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HEALTHLINE

Paramount's Monthly Magazine

*Health is a
state of
complete
mental, social
and physical
well-being, not
merely the
absence of
disease or
infirmity.*

World Health Organization

National
Doctor's Day

Portion
Control Tips

IBS
Management

HIIT Benefits

National Doctors Day



India celebrates National Doctor's Day on July 1st which is the birth anniversary of Dr. Bidhan Chandra Roy. He was a physician, academician, freedom fighter and a politician. He was also awarded the Bharat Ratna in 1961 for his work towards the society. This National Day became even more significant during the COVID-19 pandemic because of all the hard work and sacrifices of the doctors and healthcare workers in India. Being the frontline workers during the outbreak of one of the most contagious diseases, the health professionals gained new respect from people everywhere.

Dr. Roy's story



Dr. Bidhan Chandra Roy was born in 1882 in Patna and studied at Presidency College in Kolkata. Later he continued his education at Patna College with Honours in Mathematics. In 1901, he joined the Calcutta Medical College and after completing medical studies in India, Dr BC Roy left for England. After nearly 30 applications to St. Bartholomew's Hospital, Dr BC Roy was finally admitted to the administration according to records. In just a little over two years, he became a member of the Royal College of Physicians and a fellow of the Royal College of Surgeons.

Anecdote time!

During the freedom movement, Dr BC Roy became close to Mahatma Gandhi. In 1933, when the Mahatma was starting a fast in Poona, Dr BC Roy went to see him. Gandhiji had refused medicines because they were not made in India. When Dr BC Roy requested Gandhiji to take the medicines he said, "Why should I take your treatment? Do you treat four hundred million of my countrymen for free?" The doctor had replied "No Gandhiji, I could not treat all patients for free. But I came here not to treat Mohandas Karamchand Gandhi, but to treat someone who represents the four hundred million people of my country."

Source: NDTV News.

As the pandemic loom still hangs over our head, it would be right to extend our gratitude towards the doctors, not just for battling COVID-19 at the frontline, but for helping people live a healthy and ailment-free life.



PORTION CONTROL TIPS FOR WEIGHT LOSS



Size matters: Research has shown that people consistently eat more food when offered larger portions. In such a scenario portion control becomes very important when you're trying to lose weight and keep it off. A portion is the amount of food you put on your plate, while a serving is an exact amount of food. To familiarise yourself with the right amount of portion for your weight loss journey, consult a nutritionist.



Fruit size: One fruit serving is about the size of a tennis ball. For example, a small apple equals one serving, or about 60 calories. The same is true for a medium orange.

Cut vegetables: Half a cup of cooked carrots equals one serving, or about 25 calories. The same is true for a medium tomato or bell pepper.



Carbohydrates: Before you get scared of carbs, know that carbs are in fact very important in your weight loss journey. They help you give the energy you need to stay active and exercise those extra kgs off. So before you shut yourself off to carbs, think again! One carbohydrate serving is about the size of a hockey puck. Half a cup of whole-grain cooked pasta equals one serving, or about 70 calories. If pasta isn't your thing, picture a slice of whole-grain bread instead.

Protein size: One protein serving is no bigger than a deck of cards. A piece of cooked skinless chicken (around 56 gms) equals one serving, or about 110 calories. If you are a vegetarian, you can replace this with a dairy or plant based protein like paneer or tofu.



Fats: One fat serving is about the size of a pair of dice. For example, 2 teaspoons of regular mayonnaise equal one fat serving, or about 45 calories. Similarly, 1 teaspoon of butter also counts as a serving.

Now, you must always know that putting together your meal for weight loss requires some amount of calculation of calories. You will always need to burn off more calories than you eat, that is be in a calorie deficit, if you want to shed that extra fat. Make sure to fill your plate with nutritious choices of food. Do not go for fad diets, but look for long-term, sustainable diets that you can continue for the rest of your life.



Management

Irritable Bowel System is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both.

3 things that will help improve gut health and constipation:

1



Dried date - They are rich in iron and fibre. You can eat them any time through the day, either in the morning after breakfast or an evening snack when you get those hunger pangs. Chewing dried dates also keeps the teeth and gum healthy and salivation cleanses the mouth.

2



Jaggery and ghee - If you are craving for some sugar after every meal, it is possible that you have some sort of constipation - maybe not IBS but very mild. Always end your lunch with some jaggery and ghee. It has essential fats in it which are important for good bowel movement. Give your sweet cravings a healthy alternative.

Bristol Stool Scale

Type 1		Separate hard lumps, like nuts	Constipation
Type 2		Sausage-shaped but lumpy	
Type 3		Like a sausage or snake but with cracks on its surface	Normal
Type 4		Like a sausage or snake, smooth and soft	
Type 5		Soft blobs with clear-cut edges	Diarrhea
Type 6		Fluffy pieces with ragged edges, a mushy stool	
Type 7		Watery, no solid pieces	

Reference: S. J. Lewis & K. W. Heaton (1997) Stool Form Scale as a Useful Guide to Intestinal Transit Time, Scandinavian Journal of Gastroenterology, 32:9, 920-924, DOI:10.3109/00365529709011303 - PWD: 9299672.

3



Take 1 tbsp of homemade gulkand and mix it in one glass of water - Sit down and drink this gulkand water either after dinner or right before going to bed. This mixture keeps your intestines healthy and also helps relieve any pain in the body, including headaches caused by constipation.

**Suggestions from nutritionist Rujuta Diwekar*

HIIT

Benefits

HIIT (High Intensity Interval Training) involves short bursts of intense exercise alternated with low intensity recovery periods. It is perhaps the most time-efficient way to exercise and a workout session usually lasts from 10–30 minutes in duration.



HIIT can burn a lot of calories in a short amount of time

One study compared the calories burned during 30 minutes each of HIIT, weight training, running, and biking. The researchers found that HIIT burned 25–30% more calories than the other forms of exercise.



Your metabolic rate is higher for hours after HIIT exercise

Due to the intensity of the workout, HIIT can elevate your metabolism for hours after exercise. This results in burning additional calories even after you have finished exercising.



HIIT can help you lose fat

A range of studies indicate that HIIT can reduce body fat despite the relatively short time commitment. However, like other forms of exercise, HIIT may be most effective for fat loss in people who are overweight or obese.

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