

HEALTH Matters

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Fitness



DIABETES MANAGEMENT EXERCISES

The Right Combination

It is a well-documented fact that exercise has a major implication in the management of diabetes - be it treatment, prevention or deferment of the disease. What is not clear is the type and optimal amount of exercise required to keep your blood glucose under control.

Tradition and the Latest Trend

Traditionally, diabetics have been encouraged to undergo 'aerobic' exercises such as running and swimming. But recent studies have shown the effects of a mix of aerobics, strength training and flexibility exercises to be most beneficial. The American Diabetes Association recommends the following as a comprehensive diabetic exercise guide.

The Right Mix

Aerobic Exercises: These increase your heart rate, stamina and tone your muscles. At least 30 minutes a day, 5 days a week would be ideal, but if you have not been very active, start with 5-10 minutes per day and gradually increase by a few minutes each week.

Examples:

- Take a brisk walk
- Go dancing
- Take up aerobics
- Swimming
- Play tennis
- Ride a bicycle



Strength Training: It helps build strong bones, tones muscles and prevents weight gain. It can be done 2-3 times a week. With more active muscles, more calories can be burnt even at rest.

Examples:

- Join a class for strength training with weights, elastic bands or plastic tubes
- Lift light weights at home



Flexibility Exercises: Also called stretching, they keep your joints flexible and reduce the chances of injury during other activities. Do 5-10 minutes of stretching before aerobic exercise to warm up your body.

Examples:

- Take up aerobics or fitness, including stretching
- Join Yoga or Pilates class
- Do stretches before and after exercises

Stay Active All Day

In addition to formal exercise, stay active throughout the day by walking to the office instead of driving, taking the stairs instead of elevators or stretching while watching TV. Remember, any activity will burn calories and help you achieve optimal blood glucose control.

Welcome!

EDITORIAL

Since November is the month of diabetes awareness, we will discuss the right exercise strategy for diabetes management in this issue. Did you know that regular walking, weightlifting and stretching can keep diabetes under control?

Spices are the smallest yet most important components of food, adding flavor and helping you shed extra fat. In this edition, we list down some of the common household spices referred to as '5 Spice Stars'.

Cell phones are known to increase the risk of cancer. Is it a fact or a myth? We will unfold this mystery with research-based evidence and also give you some safety tips.

Is COPD making you gasp for breath and hindering your day-to-day activities? Here's some useful information that will drive away all your worries about the disease.

We value your continued patronage and look forward to your feedback and suggestions. Please send them to editorial@tkhealthcareservices.com



Diet



Hot and Happening

The much coveted title of 'hot and happening' goes to the ingredient that adds flavor to most recipes. Spices like coriander, cumin, ginger, etc. do more than just spicing up our favorite dishes; they can spice up our metabolism to shed the flab. So before you scurry away from that curry, read on to know their importance.

India, the land of spices is the largest producer and consumer of these palatable delights. These spices are not only essential in Indian cuisine, but they also have medicinal properties for a positive effect on weight loss. Ayurveda suggests that diet should include all kinds of tastes - sweet, sour, salty and bitter - in at least one meal every day, to help balance cravings.



THE 5 SPICE STARS

India has an array of spices that can kick-start the metabolism meter. These are:

There's nothing 'yellow' about using turmeric

Curcumin, the property of turmeric that gives it a yellow colour, is an object of research which has the ability to turn-off certain genes that cause scarring and enlargement of the heart. Regular intake helps reduce Low-Density Lipoprotein (LDL) or bad cholesterol as well as high blood pressure. It also increases blood circulation and checks blood clotting, thus preventing a heart attack.



Nothing sinful about cinnamon

Cinnamon reduces blood sugar and LDL levels. It alters the way the body uses glucose - instead of storing it, the body burns it. Cinnamon facilitates the production of insulin, enabling cells to increase their metabolism.



Play the spice cards right by using cardamom

Cardamom is a thermogenic herb that increases metabolism and helps burn body fat. It is considered to be one of the best digestive aids and is believed to help the body process other foods more efficiently.



Chilling fat worries with chillies

Chillies contain capsaicin that helps in increasing the metabolism by burning calories for 20 minutes after the chillies are eaten.



Merry making with curry leaves

Curry leaves flush out fat and toxins, reducing fat deposits that are stored in the body as well as reducing bad cholesterol levels. If overweight, incorporate 8 to 10 curry leaves in your daily diet. Chop them finely and mix them into a drink, or sprinkle them over a meal.



It's not just the spices but also some Indian food that can keep fat at bay.

Indians love their oil To keep fat away use mustard oil

Mustard oil has low-saturated fat compared with other cooking oils. It has fatty acid, oleic acid, erucic acid, linoleic acid, antioxidants and essential vitamins, and it also reduces cholesterol.

The fat burning green revolution Sprouted moong dal

The bean sprouts are rich in Vitamin A, B, C, and E and many minerals such as calcium, iron and potassium. It is recommended as a food replacement in many slimming programs as it has low-fat content.

The fat burning butter – buttermilk

This probiotic food contains just 2.2 gms of fat and about 99 calories (compared to whole milk - 8.9 gms fat and 157 calories). Regular intake provides the body with all essential nutrients and keeps fat under control.



All is well that's cooked well

Most of the natural ingredients used in the expansive Indian cuisine are nutritious. It should be cooked in such a way that it retains its natural benefits. So run into your kitchen and make a tasty and nutritious pot of curry but make sure you cook it right!



WELLNESS WITHIN RANGE

Ask a cell phone fanatic about the latest mobile phone and you'll get a long list of exciting features. But when the same enthusiast is asked about the adverse effects of cell phones, he/she would be ignorant of it. So, is a mobile phone really a health hazard? Is it carcinogenic? Is it a fact or just an urban myth?

Many are concerned about the potential ill-effects of using cell phones. With its ubiquitous presence and ever increasing talk-time, the worry is whether or not the emitted radiations cause cancer and other serious health hazards. A large number of studies have neither been able to establish a connection between mobile phones and health hazards nor prove otherwise – that it is indeed safe, even with extensive use.



Down to Basics

Cell phones emit radiofrequency waves, similar to microwaves and radars which have not shown any adverse effects on human health so far.

Radiofrequency is only reported to increase heat (e.g. in microwaves) and the heat emitted from cell phones is not enough to significantly increase overall body temperature. However, a recent study shows that when a cell phone is used for more than 50 minutes, it causes the brain tissues to metabolize more glucose on the side adjacent to the phone than on the other side. Nevertheless, the possible health implications of increased production of glucose are still unclear.

On 31st May 2011, International Agency for Research on Cancer (IARC) classified radiofrequency fields under its 'Possibly Carcinogenic' category. The agency studies environmental factors that could raise the risk of cancer in humans. It classifies environmental agents under the following categories:

Group 1	Carcinogenic to humans
Group 2A	Probably carcinogenic to humans
Group 2B	Possibly carcinogenic to humans
Group 3	Not classifiable as to its carcinogenicity to humans
Group 4	Probably not carcinogenic to humans



IARC interprets the Group 2B classification as 'limited evidence' of carcinogenicity in humans and 'less than sufficient evidence' of carcinogenicity in lab-tested animals.



Does Age Have Anything to do With it?

Although theoretically children are potentially at a higher risk of developing brain cancer from cell phones than adults, results from clinical studies have not yet been able to prove this hypothesis. The theory is based on the fact that their nervous systems are still developing and the assumption that the smaller sizes of their heads proportionally increase exposure to radiation. Also, a person who begins to use a cell phone in childhood will accumulate far more radiation exposure over his/her lifetime.



Are There Any Other Health Effects?

Several studies have been undertaken to investigate the effects of radiofrequency fields on the electrical activity of the brain, sleep, heart rate, cognitive function and blood pressure in human beings. No consistent evidence has emerged from these studies to prove that exposure to very low levels of radiation causes adverse effect on health.

On the Safer Side

Various international health agencies provide guidelines for radiofrequency exposure limits

- Limit the use of cell phone to short durations and preferably use landline phones
- Invest in a hands-free device as it increases the distance between the phone and the head
- In addition, the cell phone industry should also come up with:
 - Improved cell phone design and technology to minimize user exposure
 - Initiation and support of further research on possible biological effects of radiation
 - Informing users on latest scientific findings regarding health concerns of cell phone radiation

Cell phones are less than an arm-length away for most of the day. Nevertheless, when the ear begins to get hot, it could just be the phone's way of reminding you that research has not yet proved that it is not harmful in extended doses!

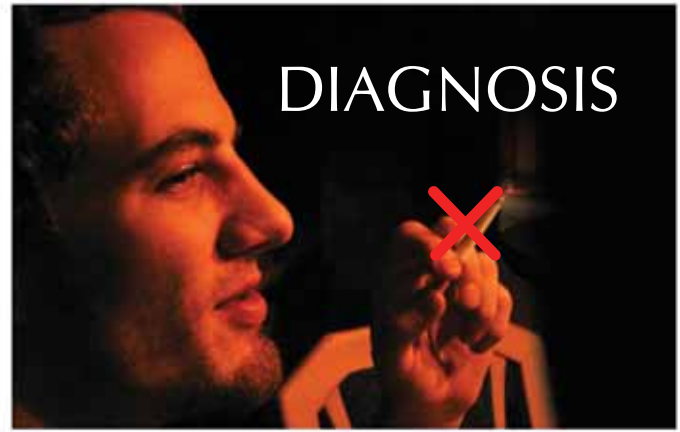
COPD

We have often experienced or seen our loved ones suffer from constant cough or gasp for breath even after a mild physical activity. COPD (Chronic Obstructive Pulmonary Disease) is a chronic lung disease that causes progressive obstruction to the airflow in and out of the lungs, making it difficult to breathe.

Globally, around 65 million people were reported to have moderate to severe COPD. In 2005, more than 3 million people died of COPD. The number of women affected by COPD is increasing due to escalating tobacco use and exposure to biomass fuels while cooking.

Risk Factors and Causes

- Tobacco smoking (secondhand smoking also)
- Indoor air pollution (such as biomass fuel used for cooking)
- Outdoor air pollution
- Occupational dusts and irritants
- Respiratory infections
- Genetic susceptibility



Be wary of the usual signs and symptoms such as constant coughing with large amounts of sputum, breathlessness or shortness of breath, wheezing, chest tightness etc. and consult the physician immediately. It can be diagnosed by a simple non-invasive test called 'Spirometry'.

Simple Steps to Healthy Living

There is no absolute cure and complete freedom from the disease. However, there are many things that could bring relief to the symptoms and prevent the disease from getting worse.

- 1 **Stop SMOKING** – The best way to slow down the disease.
- 2 **Follow your medication regime accurately** – Inhalers, steroids and other anti-inflammatory medications, oxygen therapy, breathing assistance, antibiotics, etc.
- 3 **Pulmonary rehabilitation** – Improves lung function, reduces symptoms and improves quality of life. It educates people on the importance of exercise and helps them be more active.
- 4 **Avoid the risk factors** – Don't accompany your colleague for a smoke, limit air pollutants at home, frequently wash your hands to avoid respiratory infections especially during cold and flu seasons.
- 5 **Healthy diet** – Include more fruits, vegetables, fish, poultry and lean meat in your nutritional regime.
- 6 **Early detection and treatment** – Follow the above measures to stay fit and lead a healthy and productive life.