

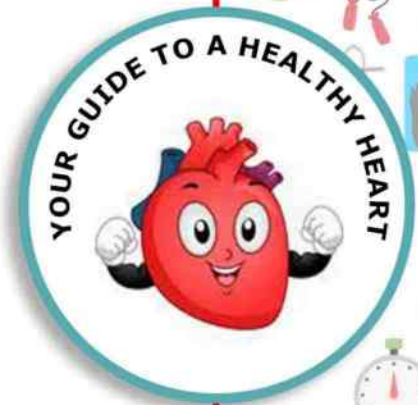
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HEALTHLINE

Paramount's Monthly Magazine



“We are living on this planet as if we have another one to go to. So let us do our bit to save it from destruction.”



Your heart works untiringly pumping around 7600 litres of blood everyday that feed the organs and tissues of your body. Therefore, it is important to know what is harmful for your heart and how to take care of it.

8 Heart Risk Zones



Cholesterol level in the blood is over 200 (mg/dL)



Hypertension or high blood pressure



Diabetes or high blood sugar



Family history of heart disease



Smoking and passive smoking



Sedentary lifestyle



Being overweight or obese



Excess consumption of trans-fat rich food

8 ways to mitigate or eliminate the risk



Make a lifelong commitment to fitness



Practise meditation, yoga and other relaxation therapies



Maintain healthy weight



Consume a diet rich in fruits, vegetables, nuts and unprocessed foods



Go for regular health check-ups



Keep a check and monitor blood pressure and sugar level



Limit alcohol intake



Abstain from smoking

5 Super Foods to keep the Heart Healthy



Almonds help lower bad cholesterol levels.



Salmon is a great source of protein and is also packed with omega-3 fatty acids, which prevents plaque build-up in the arteries.



Walnuts help lower cholesterol levels and protect against inflammation of the arteries.



Soy protein is a heart-healthy food which helps prevent cardiovascular diseases.



Oats provide nourishment, lower cholesterol level and reduce the risk of heart disease.



Depression is a serious mental disorder and can create serious difficulties for the person suffering from it and his/her family. If left untreated, it can result in emotional, behavioural and health problems which can affect various areas of life. Here are some popular myths associated with depression:

MYTH

Depression is not a real illness.

Most people believe that depression is just sadness or self-pity and that it is not a real illness. In fact, people who suffer from clinical depression are often thought to be lazy or weak. However, the fact is – Depression is a serious mental health disorder. Major depressive disorder or 'clinical depression' affects the way the person feels, thinks and behaves. A person suffering from depression may have trouble doing normal day-to-day activities and often feel life is not worth living. They require appropriate treatment that includes mental therapy.

FACT

FACT

It is a common misconception that discussing feelings relating to depression results in more focus on the negative experiences of life. People are often advised not to dwell on these negative aspects or talk about them. However, for many, being alone with their own thoughts is harmful as compared to discussing them. While family and friends will be willing to lend a sympathetic ear, a certified mental health professional, who is non-judgemental, is definitely better equipped to provide the necessary support. Different types of psychotherapy help treat depression by providing guidance on dealing with behavior patterns, negative thought patterns and unconscious feelings etc.

Talking about your problems makes things worse.

MYTH

The good news!

Studies suggest that regular exercise is one of the best weapons to deal with depression. Exercise releases endorphins (the feel good hormone) that can boost a person's mood.

Did You Know?

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

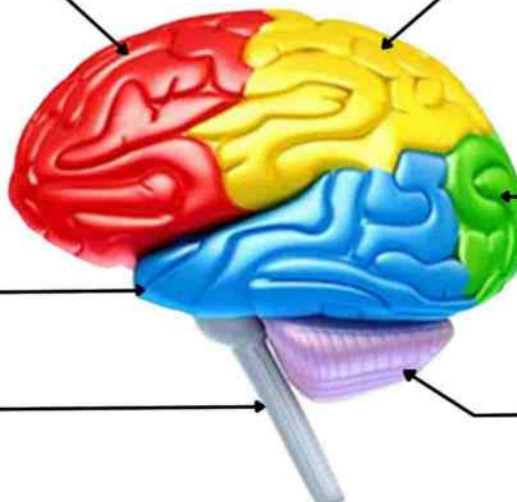
- Reading
- Body orientation
- Interpretation of signals from the sensory organs

Occipital Lobe

- Vision
- Color perception

Cerebellum

- Maintaining balance and posture



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.

Dr. Hoshiyar



- Visit the doctor if further treatment is required.

Must-haves in First aid kit



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.

Read the Editor's Mind

Dear Readers,

In last month's edition of Healthline, you were introduced to the list of services provided by Paramount Healthcare Management Pvt. Ltd. (PHM) – one of the pillars of Paramount Health Group. In this edition, we would like to throw light on one of our core services - '**Customized IT solutions**'.

PHM plays a key role in enabling insurance companies, TPAs and other healthcare players to leverage new technologies to enhance – operations, claims adjudication and investigation processes, patient care experience and engagement. PHM's experts help in strategizing, designing and building IT applications that address the unique business needs and challenges.

PHM's in-house technology experts have been consistently delivering best-in-class, customized software solutions offering unmatched cost advantage to clients worldwide.

Here is a glimpse of PHM's IT solutions:



Take a Chill Pill



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

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