

HEALTHLINE

Paramount's Monthly Magazine



“Do not start a diet that has an expiry date. Develop a healthy lifestyle that will last forever.”

BRUSH UP ON YOUR ORAL HEALTH!

SOME 'EYE-OPENING' FACTS!

E	F	P
T	O	Z
L	P	E
P	E	C
F	D	
E	D	E
C	Z	P
F	E	L
O	P	E
D	I	S
S	E	P
E	C	T

KNOW YOUR BONES!

PREBIOTICS, PROBIOTICS AND YOUR BODY



Your oral health is in your hands!

- Brush teeth twice a day using pea-sized amount of toothpaste. Floss regularly.
- Rinse mouth well after every meal.
- Eat a healthy diet that limits sugary beverages and snacks.

Toothbrush tips:

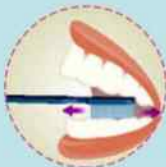
- Replace your toothbrush every three to four months or sooner if bristles are frayed, or after an illness.
- Store the toothbrush in an upright position and allow the toothbrush to air-dry until you use it again.
- Use brushes with soft, nylon, round-ended bristles, to avoid damage to the teeth and gums.

How to brush?



Hold the toothbrush at a 45 degree angle towards the gum line.

Gently brush the inner and outer surfaces of teeth, moving the brush in short strokes, back and forth.

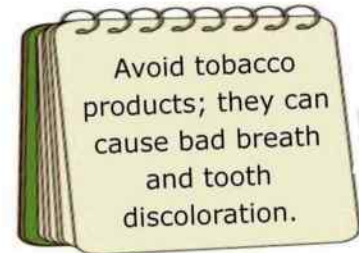


Brush the chewing surface of each tooth, in a back and forth scrubbing motion.

Use the tip of the toothbrush and clean behind each tooth.



Clean the tongue from back to front using the brush, for fresher breath.



How to floss?



• Take 18 inches of floss and wind the ends of the floss around each middle finger leaving an inch or two for flossing.



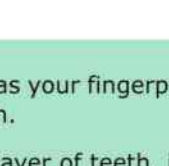
• For proper grip, hold the floss firmly between your thumb and index fingers.



• Slide it gently up and down, between your teeth.

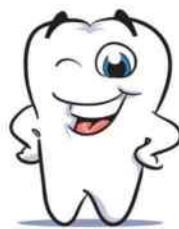
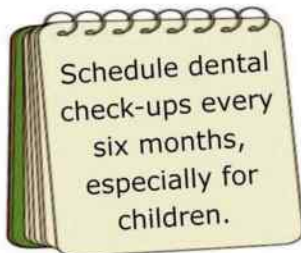


• Move the floss up and down against the surface of the tooth and under the gumline.



• Do not force or snap the floss as it may cut the gum tissues.

• Always use a clean section of floss as you move from one tooth to another.



- Your teeth are as unique as your fingerprints! This means that no two persons will have identical set of teeth.
- Tooth enamel, the outer layer of teeth, is the hardest tissue in the human body.
- Tooth enamel cannot be naturally re-generated. It cannot be artificially re-grown, either. Hence, protect it!



Does 6/6 vision indicate that eyes are perfect?

The answer is **False**.

Having 6/6 vision does not indicate that the eyes are perfect. It indeed denotes the excellence of central vision. However, the same individuals with perfect central vision might face problems with other types of vision - such as side vision, night vision, or colour vision. This is because certain eye diseases such as glaucoma or diabetic retinopathy may affect the other types of vision. This often happens over long periods of time as these diseases initially harm the inner eye, without causing much harm to central vision.

What is 6/6 vision?

6/6 vision is a term used to express normal visual acuity which indicates clarity or sharpness of vision, when measured at a distance of 6 metres. If you have 6/6 vision, you can see clearly at 6 metres what should normally be seen at that distance (indicating normal vision).

How is vision acuity assessed?

- A Snellen chart is a special chart that has big letters at the top that get smaller and smaller after every row. This chart is used to assess visual acuity.
- During the test, one has to be seated at a distance of 6 metres from the chart and each eye is assessed.
- Normal acuity is indicated at 6/6. This means that a person with normal acuity can read the small line of letters from a distance of 6 metres (refer chart), which is normally readable at that distance.
- If a person is able to read only the two letters on the second line, that is recorded as 6/30. This means that he/she has to be as close as 6 metres to see what a person with normal vision can see at 30 metres.
- 20/20 vision is the same as 6/6 vision (6 metres = 20 feet)

E	1	6/60
F P	2	6/30
T O Z	3	6/20
L P E D	4	6/15
P E C F D	5	6/12
E D F C Z P	6	6/9
FELOPZD	7	6/8
DEFPOTEC	8	6/6
LEFOPZCPT	9	6/5
FDLPTCEO	10	6/4

Did You Know?

Know your Bones!

How well do you know your bones?

1. Which is the only bone which is fully grown at birth?

Stapes - the smallest bone in the human body located in the ear.

2. Where are red blood cells, white blood cells and platelets produced?

In the **Bone marrow** - the soft fatty tissue inside the bone

3. Which is the only bone in the human body that is not joined to any other bone?

Hyoid bone located in the throat is the only bone in the human body which is not connected to another bone. It is suspended in place by the muscles and ligaments that are attached to it.

4. Why does the cracking of knuckles emit a sound?

This sound is due to **bursting of nitrogen gas bubbles** in the joints.

5. Which vitamin helps our bones to absorb calcium?

Vitamin D is crucial for our body to effectively absorb calcium.

Fun Fact

Humans possess the same number of neck bones as that of a Giraffe. Giraffes and humans both have seven neck vertebrae, but each neck bone of the giraffe is much longer.

Relationship of Probiotics and Prebiotics with our body

1. What are Probiotics and the most common types?

Probiotics are living bacteria that are good for our health, especially for our digestive system, when consumed in appropriate amount. The bacteria present in Probiotic foods and supplements are similar to those present in the gut.

The most common types of Probiotics are **Lactobacillus** and **Bifidobacterium**. They are mostly present in dairy products. Bifidobacterium is also found in other fermented foods.

2. How do Probiotics help our body?

Probiotics line our intestine and help our body in the following ways:

- They support our body's ability to absorb nutrients and fight infection.
- They promote the movement of food in the gut by stimulating the nerves that control the gut movement.
- They help in maintaining a healthy gut environment by replacing the bad bacteria with good bacteria.
- They also play an important role in strengthening our immune system.

3. What are Prebiotics and how do they help our body?

Prebiotics are non-digestible carbohydrates that act as food for Probiotics. Prebiotic fiber is the main food source of Probiotics, and they cannot thrive without it. Prebiotics play a fundamental role in preserving health by maintaining balance and diversity of the intestinal bacteria, especially by increasing the presence of good bacteria.

4. What are the Prebiotic and Probiotic foods that one should consume?

Prebiotic foods



Oats

Onions



Bananas



Flaxseeds



Garlic



Probiotic foods



Yogurt

Buttermilk



Fermented Probiotic milk drinks



Sauerkraut (finely shredded cabbage that has been fermented by lactic acid bacteria)



Bacterially fermented cheeses



Read the Editor's Mind

Dear Readers,

We are glad to share with you the highlights of a recent event attended by **Dr Nayan Shah** - Managing Director of Paramount Health Services and Insurance TPA Pvt. Ltd.

In March 2018, Dr Shah was honored at the *elets Healthcare and Wellness Summit*, March 2018 organized by elets Technomedia and eHealth Magazine. The chief highlights of the event are as given below:

- Dr Shah was **bestowed with a recognition certificate and an award** for **"Exemplary Services in Health Insurance for Pioneering the Cashless Treatment Concept in India"**
- Dr Shah was also **presented an award for his eloquent and thought-provoking speech on 'Likely Challenges in the Health Insurance scenario in India'**

Our Wall of Accolades



Take a Chill Pill



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