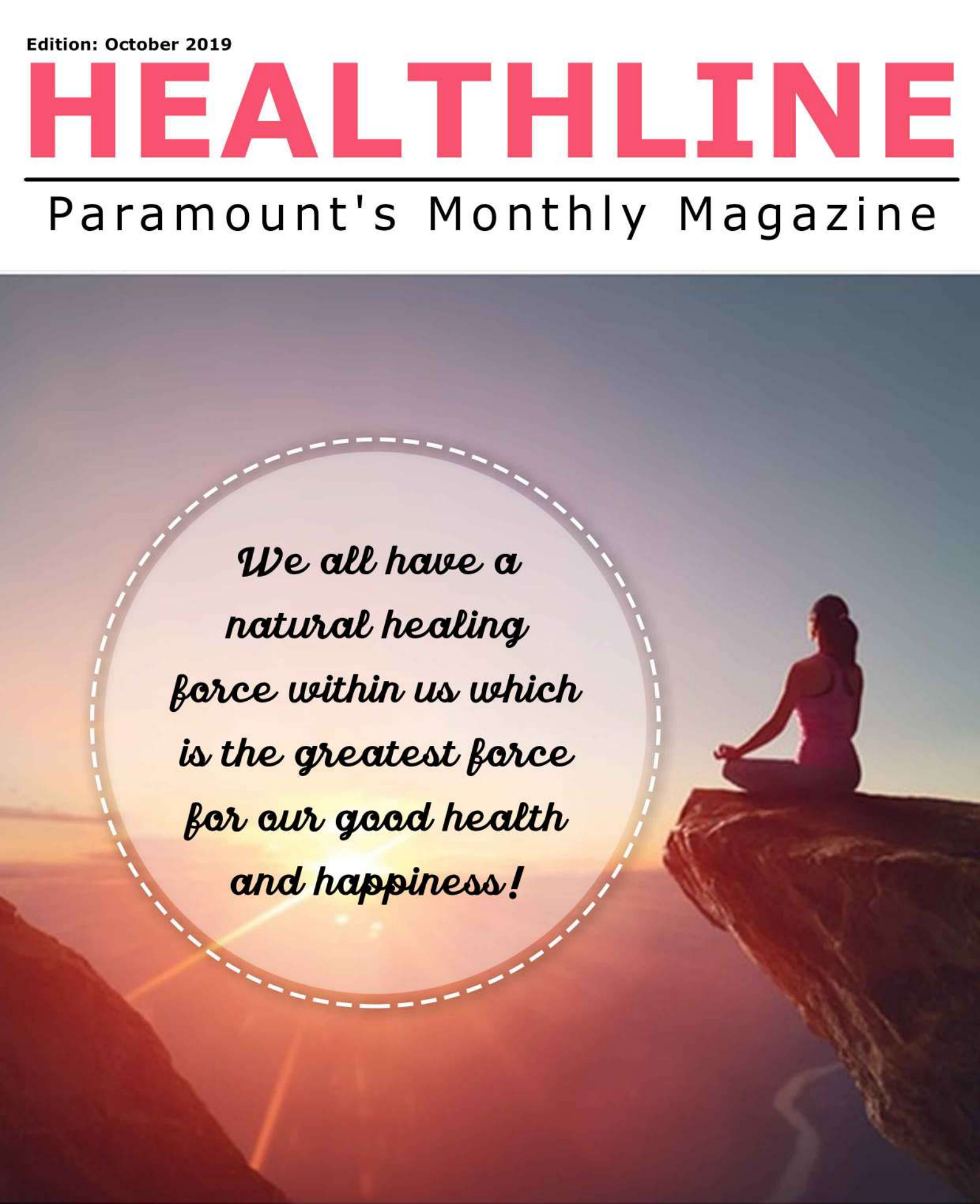


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HEALTHLINE

Paramount's Monthly Magazine



We all have a natural healing force within us which is the greatest force for our good health and happiness!

**Breast
Cancer
Awareness**

**'Depression'
Myths
& Facts**

**DYK
Body Composition
Analysis**

**Some
'Sweet & Salt'
talk**



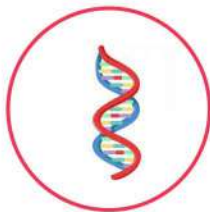
1 IN 8 WOMEN get breast cancer in their lifetime.

Breast cancer is caused by cell abnormalities within: 1) The milk ducts 2) The mammary glands

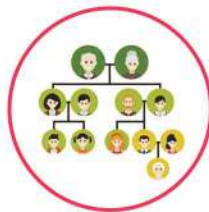
Risk Factors



Above 40 years of age



Genetics



Family history



Obesity



Excess use of contraceptive medicines

Warning signs and symptoms of breast cancer

- 01 Pain in any area of the breast or armpit
- 02 Change in size, shape or skin texture of the breast
- 03 A lump in the breast or armpit
- 04 Abnormal nipple shape, discharge or bleeding from the nipple, rashes around the nipple

Regular monitoring guidelines:



What is the regular practice to be followed?

Regular self-examination of breasts is a must. Women should be aware as to how their breasts normally look and feel. If you feel any change, then consult the doctor.



How often should one go for breast examination?

Women in their 20's and 30's :

- Sonomammography once in three years

Women above 40's :

- Opt for a mammogram once in three years

Preventive measures

1. Keep weight in control

Overweight or obese women are at a higher risk

2. Limit alcohol use

Alcohol can increase estrogen which can increase the risk

3. Exercise

Exercising 3 days in a week may lower the risk

4. Breastfeed

Lactating mothers must breastfeed as it reduces estrogen exposure that helps prevent breast cancer

CONTACT YOUR HEALTHCARE PROVIDER IF YOU HAVE, ONE OR MORE OF THESE RISKS, OR NOTICE ANY OF THESE SIGNS.

DEPRESSION – MYTHS AND FACTS

Myth buster

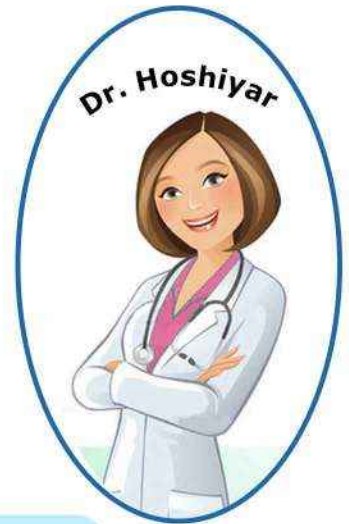
Depression is a serious mental disorder and can create serious difficulties for the person suffering from it and his/her family. If left untreated, it can result in emotional, behavioural and health problems which can affect various areas of life. Here are some popular myths associated with depression:

MYTH

Depression is not a real illness.

FACT:

Most people believe that depression is just sadness or self-pity and that it is not a real illness. In fact, people who suffer from clinical depression are often thought to be lazy or weak. However, the fact is – Depression is a serious mental health disorder. Major depressive disorder or 'clinical depression' affects the way the person feels, thinks and behaves. A person suffering from depression may have trouble doing normal day-to-day activities and often feel life is not worth living. They require appropriate treatment that includes therapy.



FACT:

It is a common misconception that discussing feelings relating to depression results in more focus on the negative experiences of life. People are often advised not to dwell on these negative aspects or talk about them. However, for many, being alone with their own thoughts is harmful as compared to discussing them. While family and friends will be willing to lend a sympathetic ear, a certified mental health professional, who is non-judgemental, is definitely better equipped to provide the necessary support. Different types of psychotherapy help treat depression by providing guidance on dealing with behavior patterns, negative thought patterns and unconscious feelings, etc.

MYTH

Talking about your problems makes things worse.

* World Mental Health Day is observed on 10th October every year for raising awareness about mental health issues.

Did you know?

WHY IS BODY COMPOSITION ANALYSIS IMPORTANT?

- Body composition is the proportion of fat and fat-free mass in our body.
- Our body is composed of two types of mass:



Body fat

It can be found in muscle tissue, under the skin (subcutaneous fat), or around organs (visceral fat). Some fat is necessary for overall health. But one may also have excess storage of fat and non-essential body fat.

Fat-free mass

It includes bone, water, muscles, organs, and tissues. It may also be called lean tissue. These tissues are metabolically active, burning calories for energy, while body fat is not.



- A healthy body composition is one that includes a lower percentage of body fat and a higher percentage of fat-free mass.
- Why BCA must be done regularly?
 1. BCA test helps to calculate one's body fat and its distribution, and also the lean body mass.
 2. The muscle and fat analysis component is an effective and quick indicator of our current health status –
 - **Having an extremely low body fat percentage** – leads to eating disorders, amenorrhea, and decreased bone mass with an increased risk of stress fractures and osteoporosis.
 - **Having an extremely high body fat percentage** – leads to increased risk of cardiovascular disease and other related conditions such as elevated cholesterol and blood pressure, obesity and diabetes.
- Weighing scales do not distinguish between weight that is from body fat, lean body mass, water or muscles. Also, simply knowing your weight does not help, it is more important to know your body fat percentage.

Mr. Fit



As we usher in the festival season, along with the celebrations, cheer, festivity, and indulgence in sweets and savories; there is also one question that pops up in the minds of many – how do I lose the weight gained during these festivals?

1 I do not want to miss out on the snacks and sweets during this festival time. However, I am worried that it will lead to weight gain...help!

Most of the time weight-gain worry is over-rated. So relax. If you exercise regularly, then your metabolism will definitely be good. Consuming excess calories for few days will not add too much to your weight. Also, your ongoing fitness regime will help you maintain your usual numbers. If you are not in the habit of exercising regularly, all I can say is – Start right away!

2 What kind of exercises will help me lose the weight I gain during the festival season?

There are many exercises which can help you lose weight—Running (moderate to high intensity), Kick Boxing, Cycling (moderate to high intensity), Swimming etc. Half an hour to one hour of any of these activities will help you achieve best results.

3 Please provide some tips to keep weight gain in check.

Here's what you can do to keep a check on your sweets and savories intake, this festive season:

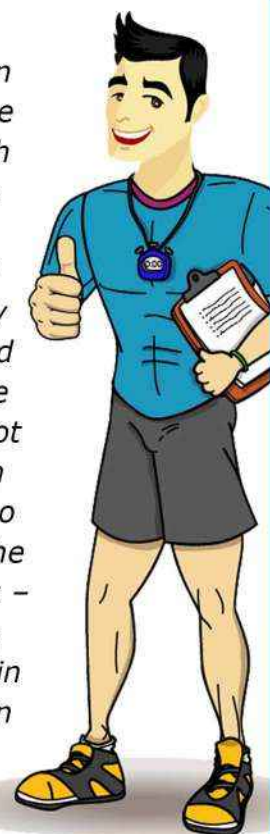
- *Preferably consume homemade sweets and snacks. This will ensure consumption of good quality ingredients. Try preparing healthier snacks with ingredients such as wheat flour, millet flour, etc.*
- *Avoid snacks which are made from hydrogenated oils and/or partially hydrogenated oils which are high in trans-fats.*
- *Serve your snacks and sweets on smaller plates. This habit is generally known to trick our minds into believing we are eating a good quantity!*
- *Avoid consuming sweets and snacks when you are very hungry, especially during meal times.*
- *Stick to a regular workout routine.*

4 What foods would you recommend I consume after Diwali

in order to lose weight in a healthy manner and to remain fit?

If you want to lose weight fairly quickly and in a healthy manner, naturally you have to be careful about your diet. Here are some tips – keep a check on your consumption of sweets and deep-fried snacks, consume only home-cooked food, ensure you have your meals in 3 hour gaps, avoid heavy meals after 8:00 p.m.

Temptation to consume calorie-rich foods is a natural tendency during any festival and my sincere advice is not to restrain yourself too much, as the saying goes – "Anything consumed in moderation is ok!"



Season's Greetings from Paramount..!



A time
for celebrating the victory of good
over evil.
Happy Dussehra!



May the glow
of the lamps fill your homes and offices
with happiness and prosperity.
Wishing you and your family a healthy,
happy and prosperous Diwali!



Take a Chill Pill



I got a new pair of gloves
today, but they are both
'lefts' which, on one hand
is great, but, on the other,
it is just not right!




Police have arrested the
World Tongue-twister
champion. In all
probability he will be
given a tough sentence!

For any queries/feedback/suggestions for the magazine, kindly write to us at corp.comm@paramount.healthcare

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