

HEALTHLINE

Paramount's Monthly Magazine

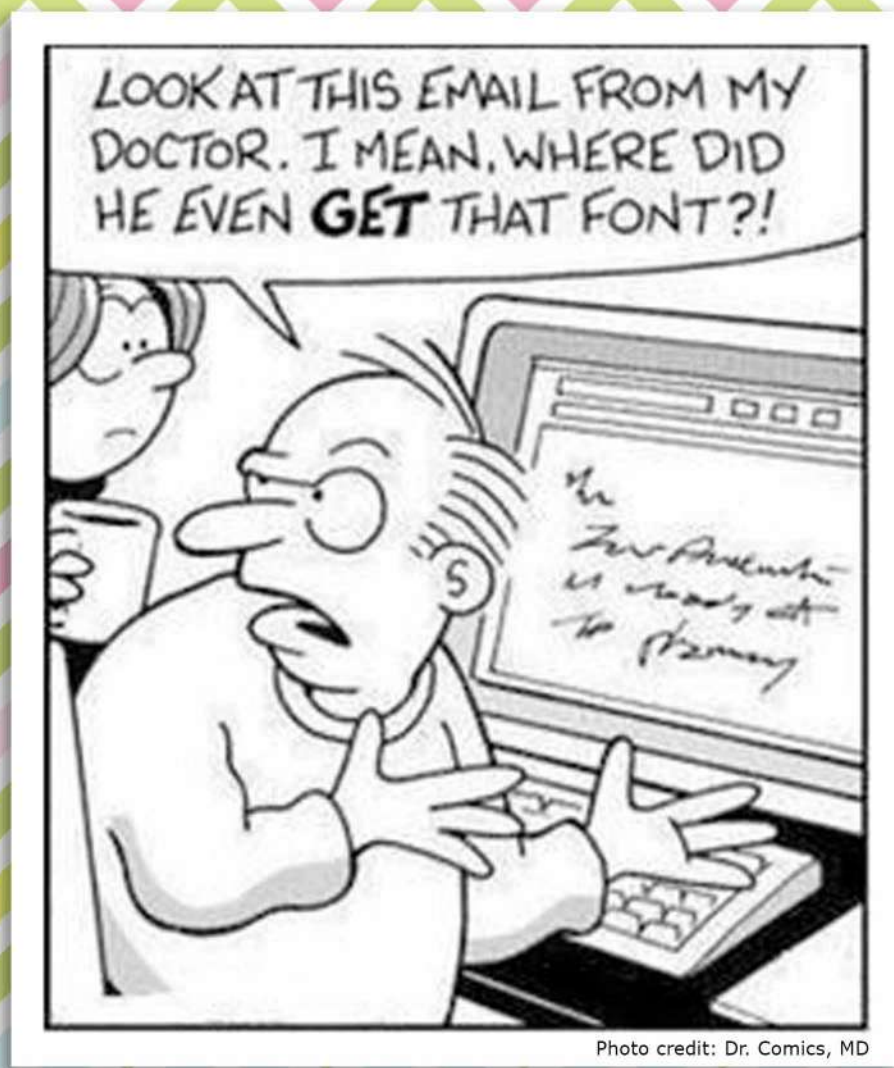


Photo credit: Dr. Comics, MD

Managing hypertension

Better your spine health

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Managing hypertension

Welcome back to another informative journal on health tips and news!

With a stressful environment like ours, especially in these times, it is important to stay updated on some illnesses that may be silently affecting us. Hypertension, or high blood pressure, is one such disease which affects about one in five young adults in India, according to a report published in escardio.org in 2018.

In fact, a study published in Science Direct concludes that there's high prevalence of this illness amongst Indian adults across all age groups. The research also noted there to be poor awareness, treatment and management of the disease amongst the patients.

The symptoms of hypertension seem very generic and hence it is important that one takes extra care and precaution in noticing these silent alarms.



Symptoms of high blood pressure:



Headaches



Blurring of vision



Dizziness



Shortness of breath



Frustrated by Jim's reluctance to take his high blood pressure medicine, Tracy took things into her own hands.

What to eat and avoid



These foods are termed as superfoods in maintaining blood pressure health.

What to eat :



Leafy greens :

Helps get rid of excess sodium through urine.



Red beets :

Contain nitric oxide that open up your blood vessels, in turn lowering the pressure on them.



Skim milk or yogurt :

Rich in calcium and low in fat, it makes for a perfectly healthy addition to your diet.



Oatmeal :

High in fiber, low in sodium and low in fat, oatmeal is one of the most popular healthy substitute to other fried or "rich" morning breakfast options.



Seeds :

High in potassium, magnesium and several other minerals that are known to lower blood pressure. You can stock up seeds like that of pumpkin, sunflower or even squash.



Bananas :

Potassium rich banana works as a good snack for anyone trying to lead a healthy lifestyle.



Pomegranate :

A study shows that drinking a cup of pomegranate juice once a day for 4 four weeks helps lower the blood pressure.



Dark chocolate :

A study done in 2015 suggested that consuming dark chocolate lowers the risk of cardiovascular disease.



Fish with omega-3s :

Fish contains one of the rare vitamins found in food - vitamin D. This has the properties to lower blood pressure. Apart from that, omega 3 fatty acids are also known to reduce blood pressure and reduce inflammation.

What to avoid:

Whole milk dairy products, fast food, fried foods, too much salt. Always consult your doctor when administering a new diet to your lifestyle.



Better your spine health

It is not uncommon to hear of people complaining about back pain which restricts them from making too much movement. This in turn makes their back stiff and aggravates the problem. It is important to be mindful of having a healthy spine as it is the backbone of your body. A stable spine is in fact flexible and allows and supports all the natural movements of the body.

As one grows older, the muscles to support the spine become weak and hence it is important that we make extra efforts to ensure its strength and agility.

Here are some movements you can try to make sure you continue to have strong muscles to support your spine health. Let's go!



Back flexion exercise



Knee to chest stretch



Chin to chest stretch



Hip stretch



Tips: A good core is also important to maintain a strong lower back. Exercise yourself in movements that strengthen your core.

What's new in research?

Study: Radiotherapy for early breast cancer

Findings:

International researchers suggest that for most women with early breast cancer, a single dose of targeted radiotherapy during their surgery is just as effective as going through the (many) conventional radiotherapy sessions done post the surgery. Their findings are "reliable and robust" according to the report. In fact, the researchers conclude that this method should be accessible to healthcare providers and patients should be given this option when their breast cancer surgery is planned.



Study: Yoga improves anxiety

Findings:

This study was led by researchers at NYU Grossman School of Medicine which showed that yoga was more effective for generalized anxiety disorder than the other standard stress management education. However, it was not as effective as Cognitive Behavioral Therapy which is used in therapy to help patients deal with their anxiety.

Source: Science Direct

COVID-19 testing and updates



During these testing times, Healthquarters in association with Paramount TPA has taken up the initiative of making healthcare more accessible. We are pleased to announce that we are now doing Covid-19 testing through RT - PCR method for our esteemed clients.

For getting the test done for yourself/employees/clients/patients all you have to do is follow the below-mentioned process:

1. For placing the request, you need to share the client details like:

- Name
- Age
- Mobile No.
- Address

Send the details to: contact.hq@healthquarters.in or contactus@healthquarters.in

2. At the time of sample collection, the client must have a hard copy of their aadhar card and doctor's prescription.

Note: In case of non-availability of prescription, Healthquarters can make the same available, which will be charged extra.

3. An ICMR proforma has to be filled by the individual undergoing testing. The lab collection team will be bringing the proforma along with them.

4. The sample collection will happen only via home collection by the partnered lab staff under strict ICMR guidelines (Using PPE Kits, and ICMR approved VTM kits).

5. Reporting TAT is between 24 to 48 hours (excluding Sundays).

6. Payment for the test has to be done upfront.

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

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