

HEALTHLINE

Paramount's Monthly Magazine



The happiest
people don't
have the best of
everything,
they just make
the best of
everything!

First aid -
you can do
it too!

Be the
master of
your time

Myth on
skipping
meals and
weight loss

Facts on
digestive
system

“If you want to be more productive at work you have to become the Master of your Minutes.”

Ideas to keep you on schedule

Set a time limit for each task and work with full focus



Prioritize and highlight the most important tasks



Eliminate time wasters like gossip, extended frivolous chats, browsing internet aimlessly, etc.



Create a to-do list and tick as and when you finish each task



Arrive early at work and use the first 30 minutes every morning to plan your day



Say “No” where required as you cannot be everywhere at once



Ask for help and where required, delegate the work



Block distractions especially using social media for personal use



Avoid procrastination - Do it now rather than postponing for later



Schedule time for breaks and unplanned tasks



Skipping meals is a good way to lose weight

Protein is a macronutrient that is essential in building muscle mass, and our body is predominantly made of muscles. These muscles are difficult to build and can break down easily. Hence, we should avoid habits that break down these muscles.



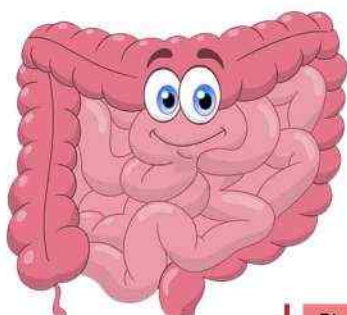
The statement "eat less to weigh less" might seem logical to you, but the fact is just the opposite. When you skip / miss your meal, your body starts preserving the calories so that it can be used later. Skipping meals also puts your body on survival mode, where the body starts breaking proteins (muscles) to provide energy for the activities you do. It also makes you feel tired, and hungry for high calorie snacks which leads to weight gain. Maximum portion of the ingested calories tends to get stored as fats.



Tip - It is recommended to eat small servings regularly throughout the day and exercise often instead of skipping meals completely.

Did you know?

Digest these interesting facts about your 'Digestive System'!



It is commonly believed that the stomach does all the digestion; however, there are multiple processes involved in digesting food.

The process of digestion begins in the mouth

It takes approximately seven seconds for food to travel through the esophagus and reach the stomach

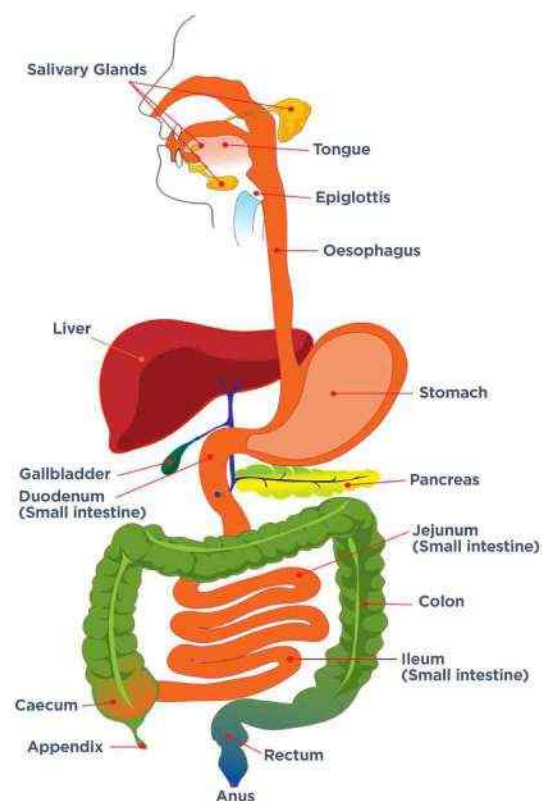
Muscles contract and relax in the esophagus to push food down to the stomach — it works even when you are upside down

Stomach uses Hydrochloric acid to break down food and produces mucus to protect itself from the damage caused by Hydrochloric acid

Small intestine has a huge surface area equal to the size of a tennis court

The enzymes produced by our digestive system that break down proteins, starch and lipids are the same as those found in laundry detergent

1.7 liters of saliva is produced each day



First aid is simple medical assistance or care given to a person in need, with available equipment, in the absence of medically trained personnel. The objective is to prevent further damage to the affected person.

First aid for Sprains

A sprain occurs when there is stretching or tearing of ligaments.

In case of a sprain, follow the R.I.C.E method:

- Make the person **Rest**, and avoid activities that cause pain, swelling or discomfort.
- Keep an **Ice** pack on the injured area immediately for 15 – 20 minutes, to limit the swelling.
- **Compression:** Wrap the affected area with an elastic medical bandage.
- **Elevate** the injured body part above the level of the heart whenever possible as this will help in preventing or limiting the swelling.

First aid for Minor burns

A burn indicates tissue damage that is an outcome of scalding, overexposure to the sun or other radiation, contact with fire, chemicals or electricity. Minor burns affect only the top layer of the skin and are usually spread over very less area. They usually result in superficial redness or blisters.

In case of Minor burns:

- Hold the burned area under cool running water or apply a cool, wet compress until the pain reduces.
- Quickly remove rings and other tight items from the burned area as burned areas tend to swell.
- Do not break fluid-filled



blisters as they protect the injured area from further infection.

- Once a burn is completely cooled, apply a burn-healing lotion.
- Visit the doctor if further treatment is required.

First aid for Electrical shock injuries

Burns are the most common injury after an electric shock. However, electrical current passing through the body can cause internal damage, cardiac arrest or other injuries as well.

In case of Electrical shock:

- Turn off the source of electricity, if possible.
- Try to move the injured person away from the source of electricity using dry, non-conducting objects such as wooden rod, rolled up dry newspapers, plastic broom handle, rubber mat or any other object which is a poor conductor of electricity. Never use water for this purpose. The ions present in water allows the electricity to flow through it and can cause further damage to the injured person.

- Do not touch the injured person, especially with wet hands if he or she is still in contact with the electrical energy.
- Call the local emergency number/ ambulance.

First aid for Heat Exhaustion

Heat exhaustion is a heat related syndrome that occurs after one is exposed to high temperatures. The symptoms include – heavy sweating, fatigue, dizziness, muscle cramps, rapid weak pulse rate, elevated or lowered blood pressure.

In case of Heat Exhaustion:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate his/her legs and feet one foot above ground level, to promote blood flow to the heart and brain.
- Loosen or remove tight or heavy clothing, else it may inhibit the cooling process.
- Cool the person by spraying or sponging him/her with cool water.
- Make the person drink cool water.

Read the Editor's Mind

Dear Readers,

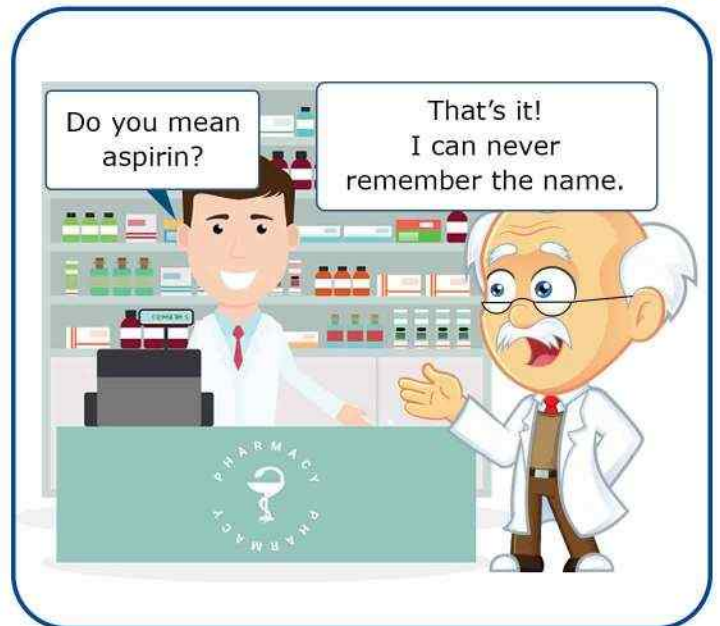
We have some wonderful news to share!

The fifth edition of **ABP NEWS HEALTHCARE LEADERSHIP AWARDS** was held on the 20th of November 2019 at Taj Lands End, Mumbai. It is with immense pride we wish to announce that **Paramount Health Services & Insurance TPA Pvt. Ltd.** and **Paramount Healthcare Management Pvt. Ltd.** were the recipients of this year's 'Healthcare Leadership Award'!

We would like to thank all our well-wishers and look forward to more such moments of pride!




Take a Chill Pill



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