

Edition: March 2023

# HEALTHLINE

Paramount's Monthly Magazine

*Your  
body  
hears  
everything  
your  
mind  
says.*

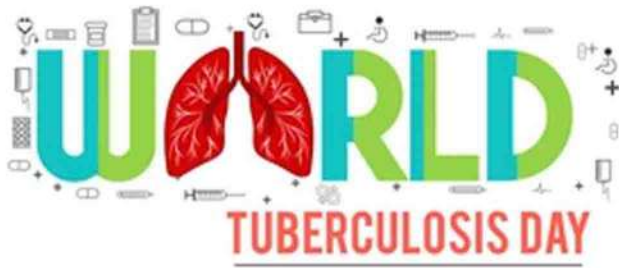
- Naomi Judd

World  
Tuberculosis  
Day

Immunization  
drive in India

Organic foods:  
Are they safer?

Googling  
diseases



This is celebrated in the month of March on the 24th of every year. World TB Day is an effort to raise awareness about this disease which if remains untreated can be fatal. Tuberculosis (TB) is a disease that usually affects the lungs. TB sometimes affects other parts of the body, such as the brain, the kidneys, or the spine. TB disease can cause death if it is not treated.

## How is TB spread?

TB germs are spread from person to person through the air. TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, laughs, or sings. People nearby may breathe in the TB germs and become infected. TB is NOT spread by sharing silverware or cups, or sharing saliva when kissing someone.

## Who is more likely to develop TB disease?

Once a person has TB infection, he or she has a higher chance of developing TB disease if the person

- Has HIV infection;
- Is younger than 5 years old;
- Was infected with TB germs within the last 2 years;
- Has other health problems, like diabetes, that make it hard for the body to fight germs;
- Abuses alcohol or drugs; or
- Was not treated correctly for TB disease in the past.



## What if my TB test is positive?

A positive test usually means that you have been infected with the TB germs. It does not mean that you have TB disease. Other tests, such as a chest x-ray or sputum (phlegm) sample, are needed to see if you have TB disease.

## Prevention tips

As TB is an airborne infection, TB bacteria are released into the air when someone with infectious TB coughs or sneezes. The risk of infection can be reduced by using a few simple precautions:



**Good ventilation:**  
as TB can remain suspended in the air for several hours with no ventilation



**Natural light :**  
UV light kills off TB bacteria



**Good hygiene:**  
covering the mouth and nose when coughing or sneezing reduces the spread of TB bacteria

In healthcare settings, the spread of TB is reduced through the use of protective masks, ventilation systems, keeping potentially infectious patients separate from other patients, and the regular screening of healthcare workers for TB.



The Government of India observes 16 March as National Vaccination Day to acknowledge and appreciate the hard work of front line health care workers to ensure the vaccination of every child. India has made remarkable progress in scaling up routine immunization through intensified vaccination drives.



India vaccinates over

**30 million**  
Pregnant women



**26 million**  
children



each year under the universal immunization programme

**Intensified Mission Indradhanush (IMI) 4.0**

launched to increase immunisation coverage to over 90%

India vaccinated over children in a measles and rubella vaccination campaign from 2017-2020

**324 million**



**Measles** is highly contagious and rubella causes birth defects. Both can be prevented with two doses of MR vaccine available free under **India's National Immunization Programme**

Over the past two decades, measles vaccination has saved more than **31 million** lives globally





# ORGANIC FOODS

## ARE THEY SAFER?

The word "organic" means the way farmers grow and process farming (agricultural) products. These products include fruits, vegetables, grains, dairy products such as milk and cheese, and meat. Organic farming practices are designed to meet the following goals:

- Improve soil and water quality
- Cut pollution
- Provide safe, healthy places for farm animals (livestock) to live
- Enable natural farm animals' behavior
- Promote a self-sustaining cycle of resources on a farm

### Potential benefits include the following:

**Nutrients.** Studies have shown small to moderate increases in some nutrients in organic produce. Organic produce may have more of certain antioxidants and types of flavonoids, which have antioxidant properties.

**Omega-3 fatty acids.** The feeding requirements for organic farm animals (livestock) usually cause higher levels of omega-3 fatty acids. These include feeding cattle grass and alfalfa. Omega-3 fatty acids — a kind of fat — are more heart healthy than other fats. These higher omega-3 fatty acids are found in organic meats, dairy and eggs.

**Toxic metal.** Cadmium is a toxic chemical naturally found in soils and absorbed by plants. Studies have shown much lower cadmium levels in organic grains, but not fruits and vegetables, when compared with crops grown using usual (conventional) methods. The lower cadmium levels in organic grains may be related to the ban on synthetic fertilizers in organic farming.

**Pesticide residue.** Compared with produce grown using usual (conventional) methods, organically grown produce has lower levels of pesticide residue. The safety rules for the highest levels of residue allowed on conventional produce have changed. In many cases, the levels have been lowered. Organic produce may have residue because of pesticides approved for organic farming or because of airborne pesticides from conventional farms.

**Bacteria.** Meats produced using usual (conventional) methods may have higher amounts of dangerous types of bacteria that may not be able to be treated with antibiotics. The overall risk of contamination of organic foods with bacteria is the same as conventional foods.

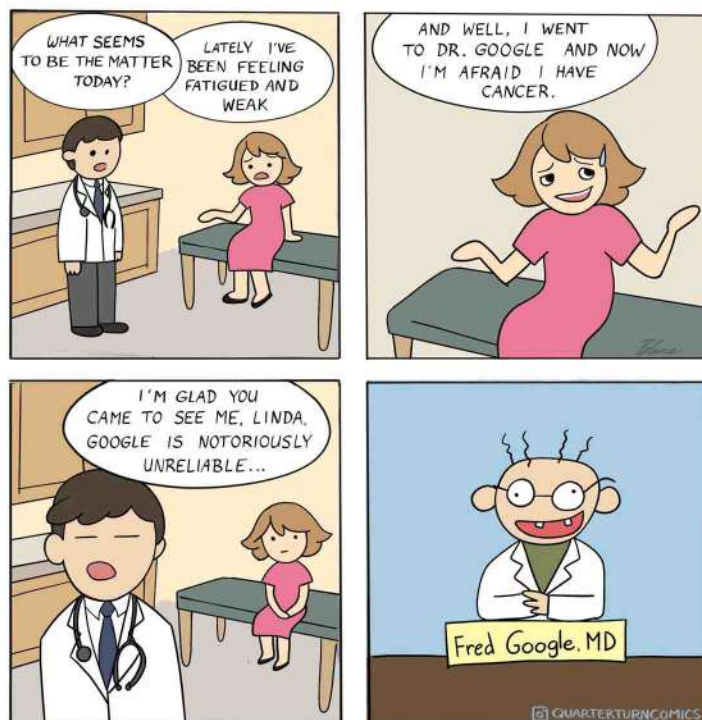




# Risks of Googling health symptoms

It is good to be aware of health illnesses and symptoms, however, completely relying on Google to give you a diagnosis and assuming an illness can affect you seriously. Before coming to any health conclusions, please always speak to your doctor first and get a detailed diagnosis. Here are some risks involved when Googling your health symptoms.

- Anyone can publish online.
- Wikipedia is not a credible source.
- Googling symptoms causes health anxiety.
- Googling symptoms can often cost patients more money because they think they need a trip to the Emergency Room for slightest of the symptoms.



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