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HEALTHLINE

Paramount's Monthly Magazine

“

*Wellness encompasses a healthy body,
a sound mind, and a tranquil spirit.
Enjoy the journey as you strive for wellness.*

”

- Laurette Gagnon Beaulieu



Cervical Health Awareness



Winter foods



Myths and Facts



Cervical cancer is a condition where there is an abnormal growth or proliferation of the cells lining the cervix (the part that connects the uterus and the vagina) or the lower portion of the uterus. The infection with the human papillomavirus (HPV) is the most common cause (about 90%) of cervical cancer.

As per the World Health Organization (WHO), the global incidence of cervical cancer in 2020 was estimated to be 6,04,000 new cases and 3,42,000 deaths, marking it as the fourth most prominent cancer in women. India accounts for an incidence (new cases) of nearly one-fourth of global cases of cervical cancer every year, with a mortality rate of nearly one-third.

In 2020, nearly 90% of new cases and deaths were reported in low- and middle-income nations. In high-income nations, awareness programs are in place to assist girls (usually 9-14 years) with the HPV vaccination apart from the regular screening for detecting and treating precancerous lesions in women.

Prevention of cervical cancer

The following are precautionary measures for the prevention of cervical cancer:



Taking vaccination against HPV



Abstaining from smoking



Having a safe sexual experience



Screening, early diagnosis and treatment of pre-malignant lesions



Minimal exposure to HPV as it spreads through skin-to-skin contact

The American Cancer Society (ACS) recommends the following guidelines for a woman to follow in order to detect cervical cancer early:

At the age of 25, cervical cancer can be commenced.

Women between 25 and 65 years should have a primary HPV test every five years. If there is no access to the primary HPV test, screening can be done either by an HPV test in a combination of the Papanicolaou (PAP) test for every five years or the PAP test alone for every three years.

People over 65 who should discontinue getting screened for cervical cancer are:

- Those with a routine screening in the previous decade (10 years) with negative results
- Those with no prior history of CIN2 (Cervical Intraepithelial Neoplasia)
- Absence of serious diagnosis in the past 25 years

Speak to your gynaecologist about HPV vaccine and how to get it.

Winter Foods to include

Seasonal food is something that should be included in meals with changing season because of their unique benefits. Depending on where you stay, these can be easily available and provide the much needed nutrition during a change in the season.



Bajra - This millet is rich in minerals and fibre, helps in preventing joint aches and is best enjoyed with ghee or makhan.

Kulith - This is a type of pulse that prevents kidney stones, helps the skin and scalp stay hydrated and also nourished through the winters. You can have it with rice and ghee.



Jaggery and ghee - A combination that helps in clearing the sinuses and prevents cold. It should be eaten post lunch and dinner. It goes well with bajra roti as well.



Makhan - This will ensure the digestion stays smooth and that you are able to assimilate all the fat soluble vitamins including vitamin D.

Til - This seed can be used as a seasoning, oil or can also be turned into a gajak or a chikki. This ingredient is healthy for eyes, skin and bones.



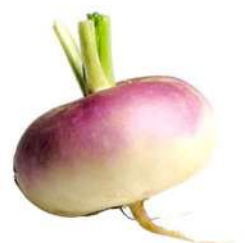
Goond - It is edible gum which can be used to make raab, ladoo or even halwa. It acts as a natural laxative, improves gut health and is known to be good for bones. It is also easily available and great to taste.



flavour. It has a lot of antioxidants as well.

Green garlic - It can be used in sabzis, chutneys, and adds a great

Shalgam - Also known as turnip is best known of its pickle. It is rich in fibre, micro minerals, antioxidant, and vitamins.



Digest these interesting facts about your 'Digestive System'!

It is commonly believed that the stomach does all the digestion; however, there are multiple processes involved in digesting food.

The process of digestion begins in the mouth

It takes approximately seven seconds for food to travel through the esophagus and reach the stomach

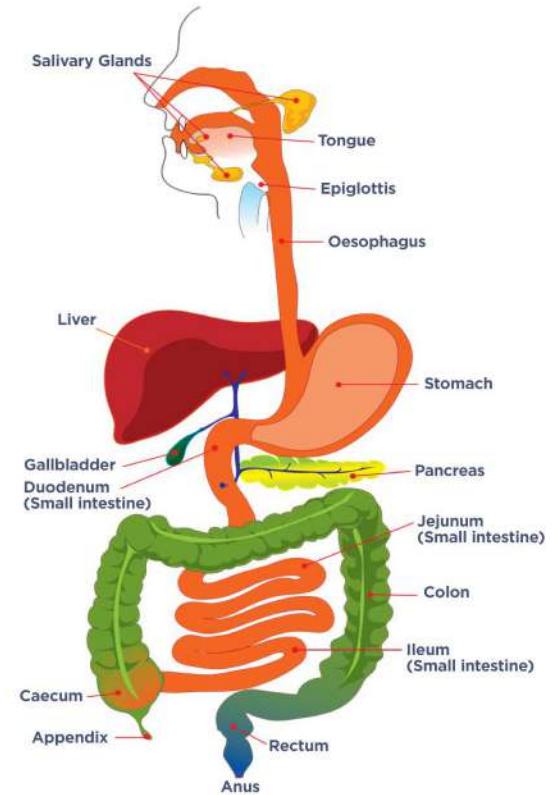
Muscles contract and relax in the esophagus to push food down to the stomach — it works even when you are upside down

Stomach uses Hydrochloric acid to break down food and produces mucus to protect itself from the damage caused by Hydrochloric acid

Small intestine has a huge surface area equal to the size of a tennis court

The enzymes produced by our digestive system that break down proteins, starch and lipids are the same as those found in laundry detergent

1.7 liters of saliva is produced each day



MYTHBUSTING

Skipping meals is a good way to lose weight

Protein is a macronutrient that is essential in building muscle mass, and our body is predominantly made of muscles. These muscles are difficult to build and can break down easily. Hence, we should avoid habits that break down these muscles.

The statement "eat less to weigh less" might seem logical to you, but the fact is just the opposite. When you skip / miss your meal, your body starts preserving the calories so that it can be used later.

Skipping meals also puts your body on survival mode, where the body starts breaking proteins (muscles) to provide energy for the activities you do. It also makes you feel tired, and hungry for high calorie snacks which leads to weight gain. Maximum portion of the ingested calories tends to get stored as fats.



Tip - It is recommended to eat small servings regularly throughout the day and exercise often instead of skipping meals completely.



'Being thin is the best way to be fit'

This is an extremely common misconception amongst people.

Maintaining a healthy weight is what every individual should aim for. While being obese is definitely not good for health, considering yourself to be 'fat' and wanting to lose weight, even when you fit in the healthy range is also not good. Also, you may be thin, but if your FAT:MUSCLE ratio is not appropriate, you run the risk of being unfit! Fitness is not just about size, there are also other factors such as your stamina (cardio-vascular endurance), strength and flexibility that determine your fitness. You may be thin, but if you face any of the following difficulties it could mean that you are not fit –

- Heavy breathing after climbing 3-4 steps
- Cramps in legs and calves while walking fast
- Inability to sit in cross-legged sitting position
- Stiffness of lower back while lifting anything from the ground



Hence, aim to be fit, rather than to be thin!



Women and weight training - Myths

Every woman who works out regularly has ONE question that bothers her from time to time – “Will weight training make me look muscular and heavy? I want to work out properly but what if I start looking too muscular?”

Firstly, be informed that the statement “Women should avoid weight training as it will make them muscular and heavy” is a MYTH!

Let us look at this scientifically.

Our body produces many hormones for its smooth functioning, of which two important hormones are – testosterone and estrogen. Both genders produce both the hormones, however men produce more testosterone and women produce more estrogen.


Testosterone is the hormone that is responsible for muscle building and muscle gain. If the body does not produce more testosterone, one will not be able to build more muscle.

So the next time you hear a lady worrying about this, go ahead and give them the simple answer–“The female body does not naturally produce as much testosterone hormone as the male body, so there is no need to worry that you will develop muscles like men! Just exercise how much ever you want and can.”

For any queries/feedback/suggestions for the magazine, kindly write to us at corp.comm@paramount.healthcare

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