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HEALTHLINE

Paramount's Monthly Magazine

“Our greatest glory is not in never falling, but in rising every time we fall.” - Confucius



Breast cancer awareness

Essential vitamins

Relieve anxiety

Boosting self-compassion

Breast Cancer Awareness

According to statistics, 1 in every 8 women get cancer in their lifetime. What are the warning symptoms of this illness?

- Pain in any area of the breast or the armpit
- Any change in the size or texture of the breast
- A lump in the breast or the armpit
- Discharge or bleeding from the nipple



Some risk factors in getting this illness:



Family history



Genetics

40
YEARS

Above 40 years
of age



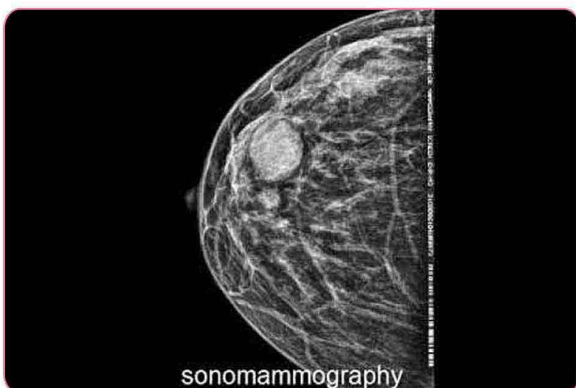
Obesity



Overuse of
contraceptive medicine

To be safe, women should always self-examine regularly to keep track of any symptoms. If you feel any change in your breasts size or notice any lumps, it is advisable to see a doctor immediately for a thorough check-up.

How often to take a test?



Age group: 20s and 30s

Advice: Sonomammography once in three years

Age group: Above 40s

Advice: Mammogram once in three years

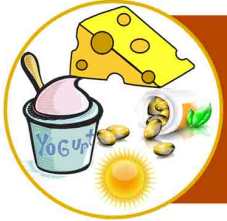


Essential vitamins

Let's start with these:

Vitamin A: Beneficial for reproductive health. It is also good for the eyes and bones.

Sources: Carrots, dark-coloured fruits, fish.



Vitamin D: Very important for absorption of calcium by the bones.

Sources: Cheese, yogurt, fish liver oils, morning sun rays.

Vitamin E: It has anti-oxidant properties and protects the cell walls. Great for skin cells replenishment.

Sources: Papaya, mango, margarine, oils like corn and sunflower.



Vitamin K: Need this vitamin for clotting of blood so you don't bleed out after an injury.

Sources: Cabbage, cauliflower.

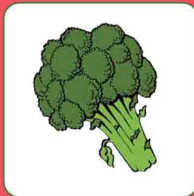
There are several other essential vitamins which are water soluble based that need to be included in the daily diet. These vitamins are not stored in the body but are flushed out every day. However, we require an adequate amount of these to function healthily.

These include: Vitamin B1, B2, C, B3, B5, B6, B7, B9, B12.

Good sources of these:



Green peas



Broccoli



Eggs



Whole grains



Legumes



Leafy greens



Nuts



Peanut butter

Relieve anxiety

Let's start with these:

When experiencing severe anxiety, one starts having trouble in breathing properly. We begin to breathe rapidly and shallowly from our upper lungs instead of breathing comfortably from our lower lungs. This phenomenon is called hyperventilation and this causes some physical exertion leading to:



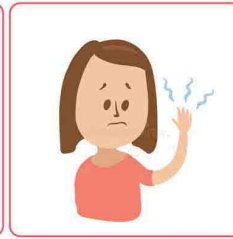
Dizziness



Nausea



Confusion



Tingling or numbness in hands or feet



Shortness of breath



A lump in the throat

The good news is that you can reverse these symptoms by simply following a relaxing breathing pattern. Try this:

Calm breathing

- 1) Take a long, slow breath in through your nose, first filling your lower lungs, then your upper lungs.
- 2) Hold your breath to the count of "three."
- 3) Exhale slowly through pursed lips, while you relax the muscles in your face, jaw, shoulders, and stomach

Then move on to this:

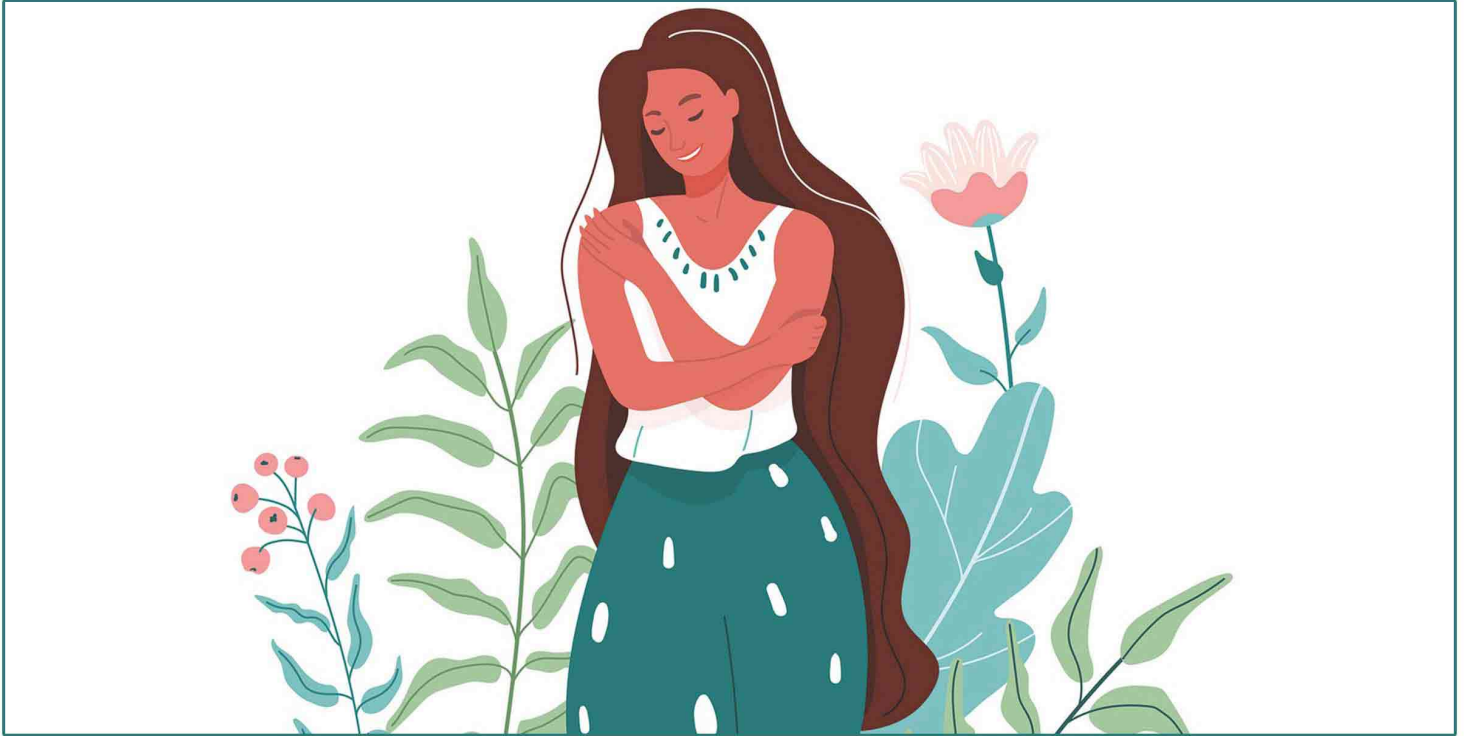
Calming counts

- 1) Sit comfortably.
- 2) Take a long, deep breath and exhale it slowly while saying the word "relax" silently.
- 3) Close your eyes.
- 4) Let yourself take ten natural, easy breaths. Count down with each exhale, starting with "ten."
- 5) This time, while you are breathing comfortably, notice any tensions, perhaps in your jaw or forehead or stomach. Imagine those tensions loosening.
- 6) When you reach "one," open your eyes again.

This should help you feel more relaxed and at ease. Consult a doctor if you experience this frequently.

Boosting self-compassion

Self-care is essential in keeping a healthy mind and body and it's never too late to start paying attention to your health. Here are some tips to show your body you care.



Comfort your body. Eat something healthy. Lie down and rest. Massage your own neck, feet, or hands. Take a walk. Anything you can do to improve how you feel physically gives you a dose of self-compassion.

Write a letter to yourself. Think of a situation that caused you to feel pain (a breakup with a lover, a job loss, a poorly received presentation). Write a letter to yourself describing the situation, but without blaming anyone — including yourself. Use this exercise to nurture your feelings.

Give yourself encouragement. Think of what you would say to a good friend if he or she was facing a difficult or stressful situation. Then, when you find yourself in this kind of situation, direct these compassionate responses toward yourself.

Practice mindfulness. Even a quick exercise, such as meditating for a few minutes, can be a great way to nurture and accept ourselves while we're in pain.

Tips by: *Harvard Medical Journal*

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