

# HEALTHLINE

Paramount's Monthly Magazine

“

*Attitude*

*is a little thing that makes a  
big difference.*

– Author Unknown

”

- ILL EFFECTS OF SMOKING AND ALCOHOL CONSUMPTION
- FIRST AID - You can do it too!
- Is your weight-gain workout working in a healthy manner?
- MAJOR STRUCTURE & FUNCTIONS OF HUMAN BRAIN





# Ill Effects of Smoking and Alcohol Consumption

Smoking and alcohol are silent killers causing serious damage to various parts of the body and are also known to be the leading causes of many deaths. Take a glimpse at how they can affect the vital organs:

## Smoking



### Brain

Increases the risk of stroke

### Respiratory system

Causes Chronic bronchitis & Asthma

### Heart

Increases the risk of heart attack due to arteriosclerosis

### Skin and Hair

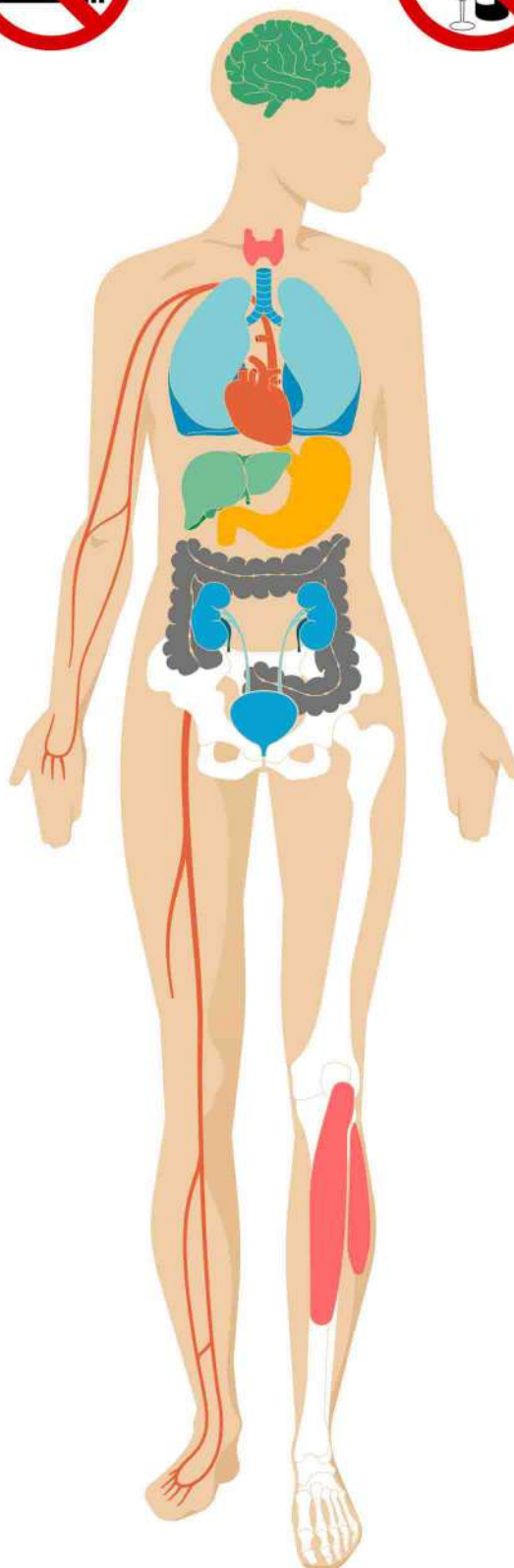
Leads to premature ageing

### Reproductive system

Decreases sexual desire & may cause infertility in severe cases

### Cancer

Lungs  
Esophagus



## Alcohol



### Brain

Leads to poor memory and vision

### Circulatory system

Increases the risk of High Blood Pressure and Stroke

### Liver

Causes Alcoholic hepatitis & Fatty liver

### Digestive system

Damages the digestive tract and leads to poor absorption of food

### Reproductive system

Causes Erectile dysfunction in men & Infertility in women

### Cancer

Esophagus  
Bowel



# FIRST AID - You can do it too!

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.



- Visit the doctor if further treatment is required.



## Must-haves in First aid kit



Cotton



Basic medications  
(Antacid, anti-diarrhea, pain killer, allergy medication, as prescribed by the doctor)



Antiseptic Wipes



Burn ointment



Gauze Bandage



Tweezers



PLASTERS

Adhesive Bandage/  
Elastic Wrap Bandage



Scissors



Thermometer



Antiseptic cream

## 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.

## 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 you are 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.
- 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.





I am simply unable to gain weight!

# Is your weight-gain workout working in a HEALTHY MANNER?

A seldom heard statement, isn't this? To be honest, the question of weight-gain is not as popular as weight-loss in the 'Fitness World'. However did you know- for some people, weight gain is as difficult as weight loss! There are people who want to gain weight and try everything, but are unable to even add a single kilo to their body weight.

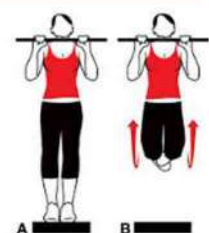
Here are some tips and exercises that can help those who want to gain weight. What's surprising is – most of these exercises are equally effective for weight gain as well as weight loss.

## Squats



It is an effective weight-gain exercise that has effect on many parts of the body. Regular squat training is sure to add some extra weight to your lower body!

Nothing can replace this exercise in developing strong dense and bulky back muscles and thereby assist in weight gain.



## Pull Ups

If you are looking to gain weight, then do not miss this exercise that can add immense aesthetic appeal to your upper body – push-ups! This exercise involves your chest, triceps and shoulder muscles effectively.

## Push Ups



## Bent over Row



An exercise that challenges your back muscles! Simply try it and watch your muscles grow bigger and stronger, thereby assisting in weight gain.

## Parallel bar Dip

This exercise has major and powerful impact on shoulder and triceps muscles. Regular exercise helps to develop bigger and stronger muscles, which also causes increase in body weight.



"Just eat more if you want to gain weight" is a MYTH! For healthy weight gain, it is important to eat healthy.



Sweet Potato



Banana



Chicken



Potato



Wheat Roti

Dry Fruits

**HEALTHY FOODS YOU MUST HAVE FOR WEIGHT GAIN:**

## Useful Tips:

01

Keep giving your body adequate supply of carbohydrates every 2-3 hours

02

Do not wait till you feel hungry. Set a time and ensure sufficient food intake, regardless of hunger

03

Ensure you get proper adequate sleep at least 7-8 Hours

04

Limit your cardio exercises (to avoid weight loss)

05

Avoid skipping meals

06

Avoid unnecessary calorie expenditure in day-to-day routine activities



# MAJOR STRUCTURE & FUNCTIONS OF HUMAN BRAIN

Brain is the command center of the human nervous system which is made up of more than 100 billion nerves that communicate through trillions of connections called **Synapses**.

The largest part of the human brain is the **Cerebrum** accounting for 85 percent of the organ's weight located in the front area of the skull, which is divided into two hemispheres - left and right.

**Cortex**, the outermost layer of the brain, consists of four lobes: **Frontal, Parietal, Temporal and Occipital**

So what is each lobe of the brain responsible for?

## Frontal Lobe

- Problem solving
- Voluntary motor activity
- Behavior and concentration

## Temporal Lobe

- Understanding language
- Memory
- Sequencing and organization of information

## Brain Stem

- Controlling sleep cycles
- Breathing
- Digestion process

## Parietal Lobe

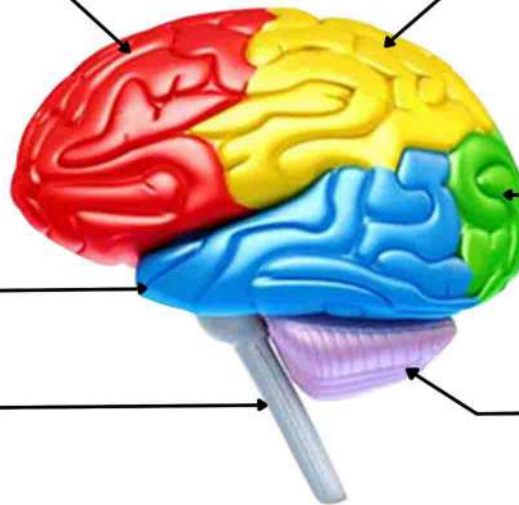
- Reading
- Body orientation
- Interpretation of signals from the sensory organs

## Occipital Lobe

- Vision
- Color perception

## Cerebellum

- Maintaining balance and posture



## TAKE A CHILL PILL



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