

Edition: December 2022

HEALTHLINE

Paramount's Monthly Magazine

Your gut is not Las Vegas. What happens in the gut does not stay in the gut.

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Constipation
Awareness Month

Constipation
and nutrition

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Reserve

Brain teasers



CONSTIPATION AWARENESS MONTH

Constipation

is a state in which you are unable to pass the stool out of your body. The matter becomes dry and hard, making it extremely difficult and sometimes even painful to follow a healthy bowel movement.

What causes constipation?

Poor nutrition, inadequate sleep, limited exercise, anxiety, emotional stress and age may cause constipation. Certain disease also can cause constipation, and are usually associated with a sudden change in bowel habits, pain, weight loss, fatigue or bloody stools. Contact your doctor if you experience these symptoms. Some medications cause constipation – talk to your doctor if you think your medications are causing constipation.



Can eating more fiber help with constipation?

Yes. Fiber is the part of plant food that is not digested. There are two kinds of fiber: soluble and insoluble. Soluble fiber gives stool bulk. Foods that are good sources of soluble fiber include apples, bananas, barley, oats, and beans. Insoluble fiber helps speed up the transit of food in the digestive tract and helps prevent constipation. Good sources of insoluble fiber include whole grains, most vegetables, wheat bran, and legumes. Foods that have fiber contain both soluble and insoluble fibers. A good goal for dietary fiber is a total of about 20 to 30 grams each day.

Guidelines to Treat Constipation

Nutrition

- Eat three meals each day. Do not skip meals.
- Gradually increase the amount of high-fibre foods in your diet.
- Choose more whole grain breads, cereals and rice.
- Select more raw fruits and vegetables -- eat the peel, if appropriate.
- Read food labels and look for the "dietary fiber" content of foods. Good sources have 2 grams of fiber or more.
- Drink six to eight glasses of water each day.
- Limit highly refined and processed foods.

Stress and Anxiety

- Exercise regularly. Try to do weight-bearing exercise, such as walking, three or more times each week.
- Go to sleep at a regular time each night. Make sure you get enough sleep.

Stress and Anxiety

- Try to limit stress in your life.
- Go for a short walk when you feel anxiety or stress increasing.



Traditional home remedies to treat constipation



Fibre rich fruits: Orange, sweet lime, pineapple, grapes, guavas at bedtime are great options to overcome constipation. You can also try making a papaya, pineapple and banana drink.

Flaxseeds are another great source of fibre. Known by the name of mukhwaas in Indian household, they are very easy to procure from any store. They are high in fibre and also omega-3 fatty acids. The insoluble fibre in flaxseeds helps to prevent any surges in blood sugar levels so it makes for a great choice for those with diabetes.



Start your morning with chia seeds -

which has a ton of fibre! Soak these chia seeds in yogurt or just water and then add some lime and honey to this mixture and drink it. You can also add some dates paste or syrup.



Fennel seeds are also a great option which are known for their digestive properties. You can add them to boiling water and let them steep for a couple of minutes. Drink this tea to improve digestion and relax your intestine. You can even crush the dry fennel seeds into a powder and add that to the water.

High fibre breakfast

options like buckwheat dosa, quinoa dosa, jowar palak appe, nachni dosa are great for your gut health. You can also add oatmeal milk with some fruit like apples to your morning breakfast routine.



Papaya

as a fruit is extremely helpful is stimulating healthy bowel movements, so make sure to always add this fruit to your meal plan. It contains a digestive enzyme called papain which helps to relieve the constipation.



7 Foods to be Avoided for Constipation



Aerated drinks and alcohol



Tea and coffee



Deep-fried foods



Pickles, canned and preserved foods



Confectionery and mithai



Refined foods like refined flour, pasta, sugar and polished rice



Fast foods like pizzas, burgers etc.

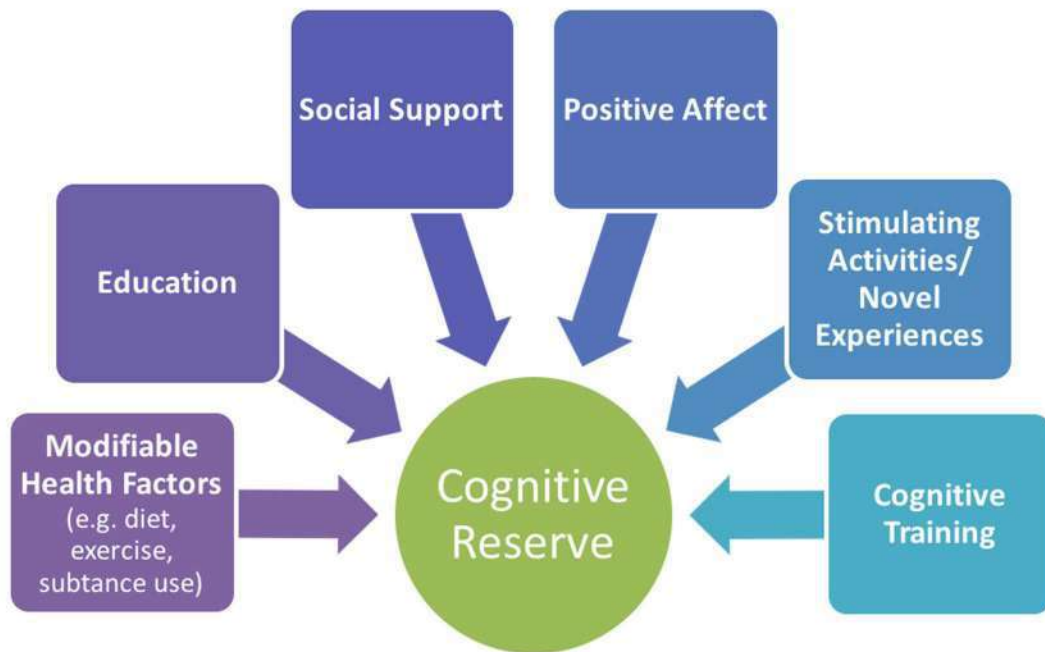
COGNITIVE RESERVE



Why is this important?

As more and more people move to the senior citizen category, it is important to take care of not just the physical health but also mental health. This Cognitive Reserve can help one navigate through the symptoms of various old age related illnesses and manage them more easily.

An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added resources available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.



The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off symptoms of degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear.

Riddle 1:



An Arab sheik is old and must leave his fortune to one of his two sons. He makes a proposition: Both sons will ride their camels in a race, and whichever camel crosses the finish line LAST will win the fortune for its owner. During the race, the two brothers wander aimlessly for days, neither willing to cross the finish line. In desperation, they ask a wise man for advice. He tells them something; then the brothers leap onto the camels and charge toward the finish line. What did the wise man say?

Riddle 2:

A farmer needs to take a fox, a chicken, and a sack of grain across a river. The only way across the river is by a small boat, which can only hold the farmer and one of the three items. Left unsupervised, the chicken will eat the grain, and the fox will eat the chicken. However, the fox won't try to eat the grain, and neither the fox nor the chicken will wander off. How does the farmer get everything across the river?



Answer 1: The rules of the race were that the owner of the camel that crosses the finish line last wins the fortune. The wise man simply told them to switch camels.

Answer 2: The farmer must follow these steps.

1. Take the chicken across the river.
2. Come back with an empty boat.
3. Take the grain across the river.
4. Bring the chicken back.
5. Take the fox across the river.
6. Come back with an empty boat.
7. Take the chicken across the river.

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