

Edition: January 2020

HEALTHLINE

Paramount's Monthly Magazine

*May every day of the New Year glow
with good cheer and happiness for
you and your family*



Happy
New Year

Raw
veggies are
better than
cooked?

Ill effects of
smoking and
alcohol

Your heart
matters

Facts about
your teeth

III Effects of Smoking and Alcohol Consumption

Smoking and alcohol are silent killers causing serious damage to various parts of the body and are also known to be the leading causes of many deaths. Take a glimpse at how they can affect the vital organs:

Smoking



Brain
Increases the risk of stroke

Respiratory system
Causes Chronic bronchitis & Asthma

Heart
Increases the risk of heart attack due to arteriosclerosis

Skin and Hair
Leads to premature ageing

Reproductive system
Decreases sexual desire & may cause infertility in severe cases

Cancer
Lungs
Esophagus



Alcohol

Brain
Leads to poor memory and vision

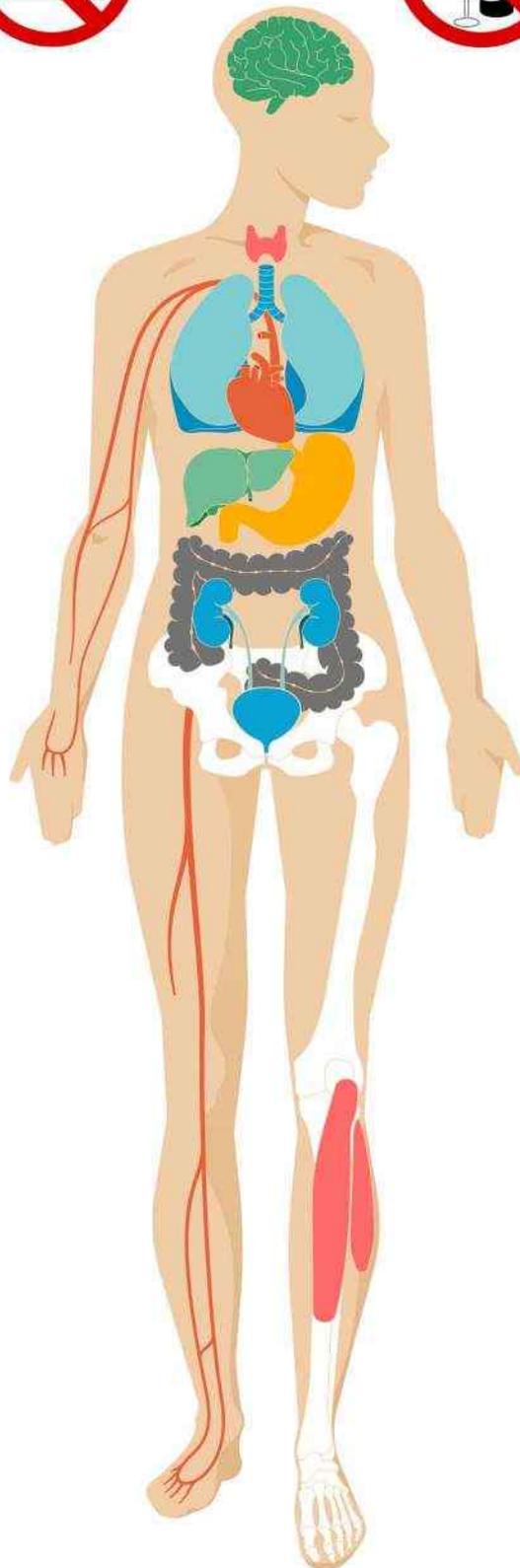
Circulatory system
Increases the risk of High Blood Pressure and Stroke

Liver
Causes Alcoholic hepatitis & Fatty liver

Digestive system
Damages the digestive tract and leads to poor absorption of food

Reproductive system
Causes Erectile dysfunction in men & Infertility in women

Cancer
Esophagus
Bowel





Myth: All raw vegetables are more nutritious than cooked

This is not always true.

To start with, we need to understand that the amount of nutrients we get from vegetables differs from one vegetable to another, for many reasons – depending on its storage, the way it is cooked etc.

Vegetables are packed with number of nutrients which are beneficial, irrespective of the form in which they are consumed. However, vegetables like broccoli that are a rich source of water-soluble vitamins such as Vitamin C, tend to lose its nutritional value when boiled and cooked. This is because the nutrients get washed off with the water. In the case of cooking vegetables like tomatoes, they contain an antioxidant called Lycopene which, is released in excess only after being cooked. At the same time, the cooking process is known to slightly reduce the Vitamin C content, if tomatoes are boiled and cooked.

Though the nutrient levels differ depending on various factors, the bottom-line is that including vegetables in any form in our diet is nutritious and health promoting. Also eating raw vegetables all the time may not be so appealing to everyone. To conclude, the best way to eat vegetables is when you actually enjoy and eat it - whatever be its form! So don't think twice, just eat right!

Tip:

- Research shows that steaming, stir-frying and baking methods of cooking results in minimal nutrient loss.
- If you are boiling vegetables, use as little water as possible and consume the water left in the pan after cooking.
- To enjoy the benefits of getting maximum nutrients, consume a mix of raw and cooked vegetables.



DID YOU KNOW? - FACTS ABOUT YOUR TEETH

Without them you cannot chew and break those morsels of food. Without them you cannot break into that lovely smile. Without them you cannot speak to your hearts content. Who are they? They are your 32 white soldiers lined up in your mouth. Here are interesting facts about your pearly white teeth:

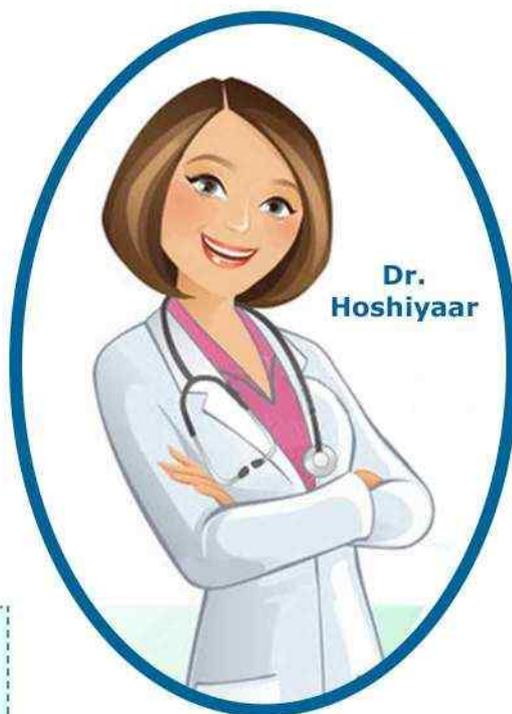
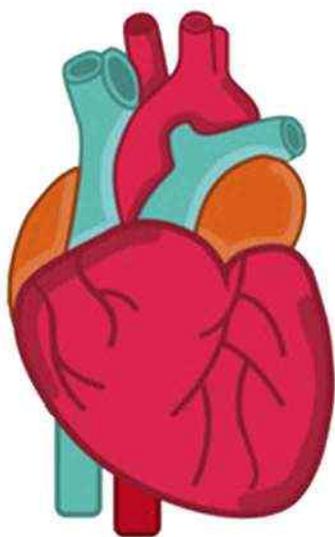
Teeth is one of the parts of the human body that cannot heal by itself.

Teeth starts to form before a baby is born, but becomes visible later.



Tooth enamel is the hardest substance in the human body.

Each individual tooth has its own unique profile, and teeth also vary from person to person.



Dr.
Hoshiyaar

1. What are the common types of Heart Diseases?

- Heart Attack is one of the most commonly and frequently occurring heart diseases and one of the leading causes for deaths in the middle age.
- The medical terminology for Heart attack is 'Myocardial infarction'. In simple terms, it is death of heart muscles due to the insufficient blood supply. This insufficiency occurs because of narrowing of coronary arteries which supply blood to heart muscles.
- The second commonest is valvular heart disease that affects the valves. The valves help regulate blood flow, in and out of the heart.
- Another type is Heart rhythm disturbances (arrhythmias) which affects the pace of the heart, at which it pumps blood.
- Developmental heart disease that develops before birth.

2. What are the common symptoms of Heart Attack?

If one experiences all these collectively, it could be an alarming sign of a heart attack:

- Discomfort in the chest – burning sensations, choking, uneasiness, pressure, heaviness, or pain in the chest, arm, or below the breastbone.

- Discomfort radiating to the back, jaw, throat, or arm with breathlessness.

- Fullness, indigestion, or choking feeling (may feel like heartburn).

- Sweating, nausea, vomiting, or dizziness.

- Extreme weakness, anxiety, or shortness of breath.

- Rapid or irregular heartbeats.

The group of symptoms may vary depending upon the person's health conditions and medical conditions.

3. How does the narrowing of arteries or blockages occur?

Arteries become narrow due to deposition of excess fats inside the wall of arteries.

Over a period of time, this build-up of excess fats turns into plaque which may partially or completely block the arteries, and decrease flow of blood through it.

4. What is first aid treatment for heart attack?

- Never neglect a person with chest pain and who suffers from the aforesaid symptoms.

- Make the person sit in a slightly reclined position.
- Take the person to a more ventilated area.
- Seek immediate medical attention.
- Keep emergency contact numbers handy for speedy action.

5. How to prevent heart disease by modifying our lifestyle?

Choose good nutrition:

- Have food containing fibre which eventually lowers the cholesterol level in the blood like raw salads, whole wheat, millets, fish etc.
- Avoid food high on salt, preservatives and saturated and trans-fats which is the root cause of blockages.

Be physically active every day:

- Being active helps to burn the excess fats and limits the deposition of fats in the arteries.
- It enhances circulation and oxygenation of blood.

Limit alcohol intake:

- Heavy drinking weakens the heart muscle, which means the heart can't pump blood as efficiently.
- Drinking excessive amounts of alcohol causes raised blood pressure which eventually causes a heart disease.

Avoid smoking:

- The carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood which means your heart has to pump harder to supply the body with the oxygen it needs. This weakens the heart muscles.
- Smoking damages the lining of your arteries, leading to a build up of fatty material which narrows the artery which can cause heart attack.

Dear Readers,

Our Managing Director Dr. Nayan Shah and COO Atman Shah attended the launch of Healthquarters Membership Program on December 20, 2019, at NSCI, Worli. The event was also attended by other leading dignitaries from the healthcare industry. This membership program is designed to provide easy and affordable healthcare services to each individual. Atman Shah was presented with the first Healthquarters Membership prepaid card, which he collected on behalf of Dr. Nayan Shah.

Take a Chill Pill



For any queries/feedback/suggestions for the magazine, kindly write to us at 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/

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.