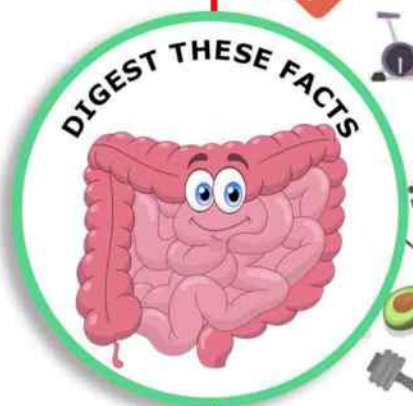


HEALTHLINE

Paramount's Monthly Magazine

“Your body will be around a lot longer than those expensive material possessions. Invest in yourself.”



“If you want to be more productive at work you have to become the Master of your Minutes.”

Ideas to keep you on schedule

Set a time limit for each task and work with full focus



Prioritize & highlight the most important tasks



Eliminate time wasters like gossip, extended frivolous chats, browsing internet aimlessly etc.



Create a to-do list and tick as and when you finish the task



Arrive early at work and use first 30 minutes every morning to plan your day



Say “No” where required as you cannot be everywhere at once



Ask for help and where required, delegate the work



Block distractions especially using social media for personal use



Avoid procrastination - Do it now rather than postponing for later



Schedule time for breaks and unplanned tasks





'Heart-to-heart' Myth Busters!

MYTH

Heart diseases affect only the elderly.

Your current lifestyle can have a big impact on your risk for cardio-vascular diseases later in life. Plaque can start accumulating in the arteries at a very early age and can lead to clogged arteries. Obesity and Type 2 Diabetes have become increasingly common among middle-aged and at younger ages, leading to higher risk of heart problems.

FACT

FACT

While chest pain is common in case of heart attack, there can even be subtle symptoms such as nausea, shortness of breath, discomfort in the jaw or arms. It is important to understand your risk factors for heart attack and work on them at the earliest.

Of course, there will be warning signs such as chest pain when I have a heart attack.

MYTH

MYTH

If your heart is beating very fast, it indicates a heart attack.

Heart rates usually speed up when you get too excited and even during exercise. Heart rates slow down when you are sleeping. Such variation is normal and usually change in heart beat is not much cause for worry.

FACT

Did You Know?

The process of digestion begins in the mouth

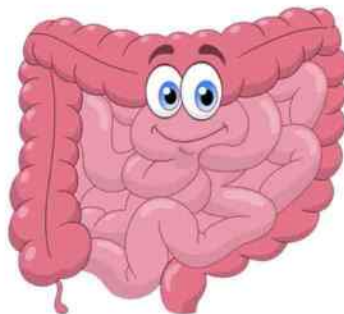
It takes approximately seven seconds for food to travel through the esophagus and reach the stomach

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

Digest these interesting facts about your 'Digestive System'!

1.7 liters of saliva is produced each day

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



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

The smell of fart is due to the combination of gases produced by the fermentation of food by bacteria in the stomach and intestines

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

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



'GOOD HEALTH' to a large extent depends on the choice, quality and preparation of the food you consume on a daily basis. It is important to ensure that hygiene and appropriate methods are practiced while cooking food in order to ensure that maximum nutritional value is retained in the food. Here are some answers to frequently asked questions:



Should fruits/vegetables be washed after they are cut?

Washing vegetables or fruits before consumption is an essential part of good health and hygiene as this helps in washing away the chemicals and pesticides sprayed over the eatables (to protect them from insects). However, washing fruits/vegetables after cutting and even soaking cut vegetables in water for long periods of time may result in loss of nutritional value.



Can we cook frozen food immediately after taking it out of the refrigerator?

While cooking frozen food, it is important to first thaw/defrost it as the bacteria trapped in the food drains off. Also, avoid refreezing the thawed food as this may spoil the food and will increase the chance of food borne disease.



Is it okay to use the same cutting board for fresh produce and animal products?

No. It is important to use a separate cutting board for both fresh produce and animal products as the allergens or bacteria in animal products may mix with the fresh produce and contaminate it.



Why is it important to maintain different sections in the refrigerator for raw food and ready to eat/cooked food products?

Raw food contains bacteria and allergens which may contaminate the ready-to-eat food. Therefore, storing raw food and ready-to-eat food separately prevents food decay and helps maintain freshness.

Here are some tips for healthy cooking

- Wash rice with minimum water and cook it in just

sufficient amount of water so that there is no question of excess water (containing nutrients) being discarded.

- While boiling, food comes in contact with water, which can lead to removal of water-soluble nutrients. Opt to steam vegetables instead. In case you have to boil, avoid throwing the leftover water – use it for curries or add to dough.
- Repeated heating of oil during frying may lead to formation of unhealthy Trans Fatty Acids (TFA). Use fresh oil every time for cooking.
- Wash pulses and soak them for 30 minutes before pressure cooking. Use this water (used for soaking) for other cooking purposes.
- Do not under cook or over cook food. Cook food on moderate flame.
- Re-heating can destroy nutrients in food, hence try consuming freshly cooked food as far as possible.
- While cooking, avoid using processed sauces and condiments as they usually contain high levels of salt.
- Avoid using painted pans for cooking.

Read the Editor's Mind

Dear Readers,

With immense pleasure, we wish to share with you some of our moments of pride that we encountered in the month of February 2018.

Our Moments of Pride



Above - An elegant looking trophy received by Dr. Abhitabh Gupta

- **Paramount Health Services and Insurance TPA Private Limited** was conferred with the title of '**TPA of the year**' for the **second consecutive year** at the **Insurance India Summit & Awards 2018**.

At the summit, **Dr. Abhitabh Gupta - Chief Executive Officer, Paramount Health Services and Insurance TPA Private Limited** was a **moderator on the discussion on 'The Life Insurance Industry'** which revolved around aspects like Foreign Direct Investment in Insurance Sector, Modernization of the Insurance Industry, drivers of change in the industry and their impact, challenges, opportunities and growth prospects amongst other topics.

- **Dr. Nayan Shah, Managing Director - Paramount Health Group** was **one of the panel members** for discussion on '**Affordable, Sustainable & Quality Healthcare**' at the **Healthcare Conclave 2018** organized by **Confederation of Indian Industry, Gujarat**.

The Conclave was attended by top Healthcare Professionals, Key Officials from Nodal Government Agencies and Chairmen, CEOs, Strategy Heads, Healthcare Stakeholders and other Senior Managers from the Indian Healthcare, IT industry.

- **Paramount Healthcare Management Pvt. Ltd.** was the **official healthcare partner** at the popular and much attended **11th edition of the SulaFest** which was held on 3rd and 4th February in Nasik.

Cheers to such moments of pride!!

Take a Chill Pill



You have to reduce weight. Let me work out a diet plan for you.

But doctor, I have a condition that prevents me from going on a diet..


Oh! That's sad... what is the condition?

Hunger!

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

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