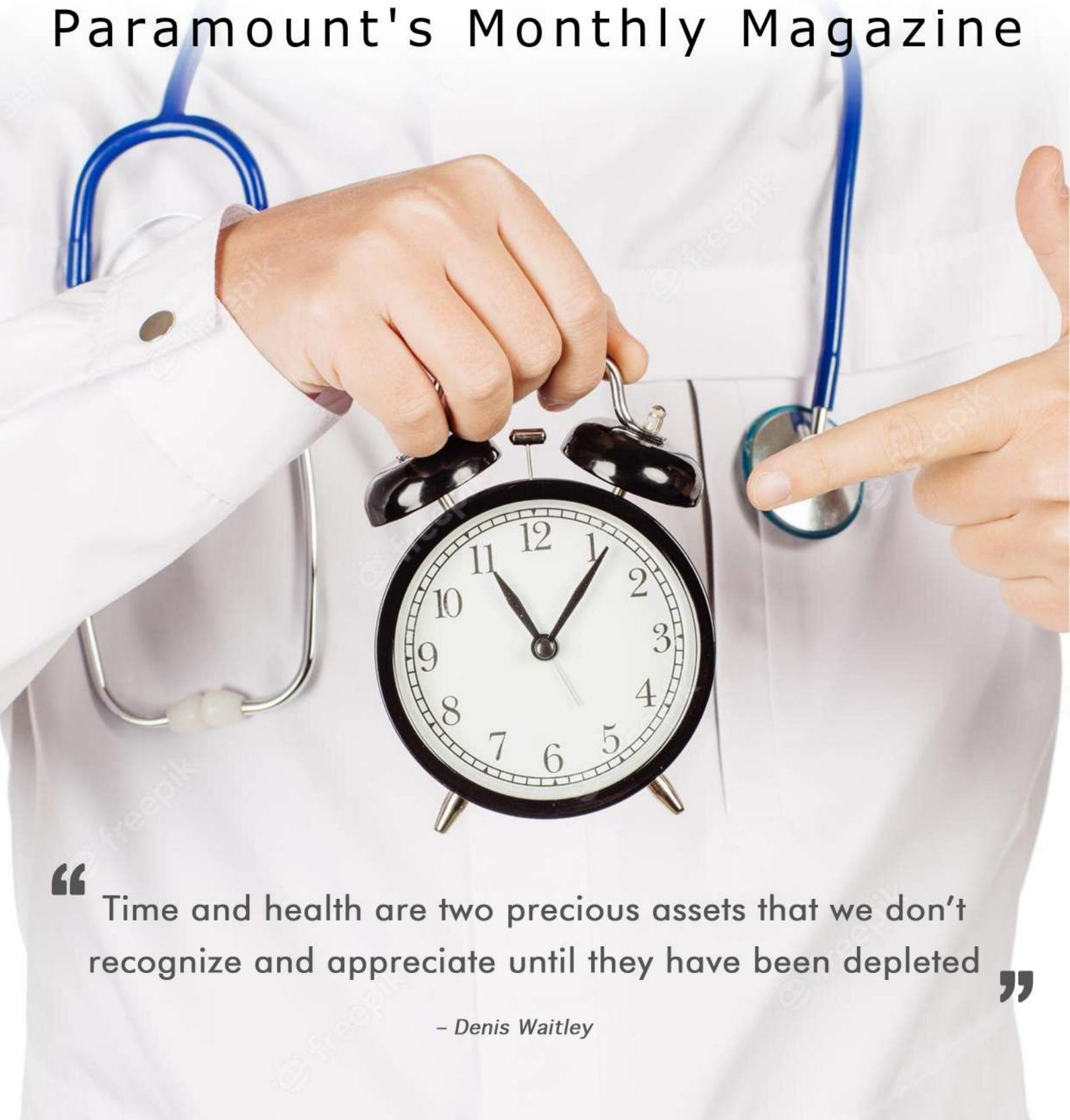


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HEALTHLINE

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“ Time and health are two precious assets that we don't recognize and appreciate until they have been depleted ”

– Denis Waitley



WORLD SUICIDE PREVENTION DAY

Creating Hope Through Action

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10th of September each year focuses attention on the issue, reduces stigma and raises awareness among organizations, government, and the public, giving a singular message that suicide can be prevented.

“Creating hope through action” is the triennial theme for the World Suicide Prevention Day from 2021 - 2023.

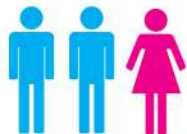
GLOBAL SUICIDE STATISTICS



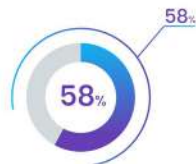
An estimated 703,000 people die by suicide worldwide each year.*



Over one in every 100 deaths (1.3%) in 2019 were the result of suicide.*



The global suicide rate is over twice as high among men than women.*



Over half (58%) of all deaths by suicide occur before the age of 50 years old.*



Suicide occurs across all regions in the world, however, over three quarters (77%) of global suicides in 2019 occurred in low and middle income countries.*

20x

An individual suffering with depression is twenty times more likely to die by suicide than someone without the disorder.**



Suicide remains illegal in over 20 countries, while people who engage in suicidal behaviour may be punished in some countries that follow Sharia law, involving legal penalties that range from a small fine or short prison sentence to life imprisonment.***

*World Health Organization.

**Ferrari AJ, et al. *PIOS One*. 2014 Apr 2;9(4):e91936.

***Mishara BL, Weisstub DN. *International journal of law and psychiatry*. 2016 Jan 1;44:54-74.

Suicide Prevention Helplines:

ALL-INDIA	GOVT MH Rehabilitation HELPLINE 'KIRAN'	1800-5990019	24/7
ALL-INDIA	VANDREVALA FOUNDATION	9999 666 555	24/7 E: help@vandrealafoundation.com if you don't get through and expect a call-back

Some food facts to know

Importance of breakfast and 3 reasons to eat breakfast:

- 1.** Studies show difference between morning load and evening load of calories. Weight loss is not as optimal if your calories are more during later in the day. However, when you eat the right breakfast in the morning, your calories get divided optimally throughout the day, making it easier to be on the weight loss journey.
- 2.** People who don't eat anything in the morning, land up getting cravings at night. This means consuming a lot more calories, and also poor calories with the least nutrients. Cravings put a dent in the confidence to lose weight because most people crave for things like junk food later in the night when they feel hungry.
- 3.** Skipping breakfast will keep you hungry and it can also create agitation and stress in individuals. This agitation can be felt throughout the day because of hunger and it can affect the mood and actions. In Indian culture, it is usually said to eat at home and then leave for work, and whenever possible, it is recommended to follow some of these advices which have a good scientific basis for it.



Is rice fattening?

In simple terms, rice is not fattening. Rice has been part of our identify, culture and life for centuries and it is important to de-colonize its identity and use. Eating anything in inappropriate amount will be harmful for the body, so always remember that.



Some tips to remember:

The rice of your region is best for you. If you are from Maharashtra, then Ambemohar variety of rice is good for you, if you are from Andhra Pradesh then the local Sona Masuri rice is a great option for you and so on. Always check for your local variety of rice for consumption as it has great health and nutritious benefits.

Any specific portion for rice? No but it has to be part of a wholesome diet. Eating just rice for your meal is not recommended, add the appropriate amount of vegetables, proteins, fermented foods, fiber in your plate and then eating rice is not an issue. Follow traditional and local rice recipes to see how people incorporated all kinds of foods in their diet with easy methods.

Rice does not hamper your weight loss journey when consumed in the right way. Speak to your nutritionist to see what is the best way to add rice to your meals that will help in the weight loss journey.

Deep frying secret techniques:

- 1.** Always have 3 different sizes of kadhai - for 1 person, 3-4 people, 7-8 people. Make sure that the kadhai is made of iron.
- 2.** When frying, make sure you use adequate oil and use the right kadhai for the number of people to ensure there is no wastage of oil also. Whatever you are frying, it should immerse fully in the oil and don't keep flipping the food again and again. Make sure the bubbling reduces on one side before flipping it over. When you remove the food, make sure the excess oil drips back into the kadhai.
- 3.** Deep fried snacks taste the best when they are hot. This also ensures that you are not overeating your snacks. You will reach your optimal level of satisfaction with hot fried snacks and that is when to say no to another pakora or samosa or anything else.



Which oil best for frying?

Simple answer is using a regional oil. Based on region, recipe and reason or occasion, the oil is chosen. For example:



In Kerala - banana chips are made in coconut oil



In East India - many people fry in mustard oil



In West India - many people prefer groundnut oil



Across India during festivities and mithai making - ghee is a preferred source of fat

Understanding the brain

Why do we overthink?

Our brain hates chaos and so it is always looking to find patterns within the chaos to find some sort of control. But the problem is that when we start looking for patterns, we notice more variables in the patterns and the more variables we see, chaos seems apparent. Being stuck in this loop is the essence of overthinking.



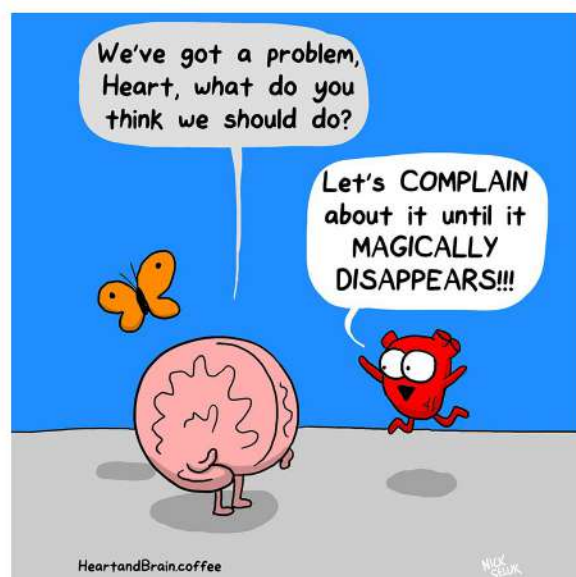
Why do we dream?



When you sleep, not all parts of your brain go to sleep. Only the pre-frontal cortex really shuts down and the rest of the brain gets more active, like the limbic system, cerebellum and amygdala. These are the parts that collect information like ideas, memories during the day that you were not able to process when you were awake. All of these random connections link together and those are what you experience when you are asleep or dreaming.

Why does my heart skip a beat when I see a loved one?

When you see a loved one you experience an adrenaline rush. This rush directly acts on the heart to increase the sympathetic nervous system, and this results in increasing your heart beat. This sudden increase in your heart beat is usually referred to or understood as "heart skipping a beat".



Stomach health tip

GERD or gastroesophageal reflux disease is a chronic acid reflux condition in which the stomach acid repeatedly flows back in the tube connecting the mouth and stomach. It is also important to be careful of food choices so here are some foods which keep GERD at bay.

Ginger:

Known for its medicinal properties, ginger is one of the best herbs to consider when trying to manage acid reflux. It is alkaline in nature and is also known for its anti-inflammatory properties which makes it a great choice of ingredient to add to vegetables, soups and tea. Ginger tea is a clever way of getting the benefits of the ingredient without chewing on it. You can simply sip on this hot brew slowly in the morning or evening.



Oatmeal:

High fiber foods are known to make you full, which means it prevents you from overeating usually. Oatmeal is one such high fiber food that can be incorporated in many ways in a meal plan. Making an oatmeal smoothie with some rolled oats, water, peanut butter and vanilla extract can be a filling breakfast option. Making a sweet oatmeal parfait is another option in which you can soak the oats with some curd or plant based milk, fruits like bananas, apples, pears can be added to this mixture along with some honey. These can be prepared a night before and eaten for breakfast the next morning. Other whole grains like couscous or brown rice are also a good option.



Cucumber:

It is advised to eat foods which have a higher content of water in them, like cucumber. It is known to have around 96% water and this is what helps to dilute the acid in the stomach which travels back to the esophagus causing irritation in the lining. Other water based foods to consider would be watermelons, lettuce, celery, broth based soups and also herbal teas (like ginger tea mentioned before).



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