

"Nature itself is the best physician - Hippocrates"

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## Read the Editor's mind

Dear Readers,

It has been a festive season for all of us with celebrations and joyous moments lined up back to back. At Paramount, we ushered the festivals with full gusto and to add to the celebration, we also had some moments of pride!

*Paramount Health Services & Insurance TPA Pvt. Ltd. has been honored as India's Greatest Brands 2017 in the Health Insurance sector and our Managing Director Dr. Nayan Shah has been honoured as India's Greatest Leaders 2017 at "Celebrating 70. Pride of India Series" (marking the seventieth Independence Year of India) Awards & Business Summit on September 2017, Mumbai.*

*Paramount Healthcare Management Pvt. Ltd. was chosen to be the official healthcare partner for the 1st Indian Open Pickleball Championship.*

*This event was held on 28th and 29th October in Mumbai and was organised by Sports Wizards.*

Cheers to such moments of pride!!

### Did you know? FACTS ON EYES

Eyes, windows to the world outside, are also windows to our soul. Here are some amazing facts about these beautiful pair of eyes:

Eyes start to develop two weeks after conception

The amount of melanin in your iris determines the color of the eyes

The size of the eyeballs remains the same from birth to death

The average life span of an eyelash is 5 months

A fundal examination of the eyes can indicate presence of hypertension and diabetes

Cornea, an important part of the eyes does not have any blood supply

A human eye can visualize only three colors i.e. red, blue and green, while other colors visualized are combinations of these three



Financial planning is a quintessential way to secure your future by investing your funds wisely. A common dilemma faced by people is "How and when should I start planning my finances?". The answer is NOW! Here are 7 guidelines to plan your savings and investment:

**Set a financial goal:**

1 Determine your specific goals – Children education, Buying house, Paying off a loan, Car etc.

**Make a plan:**

2 Prepare a well-researched plan on how you could allocate your funds in different instruments.



**Understand the types of investments:**

Research and opt for the investment that is suitable for you as per your expense and duration of investment (long term /short term)



4

**Set a monthly goal:**

After factoring your monthly expenses and determining your specific goals, set aside an amount for investing every month.

3

**Know the risk:**

5 The risks differ depending on the type of investment. Therefore, before investing, research and know the degree of risks involved in each instrument.

**Monitor your investments:**

6 Keep a track of all your investments on a quarterly or yearly basis.

**Build an emergency fund for your family:**

7 While planning, set some amount of your budget for a future medical emergency.



Start with a **SMALL** amount today to reap **LARGER** benefits later!

TRUE  
&  
FALSE  
With  
REASONS



**All calories beyond what the body needs to survive is stored as fat. FALSE**

*Some of those calories are stored in the body as glycogen (muscle fuel). So if you are exercising and using up that fuel it is less likely to be stored as fat.*

**Dried fruits aren't as healthy a choice as fresh fruit. TRUE**

*Dried fruits contain a high concentration of sugar, and tend to stick to the teeth and contribute to tooth decay*

**Fruit juice is a healthy alternative to eating a piece of fruit. FALSE**

*A piece of fruit is a better choice than juice as it provides fibre, takes longer to eat making you feel more fuller and is better for the teeth.*

**Thirst is a good indicator of dehydration. FALSE**

*The thirst mechanism is generally an imprecise guide to water needs, as the feeling of thirst is delayed and suppressed during exercise.*

Mr. Fit



Since last week, I have been receiving many queries from a lot of clients..and most of them had the same question – How to lose the weight gained during Diwali! And it is the same question every year. Diwali being one of the most popular Indian festivals, everyone gets carried away by the celebrations, and tend to over-indulge in sweets! Here are some common questions from our ardent readers which I have tried to address here.

**1** After the high-calorie intake during Diwali, I am back to square one in my fitness and weight-loss regime..... help!!

Most of the time weight-gain worry is over-rated. So relax. If you have been regularly exercising, then your metabolism is definitely good. Consuming excess calories for few days will not add too much to your weight. Also, your ongoing fitness regime will help you bounce back to your previous numbers. If you are not in the habit of exercising regularly, all I can say is – Start right away!

**2** What kind of exercise will help me lose the weight I have gained during this festival

There are many exercises which can help you lose weight– Running (moderate to high intensity), Kick Boxing, Cycling (moderate to high intensity), Swimming etc. Half an hour to one hour of any of these activities will help you achieve best results.

**3** I consumed a lot of calories during this festival season. To lose weight I think now I will cut down my calories intake by more than half. Hopefully it will help.

If you are in the habit of following a fairly healthy diet and exercising moderately, and now if all of a sudden you cut down your calories intake, your body will naturally feel the loss. In such cases, body will start putting more pressure on itself and this is harmful for your overall health and more specifically to your joints, bones, muscle and immune system. So it is better to go on a balanced diet and focus on losing weight with proper exercise and diet.

**4** What foods would you recommend I consume after Diwali in order to lose weight in a healthy manner and to remain fit?

If you want to lose weight fairly quickly and in a healthy manner, naturally you have to be careful about your diet. Here are some

tips – stay away from sweets and deep-fried snacks, consume only home cooked food, ensure you have your meals in 3 hour gaps, avoid heavy meals after 8:00 p.m.

Temptation to consume calorie-rich foods is a natural tendency during any festival and my sincere advice is don't restrain yourself too much, as the saying goes – 'Anything consumed in moderation is ok!



## MYTH BUSTERS – by Dr. Hoshiyaar



*I am fine now after three days of taking antibiotics; I think it will be unnecessary to continue for 2 more days as prescribed by the Doctor.*



*Antibiotic medications are prescribed only after you have been diagnosed with bacterial infection. These medications are generally recommended for a certain period of time by the physician. This is because the dosage and the course length depends on the time required to kill the bacterium causing the infection. The initial relief appears when the intensity of infection has reduced because some of the bacteria have been destroyed by the antibiotic.*

*However, when you stop the medications after you feel better and before the duration suggested by doctor, it might make you sick again, as the infection may rebound since all the bacteria causing the infection have not been destroyed. There is also a danger that the bacterium develops antibiotic resistance towards the medication ingested previously and may not be susceptible to that medication. Therefore, it is important to complete the full course of medication even though you feel relief.*



## Take a Chill Pill

After the patient explains his symptoms to the doctor -



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