

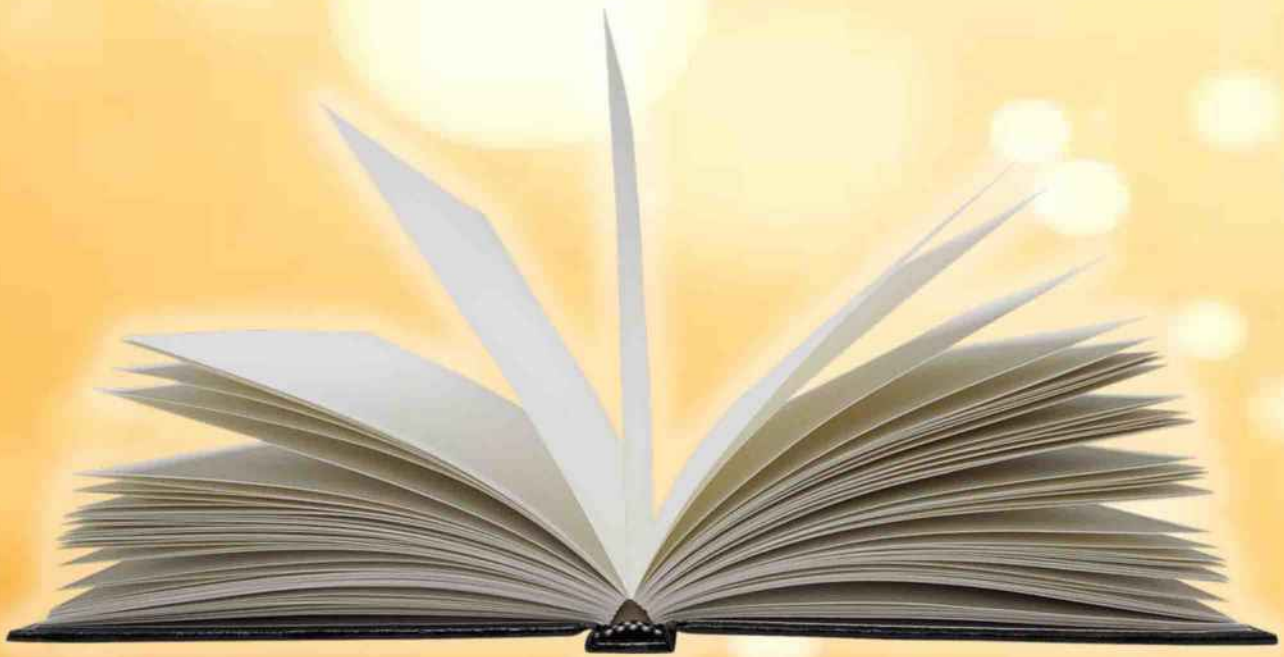
Edition: January 2019

# HEALTHLINE

Paramount's Monthly Magazine

*It's time to unfold new pages and  
start a new chapter in your life  
because it's a New Year.*

*Wish You a Happy & Prosperous  
New Year!*



EYE CARE  
IS IN  
YOUR  
HANDS!

COMMON  
MISCONCEPTIONS  
ABOUT HIGH  
BLOOD  
PRESSURE!

UNSCRAMBLE  
THE  
WORDS!

IMPORTANT  
WORKOUT FACTS  
REVEALED!





Ever tried closing your eyes and walking?

Try it - you will realize how important eyes are!

### Did you know?

Eyes are the body's most developed sensory organs. A large part of the brain is assigned to vision as compared to the combined senses of hearing, smelling, touching and tasting!

## Do's

## &

## Don'ts

- ✓ Get routine eye check-ups done at least once in 2 years.
- ✓ Consume vitamin and nutrient-rich food. Include green leafy vegetables, eggs, nuts, beans, citrus fruits in your diet.
- ✓ Maintain contact lens hygiene – wash hands before handling lens, clean lens with recommended solution, clean lens case regularly, wear the lens for only the recommended period.
- ✓ Use sunglasses while stepping out. Protective sunglasses will help protect against the harsh UV rays of the sun.
- ✓ Ensure atleast 7 - 8 hours of sleep.
- ✓ Make screen adjustments to minimize eye strain. Adjust the monitor height so that the top of the screen is at or slightly below eye level. Position the monitor at arm's length from your eyes.

- ✗ Avoid prolonged exposure to gadgets.
- ✗ Avoid wearing contact lens for unduly prolonged time periods.
- ✗ Avoid sharing contact lens.
- ✗ Avoid staring directly at the sun. This can cause damage to your retina.
- ✗ Avoid working in dim light.
- ✗ Avoid sleeping with eye make-up.



## Must-Read!

**Can anything be done to prevent vision loss?**

At the very first sign of symptoms, such as blurred vision, eye pain, flashes of light, or sudden onset of floaters in vision, it is advisable to immediately consult the doctor. If detected early enough, there are treatments (depending on the cause) that can help correct, stop, or at least slow down the loss of vision.

**Tip:** Check (and activate) if your gadget/app has in-built features that notifies the user of the amount of time they have spent viewing the screen. This will help keep a check and limit your screen viewing time.

### Experiencing 'Digital Eye strain'? Try these simple exercises!

**1**

Train your eyes to blink at least 15 times a minute.

**3**

Simply close your eyes and massage them with light, circular movements of your fingers for one or two minutes.

**2**

Rub your palms together to generate heat and press them gently on closed eyes. Repeat for two minutes.

**4** Follow 20-20-20 rule

EVERY 20 MINUTES... TAKE A BREAK FOR 20 SECONDS... AND LOOK AT AN OBJECT 20 FEET AWAY.



High blood pressure, also known as hypertension, if left unattended can lead to various types of health issues such as heart diseases and stroke. Understanding more about blood pressure can help you manage the condition or even prevent it. Here are some myths and facts associated with blood pressure.

**Myth**

Recently, I was diagnosed with high blood pressure, but now my readings are relatively low. So I can stop taking my medication for high BP.

**FACT :** If you have been diagnosed with high blood pressure for a while, it is possible that it may be a lifelong issue. Therefore, it is important for you to take the medication and follow the instructions given to you by your healthcare professionals to maintain normal blood pressure.

**Myth**

I have not had any of the high blood pressure symptoms like sweating, nervousness, sleeping problems, etc. Therefore, I do not need to worry about it.

**FACT :** High blood pressure may affect you for years without displaying any symptom. It is known to be a "Silent Killer" as it often does not show any symptoms, but may harm your arteries, kidneys and other organs. Therefore, a regular checkup will help you to be aware of your readings.

**Myth**

Since many of my family members are suffering from high blood pressure, there is no chance for me to escape this ailment.

**FACT :** It is true that high blood pressure can run in the family and is a hereditary condition. However, this can be prevented by following a healthy lifestyle and proper eating habits.

**Unscramble this!**

All you have to do is 'unscramble the words' and find the answers. Interesting isn't it?

A U N E D  
T S A U R T

These type of fats are considered 'healthy' fats and consuming them improves the blood cholesterol levels thereby decreasing the risk of heart disease. It is recommended to consume food rich in these type of fats.

A A A  
A A B A

Botanically, the following fruit is categorized as a berry since it is developed from a single flower and an ovary. Its fiber content, or roughage, aids in bowel movement and helps us feel full after consumption. It is also an easy-to-go snack.

O S I C B  
A R O P I B

These are living bacteria found in certain foods that help in maintaining a healthy gut environment and also play an important role in strengthening our immune system. They are commonly found in Yogurt.

E R R C B S  
E A W R R I

These berries contain proanthocyanidins, a compound which helps prevent urinary tract infections by stopping bacteria from lining the urinary tract walls and thereby preventing the spread of bacteria.

(Answers below 'Chill Pill' section)



# 1 The more you exercise with the same intensity, less is the amount of calories you lose as the sessions pass by.

If we exercise very religiously daily, we should always be aware about the above fact that the more you exercise with the

same intensity, the less your body responds to the exercise. The reason behind this is that initially when you start exercising with a certain intensity, it is challenging for the muscles and other tissues hence they use more calories to cope with the intensity. However, over a period of time they get adapted to the intensity of exercise which results in reduced response to that exercise. Hence, the body uses less calories to cope with the same intensity. This is the reason we should always increase the intensity of exercise but again that should be at the right time and under expert guidance.



A



B



# 2 Abs workout increases the size of the abdominal muscle.

It is a common notion that working out the abs helps you achieve a slimmer and trimmer abdomen. However, the reality is that abdominal muscles are no different from any other skeletal muscles of the body. When we do abs exercises like crunches, leg raises, plank, etc. it causes abdominal muscle to grow and become stronger. Hence, doing ab exercises regularly makes your belly stronger and allows it to increase in size like any other muscles but it does make it look toned and sharper. This gain is

always good for health and facilitates fat loss around your abdomen over time, and your unhealthy belly fat is replaced by healthy and strong muscles.

# 3 Over - exercising can make you unfit.

We have seen many people over - exercise to achieve their goals faster which can be harmful to the body. When one exercises, there are various physiological and hormonal changes which occur in the body such as - increased metabolism, elevated heart rate, increased blood flow to the recovering muscles, etc. Over-exercising the same group of muscles, without adequate rest between two sessions and at an unmanageable intensity, acts as an obstruction in the recovery process. It puts the brain and other internal organs under pressure which causes various side effects like loss of sleep, drowsiness, loss of appetite, etc.

Hence, you should always take expert guidance to be aware of how much exercise is adequate for your fitness level.





## Read the Editor's Mind

Hello folks,

In our November edition of Healthline, we had mentioned about Ayushman Bharat-National Health Protection Scheme (AB-NHPS) or Pradhan Mantri Jan Arogya Yojana-Ayushman Bharat, world's largest government-funded healthcare scheme which came into operation from September 25, 2018. This scheme offers an insurance cover of Rs. 500,000 per family per year (on a family floater basis) for almost all secondary care and most of the tertiary care hospitalization.

At a recent event held at WeSchool, **our Chief Operating Officer – Mr. Atman Shah was invited to provide his valuable insights on the 'Impact of Ayushman Bharat on Sustainability of Healthcare Businesses'**. It was an Annual Round Table Meeting held on December 15, 2018 where panelists were eminent people from industry segments such as Insurance, Medical Devices, Hospital, Consultancy, Healthcare IT, Pharmaceuticals etc.

The discussion was addressed to an assembly of PGDM (Post Graduate Diploma in Management) Healthcare students, industry personnel and faculty members.

*Here is a glimpse of the event:*

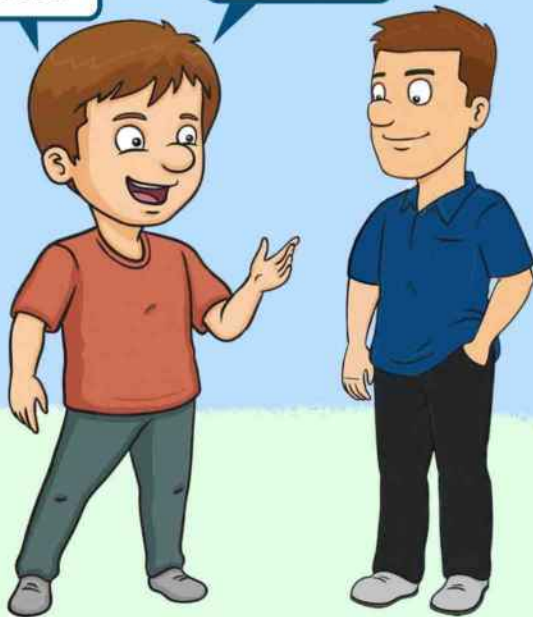


## Take a Chill Pill



The past of eat is ate.

The future of ate is weight.



And the funny thing is ...people realize it only when it is too late!



*Answers to 'Unscramble this' section : 1. Unsaturated 2. Banana 3. Probiotics 4. Cranberries*

For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.comm@paramount.healthcare](mailto:corp.comm@paramount.healthcare)

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