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# HEALTHLINE

Paramount's Monthly Magazine



**Sufficient sleep, exercise,  
healthy food, friendship, and  
peace of mind are necessities,  
not luxuries**

**- Mark Halperin**



# RARE DISEASE DAY

29<sup>th</sup> February 2024

Last day of February is dedicated as Rare Disease Day for people to know and be aware of all the other less known diseases around the world. Rare diseases are nothing new to us and according to the Ministry of Health and Family Welfare, there are about 450 diseases recorded so far in India. According to a report in Biospectrum, if we go by the estimates, 50 per cent of new cases are in children and are responsible for 35 percent of deaths before the age of one year, 10 per cent between the ages of one and five years and 12 percent between five and 15 years.

## The commonly reported rare diseases in India are:

- Haemophilia
- Thalassaemia
- Sickle-cell Anaemia
- Autoimmune diseases
- Primary Immunodeficiency in children
- Lysosomal storage disorders such as Pompe disease
- Hirschsprung disease
- Gaucher's disease
- Cystic Fibrosis
- Hemangiomas
- And certain forms of muscular dystrophies.

According to the World Health Organisation (WHO), these diseases are debilitating, lifelong disorders whose prevalence is less than one per 1,000 persons. They include autoimmune disorders, congenital malformations, inherited cancers, and certain endemic infectious diseases that have very low prevalence. It is important to stay aware of symptoms that may be unusual and being vigilant of the body's response is important.

## Things to know:

Rare diseases take a heavy toll on children. Half of all people affected by rare diseases are children, with 3 out of 10 dying before age 5. Nearly 3 out of 10 infant deaths that occur in intensive care are due to a rare disease. Roughly 4 out of 5 rare diseases are genetic. Cystic fibrosis, hemophilia, and Gaucher disease are examples of genetic rare diseases that may be diagnosed in children.

Some rare diseases can be treated with roughly the same drug regimen and lifestyle changes. However, many rare diseases require an individual treatment plan, tailored to that person's unique symptoms. For example, pulmonary arterial hypertension treatments vary widely depending on what is causing the disease and what each person's symptoms are. Fabry disease is another condition without a one-size-fits-all treatment. Because Fabry disease may impact many organ systems in the body, treatment can require many different approaches.

8 out of 10 rare diseases are genetic, or inherited. About half of all people affected by rare diseases are children. Many are diagnosed soon after birth. Examples of rare diseases that may be diagnosed in children include Gaucher disease, phenylketonuria, and Pompe disease. The other half of rare diseases are "triggered" later in life. Examples of rare diseases diagnosed in adults include Creutzfeldt Jakob disease and familial fatal insomnia.

# ORAL HEALTH 101



## Myth #1:

**'Sugar-free sodas are better for my teeth'**

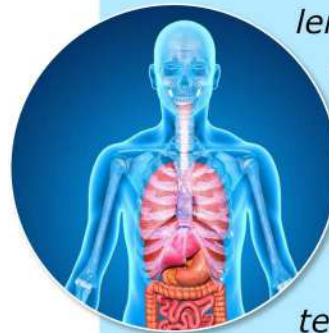
*Just because soda is sugar-free, it doesn't mean it's harmless to your teeth. Sugar surely contributes to tooth decay and cavities, but sugar isn't the only thing. Even sugar-free sodas contain acids and carbohydrates combined with bacteria and saliva to result in plaque, also known as biofilm, buildup. If your teeth are not cleaned regularly, that plaque buildup can lead to tooth*



## Myth #2:

**'Dental health doesn't affect my overall health.'**

*Oral health is a good indicator of overall health, and poor oral hygiene can increase your risk for disease in other parts of your body. Moderate to advanced gum disease increases the risk of heart disease and is more prevalent among people with diabetes. Bacteria and other germs can spread from the mouth to other areas of the body via blood flow. Bacteria that spread to the heart can cause damage and inflammation.*



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## Myth #3:

**'I can wait to see the dentist until it's an emergency.'**

*With dental health, prevention is vital. Keeping your dental hygiene appointments and check-ups allow your dentist and dental hygienist to spot and treat issues before they become emergencies. As discussed above, you don't want to wait until your dental health affects your overall health.*



## Myth #4:

**'Cavities in baby teeth aren't as serious as cavities in adult teeth.'**

*Oral health in children is essential, even if they lose their baby teeth. Tooth decay and cavities can impact how adult teeth form under the gums. Also, if kids don't learn how to take care of their teeth while they still have their baby teeth, they will be unlikely to keep good habits once they are older.*

*So, encourage and teach your children to brush and floss daily according to a dental professional's recommendation.*





# INDIAN FOOD INGREDIENTS

Here are some of the healthiest Indian food ingredients that are nutritious and should not be skipped in meals.



## Turmeric :

**Why It's Healthy** - This golden yellow spice has been used for thousands of years in India, both in food and for its medicinal benefits. Its active chemical compound, curcumin, has been shown to have anti-inflammatory and antioxidant properties, per research.

**How to Use It** - Turmeric is usually added to most vegetables, beans, lentils, and other Indian dishes. It can help to use it in conjunction with other spices, and not just from a flavor perspective: Adding black pepper to a dish with turmeric can enhance absorption of curcumin by 2,000 percent, according to one study.

## Chana :

**Why They're Healthy** - People who regularly eat these legumes have been shown to have higher intakes of essential nutrients — including dietary fiber, healthy fats, folate, magnesium, potassium, iron, and vitamins A, E, and C — compared with those who don't eat chickpeas, according to one study.

**How to Use Them** - Several traditional Indian dishes can be made using chickpeas. Look for chole recipe, chana masala salad and you can even use chickpea flour to make chilla or dosas.



## Mung beans or moong :

**Why They're Healthy** - These small, green beans aren't as common in Western cooking, but they should be. A half-cup is a good source of both protein and fiber, with around 7 g of each, according to USDA data. These beans are also rich in antioxidants and minerals that have been linked to positive health benefits, according to research.

**How to Use Them** - In Indian cuisine, mung beans are prepared in a variety of ways. Traditionally, they are made into a soup with garlic, ginger, and spices to be enjoyed with rice, or served sprouted as a salad with chopped veggies. Try mung beans in place of other lentils in a recipe, or add sprouted mung beans to your salads for extra protein and fiber.



## Bitter gourd or karela :

**Why It's Healthy** - A well known ingredient but not very liked by most people. However, it has several benefits - it is low in calories and delivers some fiber, but perhaps most significant is its high vitamin C content. A half-cup has 46 percent of your daily value of this all-important antioxidant, according to USDA data. And vitamin C is well known for its role in boosting immune function, according to the Academy of Nutrition and Dietetics.

**How to Use It** - There are some who simply take karela juice but this is not a tasty drink to savour. You can try a traditional karela recipe at home. Try it sautéed with onion, garlic, and tomatoes or in a stir-fry.



# REGULAR HEALTH CHECK



## Who needs regular health checkups?

Many men and women in the active working-age group, between 30 and 60 years, are more vulnerable to lifestyle diseases. Irregular work timings, unhealthy eating habits, odd sleeping hours and constant stress seem to be accepted parts of their lives. It does not come as a shock, then, to read about young managers succumbing to a cardiac arrest while exercising in the gymnasium. But health evaluations shouldn't be restricted to the working age group. Individuals of all ages are advised to schedule regular check-ups with their healthcare provider. The frequency of these check-ups may vary depending on age, gender and personal health history. Children may need more regular check-ups to monitor growth and development, while older adults may need more frequent check-ups to monitor chronic health conditions.

## Why to get this?



Prevents health issues



Early detection of potentially life threatening diseases



Lower health care costs



Eliminates further growth of diseases



Reduces the risk of complication during treatment



Increases life expectancy

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