

# HEALTH Matters

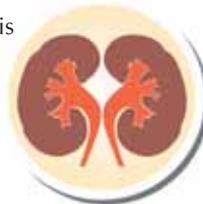
Lifestyle

## The Body's Roadblocks

The body performs many incredible tasks – from taking in what we need and expelling what we don't. Answering nature's call can become a cry of pain due to roadblocks in our body. One such roadblock is kidney stones. Diet and other lifestyle factors play an important role in promoting or inhibiting kidney stone formation. After the body uses all the energy from food, waste products are excreted in urine. Certain foods create wastes that may form crystals in the urinary tract, which in some people, grow into stones.

### Types of kidney stones

- **Calcium oxalate stones**, are the most common and tend to form when the urine is acidic and is influenced by the diet.
- **Calcium phosphate stones** are less common and tend to form when the urine is alkaline.
- **Uric acid stones** tend to form when the urine is persistently acidic, which may result from a diet rich in animal proteins and purines.
- **Struvite stones** are formed due to infections in the kidney. Avoiding their formation depends on staying away from infections.
- **Cystine stones** develop due to a rare genetic disorder, wherein cystine - an amino acid, leaks through the kidneys into the urine, forming crystals.



### Lifestyle changes to clear the roadblock

**Dietary modifications:** Identifying the type of stones a person is susceptible to, and avoiding foods that increase the risk of stone formation is an integral part of prevention.

- Avoid foods rich in oxalate as high levels may lead to calcium oxalate stones
- Include calcium-rich foods as it binds to oxalate and prevents it from entering the blood and urine
- Avoid meats and other animal proteins containing purines, which may lead to uric acid stones
- Reduce salt intake as it increases calcium excretion in to the urine
- Limit alcohol intake as it may promote purine production in the body

**Drink plenty of fluids:** It helps keep urine diluted and flushes away materials that might form stones.

**Tackle obesity:** Research suggests that people with larger body sizes may excrete more calcium and uric acid, which increase the risk of kidney stone formation.

**Relieve stress:** Stress may contribute to stone formation by releasing vasopressin hormone which concentrates the urine.

**Keep moving:** Being bedridden or immobilised increases blood levels of calcium from bone breakdown, thereby posing a risk for stone formation.

Things don't have to be as painful as stones and can be prevented by avoiding certain foods and drinking plenty of water to produce sufficient urine.



### Foods to Avoid Stone Formation

Calcium Oxalate Stones	Uric Acid Stones
Spinach	Meat
Nuts	Chicken
Sweet potatoes	Fish
Grapefruit juice	Egg
Dark colas	Alcohol

## Editor Speak

It's been our pleasure to offer you the hottest news updates on wellness through Health Matters. And your continued support is greatly appreciated as it encourages us to do better.

This issue unfolds with the role lifestyle plays in the formation of kidney stones. With 14th March being observed as 'World Kidney Day' every year, learn how avoiding certain foods and drinking plenty of water impacts this risk.

For those of us who groan and moan at the very thought of an exhausting and sweaty workout at the gym, aqua aerobics is a godsend with lots of fun.

As an epilogue to 'World TB Day' (24th March), let's come together to be a part of the change 'Stop TB in my Lifetime', and drive away the disease from society.

Introducing, "Eat right, your way, every day"- the latest nutrition mantra, because everyday food choices depend on individual preferences, environment, regional background and socio-cultural norms.

Please write to us with feedback and suggestions about the newsletter at [editorial@vidalhealth.com](mailto:editorial@vidalhealth.com)

## Come on in, the Water's Fine!

It really is! For those of us who grumble at the very thought of an exhausting and sweaty workout at the gym, doing it in water is a great option. Obviously, a large number of people are floating towards aqua aerobics as a way to stay physically and mentally fit.

Aqua aerobics is becoming a favorite because buoyancy plays a major role in keeping aqua aerobics injury-free and it has low impact on the joints. Though water makes practitioners feel 90% lighter, its resistance pushes muscles and uses their full strength.

Aqua aerobics, simply put, is doing our gym exercises in knee-deep or neck-deep water.

**Though aqua aerobics incorporates land exercises, there are some noticeable differences.**

1. Our body is subject to different levels of gravitational force depending on the water level at which we exercise in the pool.

### A body immersed to the:

Neck bears approximately 10% of its body weight

Chest bears approximately 25-35% of its body weight

Waist bears approximately 50% of its body weight

2. Water's resistance tones and develops our muscles better because water provides more resistance than air.
3. As water is more cooling than air, our body expels additional heat more effectively in water and avoids overheating. This doesn't mean we don't sweat - water just washes sweat away.

**Now that we have looked at the differences between land and water exercising, let's look at some of the commonalities.**

### Just like on land, start with walking

Start your aqua aerobic warm up with a few minutes of walking in the shallow end of the pool.

### Crunching in the benefits

Swimming is a great workout for your abdomen, but doing crunches on the side of the pool makes muscles tougher.

### It can give you quite a kick!

Hold on to the side of the pool and kick water behind to work on your lower body muscles.

### It can be uplifting

Swim to the deep-end of a pool and using the side of the pool as a pull-up bar, you can give the upper body a good workout!

### Tread on with K-Treads

Make small circular motions while keeping hands cupped. First lift your left leg to hip level, stretch it straight out as you extend the right leg toward the pool's floor and hold this pose for about five seconds. Then switch legs and repeat for approximately 30 seconds for a full-on, full-body aqua aerobic workout.

### People who benefit the most from aqua aerobics' therapeutic effects are:

#### Menopausal women

Water is a comfortable exercising platform which maintains healthy muscle mass, healthy weight and bone density.

#### Pregnant women

Water prevents many exercise-related injuries and warm water offers them a safe, pleasant, relaxing environment.

#### People with back problems

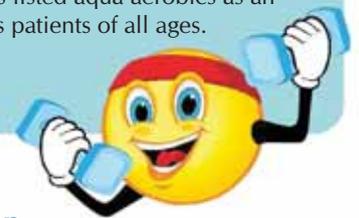
Deep water may serve as a non-impact environment for people suffering from back problems, says research.

#### People suffering from osteoporosis

Aqua aerobics is an effective way to build and maintain bone mass, says research.

#### People suffering from arthritis

The Arthritis Foundation has listed aqua aerobics as an effective method for arthritis patients of all ages.



### Before going in too deep...

...remember to keep a few things in mind.

- Don't drink and swim!
- Always ensure all safety precautions are observed.
- Like all exercise routines, do a proper warm up to prevent injury.
- Always consult a doctor before starting an aqua aerobics regimen.

The benefits of water are numerous, aqua aerobics is one of them. Pool your exercise regime into one and wade past health-related worries!





**STOP  
TB  
IN MY  
LIFETIME**

At a time when the young and old have found a voice against injustice, crime and corruption; when sitting at home and just nodding away is not an option, we still face a great threat from a silence most of us take for granted. It is the silence from fear of contracting the dreaded Tuberculosis (TB).

TB has, over the years, managed to create a quiet niche for itself as the disease afflicting lower classes in developing countries. According to research, TB is second only to HIV/AIDS as the greatest killer worldwide due to a single infectious agent.

But before we rush out with placards blaming all and sundry over inaction, let's look at some basic facts about the disease which has unique set of socio-economic stigmas.

**Know what we're dealing with**

- Fact:** TB is caused by bacteria (Mycobacterium tuberculosis) that most often affect the lungs.
- Fact:** It's a killer, yes, but it is curable and preventable.
- Fact:** The disease is spread from person to person through air.
- Fact:** TB patients can infect up to 10-15 others through close contact over a year.

**And now for some good news in this grim scenario**

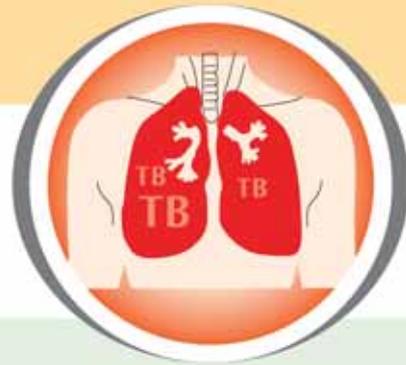
Wondering if that lingering cough may be TB and breaking out into a cold sweat? Let's not panic. While it is deadly, TB is also a treatable and curable disease. The prescribed drugs are given under the watchful eyes of a health worker who provides medicines as well as information support to fight the disease. This method has been very successful and referred to as Directly Observed Therapy – Short Course (DOTS). Moreover, the 'Stop TB' Strategy recommended by the World Health Organisation (WHO) builds on the achievement of DOTS while also addressing the key challenges in facing TB.



**The Cambodia success story**

Twenty years ago, Cambodia was ravaged by decades of conflict and economic hardship. And it faced yet another challenge on its tragic healthcare front - of holding the world's highest infection rates of TB. However, in 1993, the newly elected Cambodian government revised its national TB program. They decentralized the health services for communities using the new WHO recommended approach – DOTS.

Today, Cambodia has managed to turn things around completely by providing free, universal access to TB-afflicted individuals at the grassroot level. While the past decade has been an uphill battle for the tiny country, the introduction and implementation of an effective TB program has halved the number of new cases.



**Be the change...**

The world over, 24th March is recognised as 'World TB Day'. It is an occasion that enables organizations and support groups to raise awareness about TB-related problems and solutions, in turn assisting worldwide TB-control efforts. Since the past two years, the theme for World TB Day has been 'Stop TB in my lifetime'. It is a call-to-action encouraging everyone to be the change; a change that will see the elimination of TB in their lifetimes.

So now is the time to make our move. Let the world know that our 'Stop TB in my lifetime' movement will revolutionize the way diseases are cured. Join the cause this year to ensure that the incidence of TB reduces drastically. And if that means telling people off when they spit on streets, well then, go ahead and you've made a start.

The next most important step is education about the disease and a complete walkthrough of the treatment. So challenge the 'Chalta hai' attitude, make a noise at the local health center in case of unavailability of drugs.

And lastly hope and aim for zero deaths caused by TB in your area this year. If you put your mind to it, you can achieve the impossible. Sometimes that's all it takes, a commitment from each of us in going the whole hog and we could very well be on our way to small successes that will change the way the world perceives, reacts and deals with TB.

# Eat Right, Your Way, Every Day

Now you can fight cancer, diabetes, heart disease and stroke with a fork. That's right – a fork, not forceps or a scalpel. Surprised?

Many people are oblivious or ignorant of it but the fact is that eating healthy is one of the most important things you can do to prevent diseases.

March has been declared as the 'Nutrition Month', creating awareness and encouraging people to make this year's theme - "Eat right, your way, every day", a healthy mantra.

Just as one size doesn't fit all, any diet plan may not cater to the needs of every individual, so the effect 'X' diet has on a growing child isn't the same for a pregnant lady. Although there are some general dietary recommendations, everyday food choices depend on individual preferences, environmental changes, regional background and socio-cultural norms. For example,

- A diabetic needs to keep away from sweets whereas a high BP patient needs to limit salt intake.
- People on a strict vegetarian diet require alternatives to their daily protein, vitamin B12 and iron intake.

**Vegetarian Substitutes of Important Nutrients**

**Protein** →

- Whole grains
- Beans
- Legumes

**Iron** →

- Dark green, leafy greens
- Beans
- Fortified breakfast cereals

**Vitamin B12** →

- Vitamin B12-fortified foods such as nutritional yeast, soymilk
- Dairy products

**Zinc** →

- Roasted pumpkin seeds
- Dried watermelon seeds
- Peanuts



- Staple food in South India is rice, whereas in the North, it is wheat.
- Some people prefer eating 3 sumptuous meals rather than 5-6 small frequent meals.

Eating right is not just a one or two day exercise, so this year's theme, "Eat right, your way, every day", is very important.

A healthy diet should be a daily habit and it becomes easier to do so only if you enjoy what you eat. A personal dietician's help is the best way to make personal food choices.

- Consult a doctor or a dietician and stick to their advice.
- Eat lots of seasonal fruits that are readily available.
- Educate your family about the benefits of a particular diet or food.
- Look for healthy food options on the web that you and your family will enjoy.

Whether it is a DASH diet or an Atkin's diet, make sure you run it through your personal dietician and make necessary substitutes as per your preferences.

## Get Quizzed!

### Nutrition Sudoku

Each horizontal row and vertical column must contain all nine food words. The words begin with letters K - T excluding letter 'Q'.

K - Kiwi L - Lemon M - Milk N - Nuts O - Orange P - Pear R - Rice  
S - Spinach T - Tomato

E-mail your answers to [healthmatters@vidalhealth.com](mailto:healthmatters@vidalhealth.com)

Lemon		Pear	Tomato		Rice	Milk	Kiwi	Spinach
	Kiwi		Lemon	Pear		Nuts		Tomato
Tomato		Orange			Nuts		Rice	
	Tomato		Nuts			Kiwi	Pear	
		Nuts	Milk			Kiwi	Rice	Orange
Orange	Rice						Nuts	Milk
Kiwi				Milk	Spinach	Pear	Tomato	
	Spinach		Kiwi					Rice
Nuts		Rice	Orange		Tomato	Spinach	Milk	