

"Happiness is not out there, it's in you."

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Read the Editor's mind

Hello Readers,

We are proud to announce that Paramount Health Services and Insurance TPA Private Limited (Paramount) added another feather in its cap at the '2nd Annual Insurance India Summit & Awards 2017' held at The Lalit, Mumbai on May 25th and 26th, 2017.



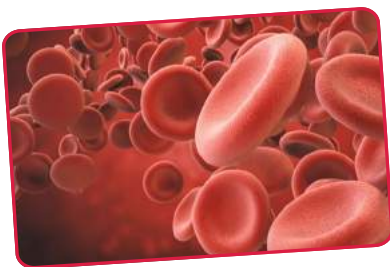
Paramount has been conferred with the title of '**TPA of the year**' at the Insurance India Summit & Awards 2017 organized by Quest conferences. The winning TPA was awarded with a certificate and an elegant looking trophy which was received on behalf of Paramount by **Dr. Abhitabh Gupta - Chief Executive Officer**.

Further, **Dr. Nayan Shah, Managing Director – Paramount Health Group**, was also one of the panel members at an insightful and knowledge-sharing discussion on 'The 3C's Cost, Customer & Competitors - The Future of the Health Insurance Industry'. This discussion focused on Emergence of health insurance as a Key growth opportunity, Emerging technologies and Challenges in 2017.

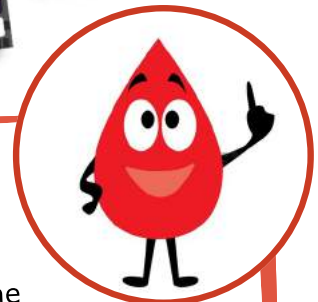


Did you know?

Did you know there is a blood group called 'Bombay blood group' and that it is rare?



- Rarest of all blood types is the 'HH' blood group or the 'Oh' blood group, which is also termed as the Bombay blood group.
- It was first discovered in Bombay by Dr. Y. M. Bhende in the year 1952.
- Normally, classification of blood type is purely based on antibodies or inherited antigens, present or absent on the surface of red blood cells.
- It is known that the precursor protein from which all blood groups are formed is termed as the 'H' Antigen. The 'H' Antigen either translates into 'A' Antigen (the blood group is then called 'A') or it translates into 'B' Antigen (the blood group is then called 'B') or it translates into both 'A' and 'B' Antigens (the blood group is then called 'AB') or it remains as 'H' (the blood group is called 'O').
- In the case of Bombay Blood Group, there was an absence of the 'H' Antigen itself.
- Individuals who belong to Bombay blood group can donate blood to individuals belonging to A, B, O type.
- However, individuals with Bombay Blood Group can only receive blood from those belonging to Bombay Blood Group.



Asanas & their benefits

21st June

International
Day of
Yoga



Asanas for improved concentration

Vrikshasana



Garudasana

Natarajasana



Veerbhadrāsana 3

Asanas for improved digestion

Uthita parshva
konasana



Pavana muktasana

Ardha matsindrasana



Shashankasana

Stress buster Asanas



Marijaryasana



Shavasana



Bitilasana

Asanas for enhanced metabolism and strength

Veerbhadrāsana 2



Ashwa
Sanchalanasana

Adho mukha
savanasana



Asanas for a good cardio work-out

Surya namskar



Asanas for relief from stiff joint/joint immobility

Utthita trikonasana



Padahastāsana

Kapotasana



Asanas for strong and pain-free lower back

Bhujangāsana



Janushirsāsana

Paschimottāsana



Hastuttāsana

Holding time for each asana can be 10-20 seconds and each asana can be done twice a day.

*Contributed by our in-house fitness instructor

News YOU can USE

Blood is indeed a very precious resource - a life-saving gift! According to reports, though there has been increase in number of donors over the years, yet blood remains a scarce resource during emergencies. This is mainly due to lack of awareness, information and availability.

E-blood banking is an initiative from NACO (National Aids Control Organization) and NHP (National Health Portal). It is an online system designed to provide information related to updated stock of blood available, list of blood banks, building donor network and other information and articles related to blood.
(source - National Health Portal of India)

Click to read more: <https://bloodbank.nhp.gov.in/index.php>

A brief guide to 'Stone-free' Kidneys

1. Why Kidney?

Kidney, the bean-shaped organ performs a very important role of excreting excess fluid and waste products from the body. The most common reported health issues related to kidney is the kidney stone. Therefore, let's have a glimpse as to how these stones are formed and how can they be prevented.

2. What exactly are kidney stones?

Kidney stones are formed due to accumulation of small masses of crystals within the kidneys and urinary tract. This occurs due to imbalance in fluids containing minerals and salts during filtration.

3. How does it happen?

When the urine contains crystal-forming substances such as calcium, oxalate and uric acid in excess the Kidney Stones are formed. This happens because the urine may lack sufficient fluid to dilute these substances. Moreover, the absence of certain substances that are necessary for preventing the crystals from sticking together can also lead to Kidney Stones. Also, consumption of little water is known to be the major risk factor for kidney stone formation.

4. What are the types of Kidney Stones?

Depending on the composition, kidney stones are divided in four types majorly:



Dr.
Hoshiyaar

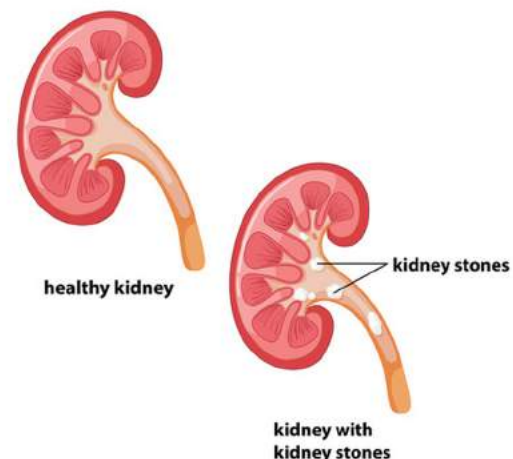
- **Calcium stones:** These are made up of calcium compounds majorly calcium oxalate.
- **Uric acid stones:** These develop when urine is too acidic and are made up of uric acid.
- **Struvite stones:** These are caused due to infection in kidney's or urinary tract.
- **Cystine stones (rare):** These are made up of cystine and majorly affects individuals who have family history of cystinuria.

5. What are the symptoms of Kidney stones?

- Severe pain in the back, belly, or groin
- Nausea and vomiting
- Frequent or painful urination
- Blood in the urine
- Cloudy or foul-smelling urine
- Pink, red or brown urine

6. How can it be prevented?

- Drink a lot of water, about 8 to 10 glasses per day. This will help to dissolve the stone forming substances present in the urine.
- Reduce salt intake.
- Check on your calcium intake, as low calcium levels may increase oxalate content. This thereby, triggers stone formation in kidneys.
- Limit your meat intake, as animal protein tend to elevate the level of uric acid, which may later lead to kidney stone.



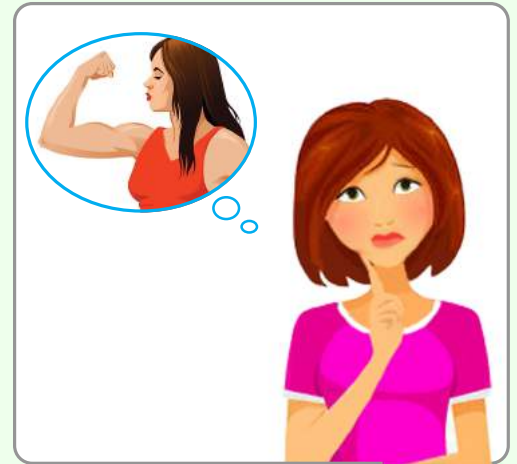
MYTH BUSTERS – by Mr. Fit



Every woman who works out regularly has ONE question that bothers her from time to time – “Will weight training make me look muscular and heavy? I want to work out properly but what if I start looking muscular?”

Firstly be informed that the statement “Women should avoid weight training as it will make them muscular and heavy” is a **MYTH!**

Let me explain this to you scientifically.



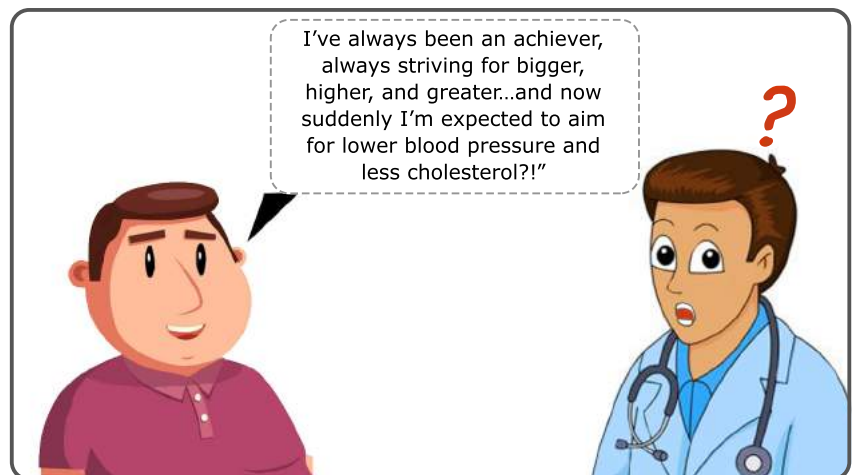
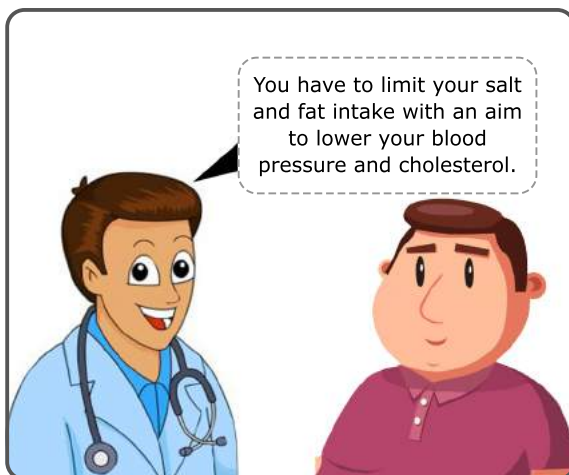
Our body produces many hormones for its smooth functioning, of which two important hormones are – testosterone and estrogen. Both genders produce both the hormones, however men produce more testosterone and women produce more estrogen.

Testosterone is the Hormone that is responsible for muscle building and muscle gain. If the body does not produce sufficient testosterone, one will not be able to build muscle.

So the next time you hear a lady worrying about this, go ahead and give them the simple answer–“The female body does not naturally produce as much testosterone hormone as the male body, so there is no need to worry that you will develop muscles like men! Just exercise how much ever you want and can.”

*Contributed by our in-house Fitness Expert

Take a Chill Pill



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