

1 Read the Editor's mind

2 Peek into Healthcare

3 Tête-à-tête with our Experts

4 Take a Chill Pill

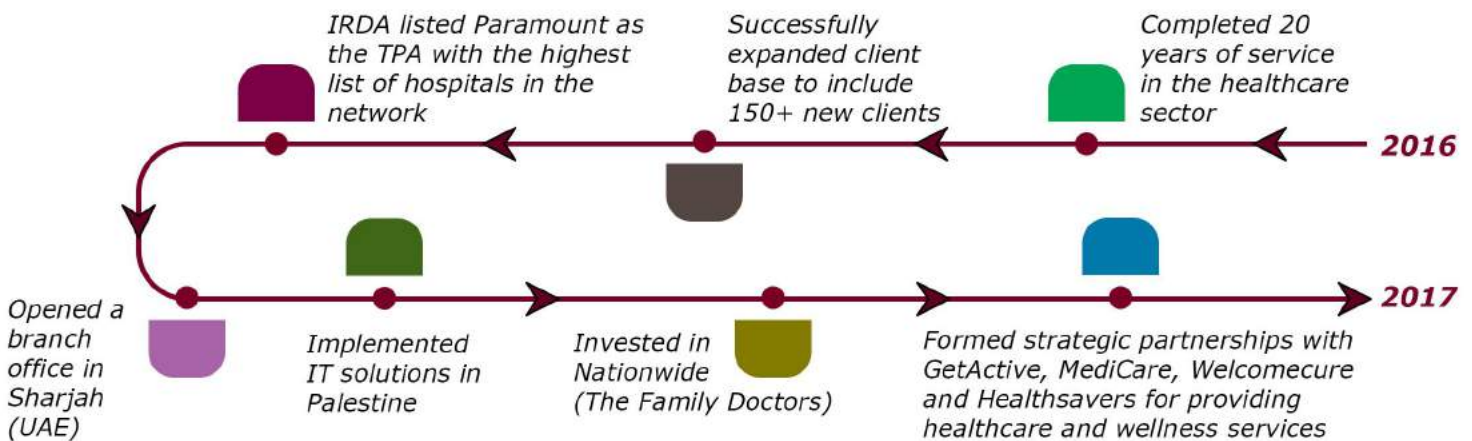
Read the Editor's mind

Dear Readers,

We have all stepped into the New Year with new zeal and vigor to take up newer challenges and accomplish more.

Before we begin our journey into 2017, let's rewind and take a look at Paramount's achievements in 2016 -

Paramount Health Group



We had an action-packed 2016 and we are now gearing up for another eventful year. We plan to expand our operations and launch several products and offerings to help serve our clients better. We trust you will continue to extend your support and co-operation to serve you better.

Your life is a cycle with Wellness and Wisdom as the wheels. Invest in both for a smooth ride to prosperity. Happy New Year!

Paramount's role in HEALTH ADVOCACY

True to its motto –“Your link to good health”, Paramount plays an important role in the Health & Wellness sphere by actively facilitating various healthcare programmes.

During the year 2016, Paramount facilitated 300+ programmes at various locations and for different clients. This includes Basic Health camps, Dental camps, Zumba sessions, Diet Consultation camps, Foot massage camps, Skin care, Eye camps, Hair & Scalp camps, Health talks on various topics such as Ergonomics, Stress Management, AIDS, Monsoon Illness, Diabetes and so on.

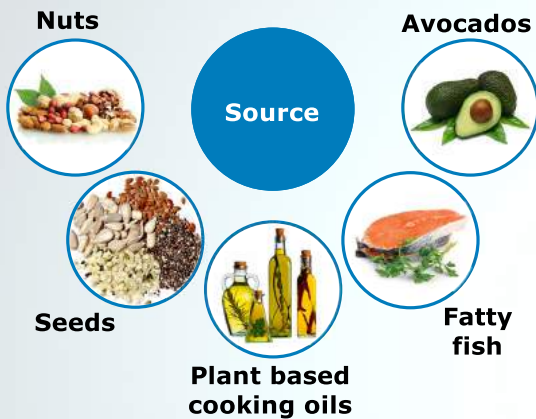


What's good

UNSATURATED FATS (MONOUNSATURATED & POLYUNSATURATED FATS)

These are heart-healthy fats that need to be included in the diet.

- Known to lower bad cholesterol levels
- Known to protect against heart disease

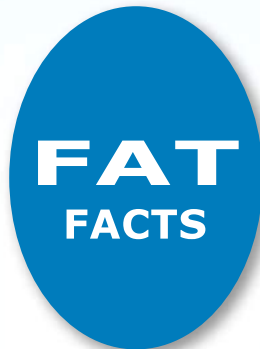
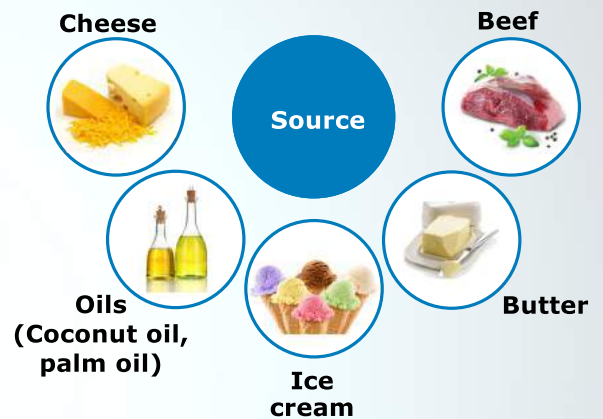


What's not so bad

SATURATED FATS

These can be consumed in moderation and is not as bad for the heart as it is believed to be.

- Can raise bad cholesterol levels & lower good cholesterol levels if consumed in excess
- Can raise risk of heart disease and stroke if consumed in excess



What you should AVOID

TRANS FAT & HYDROGENATED OILS

These are usually present in processed food and should be avoided.

- Directly linked to heart diseases
- Increases risk of Type 2 Diabetes
- Lowers level of good cholesterol and increases level of bad cholesterol



Ways to reduce Fat intake

- Avoid processed food
- Boil or steam food as against frying
- Limit consumption of foods high in saturated fats
- Read food labels to check fat levels. Avoid items that have ingredient of 'partially hydrogenated oil', 'hydrogenated vegetable oil', vanaspati ghee
- Consume homemade fresh snacks

News YOU can USE

Scientists have warned that mobile phones spread infections in hospitals, particularly in intensive care units. It is known that mobile phones are a breeding ground for harmful bacteria and viruses. But what is worrying is news that most of the germs found on mobile phones have developed resistance to several known antibiotics. Researchers point out that poor hand hygiene is mainly responsible for the growth of harmful germs on mobiles. The handsets are also infested with bacteria due to saliva contamination from the mouth.

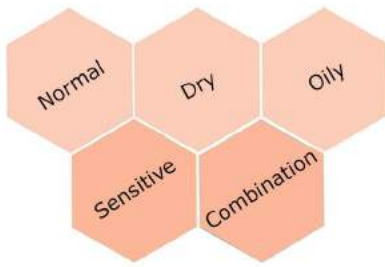
Advice: Do not carry your mobile phone inside a medical ward or intensive care unit lest the handset spread dangerous infections to patients

Read more on:

<http://health.economictimes.indiatimes.com/news/hospitals/your-phone-can-infect-hospital-patients/56366172>

1) Are you aware of the various Skin types?

There are 5 Skin types:



2) How would you know what is your Skin Type?

You can determine your skin type by a simple test:

First thing in the morning, place a tissue on your entire face and press it gently.

What will happen?

- If the tissue paper remains spotless and little bit moist – Indicates Normal Skin
- If the tissue has oil patches in the shape of 'T' above your forehead, nose and chin – indicates Combination skin
- If the tissue paper is completely spotless – Indicates Dry skin
- If the tissue paper becomes oily with several spots or patches – Indicates Oily skin
- After pressing tissue paper on your face if reddening of skin occurs but tissue remains spotless – Indicates Sensitive Skin

Your skin type may change over time.

To confirm your exact skin type a visit to the Dermatologist is recommended.

3) Each of these skin types has different characteristics -

a) Normal Skin Type

- Not too dry and not too oily
- No severe sensitivity
- Barely visible pores
- A radiant complexion

Getting to Know Your Skin!

Dr. Hoshiyaar



b) Dry Skin Type

- Almost invisible pores
- Dull and rough complexion
- Red patches
- Less elasticity
- More visible lines

c) Oily Skin Type

- Enlarged pores
- Dull or shiny, thick complexion
- Blackheads, pimples, or other blemishes

d) Sensitive Skin

- Redness
- Itching
- Burning
- Dryness

e) Combination Skin

- Dry or normal in some areas and oily in others, such as the T-zone (nose, forehead, and chin).
- Pores that look larger than normal, because they are more open
- Blackheads
- Shiny skin

4) What care should be taken for various skin types?

Dry Skin:

- Don't use very hot water while bathing
- Use mild, gentle soaps or cleansers
- Don't scrub vigorously while bathing or drying
- Apply a moisturizer rich in Vitamin E right after bathing

Oily Skin:

- Wash face twice a day, especially after you sweat a lot
- Use a gentle cleanser and don't scrub
- Don't pick, pop, or squeeze pimples. They will take longer to heal
- Look for the word "noncomedogenic" on skin care products and cosmetics. This means it won't clog pores

Sensitive:

- Try to find out what your triggers are so you can avoid them
- Avoid harsh skin care products

For All Skin Types:

- Use a sunscreen that blocks both UVA and UVB rays
- Stay hydrated
- Wash your skin gently but thoroughly every day
- Moisturize regularly
- Don't pick, pop, or squeeze pimples.
- Never wear makeup to bed
- Avoid direct sunlight, and wear hats and sunglasses
- Avoid smoking

*Contributed by our in-house Doctor

MYTH BUSTERS – by Mr. Always Fit

"I am thin, hence I am fit"

This is an extremely common misconception and read on to understand why it may not be right to say this–

Though you may be thin, your **FAT: MUSCLE** ratio may not necessarily fit under the 'FIT' criteria. Also it is important to remember that fitness is not just about size, there are also other factors that decide fitness. Your stamina (cardio-vascular endurance), strength and flexibility are other factors that determine your fitness. If you face any of the following difficulties, it could mean that your fitness is a matter of concern –



Heavy breathing even after climbing 3-4 steps



Cramps in legs and calves while walking fast



Inability to sit in cross-legged sitting position




Stiffness of lower back while lifting anything off the ground

*Contributed by our in-house Fitness Expert

Take a Chill Pill



Follow us on:

 [phm_healthcare](https://twitter.com/phm_healthcare)

 [phm_healthcare](https://www.pinterest.com/phm_healthcare)

 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 advice. 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.