

HEALTHLINE

Paramount's Monthly Magazine

“ Fitness is not just a goal...it is a LIFESTYLE! ”



OUR IMMUNE SYSTEM AT WORK

A circular graphic with a red border. Inside, a grey, spiky virus-like character with a face is holding a sword and a shield. It is surrounded by various colorful particles and icons representing health and medicine, such as a microscope, a stethoscope, a heart, and a calendar.

DEBUNKING GREY HAIR MYTHS

A circular graphic with a yellow border. Inside, a woman with long, straight black hair is shown from the chest up, wearing a pink top. The graphic is surrounded by icons related to hair care, health, and lifestyle, including a pomegranate, a water bottle, a calendar, and a no-smoking sign.

HEARD ABOUT THESE EAR FACTS?

A circular graphic with a green border. Inside, a detailed illustration of a human ear is shown. The graphic is surrounded by icons related to health, fitness, and safety, including a heart, a water bottle, a bicycle, and a no-smoking sign.

TIPS TO TACKLE EXERCISE-RELATED INJURIES

A circular graphic with an orange border. Inside, a man's face is shown from the chest up, wearing a red shirt. The graphic is surrounded by icons related to exercise, health, and safety, including a heart, a water bottle, a microscope, and a no-smoking sign.



Our In-house Military

White Blood Cells (also known as Leukocytes) seek out and destroy disease-causing micro-organisms



The two basic types of Leukocytes are:

Phagocytes - cells that chew up invading organisms

Lymphocytes - cells that allow the body to remember and recognize previous invaders, and help the body destroy them

The two kinds of Lymphocytes are B Lymphocytes (B cells) and T Lymphocytes (T cells).



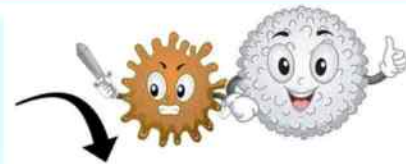
B cells - seek out their targets and send defenses (antibodies) to lock onto them

T cells - destroy the invaders that the B Cells have identified

War Time

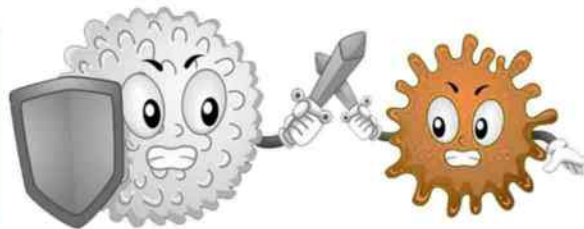


1. When antigens (foreign substances that invade the body) are detected, several types of cells work together to recognize them and respond.



2. These cells trigger the B cells to produce antibodies which are specialized proteins that bind to specific types of bacteria and virus (antigens) like tags.

5. Antibodies can activate a group of proteins called 'Complement' that also assist in killing bacteria, virus, or infected cells.



4. Once the antibodies are produced in the person's body and if his/her immune system encounters the same antigen again, the antibodies are released.



3. T cells destroy antigens that have been tagged by antibodies, or cells that have been infected. T cells are also involved in sending signals to other cells (like phagocytes) to do their jobs.

Isn't it impressive how our immune system helps us stay disease-free? It is important we strengthen it in the following ways:



Include plenty of vegetables, fruits, nuts and seeds in your diet



Abstain from excessive alcohol consumption or smoking



Ensure adequate sleep of 7-8 hours at least



Follow a regular exercise regime



Consume Probiotics daily



Myth 1

Stress triggers the appearance of grey hair.

Stress is more likely to cause hair loss than appearance of grey or white hair. Grey hair is the result of lack of melanin, the pigment that gives hair its color. It is largely influenced by genetics and a complex series of cell functioning.

Myth 2

Plucking one grey hair may result in more grey hair appearing.

Plucking one grey hair will help you get rid of it temporarily. The follicle (the little tube beneath the skin that produces the hair) will produce another hair to replace the one that was pulled out.

Plucking a grey hair will only get you a new grey hair in its place because there is only one hair that can grow in each follicle. Your surrounding hair will not turn white until its own follicle's pigment cells die.

In fact, plucking of hair multiple times from the same spot can cause permanent damage to the follicle, which may result in baldness.

Tip

Lack of Vitamin B in the body may result in greying of hair, so consume food rich in Vitamin B daily.

Did You 'Hear'?

Here are some interesting 'Ear' facts



Ears perform the important functions of hearing, registering sound and transferring signals to the brain to process information. Ears also play a major role in maintaining your body's balance.

Dr. Hoshiyaar



Did you know that the smallest bone in the human body is located in the ear?

Incus, malleus and stapes are the three bones found in the innermost ear and they are so small that they can together fit on a two rupees coin. Amongst these three bones, 'Stapes' is the smallest bone in the human body!

Earwax may be gross but did you know it has benefits too?

Yes, earwax contains chemicals that help fight infections and also keeps the ear canal clean.

We often experience ear blockages or pain during flight journeys. Did you know why?

This happens due to the pressure difference wherein, the air pressure inside the inner ear quickly surpasses the atmospheric pressure or vice versa, causing the ear drums to stretch resulting in ear blockage or pain. You can equalize the pressure by chewing gum or swallowing water.

While exercising one often focuses on the desired outcome such as – weight loss, muscle building, muscle strengthening etc. so much that often the focus on exercise is missing. When there is a lack of focus on exercise and ways to exercise safely, we run a risk of becoming an easy target for exercise-related injuries. Exercise injuries are very common and can happen to anyone, irrespective of the type of exercise.



What are the most common types of injuries that occur while exercising?

Muscle pull or muscle strain: This can happen to any muscle in the body. The most common reasons behind these kinds of injuries are overstretching of muscles and lifting excess weight beyond one's capacity.

Sprained Ankle: This happens due to overstretching of ligaments that connect ankle joints. This can happen due to poor landing while exercising and exercising on uneven surfaces.

Knee Injury: The most common reasons for knee injury are - being overweight, muscular imbalance, poor body posture and overuse of knees.

Shoulder injury: The most common reasons for shoulder injury include – evading warm-up exercises, lifting excess weight beyond one's capacity, muscular imbalance and overuse of shoulders.

Lower back injuries: Lower back injuries usually occur due to poor form and techniques of exercise, muscular imbalance and lifting excess weight beyond one's capacity.

How can one avoid exercise-related injuries?

It may come as a surprise to many when I say – "All exercise injuries can be avoided. Yes, it's true. It is possible to avoid injuries with some precautions."

- Ensure you do proper warm-up exercises of those joints which you will be using while exercising
- Always ensure that you increase exercise intensity in a gradual manner
- Make sure that you train both sides of muscles of your body equally to avoid muscular imbalance
- Give your joints and muscles proper rest and time to recover
- Ensure proper intake of nutrients to fuel muscles and joints
- Stretch your muscles and joints after exercise/physical activity

Can we heal injuries by doing exercise?

Yes, it is true that exercise aids recovery from any injury. However, one should always consult a doctor and adhere to treatment prescribed and/or consult a physiotherapist for therapeutic exercises.

What should one do in case of injury while exercising?

There are two types of injuries - acute injuries and chronic injuries. Acute injuries are those injuries that happen suddenly while performing any physical activity. Chronic injuries refer to the sort of physical injuries that develop slowly and are persistent and long-lasting, or constantly recurring over time. In both the cases one should consult a doctor. However one can do the following in case of acute injury:

RICE - Rest-ICE-Compression-Elevation - This can be done immediately after someone gets injured and later on a professional can be consulted.

Give rest to the injured body



Keep an ice pack on the injured body part



Wrap the injured area with an elastic bandage



Keep the injured area elevated

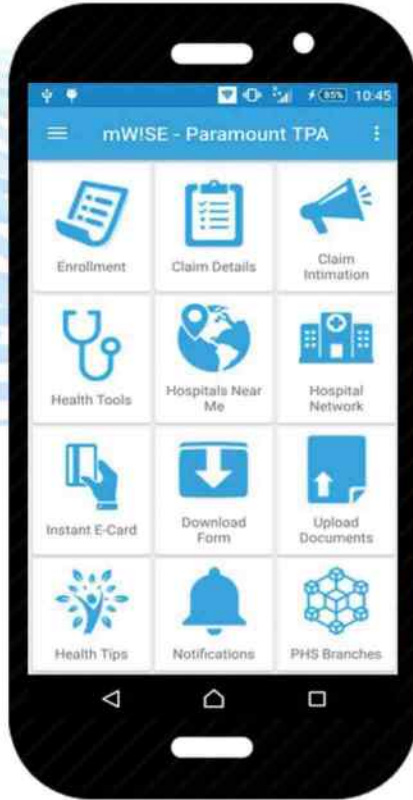


Read the Editor's Mind

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-  Find the hospitals nearest to you and book your ride too
-  Access Daily Health tips
-  Access our list of empaneled hospitals - city/ state-wise
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Take a Chill Pill



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