

Edition: November 2020

HEALTHLINE

Paramount's Monthly Magazine

"It is health that is the real wealth, and not pieces of gold and silver."

– Mahatma Gandhi

Understanding Alzheimer's

Stop the snoring!

Positive psychology

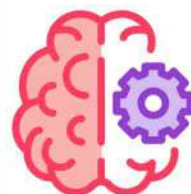
Health 360

Understanding Alzheimer's

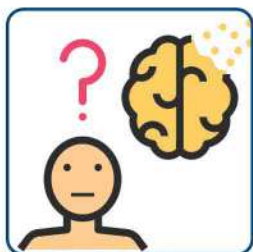
According to a report published in news18.com in 2018, more than 4 million people are estimated to be suffering from Alzheimer's and other forms of dementia in India. This makes the country the third highest caseload in the world right after China and the US. The report also suggests that this number could reach 7.5 million by the end of 2030.

What is Alzheimer's?

It is a type of dementia that affects the memory, thinking and behaviour of the patient. With time, the symptoms grow significantly and start affecting daily life.



What are the early symptoms?



1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty in completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images or spatial relationships
6. Unable to remember words or phrases
4. Misplacing things
5. Changes in mood and personality

Research and findings:

There is no treatment to fight this illness yet, however, with early diagnosis managing the illness is possible to an extent.



Tips for caregivers



If you are a caregiver to an Alzheimer's patient, it is important to take care of your own physical and emotional health as well. Here are tips that will make giving care to your loved one easier:

1. Call your loved one by name
2. Use close-ended questions which can be responded with a simple "yes" or "no"
3. Keep communication short and simple
4. Avoid becoming frustrated
5. Don't "baby talk"
6. Don't use sarcasm or hurtful humour
7. Don't say things like - "Do you remember?" "Did you forget?" "Try to remember"

Caring can be physically and mentally exhausting so don't shy away from seeking help. Joining a support group is also recommended by experts.

Stop the snoring!



Not a good morning for you because your partner complained about your loud snoring through the night? Don't worry, we've got a few hacks you can try! Here are some tips to help you control your snoring:

If you are a smoker, quit now

Smoking causes increased swelling and irritation in the upper airway of your breathing tube. Being a passive smoker can also lead to this issue.



Sleep on your side

When you are sleeping on your back, the tongue presses against the top of your airway, blocking breathing. So sleeping on your side may help! Or you may also elevate your head with a pillow to avoid this problem.



Lose weight

If you are overweight, there is excess fat tissue in the neck and throat which narrow the airways making breathing difficult.



Home remedies

If you are allergic to something, your nasal tissues may be swollen. Make sure to either take medications for your allergies or try remedies which reduce the swelling.



Avoid alcohol

When you consume alcohol, your airway muscles slack. So, avoid drinking any alcohol within 3 hours of bedtime to avoid any loud snoring.



Medications

Some medications that relax your muscles should not be taken at night before going to bed as that may also lead to snoring. Sedatives or tranquillisers have that effect. Of course, do consult your doctor before making any lifestyle changes.



Positive psychology



As more and more people open up and talk about mental health without any bias or judgement, we are here to also introduce Positive Psychology to our readers to dive deep into making their lives better and wholesome.

One of the greatest potential benefits of this practice is that it teaches us the power of shifting one's perspective and how that changes our patterns and lifestyle. There is a ton of research which has resulted in carefully organised programs, techniques and exercises that help one live a quality life with a simple change in perspective.

What is it?

It is the scientific study of understanding what makes life most worth living. It is an approach which pushes to understand thoughts, feelings, behaviour of humans to help them achieve a fulfilling life.



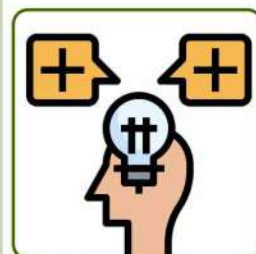
What does it focus on?

- 1. Positive experiences** - happiness, joy, love, inspiration
- 2. Positive states and traits** - gratitude, compassion, resilience
- 3. Positive institutions** - organisations with positive affirmations and principles



Research and findings:

- There are several studies to suggest how positive psychology helps people lead meaningful and fulfilling lives. In fact, according to research, spending money on experiences boosted happiness rather than on material things.
- "Happiness is contagious" is not simply a phrase but a researched conclusion. If you surround yourself with happy friends and family, you are more likely to be content.
- At work place, positive emotions boost job performances.
- Positivity has a ripple effect at work too! A positive team can encourage a happier workplace.
- There is also research by renowned psychologist Roy. F. Baumeister that happiness and meaning do not necessarily go hand in hand. Positive emotions may not always lead to a fulfilling life. Finding meaning and purpose is what gives you a satisfying and wholesome living experience. So, you might want to consider delving into your past and future to answer these questions.
- Practising gratitude acts as a great contributor of adding happiness to life. Cultivating more and more gratitude promises a happier living.
- Research suggests that giving hugs or expressing other forms of physical affection increase the level of oxytocin in our body. This provokes greater trust, empathy and morality in human beings. Hug your loved ones more!!
- The expression "putting on a happy face" will actually make you feel a little bit better. It's called emotional labor. People who intentionally cultivate a positive mood to stay happy may feel better simply because they made an effort to do so. Next time you're having a bad day, try putting on a smiling face!
- Performing random acts of kindness is known to boost personal well-being! A giving attitude leads to a caring, happier community.



Local Bahraini insurance companies make major and strategic contributions to the leading TPA Health 360

Health 360 Third Party Assistance, the leading provider of health insurance claims management services in the Kingdom of Bahrain, announced that major insurance companies represented by Bahrain Kuwait Insurance Company, Solidarity and Ta'azur Company have signed joint shareholder's-agreement to investment in the company in addition to the existing shareholders Takaful International Company, Bahrain National Holding and Paramount Health Group. This is the first time major insurance companies in the Kingdom of Bahrain come together in such collaboration.

On this occasion, Mr. Abdulaziz Al-Othman, Chairman of the Board of Directors of Health 360 said: "With the joining of major local companies as strategic shareholders will contribute to the growth and expansion of the company's business services provided by Health 360 to all its members under the health insurance policies that the company manages. The company has recently introduced important updates to its IT systems and various digital service channels to keep pace with the acceleration in technology. This improves the company's customer service and management of health claims at ease. It's worth mentioning that Health 360 was the first to issue digital health insurance cards in Bahrain, in cooperation with Paramount Health Group in the Republic of India, which is the largest claims management company in the Indian Continent, and a founding partner in Health 360. Insurance Companies that are Health 360 clients and manage their health insurance portfolios will be able to access all these features. The company was able to achieve steady growth during the past periods by providing the best services in managing health insurance claims in addition to having a wide range of medical network of medical service providers spread around the world exceeding 9,000 hospitals, medical clinics, laboratories, pharmacies etc. which are available to all health insurance policyholders of the companies we serve."

The Chairman also added that this strategic contribution will enhance the company's leading position that serves the Bahraini insurance sector and the economy by developing its business and providing the finest services to all health insurance policyholders. This strategic contribution will create a national entity that will be able to compete in local and regional markets, especially, that the company already has a sizeable investment in Orbits Company for Health Claims Management in the Kingdom of Saudi Arabia.

The health services sector is witnessing a remarkable development, and it is hoped that health insurance premiums in Bahrain will exceed 70 million Bahraini dinars by the end of this year. The following were present during the signing, Mr. Sameer Al Wazzan CEO Bahrain National Holdings, Mr. Yahya Nooriden, CEO Ta'azur, Mr. Jawad Mohd CEO Solidarity, Dr. Abdulla Sultan CEO Bahrain Kuwait Insurance Company, Mr. Essam Al Ansari CEO Takaful International Company and remotely from India Dr. Nayan Shah Managing Director Paramount Health Group.

Health 360 is a Bahraini company that started its operations in 2013 and was establishment by Takaful International Company and Paramount Health Group.



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