'HEALTHLINE' ~ Paramount's Monthly Newsletter

Edition: May 2017

"He who has health has hope and he who has hope has everything!"

Paramount Health
YOUR LINK TO GOOD HEALTH

Read the Editor's mind

Dear Readers,

Recently, the news channels and newspapers were abuzz about a dangerous cyber-attack which had affected more than 100 countries across the world.

With reference to various media reports published in the Times of India (TOI) and British Broadcasting Corporation (BBC) a ransomware called "WannaCry" infected computers and restricted users' access to it until a ransom was paid to unlock it.

Amongst the ones badly hit by the virus were hospitals, government sectors and companies. In the healthcare spectrum, amongst the worst hit was the National Health Service (NHS) in England and Scotland. The attack disrupted the UK health system, which saw hospitals and clinics forced to turn away patients after losing access to computers. In England, 48 NHS trusts reported problems at hospitals, doctor surgeries or pharmacies, and 13 NHS organisations in Scotland were also affected. Hospitals in Ireland, Indonesia and U.S. have also been prey to this virus. In India, barring sporadic incidents in a few states, no major attacks were witnessed.

In light of such perilous attacks, we request our readers to stay secure by taking the following precautions:

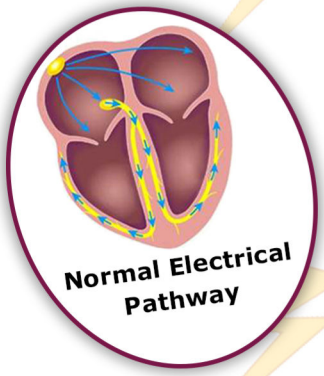
- Do not open attachments or links on unsolicited mails
- Take a regular back up of all your important documents and files to safeguard against losing important data against such attacks
- Install necessary trusted software updates immediately and make it a regular habit
- Avoid clicking any suspicious emails that are irrelevant and from unknown sources
- Avoid 'ENABLE' Macro option if the attachment asks for Enabling
- Install a pop-up blocker on your computer
- Users should also look for malicious email messages that often appear as emails from companies or people you regularly interact with online

(Source: TOI and BBC)

Did you know?

Did you know that your heart generates electrical impulse that causes your heart to beat much like how electricity causes an electrical appliance to function?

Your heart's electrical system which is also called the cardiac conduction system controls all the events that occur when your heart pumps blood.



Normal Electrical Pathway

- Electrical impulse is generated by a natural pacemaker of the heart consisting cluster of cells
- Electrical impulses begin high in the right side and travel through specialized pathways to the ventricles delivering the signal to pump blood
- Each heartbeat is set in motion by the electrical signals, which travel from the top to the bottom of the heart
- The number of electrical signals produced per minute determines the Heart Rate /Pulse Rate

So, it is the conduction system that keeps your heart beating in a coordinated and normal rhythm, which in turn keeps your blood circulating.

Vitamins at a glance

Vitamins are essential nutrients required by the body for its growth and development.

Fat soluble Vitamins:

- Stored in the body's fat/adipose tissue
- Required in limited amount
- Not mandatory to include in daily diet

Vitamin A

Good for eye and bones. Promotes reproductive health

Source

Dark-colored fruit, carrot, liver, beef, and fish

Vitamin D

Good for calcium absorption by the bones

Source

Fish liver oils (cod's liver oil), Cheese, yogurt

Vitamin E

Its anti-oxidant property and protects the cell wall

Source

Margarine (made from safflower, corn, and sunflower oil), Oils (safflower, corn, and sunflower), Papaya and mango

Vitamin K

Plays essential role in clotting of blood

Source

Cabbage, Cauliflower

Water soluble Vitamins:

- Not stored in the body, gets flushed by the excretory organ
- Required in adequate amount
- Has to be included in daily diet

Vitamin B1(Thiamine)

Good for nerve functioning

Source

Dried milk, Enriched bread and flour, Peas

Vitamin B2(Riboflavin)

Good for vision and skin health

Source

Asparagus, green peas, millk

Vitamin C (Ascorbic acid)

Good for Protein metabolism. Enhances healing of wound

Source

Potatoes, Spinach, Brussels sprouts, Citrus fruits: Orange, lemon

Vitamin B3(Niacin)

Good for digestive and nervous system

Source

Enriched breads and fortified cereals, Fish (tuna and salt-water fish) Lean meats

Vitamin B5(Pantothenic acid)

Good for metabolism

Source

Broccoli, kale, and other vegetables in the cabbage family Legumes and lentils Mushroom, White and sweet potatoes

Vitamin B7(Biotin)

Good for metabolism and hair

Source

Nuts, Organ meats (liver, kidney), Pork, Yeast

Vitamin B6(Pyridoxine)

Good for production of red blood cells

Source

Avocado, Nuts, Banana, Whole grains, Legumes (dried beans)

Vitamin B9(Folic Acid)

Good for production of DNA and new cells. Lowers the risk of birth deficit

Source

Asparagus and broccoli, Beets, Green leafy vegetables, (spinach and romaine lettuce), Peanut butter

Vitamin B12(Cobalamin)

Good for production of new cells

Source

Meat, Eggs, Milk and milk products, Shellfish
NOTE: Animal sources of vitamin B12 are absorbed much better by the body than plant sources

News YOU can USE

Some pleasing news for to-be-moms!

Women employees can now avail paid maternity leave of 26 weeks, up from 12 weeks, as per a new law. President Pranab Mukherjee has given assent to the Maternity Benefit (Amendment) Act, 2017 that has made changes in some of the provisions of over 55-year-old law entitling certain benefit to women employees.

Source: *The Economic Times*

High intensity cardio workout or moderate intensity – The Better one?

1. Wondering what's high intensity?

In simple words, high intensity is intensity which can only be maintained for 3-4 minutes.

2. And what is moderate intensity?

Moderate intensity is intensity which can be maintained for longer duration like more than 4 minutes.

3. How will you know if it is a high intensity or moderate intensity?

It is easy to recognize while working out whether you are on high intensity or moderate by simply becoming aware of how your body responds to the workout. The following signs and symptoms can help you recognize:

High Intensity:

- *Extreme burning sensation in the working muscles*
- *Shortness of breath*
- *Struggle to push yourself every second*

Moderate Intensity:

- *Manageable pain or burning sensation*
- *No shortness of breath*
- *Ability to carry on the activity for more than 4-5 minutes*

4. Try these exercises to understand the difference between both the intensities.

Every exercise can be performed in moderate and high intensity by altering speed, range of motion, inclination, external weight etc. Few examples of High and Moderate intensity are:

High intensity

- *Brisk walking at the speed of 5-7 Km/hr*
- *Jogging at the speed of 8-12 Km/hr*

Moderate intensity

- *Brisk walking at the speed of 4-5 Km/Hr*
- *Jogging at the speed of 7-8 Km/hr*

5. How intense should a work-out be to achieve benefits?

With both the intensities you enjoy different kind of benefits:

High intensity

- *It demands more muscle recruitment hence it consumes more calories*
- *It also helps in increasing resting metabolism hence you lose calories even while resting*
- *It increases anaerobic threshold (you can push your limit and avoid getting fatigued sooner)*

Moderate intensity

- *In moderate intensity you lose maximum fat*
- *It increases the cardiovascular endurance*
- *It makes our heart muscles strong because heart works at a sustainable intensity for longer period of time*

6. Can I switch between intensities and what is the right time to switch between intensities?

Yes, but it is always advisable for beginners to maintain moderate intensity as higher intensity is more prone to injury as compared to moderate intensity. If you wish to switch between the intensities the transition should be a gradual one and it shouldn't be a sudden switch.

Expert guidance is advised while switching between the intensity.

My advice is that you should go on as per your fitness level. If you are not trained enough and if you train on high intensity you may be prone to injury so seek expert guidance. Moderate intensity is quite safe and effective but you may shift to higher intensity under proper guidance.

*Contributed by our in-house Fitness Expert

MYTH BUSTERS – by Ms. Simple Diet

Myth : High Sugar intake causes Diabetes

Many of us assume that sugar intake causes diabetes, but this is not completely true. Let us understand why:

Diabetes is classified as Type 1 and Type 2. In Type 1 diabetes the pancreas fails to produce insulin (high sugar intake is definitely not the cause), while in Type 2, the body fails to utilize or produce insulin in adequate amount. Insulin is required for cells to absorb sugar, which in turn produces energy.

One must understand that sugar intake is not the major cause of diabetes. However, if you consume excess of sugar, it can add more calories than your body needs, leading to weight gain. Obese individuals are at a higher risk of developing diabetes. Type 2 diabetes, the most commonly diagnosed health condition occurs mainly due to being over-weight and having an inactive lifestyle.

Tip!

Effective ways to prevent the risk of type-2 diabetes are:

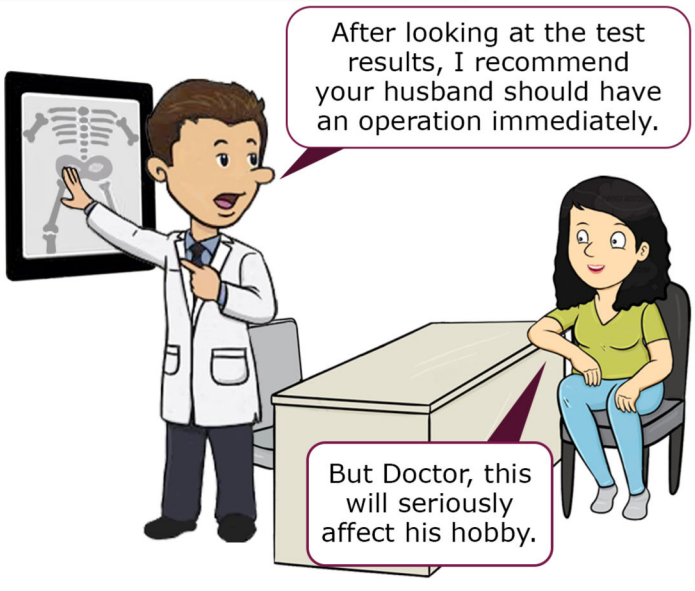
Avoid added sugar

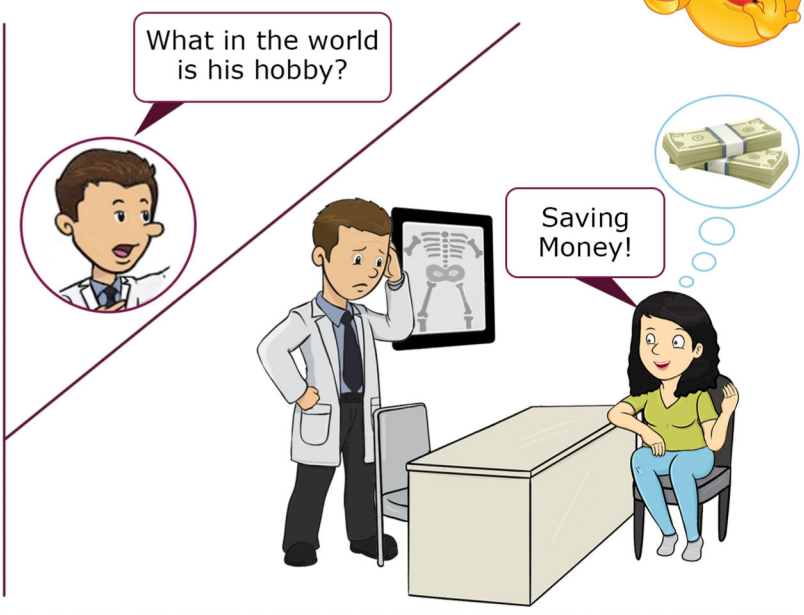
Check for the hidden ingredients in processed food

Exercise regularly

Opt for home made food and snacks

Take a Chill Pill





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