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HEALTHLINE

Paramount's Monthly Magazine

"To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear." **Buddha.**



**Understanding
Arthritis**



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Releases Stress**



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**Painless
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Understanding Arthritis

There are multiple types of arthritis. By far, the most common is what we call wear-and-tear arthritis, or osteoarthritis. If you're old enough, you probably have some degree of osteoarthritis somewhere in your body — at the base of your thumbs, the tips of your fingers, your hips or your knees. There is also auto-immune or inflammatory arthritis where your immune system itself attacks and pains the joints. There's another category called crystalline arthritis. The most common version of that is gout.

Some questions to get yourself familiar with when it comes to knowing about arthritis.

Q. Are women more susceptible to arthritis?

A: For reasons that aren't very clear, women have a higher tendency to develop autoimmune diseases such as lupus and rheumatoid arthritis. In contrast, crystalline disease like gout seems to be a little bit more common in males.

Q: Is arthritis hereditary?

A: There looks to be some genetic component to it, but just because your mom and dad had osteoarthritis does not mean you're going to get it.

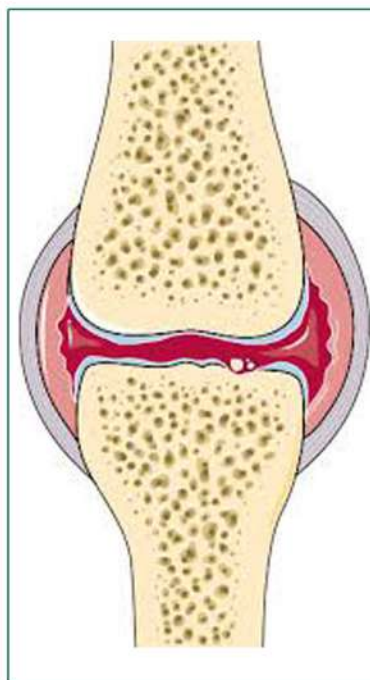
Q. Is heat or cold best for arthritis pain?

A: Warmth brings about inflammation. If you put a hot pack on your hand, it's gets a little bit red, right? That's usually inflammatory cells coming to the surface. It makes sense to use cold to decrease inflammation.

Q. Does weather affect arthritis?

A: Weather can absolutely make a difference on different types of arthritis. But once the weather is stabilized, the joint aches a little bit less. It's probably pressure related — the pressure in the atmosphere that changes with weather can affect the pressure in your joints.

There is no cure to reverse or cure arthritis. However, there are medications and remedies to help manage the symptoms of this illness. Be sure to reach out to a trusted doctor in case you experience any joint pains.



Breath work releases stress.

A report by Harvard Medical released that breath control helped in quelling errant stress responses. Let us look at the benefits of deep breathing:

1. Deep breathing also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration. When you breathe deeply, the air coming in through your nose fully fills your lungs, and the lower belly rises.

2. For many of us, deep breathing seems unnatural. There are several reasons for this. For one, body image has a negative impact on respiration in our culture. A flat stomach is considered attractive, so women (and men) tend to hold in their stomach muscles. This interferes with deep breathing and gradually makes shallow "chest breathing" seem normal, which increases tension and anxiety.

3. Shallow breathing limits the diaphragm's range of motion. The lowest part of the lungs doesn't get a full share of oxygenated air. That can make you feel short of breath and anxious.

4. Deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.

According to research, several techniques can help you turn down your response to stress. Breath focus helps with nearly all of them:

Progressive muscle relaxation



Mindfulness meditation



Yoga, tai chi, and Qi Gong



Repetitive prayer



Guided imagery



International Day of Persons With Disabilities

December 3rd is marked as International Day of Persons With Disabilities and we're here to have an open conversation about some misinformation or assumptions that people may have about those with disabilities.



✘ Myth 1: People with disabilities are brave and courageous.

✔ Fact: Adjusting to a disability requires adapting to a lifestyle, not bravery and courage.

✘ Myth 2: Wheelchair use is confining; people who use wheelchairs are "wheelchair-bound."

✔ Fact: A wheelchair, like a bicycle or an automobile, is a personal assistive device that enables someone to get around.

✘ Myth 3: People with disabilities are more comfortable with "their own kind."

✔ Fact: In the past, grouping people with disabilities in separate schools and institutions reinforced this misconception. Today, many people with disabilities take advantage of new opportunities to join mainstream society.

✘ Myth 4: Non-disabled people are obligated to "take care of" people with disabilities.

✔ Fact: Anyone may offer assistance, but most people with disabilities prefer to be responsible for themselves.

✘ Myth 5: The lives of people with disabilities are totally different than the lives of people without disabilities.

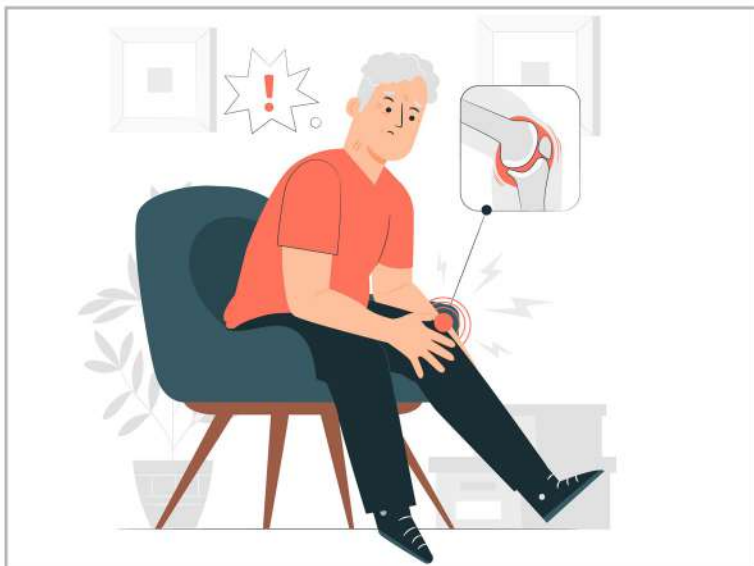
✔ Fact: People with disabilities go to school, get married, work, have families, do laundry, grocery shop, laugh, cry, pay taxes, get angry, have prejudices, vote, plan and dream like everyone else.

✘ Myth 6: There is nothing one person can do to help eliminate the barriers confronting people with disabilities.

✔ Fact: Everyone can contribute to change. You can help remove barriers by:

- *Understanding the need for accessible parking and leaving it for those who need it*
- *Encouraging participation of people with disabilities in community activities by using accessible meeting and event sites*
- *Understanding children's curiosity about disabilities and people who have them*
- *Advocating a barrier-free environment*
- *Speaking up when negative words or phrases are used about disability*
- *Writing producers and editors a note of support when they portray someone with a disability as a "regular person" in the media*
- *Accepting people with disabilities as individuals capable of the same needs and feelings as yourself, and hiring qualified disabled persons whenever possible*

Six exercises that cause no joint pain!



Walking: All you have to do is put on a pair of sneakers, and you're ready to go. You don't need special equipment, and you can do it anywhere. You can also tailor it to your fitness level. You may start out with a leisurely stroll, but if you'd like to challenge yourself, you can pick up the pace, walk in a hilly part of town or use ankle weights or carry dumbbells to boost the benefits of this exercise.



Elliptical and stair machines: When you use elliptical training and stair machines, the fluid motion of these forms of exercise is easy on your joints. You get aerobic exercise that burns calories and benefits your heart.



Stationary cycling: Cycling is non-weight-bearing and low-impact. This means it won't strain your joints. Stationary cycle is a safe option but if you are in need of some fresh air, you may even cycle outdoors.



Pool exercises: Moving your body through water is a great way to tone your muscles, get your heart rate up and burn calories. It's especially easy on your joints due to the buoyancy of water.



Strength training: Strength training is a great way to keep your bones healthy as it is a weight-bearing workout. It also provides a workout for your upper body, which many other exercises don't. Strength training can help you burn calories, tone muscles and stabilize your joints.



Tai Chi: By holding a series of poses, you work your core and strengthen the muscles that hold your joints in position. In addition to being great exercise, you don't need to buy any equipment to participate.

