

# HEALTHLINE

Paramount's Monthly Magazine

**Firecrackers - Small packets of disaster**



**Say NO to Smoking**



**Tears - The truth behind them**



**Some sugar-coated facts!**



“Natural healing is about taking control of your life and being responsible for everything that goes in your body and mind.”

We are all eagerly waiting for Diwali, also known as the 'Festival of lights' which is just around the corner. Aren't we?

Did you know



'Diwali' also known as 'Deepawali' means "a row or cluster of lights" or "rows of diyas (clay lamps)". This festival symbolizes the victory of light over darkness and good over evil.

According to one of the most popular legends, Lord Rama and his wife Sita returned to their kingdom in Ayodhya from a 14 year exile after defeating the demon King Ravanna. People celebrated this victory by illuminating their homes with clay lamps. This is one of the reasons why the festival is celebrated every year.

So you can see, it is only in recent times that bursting fire crackers has become a norm for celebrating the festival. People are spending truck-loads of money on these little packets of disaster without knowing its negative impact on the environment and health of humans.



**Let's take a look at what happens when you burst crackers during Diwali:**

Air quality drops down 50 times below the healthy air quality level!

Sound produced by the crackers exceeds 125 decibels which can cause nervous breakdown and mental health disorders!

Level of toxic chemicals increase in the air causing smog or smoke like appearance in the air and this increases the risk of developing respiratory diseases!

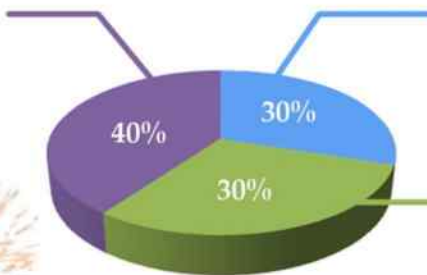
Health issues such as eye itching, increased coughing, skin rashes, etc., double during Diwali!



**Negative impact of bursting fire crackers**

**Noise pollution:**

According to sources, every year the sound pollution increases by 40% which not only affects humans but is also a nightmare for animals especially dogs (Dogs can hear 4 times more than humans.) Imagine it is like standing right in front of a blaring loud speaker!



**Waste disposal:**

As compared to the amount of waste that is generated daily, the solid waste generated out of the firecrackers increases the amount of waste by 30% on the day after Diwali.

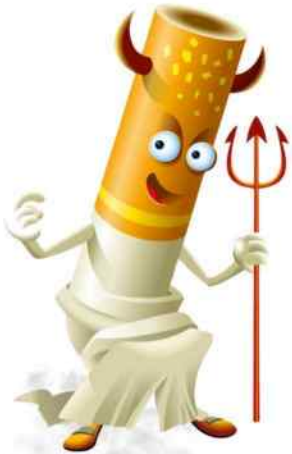
**Health problems:**

Crackers contain numerous chemicals which not only cause air pollution but also contribute to health issues. Each element in the cracker results in the following:

Element	Components	Effects
Coloring agents (metal compounds which produce an intense color when burned)	Aluminum (brilliant white), Lithium(red), Copper (blue), Strontium(red), Barium Nitrate(green), Antimony Sulphide (glitter effect), Cadmium, Arsenic	<ul style="list-style-type: none"> <li>• It causes cold, allergy and congestion of throat</li> <li>• It leads to Alzheimer's disease, lung damage and in some cases cancer</li> <li>• Its toxic chemicals replaces the calcium in the body</li> <li>• It leads to hormonal imbalance and muscular weakness</li> </ul>
Fuel (allows firework to burn)	Potassium Nitrates	Toxic dust present in the fumes leads to lung cancer
Oxidizing and reducing agents	Lead compounds, Potassium Nitrates, Perchlorates (Ammonium, Potassium) Mercury	<ul style="list-style-type: none"> <li>• It accumulates in the body and is detrimental to physical and mental growth of infants and children</li> <li>• It leads to miscarriage in pregnant women</li> </ul>

**In 'light' of the above, this Diwali let us be more responsible and have a safe Diwali !**

**Myth: I have been smoking all my life, even if I quit now, the damage is already done and I will not benefit in any way!**



If you think that it's too late for you to quit smoking and that there will be no benefits of quitting, here is some good news.

This is what happens in your body after quitting smoking:

**20 minutes after quitting:** Your pulse rate and blood pressure drops to normal, with your hand and feet recovering to the normal body temperature.

**8-12 hours after quitting:** The level of chemicals like carbon monoxide present in your blood due to smoking, drops down substantially allowing the oxygen molecules to bind the red blood cells.

**48 hours after quitting:** The lungs start to excrete and cleanse the accumulated mucus within. Moreover, nerve endings start to function appropriately.

**Weeks-months after quitting:** The nicotine level in your system gets depleted, which dramatically increases the lung capacity. This improves the blood circulation and helps in regeneration of new cells.

**1 year after quitting:** The risk of getting coronary heart diseases is almost half of that of a person who smokes.



## Did You Know?

Here are some lesser known facts about tears:

- Tears are made by glands located above our eye balls, called tear glands, or lacrimal glands. There is one gland above each eye ball; each produce tears that travel to the eye through tiny pipes, called ducts.

- Tears have layers:

- **Outermost lipid layer (oils)**
- **Middle aqueous layer (water)**
- **Innermost mucous layer (mucin)**

The water layer is the thickest and contains electrolytes (such as sodium and potassium), proteins (mostly enzymes), glucose and other substances. Various fats in the outer oil layer help reduce evaporation of our natural tears. The mucin layer allows the watery layer to spread evenly over the surface of the eye and helps the eye remain moist and lubricated.

- Tears drain into the tiny openings in the eyelids, called puncta (located in the inside corners of our upper and lower eyelids), and then through ducts to the nasal cavity, where it is either ingested or becomes a part of nasal fluid—it is

## TEARS – THE TRUTH BEHIND THEM!

also a reason why our nose gets stuffy when we cry.

- Tears also improve the image that forms on the retina by smoothing out any irregularities on the surface of the eyeball – which is why people with dry eyes may have blurry vision.
- Tears serve as a defense mechanism for the eye. The antibodies, enzymes and other immune components present in the eye help protect it against microorganisms.



- There are three types of tear secretions:

- ▶ **Basal tears (continuous)** – clean and lubricate our eyes
- ▶ **Reflex tears (irritant)** – which are secreted when our eyes are irritated by things such as onions or pollen
- ▶ **Emotional tears** – Is triggered by strong feelings (joy, sadness, stress, etc). It is released when limbic system (the part of our brain associated with emotional arousal) relays a signal to lacrimal system to produce tears

Hormones play a role in tears secretion - Testosterone, a male hormone inhibits tears while prolactin, a female hormone promotes tears.



WHY TOO MUCH OF SUGAR CONSUMPTION IS NOT GOOD!

**Composition of sugar and its significance**

Sugar is a simple carbohydrate that exists in many different forms i.e.

- *Glucose (occurs naturally in fruits and plant juices)*
- *Fructose (occurs naturally in fruits, some root vegetables, cane sugar and honey)*
- *Galactose (combines with glucose to form lactose, which is found in milk)*


Glucose is one of the essential sources of energy in the body. The "table sugar" sucrose is made up of two molecules i.e. glucose and fructose. All carbohydrates, once consumed, are converted into glucose during digestion. Glucose is a form of sugar that is used in our bodies or stored for future use. Consuming excess of sugar is associated with a number of health risks.

**Added sugars**


Any sugar that is added to foods in preparation process. E.g. white sugar, brown sugar added to cereals, coffee etc.



**Now, the question is - what is the right amount?**



9 tsp (36 gm, 150 calories)



6 tsp (25gm, 100 calories)

As recommended by World Health Organization (WHO), the daily 'added sugar' consumption for men should not be more than 9 tsp (36 gm, 150 calories) while for women it should not be more than 6 tsp (25gm, 100 calories)

**Ways to cut down sugar intake**

Check for food labels and choose products with the least amount of added sugars



Add fruits to cereals and oats instead of sugar

Cut down on sugars mentioned in the recipes by one third at least



Avoid consuming sweet beverages and carbonated drinks


You can replace sugar with natural substitutes such as jaggery, dates, raisins, honey, etc.




**So what really happens when you consume too much of sugar?**

- Excess of sugar consumption may give you quick bursts of energy by raising the blood sugar level.
- Excess of sugar alters the functioning of pancreas as the sugar rush in the blood stream exerts pressure on pancreas to produce more insulin.
- As soon as the sugar rush ends, excess of insulin remains in the blood which causes craving for sugary food.
- The extra insulin in the blood dilates the arteries, which in turn places stress on the heart, thus increasing the risk of life-threatening diseases.


**Common indicators that you are consuming excess of sugar**




Mood swings



Frequent exhaustion



Cravings for sweet food



Weight gain

**Identifying added sugars on food labels -**

Sugars on food labels refer to both natural and added sugars. Other names for added sugars on labels include:

- Fruit juice concentrates
- Malt sugar
- Molasses
- Brown Sugar
- Raw sugar
- Corn sweetener
- Sugar molecules ending in 'ose' (fructose, glucose, sucrose, etc.)
- High fructose corn syrup

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
<b>Total Carbohydrate 37g</b>	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein 3g</b>	
Vitamin D 2mcg	10%
Calcium 250mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Read the Editor's Mind

Dear Readers,

On September 23, 2018, Prime Minister Narendra Modi launched 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. The scheme is for the benefit of deprived rural and urban families who fall below the poverty line.

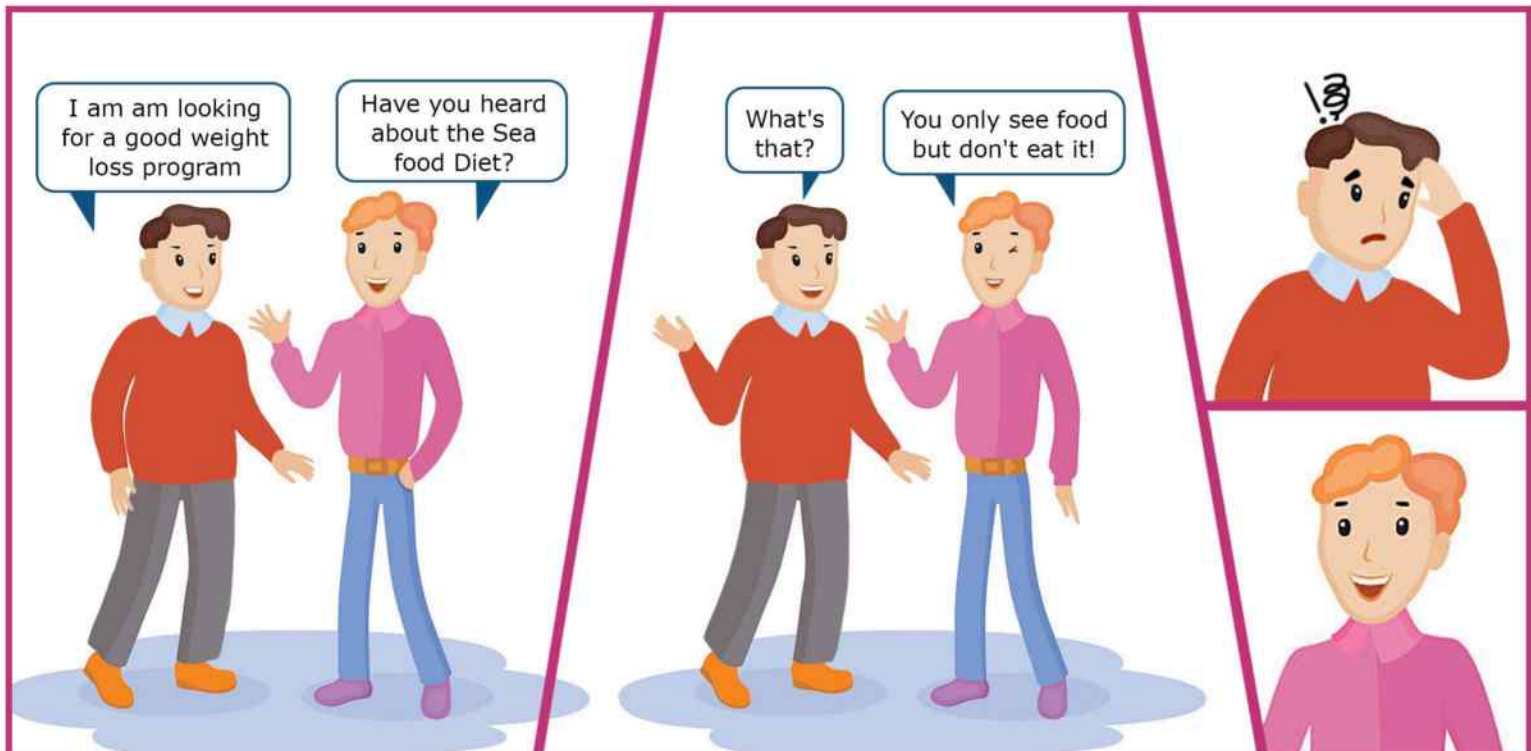
The AB-NHPS will offer an insurance cover of Rs. 5,00,000 per family per year (on a family floater basis) on almost all secondary care and most of tertiary care hospitalization. This includes pre and post-hospitalization expenses. Furthermore, the scheme has 1,350 medical packages that cover surgery, medical and day care treatments including medicines and diagnostics. The scheme will be cashless and paperless, at public hospitals and empanelled private hospitals.

For smooth operation of the scheme, TPAs would play an important role in processing and settling the claims.

We are pleased to announce that **Paramount Health Services and Insurance TPA Pvt. Ltd.** will also be a key contributor in the smooth implementation of this scheme. We are honoured to be a part of this mission to help make healthcare facilities accessible to a majority section of India.




## Take a Chill Pill



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

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

 [phm\\_healthcare](https://twitter.com/phm_healthcare)

 [ParamountHealthcare](https://www.facebook.com/ParamountHealthcare)

 [blog.paramount.healthcare/](https://blog.paramount.healthcare/)

This disclaimer governs the use of this newsletter. The articles and features provided herein are solely for informational and educational purposes only. The information is not advice & should not be treated as such. We do not claim that this information is an exhaustive compilation of information about these listed facts. We do not represent, warrant, undertake or endorse the accuracy or reliability of any information, contents contained in or linked, herein provided. This information can by no means replace consultation of Doctor or an Expert for professional judgment and advise. We do not provide our own contents (Information) and instead acquires them on Good Faith from other sources by purchasing, licensing or freely obtaining them and as a result we are not responsible for the authenticity, accuracy or originality of the provided information. This information is for private circulation only. Thus we shall not be liable to any party as a result of any information or resources made available through this information.