

# HEALTH Matters

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Diet



## Of Food and Festivities

The calendar is dotted with festivals and the last quarter of this year promises to be lots of fun with friends and family. While one cannot be a spoilsport and stay away from the celebrations, using discretion in the choice of sweets can go a long way in stretching out a healthy diet plan and still enjoying the season.

### HERE ARE A FEW TIPS TO CELEBRATE WITHOUT TIPPING THE SCALES

- Refined sugar alternatives with sweets containing natural products like dates and carrots are healthier alternatives to sugar dense, high fat mithai.
- Reach for dry fruits instead of mithai, as far as possible.
- If you want to indulge, serve yourself with the smallest unit of sweets.
- Share! Pass on what you have been gifted, it will help spread the happiness.
- If you anticipate a party, maintain a lower calorie intake before the event and eat a small meal before leaving.
- Whatever you do, do not drop your exercise routine. In fact, find time in your schedule for a little extra exercise.

Sweet Delight	Quantity	Calories
Besan Burfi	2 pcs	400 Kcal
Chikki	2 pcs	290 Kcal
Fruit Cake	1 inch slice	270 Kcal
Rice Puttu	½ cup	280 Kcal
Sandesh	2	140 Kcal
Halwa	½ cup	320 Kcal
Srikhand	½ cup	380 Kcal
Milk Chocolate	25 gms	140 Kcal
Ice Cream	½ cup	200 Kcal

Source: National Institute of Nutrition

So remember, if you observe moderation, you will enjoy a wonderful, guilt-free celebration and feel like a million dollars on New Year's Day.

Have a wonderful festival season!



Editorial

Welcome! The festival season is upon us and in this issue we're going to talk about how to handle festival food traps and diet. We feature some tips and tricks to ensure that you don't tip the scales during the celebrations.

You can do a lot to meet your daily need for exercise while playing with your children or playing golf with your business partner. Our fitness article showcases some common 'incidental' exercises which promise to be more fun and less work.

We focus on two health days – World Heart Day and World Breast Cancer Day and profile preventive behavior. The latest research on CVD (Cardio Vascular Disease) from urban India is also summarized.

We cherish your patronage and welcome your feedback at [editorial@ttkhealthcareservices.com](mailto:editorial@ttkhealthcareservices.com)





Lifestyle



# For Healthy Hard-working Little Hearts

The most hard-working muscle of the body, the heart, pumps 4-5 liters of blood every minute during rest and supplies nutrients as well as oxygen-rich blood to all body parts, including itself.

## THE URBAN JUNGLE

India is known as the CVD (Cardio Vascular Disease) capital of the world. However, recent research suggests that the next wave is likely to impact children in urban centers in India because of the confluence of three specific factors:

- Limited green space for children to play
- Increasing levels of tobacco consumption
- Fast-food marketing

## FINDING A WAY THROUGH THE JUNGLE

*Acting on physical inactivity*

The only factor which reduces the risk of CVD later on in life is adequate physical activity.

WHO's Global Strategy on Diet, Physical Activity and Health states that children and youth, aged 5-17 years, should do at least 60 minutes of moderate to vigorous physical activity, daily.

*Lighting up can have dark effects*

Children in cities may be particularly susceptible to second-hand tobacco smoking given crowded living environments.

Data from the Global Youth Tobacco Survey (GYTS) suggests that nearly 25% children who smoke had their first cigarette before the age of 17 and this trend is visible in Indian cities too.

*Too much and too little nutrition*

A recent Indian study found that 30.4% of school children in private schools and 7.9% in government schools were obese.  
(Source: Pandey, 2010)

Urbanization is causing people to move away from cooking and turn to ready-made, heavily processed 'convenience' foods, such as aloo tikki, samosas, etc. These are often high in sugar, salt, saturated and trans-fat, leading to an increase in CVD risk factors.

Parents need to stop giving in to their children's every demand and set boundaries, particularly when it concerns food and nutrition. Some quick pointers to begin the balance between 'too much' and 'too less':

1. *Teach children to cook. It's fun and a great way to bond.*
2. *Limit their intake of foods that are high in calories and low in nutrition, including soft drinks, candy and junk food - make these 'special occasion' treats.*
3. *Make sure that children consume less than 6 gm of salt a day.*



Heart disease is common, yet very changeable and preventable. Following a heart-healthy lifestyle doesn't have to be complicated and it doesn't mean we need to deprive ourselves. We just need to cultivate the habit and attitude of 'no more' early on in life for a heart-healthy future.

*Reference: Raising heart-healthy children in today's cities' by the World Heart Federation.*





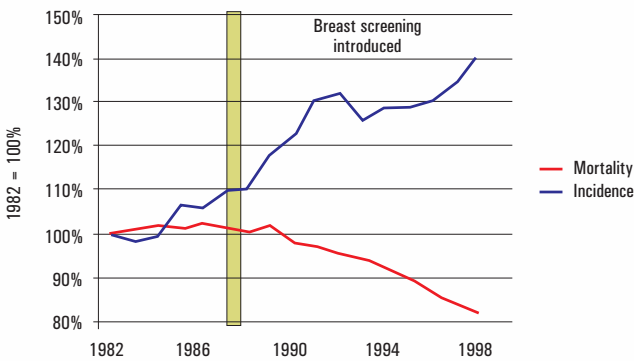


# Breast Cancer Awareness

On the occasion of World Breast Cancer Day, this article summarizes the latest India-specific research trends on the disease.

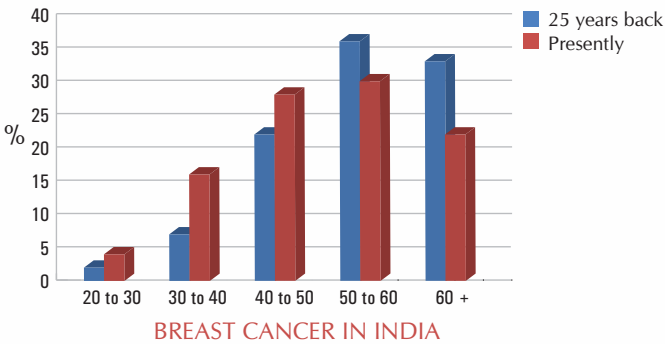
Internationally, Breast Cancer has been identified as an aggressive cancer. In countries like UK, screening was introduced in the eighties on a mandatory basis. The result: while incidence increased exponentially almost immediately, the corresponding decrease in mortality started from the mid-1990's, i.e., 20 years later. This suggests that screening measures take time to have an impact at the population level.

Trends in Breast Cancer - England & Wales, 1982 - 1998







Source: Office for National Statistics  
Notes: Mortality and Incidence Standardized to European Standard Population

In India, screening is not mandatory. However, the increasing availability of screening together with awareness has led to a distinct pattern where the detection of cancer is at an earlier age than has been the case previously.








Source: Based on data consolidated from Population Based Cancer Registries (PBCR's) 2001 - 2004 report

-  Average-size lump found by woman practicing occasional breast self-exam
-  Average-size lump found by woman practicing regular breast self-exam
-  Average-size lump found by first mammogram
-  Average-size lump found by getting regular mammogram



## CONTROLLABLE RISK FACTORS:

<b>Exercise</b>		Reduces risk by 60%
<b>Breast Feeding</b>		If it has lasted for 1.5 yrs or more.
<b>Alcohol</b>		2 to 5 drinks a day increases risk by 1.5x
<b>Obesity</b>		Adult weight gain leads to high risk after menopause.
<b>HRT &amp; Birth Control Pills</b>		HRT = Hormone Replacement Therapy. Sustained use slightly increases risk.

Not having children before the age of 30 increases a woman's risk by 40%.



## Preventive care behavior: Key guidelines for Indian women

- **Breast Self-exam:** Every month beginning at age 20
- **Mammography:** Every year beginning at age 40
- **Clinical Breast Exam:** Every 3 years during ages 20-39 and every year after the age of 40





Fitness



# Fun with Fitness

What if you never had to exercise again but could have fun doing the activities you like? That is what fun with fitness is about. Here are 5 "fun" activities:



**DANCE** It could be goofing around in your bedroom with friends or taking dance lessons, it gives you full body exercise. One hour of dancing burns calories equivalent to 1 hr of aerobics and a 70 kg person can burn about 350 Kcal per hour.



**GARDENING** For people with a green thumb, it is decent exercise to spend one hour a day in the garden. You burn 300 Kcal per hour if you weed, plant, clear and use the spade. And more calories if you mow, rake, shovel or use the wheelbarrow.



**PLAYING WITH PETS** You can tell how fit the dog owner is by looking at the dog. An overweight dog usually means an unfit dog owner and vice versa. Walking or jogging with a dog burns 250 to 300 Kcal per hour.



**PLAY WITH KIDS** They are the most energetic family members. It could be Hide and Seek, Seven Steps, Hop Scotch or any high energy Run and Chase game. The calories spent per hour are 350 Kcal and you don't need any other devoted fitness routine time.



**GOLF** Four hours of playing golf while walking is equivalent to 45 minutes of an organized fitness routine. Calories burned by walking 9 holes of golf are approximately 721 Kcal. Even if a golf cart or caddie is used, the total energy spent is approximately 400 Kcal.



So, there you have it. You need not exercise at all if you are doing any of these fun activities with full fervor.



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