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HEALTHLINE

Paramount's Monthly Magazine

*Never be
ashamed of
a scar.
It simply
means you
were
stronger
than
whatever
tried to
hurt you.*

Penalty
for sinful
eating

FAQs
on
UTI

Getting to
know you skin

High BP
misconceptions

We all indulge in junk food and then shrug it off with a casual attitude saying statements like these:



And on and on...

Without realizing that either our lack of exercise or inadequate exercise does not help us in any way to stay our ideal weight or size.

It is very easy to intake huge amount of calories but losing them is a real task. It is not as easy as we think it is. Below is a list of few popular but not-so-healthy foods and how much an individual has to exercise to burn those calories.




2 Samosas

=




About 1 hr 40 mins of Jogging




2 slices of Pizza (Plain Cheese)

=




About 1 and half hours of Cycling




2 glasses of aerated Cold drinks (200gm)

=




About 20 minutes of swimming




1 Burger and 1 box of French fries

=




About 2 hrs 55 mins of brisk walking



1 Pastry (100 gm)

=



About 1 hr 14 mins of Running



1 Scoop of Ice Cream (100gm)

=



About 20 minutes of Rope skipping

So, either Think before you Eat or Act rigorously after you Eat!

What are the causes of Urinary Tract Infection (UTI)?

A UTI is a bacterial infection of the lining of the urinary bladder, where the lining is irritated and gets inflamed. Bacteria such as *E. coli*, which live in the intestinal tract and come from the bowel, are the culprit in most cases of UTIs. The bacteria enter the urinary tract through the urethra and begin to multiply, causing UTI. UTIs can affect different parts of the urinary tract, including bladder (cystitis), urethra (urethritis) or kidneys (kidney infection)



What are some common risk factors for UTI?

The following are some factors that increase the risk of UTI:

- Kidney stones or an enlarged prostate can trap urine in the bladder and lead to UTI.
- Diabetes or other conditions that impair the immune system.
- A recent urinary procedure or an exam of urinary tract that involves medical instruments.

In case of women, following are some additional risk factors:

- Women have a shorter urethra than men. Thus the distance the bacteria must travel to reach the bladder is short, leading to infection. Also, the urethra opening of women is located close to the anus, so it is easier for the bacteria to enter the urethra from the anus.

- A decline in circulating estrogen after menopause creates changes in the urinary tract and can lead to UTI.
- UTI is more frequent in sexually active women.

What are the symptoms of UTI?

1. A burning sensation when urinating
2. A strong, persistent urge to urinate
3. Passing of frequent, small amounts of urine
4. Urine that appears red (a sign of blood in the urine)
5. Strong-smelling urine
6. Urine that appears cloudy
7. Pelvic pain, in women (especially in the center of the pelvis and around the area of the pubic bone)

Each type of UTI may result in more specific signs and symptoms, depending on which part of the urinary tract is infected.



True or false:

1. When you feel the urge to pass urine, it is ok to hold on to the feeling for a long time.

FALSE. Holding urine in your bladder for extended periods of time provides a fertile ground for infection.

2. Only women get UTIs.

FALSE. Men can also get UTI, but they occur much less frequently and usually tend to be more complicated.

Steps to reduce the risk of UTI:

- Empty your bladder as soon as you feel the need to. Be sure to empty the bladder completely.
- Drink plenty of water. This helps to dilute urine and ensures frequent urination, allowing bacteria to be flushed out from the urinary tract.

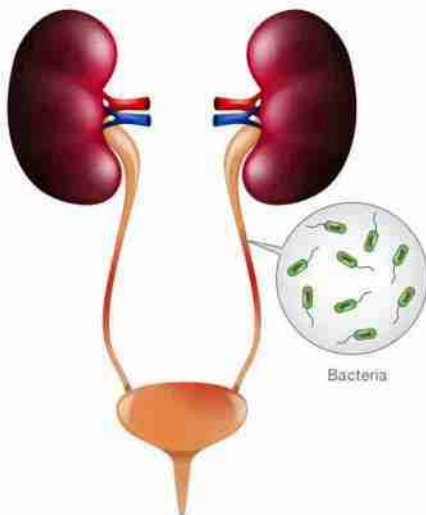
In case of women, the following precautions should also be taken:

- Wipe from 'front to back'. This helps prevent bacteria in the anal region from spreading to the vagina and urethra.
- Empty bladder soon after intercourse.
- Avoid using potentially irritating hygiene sprays, scented douches, and scented bath products in the private parts.

Preliminary treatment options include:

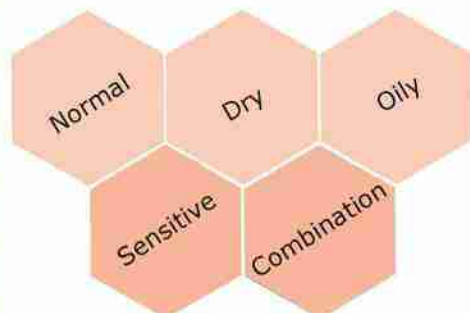
Intake of Vitamin C, unsweetened cranberry juice, probiotics are some popular suggestions for UTI.

Urinary Tract Infection



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

High blood pressure, also known as hypertension, if left unattended can lead to various types of health issues such as heart diseases and stroke. Understanding more about blood pressure can help you manage the condition or even prevent it. Here are some myths and facts associated with blood pressure.



Myth

Recently, I was diagnosed with high blood pressure, but now my readings are relatively low. So I can stop taking my medication for high BP.

FACT : If you have been diagnosed with high blood pressure for a while, it is possible that it may be a lifelong issue. Therefore, it is important for you to take the medication and follow the instructions given to you by your healthcare professionals to maintain normal blood pressure.

I have not had any of the high blood pressure symptoms like sweating, nervousness, sleeping problems, etc. Therefore, I do not need to worry about it.

Myth

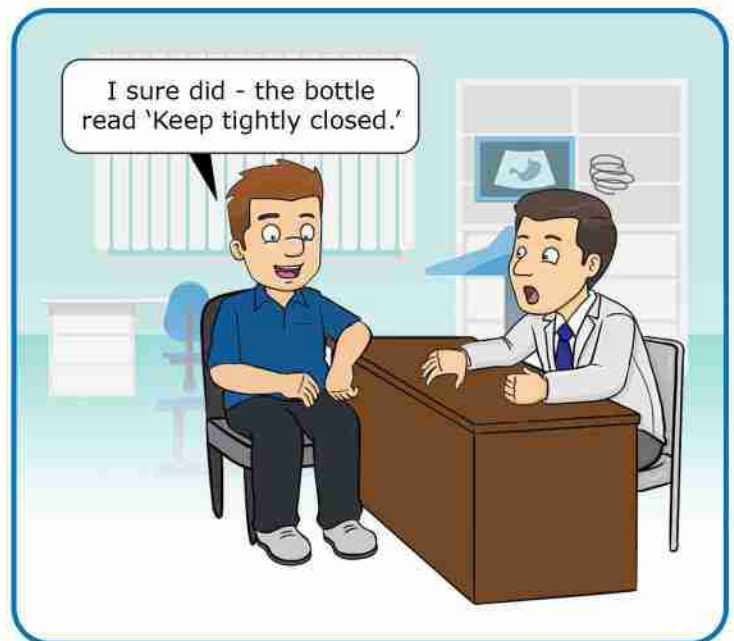
FACT : High blood pressure may affect you for years without displaying any symptom. It is known to be a "Silent Killer" as it often does not show any symptoms, but may harm your arteries, kidneys and other organs. Therefore, a regular checkup will help you to be aware of your readings.

Myth

Since many of my family members are suffering from high blood pressure, there is no chance for me to escape this ailment.

FACT : It is true that high blood pressure can run in the family and is a hereditary condition. However, this can be prevented by following a healthy lifestyle and proper eating habits.

Take a Chill Pill



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