

Edition: August 2024

HEALTHLINE

Paramount's Monthly Magazine

“

A good
laugh
and a
long
sleep are
the best
cures in
the
doctor's
book.

”

Irish proverb

The Benefits of
Breastfeeding Your Child

• Brian-Ology

• Myth Busters

• Nutrition at
Workplace

THE BENEFITS OF BREASTFEEDING YOUR CHILD



for Mothers..



50%
more protected
from rheumatoid
arthritis



28%
decrease in
breast cancer

Breastfeeding for 12 to 23 months:



19%
less likely to
develop high
cholesterol



11%
less likely to
develop
hypertension



10%
less likely to
develop
cardiovascular
diseases



26%
less likely to
develop
diabetes



Promotes natural child spacing, less
than 2% chance of pregnancy during
breastfeeding



Calories burned during lactation
means a return to pre-pregnancy
weight earlier

for Babies...

220,000

The number of babies' lives that would be saved
every year if breastfed within an hour of birth



Globally, less than 40% of infants under 6
months of age are exclusively breastfed

If a child is breastfed exclusively
for more than 4 months, there is... **72%**
....reduction in risk of lower respiratory
tract infections in the first year



36%
reduced risk of
SIDS
(Sudden Infant
Death Syndrome)

23%
reduction in the
incidence of
middle ear
infection

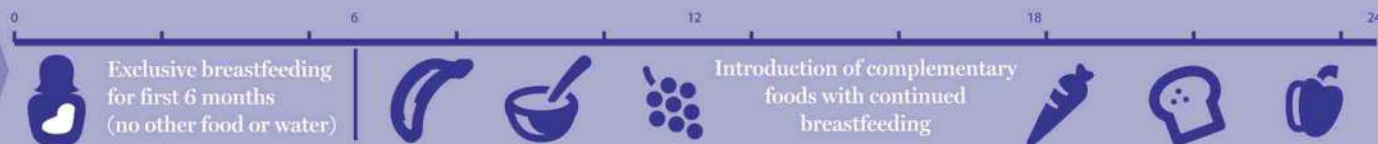


15%
to 30% reduction
in adolescent and
adult obesity
rates



20%
Reduction in
the risk of
acute
lymphocytic
leukemia

WHO/unicef
recommendations



Dispelling Common Myths about Breastfeeding



Myth: Amount of mother's milk
produced is not enough or it's of
poor quality.

Fact: Breastfeeding is the
normal way to feed children.
Very few women cannot produce
enough milk to nourish their
children.



Myth: Modern formulas are almost the same
as or better than breastmilk.

Fact: Breast milk is far superior to formulas
in providing the optimal amounts of nutrients
to growing human babies. Formulas contain
no antibodies, no living cells, no hormones,
no enzymes, and levels of important
nutrients are different.

BRAIN-LOGY

Did you know?



My storage capacity is almost unlimited!

So go on and save those contact details in your brain, if your phone storage has run out!

Exercise is really good for me!

Exercise works well for the body as well as the brain.

I need high blood supply!

The brain can survive only for few minutes without oxygen, before getting permanently damaged!

Sleep deprivation can really affect me!

So don't miss your 7-9 hours of sleep for memory retention and effective brain functioning!

I am not permanently wired at birth!

Nerve cells continue to change depending on how they are used and stimulated in early years of life!

Your brain secretes chemicals that regulate your emotions!

Hormones belong to a class of chemicals released by the pituitary gland in the brain and are responsible for controlling all your emotions. The feelings that you experience at any given time are nothing but chemical changes that occur within the body.

The brain releases the following four main 'feel-good' chemicals:

Dopamine

It is a 'pleasure' hormone that gives you the sense of contentment and happiness. It motivates you to work hard so that you can achieve the satisfaction of reaching a goal.

Ways to boost the secretion:

- Set monthly realistic goals since they give you something to strive for
- Listen to music
- Consume diet rich in protein

Oxytocin

It is also known as 'bonding' chemical and is linked to intimacy and bonding. It also increases the feeling of love and trust.

Ways to boost the secretion:

- Spend time with loved ones such as your partner, your kids or your pet
- Go for a massage to relax your muscles
- Show physical affection
- Consume protein-rich food

Serotonin

It helps in maintaining mood balance, and a deficit of serotonin is known to cause depression. It is involved in the regulation of stress, pain, and mood.

Ways to boost the secretion:

- Exercise regularly
- Consume food rich in carbohydrates
- Spend time in the sun
- Alter negative thought processes

Endorphins

It is a natural pain killer and is known to reduce pain and anxiety. It interacts with the opiate receptors in the brain to reduce our perception of pain.

Ways to boost the secretion:

- Exercise regularly
- Eat dark chocolate
- Go for massage therapy
- Meditate
- Laugh frequently

MYTH BUSTERS



HEART TO HEART TALKS!

MYTH

Heart diseases affect only the elderly.

An unhealthy lifestyle can have a big impact on our risk for cardio-vascular diseases later in life. Plaque can start accumulating in the arteries at a very early age and can lead to clogged arteries. Also, obesity and Type 2 Diabetes have become increasingly common among middle-aged and at younger ages. These are major causes of heart problems.

FACT

FACT

While chest pain is common in case of heart attack, there can even be subtle symptoms such as nausea, shortness of breath, discomfort in the jaw or arms. It is important to understand your risk factors for heart attack and work on them at the earliest.

Chest pain is the only symptom of a heart attack.

MYTH

TYPE 2 DIABETES MYTHSDEBUNKED!

If one has Type 2 diabetes, it will be evident from the symptoms.

Not always. Type 2 diabetes often goes undiagnosed because it usually has few or no symptoms when it first develops. Symptoms related to diabetes include – frequent urination, excessive thirst, blurry vision, slow-healing cuts and bruises, fatigue, increased appetite, undue weight loss, etc. When these symptoms develop slowly, people may not recognize them immediately as they may be mild. The best way to diagnose is by testing fasting blood sugar levels. Diabetes test is strongly recommended for individuals who are - above 35 years of age, overweight, having sedentary or stressful lifestyle, having high blood pressure, or with a family history of diabetes.



Physical activity does not really have any impact in controlling blood glucose levels.

A lot of studies show the positive impact of regular physical activity in glucose control. People with Type 2 diabetes have too much glucose in their blood, either because their body does not produce enough insulin to process it, or because their body does not use insulin properly (insulin resistance).

Exercise helps muscles use the glucose, without relying on insulin. This means that, even if one is insulin resistant or does not have enough insulin, exercising can help the muscles get the glucose they need and thereby reduce the blood glucose level. Also insulin resistance goes down while exercising, and cells can use glucose more effectively.

Nutrition at the workplace

Wise food choices are important for the long-term health and wellness of individuals.

Healthy eating and drinking habits at your workplace:



Have your meals on time, do not starve or postpone your meal times



Drink sufficient water at regular intervals



Opt for home cooked food



Limit intake of processed foods



Restrict outside food, especially from street vendors



Eat food mindfully, chewing well. Avoid working on your PC/laptop while having your meals



Opt for baked, steamed, grilled food as against fried food



Limit your consumption of coffee and cold drinks



Avoid indulging in emotional and binge eating

Why limit junk food consumption:

- Low nutrient content
- Excessive sugar content
- High in sodium
- High in fat
- High carbohydrates (gets converted to fats)
- High in preservatives

Healthy snacks to carry to your workplace:



• Nuts and dry fruits

They are great choices for a mid-morning snack! Badam, wal-nuts, pista, cashews and raisins are packed with nutritional benefits and are extremely beneficial.



• Roasted chick-peas

Chick-peas are a great source of plant protein and minerals. Carry a handful of roasted chick-peas for your morning/evening snack



• Sprouts

They are rich in proteins. The dietary fiber in sprouts stimulates gastric juices, which aid the enzymes found in sprouts in breaking down food effectively.



• Fruits and vegetables

Many studies recommend that one half of the plate should be fruits and vegetables. Fruits and vegetables are also a rich source of dietary fiber, minerals, vitamins and anti-oxidants. You can carry fruits such as apples, oranges or even a mixed fruit bowl to work. Sliced carrots and cucumber also make a healthy eating snack.

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

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

[phm_healthcare](#)

[ParamountHealthcare](#)

[blog.paramount.healthcare/](#)

This disclaimer governs the use of this newsletter. The articles and features provided herein are solely for informational and educational purposes only. The information is not advice & should not be treated as such. We do not claim that this information is an exhaustive compilation of information about these listed facts. We do not represent, warrant, undertake or endorse the accuracy or reliability of any information, contents contained in or linked, herein provided. This information can by no means replace consultation of Doctor or an Expert for professional judgment and advice. We do not provide our own contents (information) and instead acquires them on Good Faith from other sources by purchasing, licensing or freely obtaining them and as a result we are not responsible for the authenticity, accuracy or originality of the provided information. This information is for private circulation only. Thus we shall not be liable to any party as a result of any information or resources made available through this information.