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## Read the Editor's mind

Dear Readers,

It gives us immense pleasure to inform you that Dr. Nayan Shah, Managing Director – Paramount Health Group had recently participated in a seminar on 'Employee Benefits – Creating a Sustainable Employee Value Proposition program' organized by the Bombay Chamber of Commerce and Industry. The event was held in The Orchid Hotel, Mumbai on February 28, 2017.

Dr. Shah was among the four panelists to discuss on the topic of 'Employee benefits - deriving value from stakeholders'. This discussion focused on the evolving role of various stakeholders such as Insurance Companies, Brokers, TPAs, Reinsurers, Actuaries, and Government in health policies, and other service providers towards Employee Benefits. Dr. Shah provided his perspective as a Doctor and a thinker on evaluating the demand and supply gap and the disruptive changes that need to be brought, in this area.

Dr. Shah was honored with an eTreeCertificate\* (a grove of 10 trees at the periphery of Kumbhalgarh Sanctuary Udaipur, Rajasthan, India) for his valuable insights at the seminar. The snapshots of the event are given below:



\*eTreeCertificate is an initiative by Grow-Trees.com. Grow-Trees.com allows users to satisfy a private purpose of greeting/honoring someone through an eTreeCertificate, while doing social and environmental good by planting trees and providing low skilled jobs to many rural people. For more details visit [www.grow-trees.com](http://www.grow-trees.com)

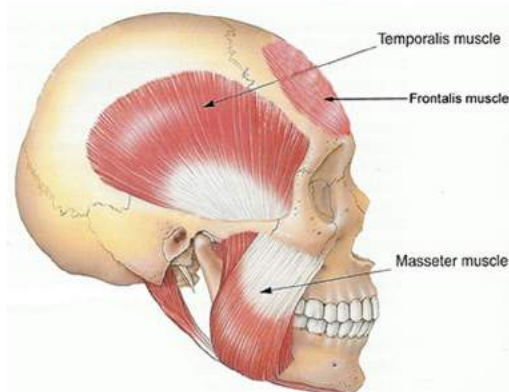
**Did you know? – 'Masseter' is known to be the strongest muscle in the human body.**

There are different ways to measure strength based on:

- maximum force
- repeated motions
- exerts force quickly
- withstands fatigue

If we mean by strongest, the "ability to exert a force on an external object", then a human's strongest muscle is the 'Masseter' muscle. It is a thick muscle in the cheek and is located at the back of the jaw. It is responsible for opening and closing your jaw during chewing.

With all muscles of the jaw working together it can close the teeth with a force as great as 55 pounds (25 kilograms) on the incisors or 200 pounds (90.7 kilograms) on the molars.





# SUGARS – the UNSWEET truths about them



## Added sugars

Added sugars are those that are added to food during the preparation process. E.g. white sugar, brown sugar added to cereals, coffee etc.



## Naturally occurring sugars

They occur naturally in foods. E.g. fruits (fructose) and milk (lactose)



## Some sources of added sugars



**DID YOUR KNOW?**

Our bodies can process only a certain amount of sugar at any given point of time. If the sugar (glucose) is not used, it is stored as fat!

**ADDED SUGARS ADD CALORIES AND ZERO NUTRIENTS TO FOOD**

## Identifying added sugars on food labels -

Sugars on food labels refer to both natural and added sugars. Other names for added sugars on labels include:

- Fruit juice concentrates
- Malt sugar
- Molasses
- Brown Sugar
- Raw sugar
- Corn sweetener
- Sugar molecules ending in 'ose' (fructose, glucose, sucrose etc.)
- High fructose corn syrup

Nutrition Facts	
8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
Amount per serving	
<b>Calories</b> 230	
	% Daily Value*
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 100mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 0mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

## A GLIMPSE OF YOUR SUGAR LIMITS

9 tsp  
(36 gms)

**American Heart Association recommended daily added sugar limit**

6 tsp  
(25 gms)

**TIP!** Adding small amount of sugar to enhance taste of nutritious food is **BETTER** than having highly sweetened, nutrient-poor foods!

## HOW YOU CAN CUT DOWN YOUR SUGAR INTAKE

- 1 Add fruits (bananas, apples) to cereals and oats instead of sugars
- 2 Avoid adding sugar to your beverages and drinks
- 3 Cut back on sugars mentioned in recipes by one-third at least
- 4 Use spices like nutmeg and cinnamon instead of sugar, to enhance the flavour of food.
- 5 Compare food labels and choose the products that have least amount of added sugars

**DID YOUR KNOW?**

1 teaspoon of sugar = 4 gms of sugar

## News YOU can USE

### Are you aware of Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) program?

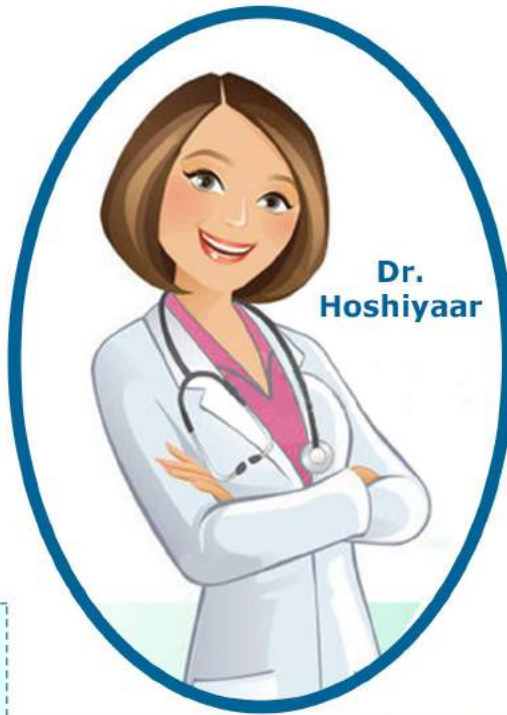
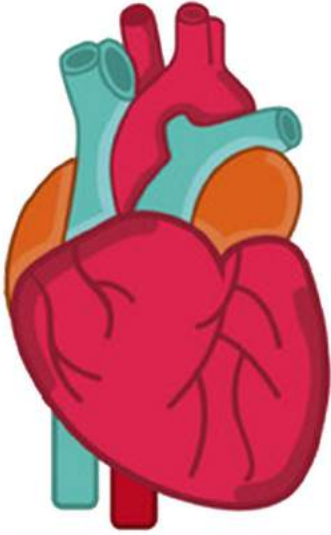
The Pradhan Mantri Surakshit Matritva Abhiyan was launched by the Ministry of Health & Family Welfare (MoHFW), Government of India in 2016. The program aims to provide assured, comprehensive and quality antenatal care, free of cost, universally to all pregnant women on the 9th of every month.

The reason behind the launch of the program is that if every pregnant woman in India is examined by a OBGY (Obstetrics and gynaecology) specialists/radiologist/physician and appropriately investigated at least once during the PMSMA and then appropriately followed up — the process can result in reduction in the number of maternal and neonatal deaths in our country.

To read more on this, kindly click the link - <https://pmsma.nhp.gov.in/> and do pass on the information.



## Your Heart 'Matters'



**Dr.  
Hoshiyaar**

### 1. What are the common types of Heart Diseases?

- Heart Attack is one of the most commonly and frequently occurring heart diseases and one of the leading causes for deaths in the middle age.
- The medical terminology for Heart attack is 'Myocardial infarction'. In simple terms, it is death of heart muscles due to the insufficient blood supply. This insufficiency occurs because of narrowing of coronary arteries which supply blood to heart muscles.
- The second commonest is valvular heart disease that affects the valves. The valves help regulate blood flow, in and out of the heart.
- Another type is Heart rhythm disturbances (arrhythmias) which affects the pace of the heart, at which it pumps blood.
- Developmental heart disease that develops before birth.

### 2. What are the common symptoms of Heart Attack?

If one experiences all these collectively, it could be an alarming sign of a heart attack:

- Discomfort in the chest – burning sensations, choking, uneasiness, pressure, heaviness, or pain in the chest, arm, or below the breastbone.

- Discomfort radiating to the back, jaw, throat, or arm with breathlessness.
- Fullness, indigestion, or choking feeling (may feel like heartburn).
- Sweating, nausea, vomiting, or dizziness.
- Extreme weakness, anxiety, or shortness of breath.
- Rapid or irregular heartbeats.

The group of symptoms may vary depending upon the person's health conditions and medical conditions.

### 3. How does the narrowing of arteries or blockages occur?

Arteries become narrow due to deposition of excess fats inside the wall of arteries.

Over a period of time, this build-up of excess fats turns into plaque which may partially or completely block the arteries, and decrease flow of blood through it.

### 4. What is first aid treatment for heart attack?

- Never neglect a person with chest pain and who suffers from the aforesaid symptoms.

- Make the person sit in a slightly reclined position.
- Take the person to a more ventilated area.
- Seek immediate medical attention.
- Keep emergency contact numbers handy for speedy action.

### 5. How to prevent heart disease by modifying our lifestyle?

#### Choose good nutrition:

- Have food containing fibre which eventually lowers the cholesterol level in the blood like raw salads, whole wheat, millets, fish etc.
- Avoid food high on salt, preservatives and saturated and trans-fats which is the root cause of blockages.

#### Be physically active every day:

- Being active helps to burn the excess fats and limits the deposition of fats in the arteries.
- It enhances circulation and oxygenation of blood.

#### Limit alcohol intake:

- Heavy drinking weakens the heart muscle, which means the heart can't pump blood as efficiently.
- Drinking excessive amounts of alcohol causes raised blood pressure which eventually causes a heart disease.

#### Avoid smoking:

- The carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood which means your heart has to pump harder to supply the body with the oxygen it needs. This weakens the heart muscles.
- Smoking damages the lining of your arteries, leading to a build up of fatty material which narrows the artery which can cause heart attack.



## MYTH BUSTERS – by Mr. Always Fit

### Myth : To reduce belly fat, do abs workout.

To reduce fat in the body, exercise is very important. However when you exercise, fat loss does not happen from a specific part of the body, fat loss happens from all over the body.

When you start any kind of workout, your body initially takes energy from ATP (Adenosine Triphosphate), CP (Creatine Phosphate) and glycogen sources. Later on, depending on the intensity of the workout, body takes energy from fat. The fat that body uses can be from anywhere – legs, stomach, thigh etc. It does not take from one part of the body.

The best way to burn fat is to do lot of cardiovascular exercise such as jogging, swimming, aerobics, cycling and outdoor sports activities.



\*Contributed by our in-house Fitness Expert

## Take a Chill Pill



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