

HEALTH Matters



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Fitness



Making Your Healthy Resolutions Stick

It is that time of the year again, when our 'New Year Resolutions List' gives a tough competition to our things-to-do shopping list. It's easy to make resolutions, but it's easier to break them! So, the question is "How do we stick by them?" Here are some tips.

Be Realistic: Set goals that you think you can keep. Break it up into milestones.

- Instead of trying to lose 20 kgs in 3 months, aim for 3-4 kgs every month.

Take Baby Steps: Starting vigorously will drain your enthusiasm. Start small.

- Schedule 3-4 days of exercise a week initially and increase it gradually.
- Replace desserts with fruits and yogurt, instead of entirely avoiding it.



Plan One at a Time: Unhealthy behavior does not develop overnight. Similarly, changing it also takes time.

- Avoid working at many healthy resolutions simultaneously; take one step at a time.
- Start with a healthy diet, continue it with ease. Then add the next one, say, regular exercise to the list.



Track Your Progress: A diary, journal or a mobile app will help you stay focused.



- Record the number of calories burnt, distance jogged, etc. everyday. It will encourage you to achieve more the next day.
- Write down your resolutions and put them on the refrigerator or wallet where you can see them quite often.

2013 RESOLUTIONS
Weight Reduction
Smoking Cessation
Regular Exercise
Healthy Diet
Limit Alcohol Intake
More Family Time



Ask for Help: Get friends and family,

- To accompany you for a walk.
- To prepare a healthy diet.

Join a support group such as a,

- Workout class at gym.
- Jogger's club in your society.

Share your experiences over social networking sites that will draw attention and suggestions as well.

You're not Perfect: There will be slip-ups when you,

- Relish 2-3 pastries and break your diet.
- Skip your exercise for a week due to work pressure.

But do not give up your regime completely and try to get back on track.

Finally, keep rewarding yourself whenever you achieve a milestone. Keep things interesting and challenging by adding new activities and expanding your goals.



Merry Christmas and a Happy New Year!

Tired of setting new resolutions every year and feeling guilty about not sticking to them? As we approach yet another New Year, we focus on interesting ways to help you stick to your resolutions.

This party season do not let your "good times" turn into unpleasant ones. Adhere to our safe drinking tips presented in this issue that will keep you safe and healthy.

As December is the AIDS awareness month, we've got some good news. The number of new HIV cases and deaths has decreased significantly due to global HIV education and preventive measures.

"Put your hands together" is what you hear at parties and events. We suggest you to do it quite often and keep them neat and clean.

We value your continued patronage. Please send your feedback and suggestions to editorial@ttkhealthcareservices.com.

THE BUZZ CAN BE A BUZZ-KILL

“Thank God it’s Friday, thank God it’s Christmas, thank God it’s New Year, thank God for this bonus!” The excuses many, the result is one – when a night that starts out as the ‘night to remember’ and closes as a haze of things one would rather forget, trouble is brewing. In short, alcohol, that is often associated with good times, can also lead to some unpleasant ones. No, one does not have to stop enjoying that smooth blend of bourbon or that

dazzling swirl of wine if one doesn’t want to – the key is to know when to say, “I’m good,” without having to stutter and shout!

The holiday season usually witnesses a spike in the sale of alcohol, painkillers and regrets. But there are definitely ways one can leave a party while toasting on and keeping their head held straight and not bowed over a sink, toilet or flower pot.



THE PARTY PUNDIT

You can’t blame it all on the alcohol, you were there, remember? You have to take some credit for your actions. You have to choose between cocktails, shooters or mixer drinks, without mixing them all up. For lesser alcohol content, choose a shooter, but it doesn’t last long, which leads to friends insisting on one more. For a longer-lasting choice, go with a cocktail or a mixer drink, but with fresh juices or limited sugar instead of aerated soda or coke, says our party pundit.

THE BIG BINGE

To keep up with the many invitations during the holiday season, some have a tendency to save their drinking time and make up for this at one go – this is called binge drinking. Drinking a lot in a short span of time can lead to some serious mental and physical health issues, as opposed to drinking small quantities frequently.

Causes a spike in blood pressure levels.

Most alcohol-related deaths are a result of alcohol-related accidents.

In extreme cases, bingeing could cause death due to overdose.

It can adversely affect your mood and your memory.

It can lead to violent, aggressive anti-social behaviour.

‘SUGAR HIGH’ LOWS

The carbohydrates in alcohol are often forgotten, but carbohydrates themselves remember and do everything they can to raise one’s blood sugar level causing hyperglycaemia.

If you think you know all you need to know about alcohol this holiday season, here’s something that’ll shock you. Alcohol can lower you sugar level as well. Alcohol interferes with the release of glucose from liver, which leads to low blood sugar or hypoglycaemia. So if you are diabetic or take oral medication for lowering blood sugar level, alcohol can lower it even more, and does so dangerously.



THERE IS SUCH A THING AS SAFE DRINKING

Alcohol does not have to be ‘alcohol’. Enjoy your drink(s); just know how to do it the right way.

- Everyone has an alcohol limit, know yours!
- Give a long enough gap between each drink and keep a ‘downing’ record – track your alcohol intake.
- An empty stomach does not mean you fill it up with alcohol, it calls for the very opposite! Eating well before your drinking will keep the hangover and hanging up your party hat early away.
- Plan ahead and **DON’T DRINK AND DRIVE!**
- If you are pregnant or think you might be, think twice before you sip on that Cosmopolitan.
- A party, funny enough, can be a lonely place – don’t drink to keep the loneliness away. Hit the dance floor!



Here are some starting tips to ensure that the party lasts longer this season without that nasty hangover:

Usually, you might indulge in some greasy food between drinks; instead snacking on low-calorie food while drinking will keep the chances of a hangover low.

To handle your party ‘spirit’ better, hit the gym for some cardio before the outing. Before the party, try doing some easy running, kickboxing or power yoga.

Eating well before the party and drinking plenty of water will give you that much-needed energy to party on till morn’.

On that note, hit the town to paint it red this holiday season, but when you see a red drinking sign – STOP drinking and bow out without hanging over!





REDUCING HIV BURDEN

On 1st December, World AIDS Day, people gather together holding posters and banners, spreading awareness about the dreaded disease. This enthusiasm often lasts a few weeks, but with HIV infection becoming a rampant global issue, let us pledge to keep this enthusiasm alive throughout the year and strive to achieve an AIDS-free society.

AIDS

AIDS or Acquired Immunodeficiency Syndrome is caused by Human Immunodeficiency Virus (HIV) that attacks the immune system of the infected person making him / her more vulnerable to multiple infections and cancers, ultimately leading to death. Since it first came into light in the early 1980s, there has been an exponential growth in the number of cases worldwide making it a major health concern.

THE GOOD NEWS!

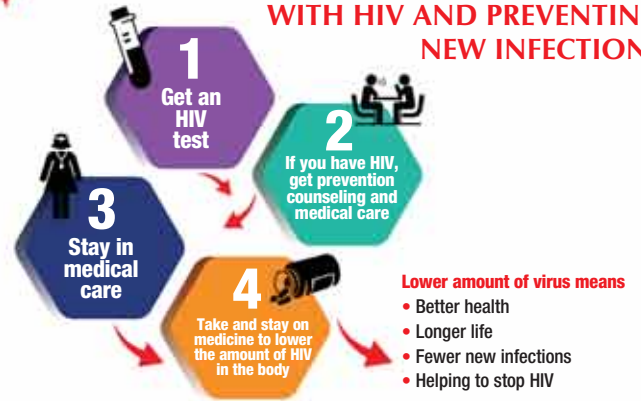
Over the last decade there has been a decrease in the number of new cases and deaths due to AIDS. As per the latest estimates from UNAIDS, there was a 20% fall in the number of new cases in 2011 compared to 2001. Also, the number of deaths due to AIDS has reduced by 24% in 2011 compared to 2005. Despite the encouraging trends, the disease still is a global epidemic and dedicated efforts from each of us are required to achieve a zero incidence meter.

KEEPING HIV AT BAY

- Safe sexual behavior: correct and consistent use of condoms, avoid multiple sex partners and anal sex.
- Voluntary medical male circumcision: reduces the chances of male partner acquiring HIV from a female partner.
- Educating sex workers: on the use of condoms and HIV infection.
- Use a clean needle: if you are taking drugs, use sterile needles and syringes, and do not share them.
- Pregnancy care: mandatory test for HIV and if found positive, appropriate treatment to reduce the risk of transmission to the baby.



ROUTE TO HEALTHY LIVING WITH HIV AND PREVENTING NEW INFECTIONS



Testing – More people need to be tested for HIV,

- To prevent passing on the virus to others without knowing it.
- Youths and adults should get tested to know their HIV status.
- People at greater risk (having multiple sex partners, men who have sex with men, injecting drugs) should undergo tests at least once a year.

Treating – Unfortunately, many patients do not receive the needed treatment. Appropriate treatment,

- Lowers the amount of virus in the body keeping the person healthy longer.
- Keeping the virus under control greatly reduces the risk of passing it on to others.
- Reduces the progression of HIV infection to full-blown AIDS.

Prevention Counseling - Not all with HIV receive prevention counseling from their healthcare providers.

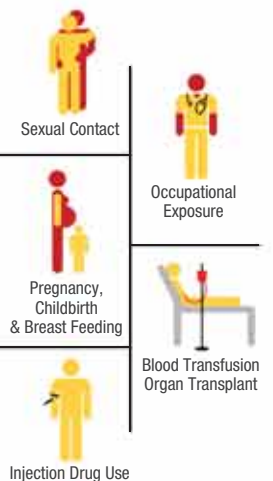
- Includes testing and treatment, drug rehabilitation, assistance in notifying partners, financial assistance and other services.
- It should be a part of regular HIV care. HIV patients with controlled virus load should also receive prevention counseling.

With effective prevention strategies, early detection, treatment of HIV and collaborative support from all of us, the dream of achieving an AIDS-free society won't be a dream anymore.



MODES OF TRANSMISSION

Most Common	Less Common	Not Spread by
Unprotected sex with an infected person – risk rate: anal sex > vaginal sex > oral sex	HIV-contaminated needle or sharp object prick	Air or water
Multiple sex partners	Receiving blood transfusions or organ transplants that are contaminated with HIV	Insects, including mosquitoes
Sharing drug needles	Unsafe injections or other medical or dental practices	Saliva, tears or sweat
From mother to child – during pregnancy, birth, or breastfeeding	Contact between broken skin or wounds and HIV-infected blood or body fluids	Shaking hands or sharing dishes
	“French” or deep, open-mouth kissing if the HIV-infected person’s mouth or gums are bleeding	Closed-mouth or “social” kissing
	Being bitten deep by a person with HIV	
	Eating food that have been pre-chewed by an HIV-infected person whose mouth or gums are bleeding	





BENEFITS OF HAND-WASHING

We often join our hands to appreciate a wonderful on-drive by Tendulkar or an excellent stage performance by the singing sensation Sonu Nigam. But how often do we join them to keep them clean? Clean hands not only look attractive, but are also the indicators of good health.

PUT YOUR HANDS TOGETHER

Frequent hand-washing is one of the best ways to prevent getting sick and spreading germs to your friends, family and community. Every day you accumulate germs such as bacteria and viruses on your hands whenever you touch your pet, other people or any object. These get transferred to your body as you touch your nose, eyes or mouth. It is almost impossible to keep your hands germ-free, but you can limit the transfer of germs by washing your hands frequently. All you need is a soap and water.

HOW TO WASH YOUR HANDS PROPERLY



WASH IT THE RIGHT WAY

- Wet your hands with running water.
- Apply soap.
- Lather well and scrub the back of your hands, between fingers, and under nails. Continue rubbing for at least 20 seconds or as long as it takes to sing "Happy Birthday" song twice.
- Rinse your hands well (10 seconds) under running water.
- Dry your hands using a clean towel or a dryer.
- Turn off the tap with a towel or back of your hand.



HEALTH BENEFITS OF HAND-WASHING

- Reduces risk of diarrhea and intestinal infections.
- Prevents eye infections like conjunctivitis, trachoma, etc.
- Lowers risk of respiratory infections like flu, cold, etc.
- Very important for HIV and cancer patients who are easily prone to infections.

REMEMBER TO WASH HANDS

Before and After	After
Preparing and eating food	Using a toilet or changing diapers
Caring for someone who is sick	Coughing or sneezing
Treating a cut wound	Touching an animal, animal waste or garbage
Giving or taking medicine	Touching your hair, face or clothing
Inserting or removing contact lenses	Whenever they look dirty

So, go ahead and wash your hands the right way as often as possible. Keep them neat and happy that will keep you clean and healthy.

QUIZ BOWL

The quiz contains 4 words taken from each of the topic. Rearrange them so as to form meaningful words.

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Answers : 1. Diarrhoea 2. Binge 3. Condom 4. Exercise