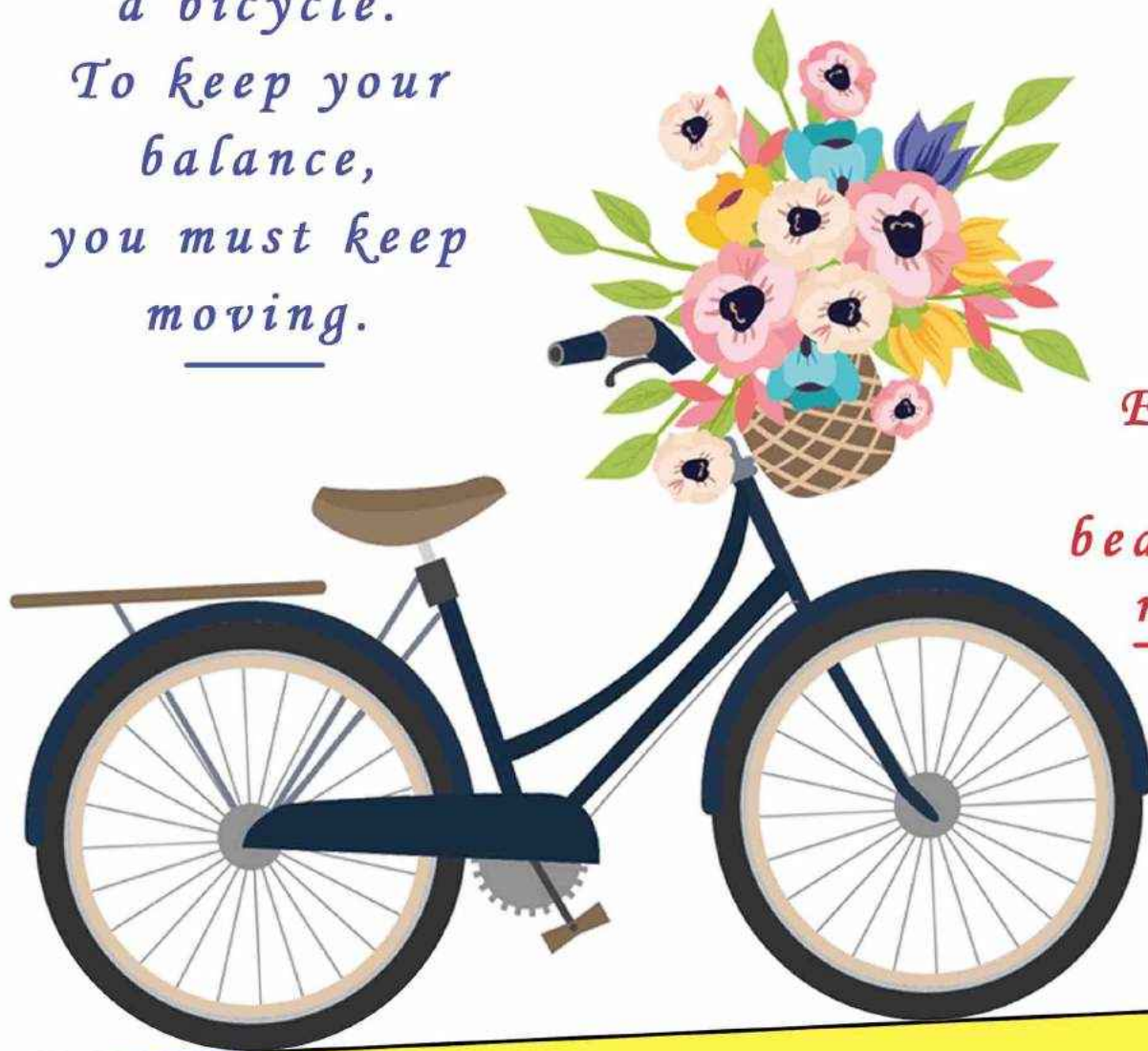


Edition: February 2019

# HEALTHLINE

Paramount's Monthly Magazine

*Life is  
like riding  
a bicycle.  
To keep your  
balance,  
you must keep  
moving.*



*Enjoy  
the  
beautiful  
ride!*

FAQS ON UTI

TAKING YOUR SLEEP 'LIGHTLY'?

TRUE OR FALSE?

MINI GUIDE TO BREATHING EXERCISES



If you practice breathing exercises regularly, you will be able to control your breathing pattern, and it will change your physical health and emotional health significantly in the long run. You will also be able to stay as cool as a cucumber in stressful situations.

Here is a mini-guide to 4 breathing exercises and how to do them:



**1. Deep Breathing**

**Method:**

1. Sit or lie flat in a comfortable position with eyes closed.
2. Place one hand on your belly. Place the other hand on your chest.
3. Take a deep breath in through your nose while counting to three, and let your belly push your hand out. Your chest should not move.
4. Breathe out through your nose while counting to three. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing for 10 to 15 times.
6. Stay focused on the action of your breathing.

**Benefits:**

Effective for Stress relief, relaxation of the body and mind, and improves one's ability to deal with daily stressors.



**2. Alternate Nostril Breathing or 'Anulom Vilom Pranayama'**

**Method:**

1. Sit in a comfortable meditative pose with back straight and eyes closed.
2. Hold the right thumb over the right nostril and inhale deeply through the left nostril.
3. At the peak of inhalation, close the left nostril with the ring finger, and then exhale through the right nostril.
4. Now, inhale through the right nostril. At the peak of inhalation close it with the right thumb and exhale through the left nostril.
5. Continue this breathing pattern for 10-15 times.
6. Start with 1:1 ratio. For eg : if you inhale for 4 counts through one nostril, then exhale from the other nostril in 4 counts.

**Benefits:**

Improves the functioning of lungs and balances the 'Tri-doshas' in our body - Vaat, Pitta, Kaffa. Our body gets ill when the 'Tri-doshas' are not balanced.



**3. 'Kapalabhati' or "Skull Shining Breath"**

**Method:**

1. Sit in a comfortable seat with straight spine and exhale completely.
2. Inhale briefly through both nostrils, then rapidly and sharply exhale (again out of your nose) while pulling your navel in towards your spine.
3. The exhalation has to be short and quick, but very active, while the inhalation has to be short and passive. Pull your navel in as you exhale.
4. Do one round of continuous 30 breaths (counting your exhalations).
5. If this seems strenuous, start with 15 and gradually work your way up.

**Benefits:**

Helps clear mucus in the air passages, relieves congestion, reduces bloating, builds heat, brings radiance to the face and improves lung functioning.



**4. Ujjayi Breath**

Begin by inhaling through your nose. Exhale through your mouth as if you were fogging up a window. Practice this a few times. Then try the variation of this exercise as given below:

**Method:**

1. Sit comfortably with a straight spine.
2. Inhale slowly through both nostrils, while gently contracting the muscles in the back of the throat.
3. Exhale slowly through both nostrils, while gently contracting the muscles in the back of the throat.
4. The inhalation and exhalation will sound like an ocean wave or a hiss.
5. When you inhale, expand your chest and lungs, and when you exhale, press air outward from your navel up to the throat and out of the nose.
6. Both inhales and exhales should be longer and deeper than your normal breath. Repeat 10- 15 times.

**Benefits:**

Helps relieve anxiety, improves concentration and resolves sleep related issues.

**Word of Advice:** Try attending yoga classes or breathing classes that teach the correct breathing techniques or seek guidance from experts. In case you have any medical conditions, please consult your doctor before doing any of these breathing exercises.

*Breathe your way to a happy life!*



**Myth: Insomnia is characterized only by difficulty in falling asleep.**

How many of us think that Insomnia only means difficulty in getting sleep? Well, it is only one of the four symptoms generally associated with insomnia.

**The following are the other three symptoms:**

- Waking up too early and not being able to get back to sleep
- Waking up frequently at night
- Waking up feeling unrefreshed

Insomnia can be a symptom of a sleep disorder or other medical or psychological/psychiatric problem. It can lead to decreased work performance, daytime drowsiness, and bad mood. Chronic insomnia means a person's sleep is disrupted at least three nights per week for at least three months. In such cases, it is advisable to visit a doctor or other healthcare provider for treatment.



**Myth: You can catch up on missed sleep by sleeping late on weekends.**

Experts say most adults need between seven and nine hours of sleep each night for optimum health.

When we do not get adequate sleep for many nights in a row, something called 'sleep debt' accumulates. Catching up on missed sleep by sleeping extra hours on the weekend may not necessarily reduce your sleep debt and also, varying your sleep schedule by more than one hour disrupts your circadian rhythm.

The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behavior, decreased productivity, and safety issues on the road.

For optimal functioning of the body and mind, it is advisable to stick to a consistent bedtime and waking time on weekends and weekdays.

*\*Circadian rhythm (also known as your sleep/wake cycle or body clock) is a natural, internal system that is designed to regulate feelings of sleepiness and wakefulness over a 24-hour period.*

True or False?

Check how many you get right!

Question

We can see spots after looking at bright light because our eye's retina gets over-stimulated.

True



The retina is a bundle of light-sensitive tissue at the back of our eye. It can react to bright light after which it takes a while to recover. The spots we see are afterimages.

Answer

Question

The cause for weak, peeling nails is - improper external care for nails.

False



Lack of vitamins such as folic acid and Vitamin B12 can lead to weak, ridged and peeling nails.

Answer

Question

The only way you will catch a cold is from germs floating in air.

False



Apart from the germs in the air, we can also catch a cold when we put our hands on objects where germs are present (doorknob, elevator button, mobile phone, etc.) and then touch our eyes, mouth or nose.

Answer

Question

The largest organ in the body is - skin.

True



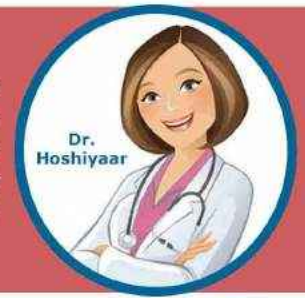
The skin is the largest organ made up of several different components including water, protein, lipids, minerals and chemicals.

Answer



### What are the causes of Urinary Tract Infection (UTI)?

A UTI is a bacterial infection of the lining of the urinary bladder, where the lining is irritated and gets inflamed. Bacteria such as *E. coli*, which live in the intestinal tract and come from the bowel, are the culprit in most cases of UTIs. The bacteria enter the urinary tract through the urethra and begin to multiply, causing UTI. UTIs can affect different parts of the urinary tract, including bladder (cystitis), urethra (urethritis) or kidneys (kidney infection)



#### What are some common risk factors for UTI?

The following are some factors that increase the risk of UTI:

- Kidney stones or an enlarged prostate can trap urine in the bladder and lead to UTI.
- Diabetes or other conditions that impair the immune system.
- A recent urinary procedure or an exam of urinary tract that involves medical instruments.

In case of women, following are some additional risk factors:

- Women have a shorter urethra than men. Thus the distance the bacteria must travel to reach the bladder is short, leading to infection. Also, the urethra opening of women is located close to the anus, so it is easier for the bacteria to enter the urethra from the anus.

- A decline in circulating estrogen after menopause creates changes in the urinary tract and can lead to UTI.
- UTI is more frequent in sexually active women.

#### What are the symptoms of UTI?

1. A burning sensation when urinating
2. A strong, persistent urge to urinate
3. Passing of frequent, small amounts of urine
4. Urine that appears red (a sign of blood in the urine)
5. Strong-smelling urine
6. Urine that appears cloudy
7. Pelvic pain, in women (especially in the center of the pelvis and around the area of the pubic bone)

Each type of UTI may result in more specific signs and symptoms, depending on which part of the urinary tract is infected.



#### True or false:

1. When you feel the urge to pass urine, it is ok to hold on to the feeling for a long time.

**FALSE.** Holding urine in your bladder for extended periods of time provides a fertile ground for infection.

2. Only women get UTIs.

**FALSE.** Men can also get UTI, but they occur much less frequently and usually tend to be more complicated.

#### Steps to reduce the risk of UTI:

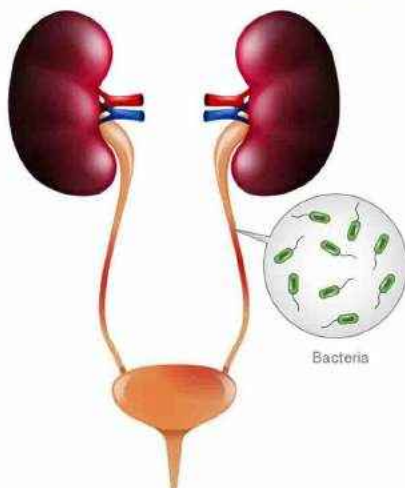
- Empty your bladder as soon as you feel the need to. Be sure to empty the bladder completely.
- Drink plenty of water. This helps to dilute urine and ensures frequent urination, allowing bacteria to be flushed out from the urinary tract.

In case of women, the following precautions should also be taken:

- Wipe from 'front to back'. This helps prevent bacteria in the anal region from spreading to the vagina and urethra.
- Empty bladder soon after intercourse.
- Avoid using potentially irritating hygiene sprays, scented douches, and scented bath products in the private parts.

**Preliminary treatment options include:** Intake of Vitamin C, unsweetened cranberry juice, probiotics are some popular suggestions for UTI.

Urinary Tract Infection





## Read the Editor's Mind

Hello folks,

You are now just one touch away from accessing your claim details, E-card, hospitals near you, and a host of information that you MUST have at your fingertips!

Yes, our digital reach has widened by leaps and bounds - thank you dear users!

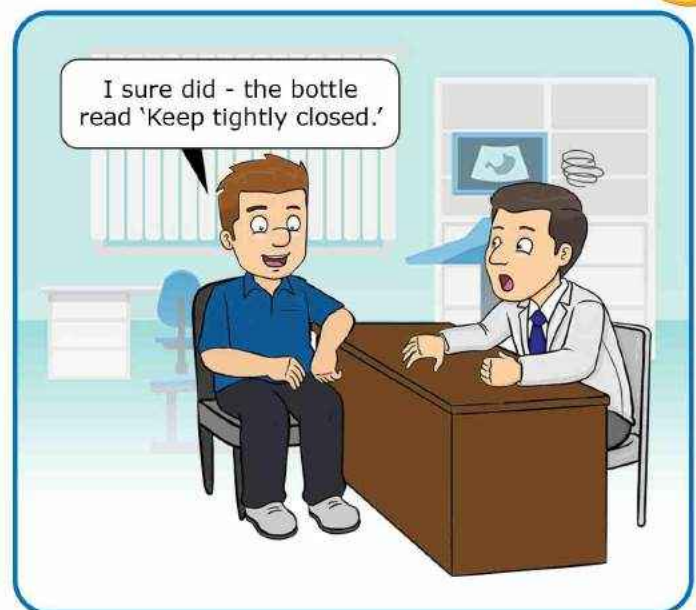
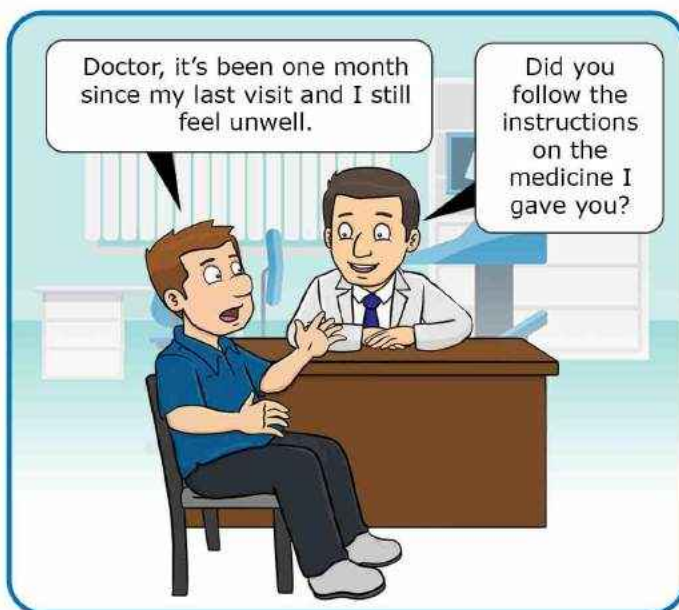
In case you are new to our App, here's a mini-guide to help you get started:

- 1 To download the app, visit Play Store (for android users) and App Store (for IOS users).
- 2 Search for "**mW!se**".
- 3 Click on Install.
- 4 You can Sign Up for PHS mobile app by providing following details. It is a one time registration process.  

Corporate Employee: Group Mediclaim Policy (Employee Number + Group Code + Date of Birth)
- 5 MPIN will be sent to you on your registered mobile number by auto SMS.
- 6 You can Log In into PHS mobile app by providing following details:  
Employee Number + Group Code + MPIN (Received via SMS on registered mobile number).
- 7 It is a one time login process until you clear your mobile data/cache for Paramount TPA App.



## Take a Chill Pill



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