

Edition: July 2021

HEALTHLINE

Paramount's Monthly Magazine

“

**Do what you feel in
your heart
to be right – for
you'll be criticized
anyway.**

”

- Eleanor Roosevelt

Health secrets for
women over 50

Brain exercises

Yoga with kids

Exercise and
COVID-19

Health secrets for women over **50**



There are new health challenges at different stages in life, and especially for women who are already at the brink of dealing with massive natural hormonal changes in their body. If you think being fit only applies to your 20s, it is important to know that fitness is a lifelong journey and a continued healthy lifestyle even in old age can keep your mind and body fit.

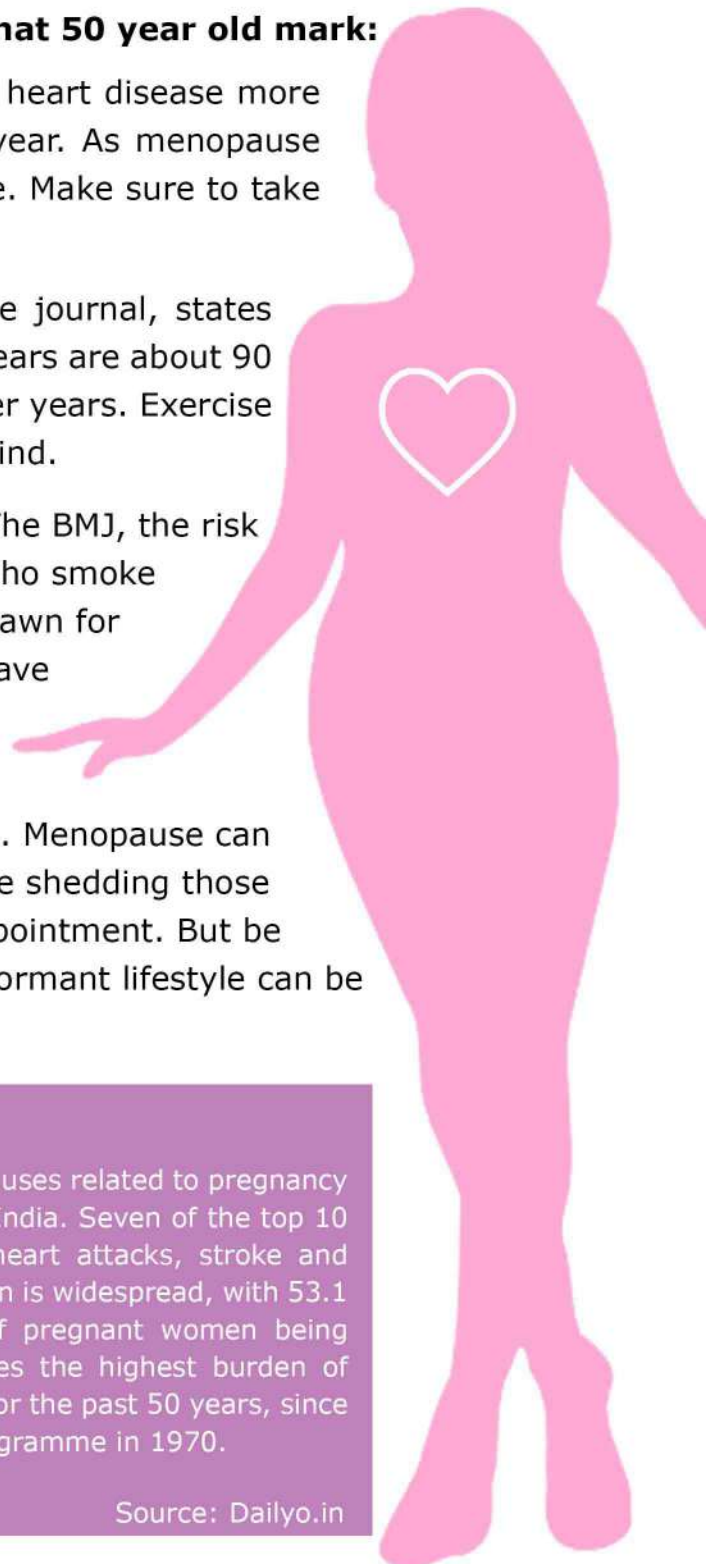
Here are some things to know when you hit that 50 year old mark:

According to the American Heart Association, it is heart disease more than breast cancer that kills 1 in 3 people each year. As menopause strikes, it also increases the risk of a heart disease. Make sure to take preventive steps for the same.

A study published in *Neurology*, an online science journal, states that women who are physically fit in their middle years are about 90 percent less likely to develop dementia in their later years. Exercise is not only good for your body, but also for your mind.

According to a study published in science journal *The BMJ*, the risk of a heart attack is three times higher in women who smoke than those who don't. The same conclusion was drawn for women who deal with blood pressure issues and have diabetes, all at a higher risk of experiencing a heart attack.

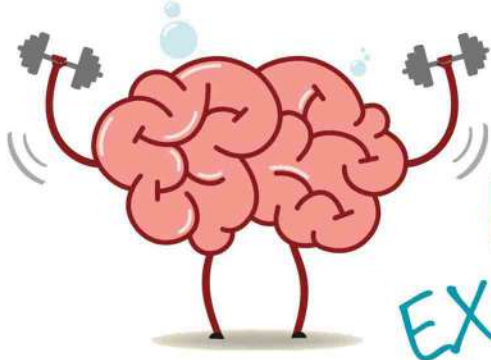
It's an uphill battle to lose weight after one hits 50. Menopause can slow the metabolism in the body and this can make shedding those extra kgs extremely difficult and can lead to disappointment. But be sure to add exercise on your calendar because a dormant lifestyle can be even more harmful.



Women's Health in India

Globally, about 800 women die every day of preventable causes related to pregnancy and childbirth, and 20 per cent of these women are from India. Seven of the top 10 causes of death in women in India are NCDs, led by heart attacks, stroke and respiratory diseases. India's anaemia burden among women is widespread, with 53.1 per cent of non-pregnant women and 50.3 per cent of pregnant women being anaemic as per the NFHS-4 in 2016, where India carries the highest burden of anaemia despite having various programmes and policies for the past 50 years, since the launch of National Nutritional Anaemia Prophylaxis Programme in 1970.

Source: Dailyo.in



Brain EXERCISE

Here are some fun exercises to keep your brain active and healthy. So many of our daily activities have become a habit that muscle memory is all we need to get some chores done. But what if we had a little fun and gave our minds just a little more to work on to keep it sharp and smart? Let's take a look.

Use your non-dominant hand - According to a research, using a non-dominant hand can help in expansion of some parts of the cortex that help to process tactile information. Here's an activity you can do to challenge your brain: Use your non-dominant hand to open the toothpaste, squeeze it out on the brush and brush your teeth. All activities to be done with your "other" hand.



Upside down - When looking at objects, the left brain does the process of labelling things and moving on. If you invert some objects around your house - the calendar or even a desk clock, your right brain kicks in to help process information. It helps figure out this new setting, giving it some exercise. Try it!

Keep your window open - Our brain creates a mental map that we can revisit even after time has passed. This mental map is created with the help of hippocampus that involves senses like - smell, sights and sounds. A lot of time when we're driving, the car windows are shut, but a simple gesture of keeping the car windows open helps the hippocampus retain new sounds, sights and smell. This is like fodder to the brain which works to create mental maps in your subconscious.



Identify the coin - Brain picks up visual cues easily and often if your sense of sight is well and good, but forcing your brain to use the touch sense to give cues can be a challenging activity making your mind sharper. Try this: Place a cup full of coins in your car's drink holder. While at a stoplight, try to determine the denominations by feel alone. You can also put coins in your pocket during a walk, and identify them when you stop at a corner.

Eating unfamiliar food - Your olfactory system can distinguish millions of odors by activating unique combinations of receptors in your nose. There's a direct link to the emotional center of your brain, so new odours may evoke unexpected feelings and associations. Try this: Choose a cuisine unfamiliar to you, and browse the variety of novel vegetables, seasonings, and packaged goods.





yoga with KIDS

Yoga is one of those exercises which can be performed by any and everyone! It is also a great tool to keep your kids busy and inculcate a healthy habit in their routine. It teaches them discipline, focus and concentration all at the cost of nothing. Of course, it would be advisable to make sure you do not use asanas which are too complex, so only do some basic yogic asanas. You and your child both can eventually learn to master this skill and practice together and bond!

Best yoga poses for toddlers:

Cobra pose



This pose of yoga for 2-year olds can help in strengthening the back and abs of the young kids.

Cat and cow pose

This is amongst one of the best animal yoga poses for toddlers and very effective in strengthening and providing length to the spine muscles and back.



Bow pose

If you are doing yoga with toddlers, you can try this fun yoga pose that kids would enjoy practising! This pose is great for the digestive tract, strengthens the spine and back, shoulders, legs, and chest.



Butterfly pose

This pose is great for opening up the thighs, groin, and hip muscles. It is also great for regulating bowel movements.

Easy pose

As the name suggests, this yoga pose is one of the simplest poses that kids of all age groups can do.





Healthcare providers at Kaiser Permanente, a large health care system in California, analyzed anonymized data from more than 48,000 adults over 18 who had confirmed COVID-19 between January and October 2020. All had been patients at Kaiser Permanente for at least six months before testing positive for COVID-19, and had at least three Exercise Vital Sign measurements on file. Within this health system, 43% of patients are Latinx, 34% are white, about

11% are Black, and about 10% are Asian or Pacific Islander. The highest rates of COVID-19 were among those who were Latinx: 65% compared to 18% (whites), 7% (Blacks), and 6% (Asian or Pacific Islander).

The entire group was divided into three categories:



Other important characteristics of these 48,000+ patients:

- ✓ What was their age, sex, and race?
- ✓ Did they smoke or have emphysema?
- ✓ Did they have obesity (BMI 30 to 39) or severe obesity (BMI 40 or more), diabetes, high blood pressure, cardiovascular disease, or kidney disease?
- ✓ Were they immunocompromised for any reason?
- ✓ Had they gone to the emergency department or been hospitalized in the six months prior to COVID-19 diagnosis?

Findings of the study:

Even after correcting for all of those characteristics, people who were consistently inactive had a significantly higher risk of hospitalization, ICU admission, and death after getting COVID-19 than those who were active for at least 150 minutes per week. Additionally, those who were active for over 10 minutes per week had some protection against severe illness or death from COVID-19 — though not as much as those who got the full 150 minutes. It's worth noting that people who were white were somewhat more likely to meet physical activity guidelines — a discrepancy that should be acknowledged and addressed.

Consistent physical activity helps protect you if you do get COVID-19. Of course, getting vaccinated offers much greater protection. Possibly doing both may be super-protective, although this needs to be studied. Meanwhile, we know that moving our bodies every day, even if it's just walking, provides many benefits from head to toe. We as a society need to make it easy and safe for everyone to be as active as they can be.

Source: Harvard Medical

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

[phm_healthcare](#)

[ParamountHealthcare](#)

[blog.paramount.healthcare/](#)

The content provided herein is/are solely for informational purpose and cannot be replaced by a healthcare expert's advice or judgment. The content is acquired on Good Faith from other sources by purchasing, licensing or freely obtaining them, and we shall not be held liable for any consequences arising on solely relying on this information. We do not claim that this information is an exhaustive compilation; and neither represent nor endorse the accuracy, reliability or authenticity of this information.