

Paramount Health Services & Insurance TPA Pvt. Ltd. has been honored as India's Greatest Brands 2017 in Paramount Healthcare Management Pvt. Ltd. was the Health Insurance sector and our Managing chosen to be the official healthcare partner for the Director Dr. Nayan Shah has been honoured as 1st Indian Open Pickleball Championship. India's Greatest Leaders 2017 at "Celebrating 70, Pride of India Series" (marking the seventieth This event was held on 28th and 29th October in Independence Year of India) Awards & Business Mumbai and was organised by Sports Wizards. Summit on September 2017, Mumbai. Cheers to such moments of pride!! Did you know? FACTS ON

Eyes, windows to the world outside, are also windows to our soul. Here are some amazing facts about these beautiful pair of eyes:

Eyes start to develop two weeks after conception

EYES

The size

of the eyeballs

remains the same

from birth to death

A fundal examination

presence of

diabetes

hypertension and

of the eyes can indicate

The amount of melanin in your iris determines the color of the eyes

The average life span of an eyelash is 5 months



Cornea, an important part of the eyes does not have any blood supply

A human eye can visualize only three colors i.e. red, blue and green, while other colors visualized are combinations of these three

Peek into Healthcare

Path to Financial Wellness



& FALSE With REASONS

Dried fruits aren't as healthy a choice as fresh fruit. TRUE

Dried fruits contain a high concentration of sugar, and tend to stick to the teeth and contribute to tooth decay

Fruit juice is a healthy alternative to eating a piece of fruit. FALSE

A piece of fruit is a better choice than juice as it provides fibre, takes longer to eat making you feel more fuller and is better for the teeth.

Thirst is a good indicator of dehydration. FALSE

The thirst mechanism is generally an imprecise guide to water needs, as the feeling of thirst is delayed and suppressed during exercise.



Tête-à-tête with our Experts

Some Post-Diwali 'Sweet-Talk'

Mr. Fit

Since last week, I have been receiving many queries from a lot of clients..and most of them had the same question – How to lose the weight gained during Diwali! And it is the same question every year. Diwali being one of the most popular Indian festivals, everyone gets carried away by the celebrations, and tend to over-indulge in sweets! Here are some common questions from our ardent readers which I have tried to address here.

After the high-calorie intake during Diwali, I am back to square one in my fitness and weight-loss regime..... help!!

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

What kind of exercise will help me lose the weight I have gained during this festival

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** I consumed a lot of calories during this festival season. To lose weight I think now I will cut down my calories intake by more than half. Hopefully it will help.

If you are in the habit of following a fairly healthy diet and exercising moderately, and now if all of a sudden you cut down your calories intake, your body will naturally feel the loss. In such cases, body will start putting more pressure on itself and this is harmful for your overall health and more specifically to your joints, bones, muscle and immune system. So it is better to go on a balanced diet and focus on losing weight with proper exercise and diet.

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

Paramount Health

tips – stay away from 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 don't restrain yourself too much, as the saying goes – 'Anything consumed in moderation is ok!



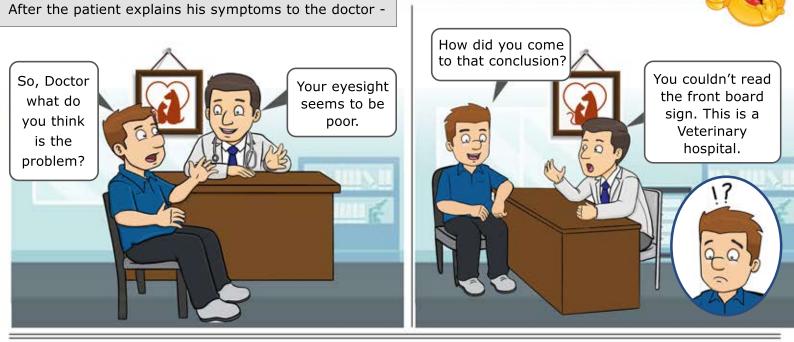
MYTH BUSTERS – by Dr. Hoshiyaar

I am fine now after three days of taking antibiotics; I think it will be unnecessary to continue for 2 more days as prescribed by the Doctor.

Antibiotic medications are prescribed only after you have been diagnosed with bacterial infection. These medications are generally recommended for a certain period of time by the physician. This is because the dosage and the course length depends on the time required to kill the bacterium causing the infection. The initial relief appears when the intensity of infection has reduced because some of the bacteria have been destroyed by the antibiotic.

However, when you stop the medications after you feel better and before the duration suggested by doctor, it might make you sick again, as the infection may rebound since all the bacteria causing the infection have not been destroyed. There is also a danger that the bacterium develops antibiotic resistance towards the medication ingested previously and may not be susceptible to that medication. Therefore, it is important to complete the full course of medication even though you feel relief.

Take a Chill Pill



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