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# HEALTHLINE

Paramount's Monthly Magazine

“

Being a healthy woman isn't about getting on a scale or measuring your waistline.

”

- Michelle Obama

HPV Vaccine



Good skin tips



Myths and facts



Muscles for women

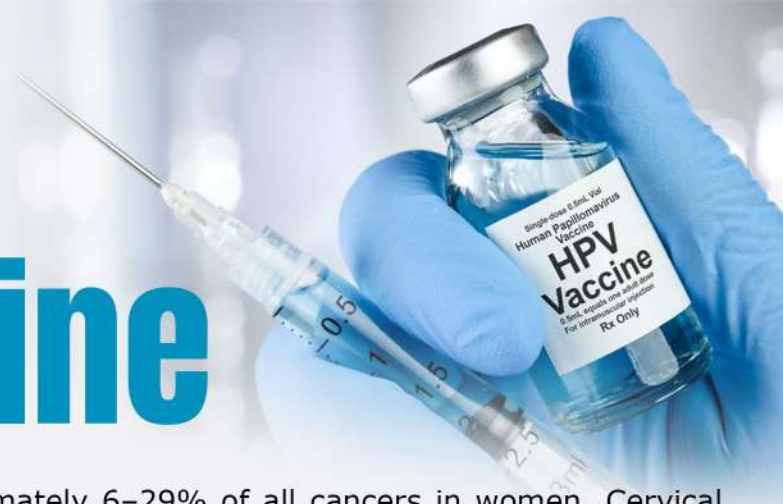
# HPV

HUMAN

PAPILLOMA

VIRUS

# Vaccine

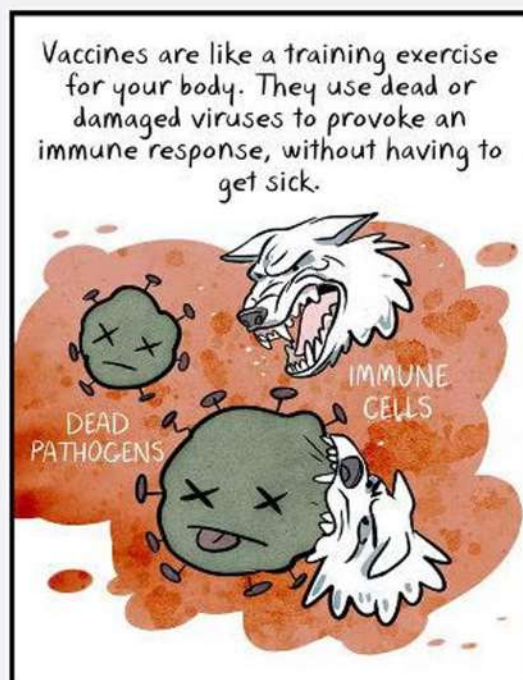


In India, cervical cancer contributes to approximately 6–29% of all cancers in women. Cervical cancer develops in a woman's cervix (the entrance to the uterus from the vagina). Almost all cervical cancer cases (99%) are linked to infection with high-risk human papillomaviruses (HPV), an extremely common virus transmitted through sexual contact. Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women. According to the data by WHO, cervical cancer is the fourth most common cancer in women. In 2018, an estimated 570 000 women were diagnosed with cervical cancer worldwide and about 311 000 women died from the disease.

## HPV Vaccine for prevention

**Cervavac** is the first Indian-made HPV vaccine by the Serum Institute of India. Approved for girls and boys aged between 9 and 26, Cervavac is priced relatively lower than its international counterparts, with a two-dose vial available for Rs 4,000, making it Rs 2,000 per dose. This vaccine has shown high efficacy in preventing HPV infection, precancerous lesions, and cervical cancer, particularly against HPV types 16 and 18.

The Indian government has taken steps to make these vaccines more accessible. States such as Punjab, Sikkim, Karnataka, Tamil Nadu, Chhattisgarh, and Maharashtra have announced free HPV vaccination programs for school girls in specific districts as part of pilot projects. Moreover, the National Technical Advisory Group on Immunization (NTAGI) recommended the introduction of the HPV vaccine into the universal immunization program, targeting adolescent girls in the 9-14 age group with routine introduction at nine years of age. While HPV vaccines are recommended for boys and girls starting from the age of 9, the ideal candidates for vaccination are those who have not yet been exposed to the virus, typically before they become sexually active.



These are some of the traditional recipes that can be incorporated in the meals to help the body get nourishment from seasonal vegetables and crops.

# GOOD SKIN TIPS



## 1. BAJRA



Bhakri, raab, khichdi. These three are some of the most common ways to eat this millet. Since it is a difficult grain to digest, it is important to know that these should be made traditionally as they are meant to be consumed like that. These are time tested combinations which help in getting the nutrition in the most effective manner.

## 3. MUSTARD PICKLE



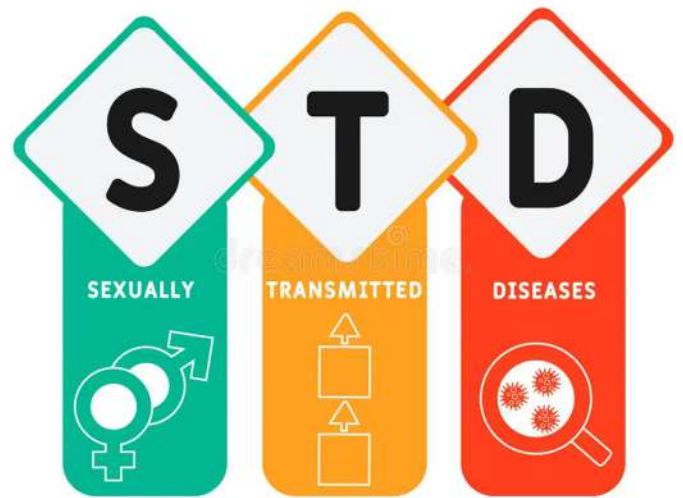
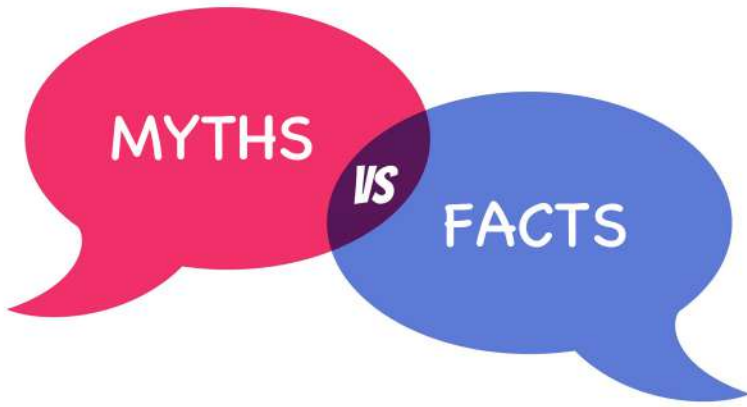
Mustard pickle, rai or sarso pickle are a great way to eat monounsaturated fats throughout the year. While these are winter crops, when you make a pickle, they can easily be stored in jars for months and can be consumed throughout the year until you make another batch the next winter.

## 2. KHAREEK



Also known as dry dates. These should also be added to the daily diet to help in improving the iron levels. An increase in iron helps in managing skin and hair problems well. It is also a recommended nutrition for young lactating mothers to help during breastfeeding. The mother and the baby both are nourished with khareek nutrients.





### **Myth 1: STDs go away on their own**

Many people mistakenly believe STDs aren't serious and will go away in time. In reality, untreated STDs can cause serious and even permanent damage to your reproductive organs. This leads to issues with infertility and other long-term reproductive health complications.

A course of antibiotics or antivirals will clear most infections.

### **Myth 3: You can tell who has an STD**

Herpes and other conditions can cause visible warts on the genitals, but those signs aren't always present. Without testing, there is no other way you can tell who has an infection. Before you start sexual relations with someone new, both of you should be tested. You should also get regular STD testing for as long as you're sexually active.

### **Myth 4: You can only get an STD once.**

This particular myth can be especially dangerous. You can get many STDs multiple times and will require treatment for each occasion.

Some viral infections, including herpes and HIV, remain in your body and cause recurrent health complications. In other words, there's no cure for herpes and HIV, but you can manage those viruses.

### **Myth 2: You only need STD testing if you have a lot of sex**

The truth is, It only takes one encounter with an infected person for you to become sick. Anyone you have sex with afterward that can also become infected and continue spreading the disease to others.

Even if you use a condom, you should be tested regularly for STDs if you're sexually active.



## Why Women Need Muscles?

There are many reasons women should add strength training to their exercise routine. The benefits of building muscle go far beyond improving your appearance.

### Improved Quality of Life

First, muscles allow you to live life to your fullest. When you run, jump, dance, and play, you use your muscles. You also need muscles for less enjoyable tasks, like carrying groceries and taking out the trash. As women (and men) grow older, they can experience muscle loss unless they try to maintain their muscles.

### Weight Control

Muscles burn calories, so the more muscle mass you have, the higher your metabolism. A higher resting metabolism means you'll burn more calories even when you aren't at the gym. In other words, muscles can help you maintain a healthy weight.



### Bone Strength

Bone health is a huge concern for women as they age. Strength training, especially with weights, can protect your bone density, helping you age more gracefully.

### Disease Protection

A combination of cardio and strength training can lower your risk of chronic health conditions like heart disease, obesity, diabetes, and others. By lifting weights or using strength machines, you can increase your chances of long-term health.

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