

HEALTHLINE

Paramount's Monthly Magazine

Asthma Awareness

Summer foods to eat

Acceptable sugary foods for diabetics

Brain teaser benefits



Gut health is everything, it's the second brain, where many of our hormones are produced.
Listen to your gut!



Asthma is a condition where the airways in the lungs are sensitive and react to certain factors or triggers. The airways can become narrow and inflamed, making breathing difficult.

Signs of asthma



Wheezing



Chest tightness or pain



Breathlessness



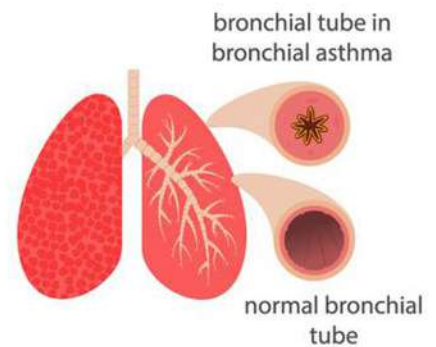
Coughing, especially at night

Can asthma be cured?

There is no cure for asthma, but you can lead a full and active life by keeping asthma under control.

Management tips for asthma patients:

- **Make medical visits more frequent and productive:** Always get a regular check up done twice a year or yearly, depending on your symptoms. And also don't be afraid to ask your doctor any and all doubts you may have.
- **Create a management plan:** This involves listing all the things you are allergic to, all the triggers and what to do in case of an emergency. Share this management plan with your family and close friends. You can even keep a copy at work. Let your loved ones know how to respond during an emergency with clear instructions.
- **Monitor your symptoms:** This is a given, but often times it's easy to overlook and brush it off as just temporary discomfort. Make sure you observe your signs and symptoms properly and notice any abnormal or unusual changes.
- **Understanding medication:** If you are on any medication it is important to understand why you are taking it. Also read about the possible side effects of using a particular medication. If you have any other health conditions, it is important you communicate this to your doctor in case there are any reactions to the medicines.
- **Healthy lifestyle:** Smoking is a big no no, and so is passive smoking. Be extremely conscious of your environment and keep away from unhealthy habits.



India is known for its vast array of delicious and nutritious fruits, especially during the summer season.

Here are some of the best Indian fruits to consume during summer to beat the heat:



Watermelon:

Watermelon is an excellent fruit for beating the summer heat, as it is rich in water content and helps keep the body hydrated. It also contains vitamins A, C, and B6, which are essential for good health.



Papaya:

Papaya is a superfood that is available throughout the year in India. It contains vitamins A, C, and E, which help protect the body from the harmful effects of UV rays and other environmental pollutants.



Mango:

Mango is the king of fruits in India and is available during the summer season. It is an excellent source of vitamin C and contains antioxidants that help fight the harmful effects of free radicals.



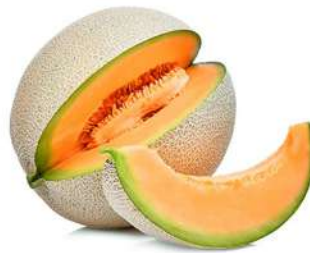
Pineapple:

Pineapple is another fruit that is great for beating the summer heat. It is rich in vitamin C and contains an enzyme called bromelain, which helps improve digestion and reduce inflammation.



Jackfruit:

Jackfruit is one superfood that can help combat heat by improving immunity, maintaining blood pressure, and replenishing energy. Jackfruit can be consumed in the form of a shake in summers made with milk, sweetener and ripened jackfruit, or a smoothie made with yogurt, sugar, ice cubes and ripened jackfruit. Jackfruit mojito or lassi too are good options for summer to keep the body cool. It is rich in protein, fibre and carbohydrates. It helps with skin problems and high blood pressure. It has recently become popular as a 'superfood meat alternative'.



Muskmelon:

Muskmelon is another fruit that is rich in water content and is excellent for keeping the body hydrated during the summer season. It is also rich in vitamins A and C, which help boost immunity and protect the body from infections.

Coconut water:

While not technically a fruit, coconut water is an excellent drink for beating the summer heat. It is rich in electrolytes and helps replenish the body's fluids and minerals lost due to sweating.



Gulkand:

The sweet preserve of rose petals has been traditionally consumed in India either directly or with paan. It is believed to have a cooling effect on the body and is used in the Unani system of medicine as a cooling agent. Gulkand is also used to treat body imbalances in Persian and ayurvedic medicines. It is usually prepared from damask roses, China roses, French roses or Cabbage roses. The petals are cooked into a thick paste. It cures heat-related problems, pain, lethargy, itching and tiredness. It also helps with inflammation and is an antioxidant. In summers, a small portion of gulkand a day can help beat stress and can keep the body cool.



Sugary foods that are okay to eat by diabetics

If you have diabetes, it's important to control your blood sugar levels by managing your diet. While sugary foods should generally be avoided or limited, there are some sugary foods that can be eaten in moderation. Here are some sugary foods that are okay to eat by diabetics:



Fruit:

Fruits contain natural sugars, but they also contain fiber, vitamins, and minerals that are important for overall health. Choose whole fruits rather than fruit juices, which can contain added sugars.

Dark chocolate:

Dark chocolate contains flavonoids, which have antioxidant properties that may help improve insulin sensitivity. Choose dark chocolate with a high percentage of cocoa and eat in moderation.



Yogurt:

Plain yogurt contains natural sugars from lactose, but it is also a good source of protein and calcium. Choose plain, unsweetened yogurt and add fresh fruit for sweetness.

Nuts:

Nuts contain natural sugars, but they also contain protein, fiber, and healthy fats that can help improve blood sugar control. Choose raw or unsalted nuts and eat in moderation.



Sweet potatoes:

Sweet potatoes contain natural sugars but also have a low glycemic index, which means they are less likely to cause a rapid rise in blood sugar levels. They are also a good source of fiber, vitamins, and minerals.

It's important to remember that moderation is key when it comes to eating sugary foods. Always check with your healthcare provider or registered dietitian before making any changes to your diet. They can help you create a personalized meal plan that meets your nutritional needs and helps you manage your blood sugar levels effectively.

Brain teaser benefits

Brain teasers have several benefits for the brain and overall cognitive function, including:

Boosting problem-solving skills: Brain teasers require critical thinking and problem-solving skills, which can help to develop these abilities over time.

Improving memory and concentration: By practicing brain teasers regularly, you can improve your memory and concentration skills, helping you to focus better and remember important details.

Enhancing creativity: Brain teasers often require creative thinking and looking at problems from new angles, which can help to stimulate creativity and innovation.



Reducing stress: Engaging in brain teasers can help to reduce stress and anxiety, as it provides a fun and stimulating activity that can take your mind off other worries and concerns.

Promoting overall brain health: Regularly engaging in challenging mental activities such as brain teasers can help to keep the brain active and healthy, which is important for maintaining cognitive function as we age.

Brain teaser:

You are in a room with three switches, each of which controls one of three light bulbs in another room. You don't know which switch controls which bulb, and you can only enter the other room once. How can you figure out which switch controls each bulb?

Answer:

1. Turn on the first switch and leave it on for a few minutes, then turn it off.
2. Turn on the second switch and enter the other room. If the bulb is on, then you know that the second switch controls that bulb. If it is off, feel the bulb. If it is warm, then you know that the first switch controls that bulb. If it is cold, then you know that the third switch controls that bulb.
3. Now you know which switch controls each bulb.



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