

HEALTHLINE

Paramount's Monthly Magazine

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

- Buddha

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Blood donation 101

Blood donation is one of the most easy ways of keeping your health in check while also helping someone in need. If you are worried that donating blood will cause health problems to you, here's what you need to know:



Every time you donate blood, someone checks your blood for signs of anaemia, infections like hepatitis A and hypertension (also known as the silent killer). A lot of the times, these conditions can go unnoticed and therefore untreated.

Each time you donate blood, the doctors draw up to 470 ml or 8-9% of total blood volume. Within 24 to 48 hrs, the drawn volume of blood gets restored. The regeneration of blood occurs in the bone marrow by stem cells present inside long bones of our body. The newly formed blood cells rejuvenate our system.



According to the Guidelines for blood donor selection (2017) by the Government of India, the following aspects need to be considered:

- **Age:** Donor should be over 18 and under 65.
- **Weight:** Donor should have a minimum weight of 45 kgs.
- **Good health:** Donor should not suffer from acute respiratory diseases or have any kind of illness at the time such as viral fever or common cold.
- **Haemoglobin level:** Donor should have a minimum haemoglobin level of 12.5 grams
- **Pulse:** Donor's pulse should be normal (60-100)
- **Blood pressure:** Donor's blood pressure should be 100-140mm Hg systolic 60-90mm Hg diastolic
- **Occupational:** Flight crew, long-distance drivers, emergency services personnel, etc should not donate in the 24 hours before their next shift.
- **Women:** Female donors should not be menstruating or lactating. They shouldn't donate for 6 months after an abortion and 12 months after delivery.
- **Risk behaviour:** Persons considered at risk of HIV and Hepatitis B or C should not donate. This includes sex workers, transgenders, people with multiple sexual partners, drug users who use injections and men who've had sex with men in the last 12 months.
- **Interval:** For whole blood donations, female donors should give a gap of 120 day and male donors, a gap of 90 days.
- **Chronic conditions:** Donor should check with their doctor for their individual ability to donate blood.



LET'S TALK ABOUT PLANTS!

Have you thought of reducing or giving up on dairy, dairy products and meat? While most of the Indian diet is heavily plant-based, we also tend to use dairy products a lot! Research suggests that only a plant-based diet can help in reversing several health issues and in fact make your body strong and healthy. Here's what happens if you try a vegan diet for a month.

• Weight loss

One of the things people experience is weight loss. People often comment on how easy it is for them to shed those extra kilos when they are eating food made out of plant products. However, you have to be extremely careful of what kind of vegan food you choose to eat. If it involves eating a lot of fried food and carbs then you will only put on weight unfortunately. Make sure that you plan your meals ahead of time to avoid any unhealthy snacking. When you go to the grocery store, make mindful choices on what you buy and put in your cart.



• Evolving taste buds and cravings

According to research, if you go a few weeks without junk foods and animal products high in salt, fat, sugar, your taste buds start to change. People observe that their relationship towards food deepens and they even experience a heightened sense of taste. For some who have had major cravings before tend to be able to handle them in a more healthy and balanced manner.

• Cooking transformations

Being able to cook meals yourself and being aware of ingredients that go in your food adds an extra sense of accomplishment and awareness. It also helps you appreciate food even more since you know the kind of effort that goes in preparing a meal. Not just that, if you like cooking then there are so many new ingredients and recipes that you can work with and explore. Cooking a meal becomes a therapeutic process rather than a hectic one.



• Glowing skin

This may not come as a surprise since clean eating will be reflected on your skin. Giving your body nutrition from the inside will help you feeling hydrated, with several antioxidants and all the vitamins and minerals your skin needs.

• Unstoppable hunger

Now while plant based meals make you feel fuller soon, they also get digested soon. Because it's not heavy on your system! So you may feel like you are constantly hungry. However, be prepared for this and make snacks or meals ahead of time to avoid digressing from your goal. Don't starve yourself because that's not what the challenge is. You want to keep yourself fulfilled with a vegan diet, so look for ways to stop those hunger pangs. Even speak to a nutritionist if you can to get a good diet plan.



Health trends of 2022

As we enter the new year, new resolutions have also been formed. While we promise ourselves change, it becomes:



Conscious eating

Are you more plant-curious than plant-based? Just because you're not ready to give up animal products, doesn't mean you can't be more considered in your choices. Make your meat count by choosing higher quality products and eating them less often.



Mindful drinking

Give your gut something healthy to drink instead of alcohol. You can enjoy the skin-loving matcha blends or gut-supportive kombucha drinks. In India there are several traditional regional gut healthy drinks like kaanji that can be extremely beneficial for your health.

Food-focused remedies

We've been following this for several years and even centuries now. Home remedies are one of the first types of medicines we use for a simple cold, cough or fever. These days more and more people are switching to food-focused remedies and it is helping them deal with several health issues. Of course, always consult your doctor if you need a proper diagnosis for any illness.

30 plants challenge

Eating more greens and other colourful vegetables is another trend that more and more people are picking up. It is understood that those who eat more and more plant varieties tend to have a healthier gut than most. Also incorporate seasonal fruits and veggies, which are very important and add legumes for some protein.



Fitness meets recovery

Along with a proper diet, exercise is essential. However, exercising without rest is something that is harmful to our body. Give your body the break it deserves! Evidence suggests that rest and recovery is just as important as those strenuous workouts that help keep your body in shape. Listen to your body and give it what it needs. There's no shame in taking time off to recover.



Boosted beverages

Another health tip that many are practicing is having specific beverages to boost particular functions. Immunity-boosting teas, collagen-boosting smoothies, brain-boosting mushrooms and what not. While it is important to keep eating and drinking plant-based.



Muscle vs Fat

Does muscle weigh more than fat?

Yes, to a certain extent muscle does weigh more than fat; if you simply take a bowl of fat and compare it to a same-sized bowl of muscle, the muscle will weigh more. But that's only an explanation in the simplest of terms—there's much more that goes into that question. Muscle can weigh more than fat because it's denser. If you hold a fistful of muscle it will weigh more than the same fistful of fat because you technically have more of the compact tissue in your hand. That number on the scale shouldn't really matter here, because the benefits of having more muscle tissue in the body outweighs having more fat tissue.



How having muscle affects your health:



1. For starters, lean muscle mass can help manage blood sugar, keeping type 2 diabetes at bay. The more muscle you have, the greater your potential to metabolize blood sugar. As an added bonus, the blood sugar-regulating effect is instant and lasting after exercise. So if you do a workout today, your muscles will utilize blood sugar better over the next 72 hours.

2. As you age, you'll want a healthy amount of muscle, rather than fat. This age-related decline in muscle is known as sarcopenia, and it's one of the biggest reasons many older adults can no longer do simple tasks without help.



3. Muscle can further help you maintain a healthy weight by raising your basal metabolic rate, or the number of calories you burn at rest.

4. The density of muscle might cause it to weigh more, it also means it takes up less space in the body. If someone gains 10 pounds of muscle, a lot of times they'll barely notice that on their body.



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