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HEALTHLINE

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WHEREVER
THE ART OF
MEDICINE
IS LOVED,
THERE
IS ALSO A
LOVE OF
HUMANITY.

- Hippocrates



National
Doctor's Day

• Exercise and
new research

• How sugar affects
kidney health

• Exercise for your
brain

— National — DOCTORS DAY

National Doctor's Day in India is celebrated on July 1st every year to honor the birth and achievements of Dr. Bidhan Chandra Roy, who was a prominent physician and the second Chief Minister of West Bengal. Here are the history and some facts about National Doctor's Day in India:



History:



Dr. Bidhan Chandra Roy was born on July 1, 1882, and he made significant contributions to the field of medicine and healthcare in India. He was also a renowned freedom fighter and educationist. Dr. Roy's relentless efforts to improve healthcare infrastructure and services led to his recognition as the "Maker of Modern West Bengal." Establishment of National Doctor's Day: In recognition of Dr. Bidhan Chandra Roy's contributions, the Government of India established National Doctor's Day in 1991. The day was designated to honor doctors and their crucial role in society.

Facts and Celebration

- **Tribute to Dr. Bidhan Chandra Roy:** National Doctor's Day serves as a tribute to Dr. Bidhan Chandra Roy and his contributions to the medical field in India.
- **Theme:** Each year, National Doctor's Day in India is celebrated with a specific theme that highlights important aspects of the medical profession and healthcare.
- **Medical Camps and Free Health Check-ups:** On this day, medical camps and free health check-up events are organized by various healthcare institutions, hospitals, and medical organizations. These activities aim to promote health awareness and provide medical services to the community.
- **Award Ceremonies:** National Doctor's Day is an occasion to recognize and honor exemplary doctors who have made significant contributions to healthcare and medical research. Prestigious awards such as the Dr. B. C. Roy National Award are presented to deserving doctors on this day.
- **Seminars and Conferences:** Medical conferences, seminars, and workshops are organized on National Doctor's Day to facilitate knowledge sharing, discuss emerging medical advancements, and address pertinent issues in the healthcare sector.
- **Public Awareness Campaigns:** National Doctor's Day is an opportunity to raise public awareness about healthcare issues, preventive measures, and the importance of regular health check-ups. Awareness campaigns are conducted to educate the public on various health topics.
- **Recognizing COVID-19 Heroes:** In recent times, National Doctor's Day has gained even more significance due to the COVID-19 pandemic. It is a time to acknowledge and appreciate the tireless efforts of healthcare professionals, doctors, and frontline workers who have been working diligently to combat the pandemic.



Exercise and new research

According to research presented at the exercise and nutrition conference in Manchester, UK this year, there were some findings that helps understand the relationship between exercise and health better. Here are some of the findings from the paper.



1. Exercise should tire you adequately. This means that you do not need to feel fatigued after exercise as that is not the right parameter to judge a session. The study suggests that you need to be just adequately tired so that your biomechanics like your joints, bones, ligaments, tendons and such are all protected and not overworked. Another interesting finding suggests a psychological and physical connect with exercise. It says that exercising done just as a compulsion and not for joy or better performance or health can in fact lead to more injuries and illnesses. So try to build an exercise routine which is manageable and joyful.

2. Active childhood. One of the studies suggests that the more active you were in your childhood and adolescent stage plays a huge impact on your skeletal health post the age of 50. So research says that the more active you stay in your childhood, the better your bone health.



3. Older adults must make exercise a priority. Research suggests that the older you get, the harder you have to work at staying active and exercising. This is because muscle loss is much faster as you age and to maintain muscle mass you need to work extra. Muscle loss is three times faster in older adults. Low muscle mass can lead to several complications like more health issues, poor clinical outcomes, increases hospitalization due to illnesses, longer recovery period and so on. Also be extremely careful of trending diets. Always speak to a holistic nutritionist who can help you with a sustainable diet plan that does not lead to muscle mass.

4. Statistics for females. There has been an observance of 10:1 female to male ratio for eating disorders. Female athletes have been known to have more carb fear and it is the reason why they may also be under-fuelled a lot of times. There is more importance given to the way they look than how they feel and how they can perform. This affects their performance.



Some take aways for general public include:

- Exercise is a must and should be started now. It's always a good time to add movement to your routine.
- Don't over-exercise and follow a structured program.
- Encourage the kids to be more active physically and add movement in their day to day life.
- Especially for young girls, help them fight the overwhelming social media influence regarding body issues.



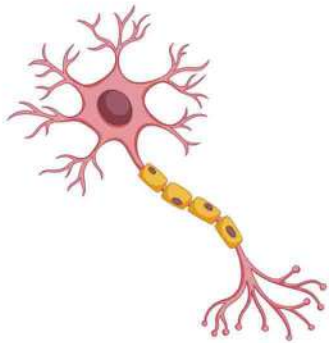
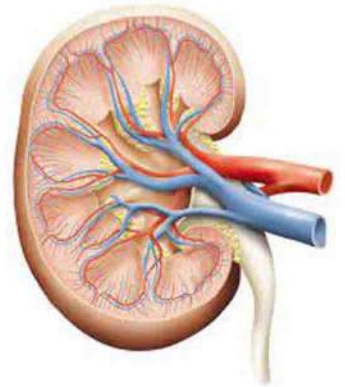
How Sugar affects Kidney health



Excess intake of sugar creates multiple health problems including kidney issues. Kidneys play an important role in helping the body get rid of waste from the system. It also helps in returning essential vitamins and minerals including amino acids, glucose and even hormones back into the bloodstream. The kidneys get a very high blood flow and that is why sugar also plays an important role in its health. Here are some signs and symptoms of kidney disease caused due to high sugar.

Blood vessels in the kidneys

The kidneys have a high density of blood vessels running through its filtering units and it is crucial that these blood vessels function properly. When the blood stream continuously has high sugar in them, they tend to become narrower and also clogged over time. When this limitation occurs, the blood does not flow to the kidneys properly leading to inefficient filtering process. Another complication occurs when the protein called albumin passes through the filter and goes out through urine. But it is essential that albumin stays in the body as it prevents the blood from leaking into the tissues.

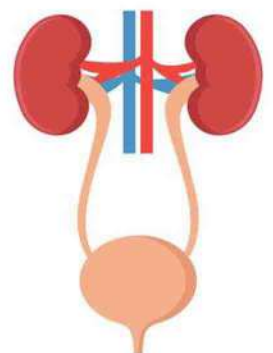


Nerve damage

Excess sugar consumption is also known to damage nerves in the body. These nerves are essential for bodily functions, which also includes sending signals to the bladder from the brain. The signals include messages like telling the brain that the bladder is full and that you need to relieve the pressure. However, when the nerves are damaged due to high sugar levels, then you may not feel the pressure in the bladder which then damages the kidney.

Urinary tract infections

When the nerves in the bladder do not function, then the urine may stay for longer in the bladder. When that happens, there is a high risk of contracting infection. This happens due to accumulation of bacteria when the body does not extract waste from it and also when the levels of sugar is high in the blood. While this infection starts in the bladder, it can easily spread to the kidneys when not treated on time.



Diagnosing the disease

The symptoms for kidney disease are not easy to recognise and hence it is advised to get an annual check up done to avoid any complications and also for early stage detection. This can help in getting the right treatment started at an early stage. Getting a urine test done is also crucial because that shows the levels of albuminuria and this can detect any kidney issues that may arise later in stage.

Tips to manage the disease

If you are dealing with diabetes and are at risk of kidney disease, it is important to take the right steps for its management that can prevent further complications and cause permanent damage. These steps include:

Controlling the blood sugar

One of the best ways to prevent any damage to kidneys is to control the level of sugar in the blood. Some people with diabetes usually also take insulin to help control the sugar level, so that will be helpful. Adhering to a structured lifestyle with proper meals and exercise will also be helpful.



Controlling high blood pressure

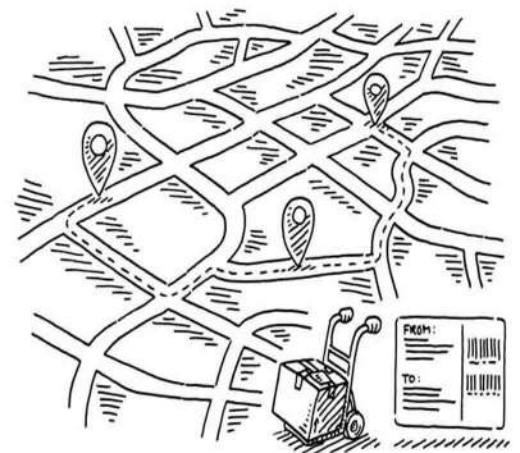
The chances of getting kidney failure increases when you are experiencing high blood pressure frequently. It is advised to speak to the doctor and understand how to manage hypertension.

Exercise for your brain

Draw a map of your town from your memory

While you might feel like you can navigate the streets of your neighborhood with your eyes closed, try challenging your brain by actually drawing a map of your town or neighborhood from memory. No cheating! Try to include major streets, major side streets, and local landmarks.

Once you are done, compare your memory map to a real map of the area. How did you do? Are you surprised by some of the things that you missed? If you found this activity too easy, try drawing a less familiar area from memory, such as a map of India or Asia, and try to label every state and country.



Use your non-dominant hand

Use non-dominant hand to strengthen your mind. Because using your opposite hand can be so challenging, it can be a great way to increase brain activity. Try switching hands while you are eating dinner or when you are trying to write something down. It will be difficult, but that is exactly the point. The most effective brain activities are those that are not necessarily easy.

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