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HEALTHLINE

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“

I believe that the greatest gift you can give your family and the world is a healthy you.

”

- Joyce Meyer

Your Guide To
A Healthy Heart

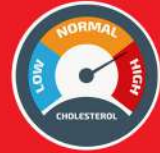
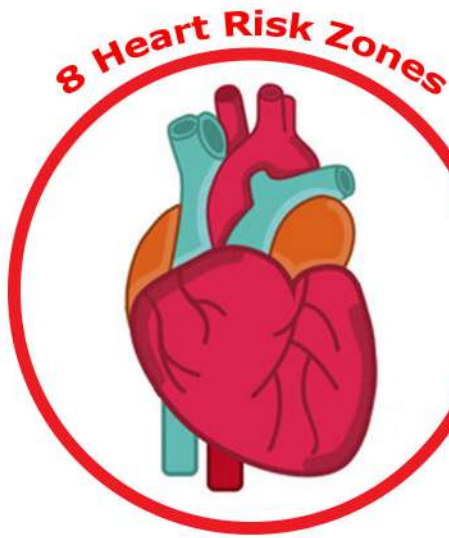
FAT Facts

Why Too Much Of
Sodium Consumption
Is Bad?

Some
'Eye-Opening'
Facts

YOUR GUIDE TO A HEALTHY HEART

Your heart works untiringly pumping around 7600 litres of blood everyday that feed the organs and tissues of your body. Therefore, it is important to know what is harmful for your heart and how to take care of it.



Cholesterol level in the blood is over 200 (mg/dL)



Hypertension or high blood pressure



Smoking and passive smoking



Sedentary lifestyle



Diabetes or high blood sugar



Family history of heart disease



Being overweight or obese



Excess consumption of trans-fat rich food

8 ways to mitigate or eliminate the risk



Make a lifelong commitment to fitness



Practise meditation, yoga and other relaxation therapies



Maintain healthy weight



Consume a diet rich in fruits, vegetables, nuts and unprocessed foods



Go for regular health check-ups



Keep a check and monitor blood pressure and sugar level



Limit alcohol intake



Abstain from smoking

5 Super Foods to keep the Heart Healthy



1



Almonds help lower bad cholesterol levels.

2



Salmon is a great source of protein and is also packed with omega-3 fatty acids, which prevents plaque build-up in the arteries.

3



Walnuts help lower cholesterol levels and protect against inflammation of the arteries.

4



Soy protein is a heart-healthy food which helps prevent cardiovascular diseases.

5



Oats provide nourishment, lower cholesterol level and reduce the risk of heart disease.

FAT FACTS!

Fats play an important role in your body. They give you energy, help protect your organs, keep your body warm, etc. It is important to get the right balance of fats and other nutrients in one's diet. Hence, it is important to understand which fats are good for you. The key difference between the different types of fats is their chemical structure.

What are unsaturated fats?

These are heart-healthy fats that need to be included in the diet. They are known to lower bad cholesterol levels and protect against heart disease.

Unsaturated fats come in two forms:

a. **Monounsaturated fats** (liquid at room temperature and turn solid when refrigerated). Sources of such fats include:



- Avocados
- Oils such as Olive, canola, and peanut oils
- Nuts such as Almonds, hazelnuts, etc.

b. **Polyunsaturated fats** (stay liquid at room temperature and in the refrigerator). Polyunsaturated fats are found in-



- Corn, soybean, and sunflower oil
- Walnuts
- Flaxseeds
- Salmon, tuna, and other fatty fish

What are saturated fats?

These fats are known to raise bad cholesterol levels & lower good cholesterol levels if consumed in excess. It can also raise the risk of heart disease and stroke. Saturated fats are found in:



- Whole-milk dairy products - milk, cheese, and ice cream
- Butter
- Eggs
- Palm and coconut oils

Do you know the truth about Trans-fat and hydrogenated oils?

These are usually present in processed food and should be avoided. These types of fats are-

- Directly linked to heart diseases
- Known to increase risk of Type 2 Diabetes
- Known to increase the level of bad cholesterol

Trans-fats are usually found in the following foods:



- Cakes, pies, biscuits, cookies, donuts and other baked foods
- French fries and other fried foods

Tip: To keep yourself healthy, try and get most of your fats from unsaturated sources.

Here's how you can reduce fat intake:



Avoid processed food



Boil or steam food as against frying



Read food labels to check fat levels. Avoid foods where the ingredients include 'partially hydrogenated oil', 'hydrogenated vegetable oil', vanaspati



Preferably consume fresh, homemade snacks

WHY TOO MUCH OF SODIUM CONSUMPTION IS BAD?

Salt is chemically known as Sodium Chloride (NaCl)

Sodium is an important electrolyte and is the main component of table salt. It helps maintain the fluid balance in and around cells (including the volume of fluid in the blood) and helps regulate nerve and muscle function. However, excess of salt consumption can lead to a number of diseases.

Did you know?

Table salt = 40% of sodium + 60% chloride.



So what really happens when you consume too much of salt?

- Too much of salt can have serious negative effects on your health.
- Excess salt consumption results in accumulation of sodium in the body.
- To dilute the excess of sodium build - up, the body retains water.
- Due to water retention the amount of fluid surrounding the cells increases which causes edema.
- Water retention also dilutes the blood which increases the blood volume and exerts pressure on the heart and the vessels.
- The extra work done by the heart therefore leads to high blood pressure, stroke, heart disease, or heart failure.

Common indicators that you are consuming too much of salt



Now, the question is - What is the right amount of salt to be consumed in a day?



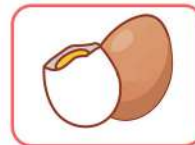
As recommended by World Health Organization (WHO), the ideal sodium consumption for adults is - not more than 1,500 to 2300 mg per day or approximately ¾ tsp - 1 tsp per day.



1tsp of salt = 6g serving which contains about 2300 mg of sodium

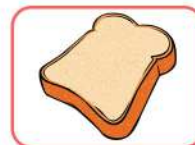
Consider how quickly the sodium levels add up if you consume:

100 gm of chicken (which contains 65 mg of sodium)



Two eggs (which contains 124 mg of sodium)

100 gm of cottage cheese (which contains 364 mg of sodium)



One slice of white bread (which contains 175 mg of sodium)

A cup of plain yogurt (which contains 113 mg of sodium)



Even without a grain of added salt, you are already more than halfway to your 1,500-milligram sodium target!

7 Ways to cut down your excess salt intake:

1. Consume fresh food and avoid eating preserved food.
2. Other substances to flavor food- lemon juice, black pepper, nutmeg, parsley, cumin, garlic or onion powder, bay leaf, oregano, or dry mustard. Consume fresh food and avoid eating preserved food.
3. Choose unprocessed or minimally processed foods.
4. Read labels and choose low-sodium products.
5. Avoid sodium rich condiments such as dips, sauces, spreads, etc.
6. Avoid packed chips and snacks.
7. Avoid adding salt to cooked meals as you may exceed the ideal salt intake per day.

Some 'Eye-opening' facts!

Does 6/6 vision indicate that eyes are perfect?

The answer is **False**.

Having 6/6 vision does not indicate that the eyes are perfect. It indeed denotes the excellence of central vision. However, the same individuals with perfect central vision might face problems with other types of vision - such as side vision, night vision, or colour vision. This is because certain eye diseases such as glaucoma or diabetic retinopathy may affect the other types of vision. This often happens over long periods of time as these diseases initially harm the inner eye, without causing much harm to central vision.

What is 6/6 vision?

6/6 vision is a term used to express normal visual acuity which indicates clarity or sharpness of vision, when measured at a distance of 6 metres.

If you have 6/6 vision, you can see clearly at 6 metres what should normally be seen at that distance (indicating normal vision).

How is vision acuity assessed?

- A Snellen chart is a special chart that has big letters at the top that get smaller and smaller after every row. This chart is used to assess visual acuity.
- During the test, one has to be seated at a distance of 6 metres from the chart and each eye is assessed.
- Normal acuity is indicated at 6/6. This means that a person with normal acuity can read the small line of letters from a distance of 6 metres (refer chart), which is normally readable at that distance.
- If a person is able to read only the two letters on the second line, that is recorded as 6/30. This means that he/she has to be as close as 6 metres to see what a person with normal vision can see at 30 metres.
- 20/20 vision is the same as 6/6 vision (6 metres = 20 feet)

E	1	6/60
F P	2	6/30
T O Z	3	6/20
L P E D	4	6/15
P E C F D	5	6/12
E D F C Z P	6	6/9
FELOPZD	7	6/8
DEFPOTEC	8	6/6
LEFODPCT	9	6/5
FELPTCOE	10	6/4

There is no difference between sight and vision.

If you have been thinking that the answer is **True** then here is an eye-opening fact for you!

Seeing is a physical process where the eye lens focuses light onto the retina at the back of the eye, where an image is recorded. This allows you to see the object clearly and this is **Sight**. **Vision** is the process that involves the ability to understand what is being seen. Unlike eyesight, Vision is a thought process from which emerges an understanding of what is seen, where it is and how to react to it. It combines information from many sensory systems to create a perception of reality.



For example:

If '**Seeing**' is the computer or the hardware of the computer '**Vision**' is like the software of the computer which processes the data.



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