

HEALTHLINE

Paramount's Monthly Magazine



Every great story on the planet happened when someone decided not to give up but to keep going, no matter what.

Impact of chronic stress on health

Myth buster on consumption of supplements

Teeth facts

Facts on fats

How does chronic stress affect our health?

When psychological stress persists, day after day, it could put your health at serious risk.

Our body steals energy from all other systems to direct energy to organs that respond to the stressors which leaves us feeling irritable and fatigued, and affects our essential systems.

How does stress affect the vital organs of our body?

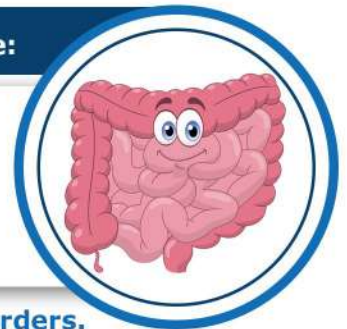
Brain:



- It triggers long-term changes in the brain structure and functions.
- It compresses our pre-frontal cortex which affects our abilities such as concentration, decision-making, judgment and social interaction.
- It also causes loss of synaptic connections between neurons in the hippocampus, the part of our brain that is vital for learning, memory and stress control.

Risk factor: It may lead to depression.

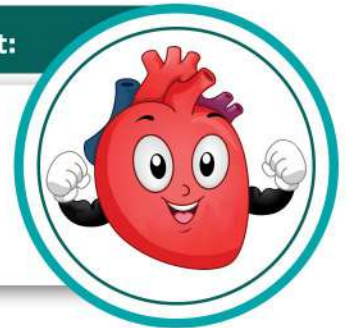
Intestine:



- It disrupts our intestinal nervous system, which is responsible for moving food through our gut.
- It can also increase our gut sensitivity to acid, making us more prone to heartburn.
- It negatively affects the quality of our gut bacteria thereby upsetting our digestion.

Risk factor: It can cause Irritable Bowel Syndrome and other digestive disorders.

Heart:



- Due to stress, the Adrenaline (hormone) pushes our heart to beat faster leading to increase in blood pressure.
- It may result in behaviours such as smoking, physical inactivity and overeating that can lead to high blood pressure and high cholesterol levels.

Risk factor: It can result in hypertension, stroke or heart attack.

Liver:



- Liver produces extra blood sugar (glucose) to give us a boost of energy but it may not be sufficient to meet our stress-related energy dips.
- Our intake of high sugar food increases to meet this energy requirement.
- We need insulin to get glucose (sugar) out of our blood and into our cells. The overdose of sugar exhausts our pancreas, our insulin-factory.

Risk factor: It can increase risk of Obesity and Type 2 Diabetes.

Here are simple ways to deal with stress regularly:

- Do what you love
- Listen to soothing music
- Talk to a friend or a Counsellor
- Exercise regularly
- Do yoga
- Laugh more often
- Take deep breaths
- Meditate
- Relax through relaxation therapies
- Indulge in a hobby
- Get plenty of sleep

So, keep calm and deal with stress!

ARE SUPPLEMENTS SUFFICIENT?

MYTH

I consume vitamin tablets daily so all my nutrient needs are fulfilled. Hence, I can cut down on my fruits and vegetable intake.



FACT

Vitamins and mineral supplements can be useful for some people, when the diet is inadequate, or for increased requirements (such as during pregnancy). These supplements do not give you adequate amounts of macronutrients - carbohydrate, fat, protein and dietary fibre. Hence, a balanced diet which includes a variety of nutritious foods from the core food groups is the ideal way to get all the vitamins, minerals and macronutrients that you need each day. Besides they are called 'supplements' and they cannot replace proper nutrition-dense food.



FACTS ABOUT YOUR TEETH

Without them you cannot chew and break those morsels of food. Without them you cannot break into that lovely smile. Without them you cannot speak to your heart's content. Who are they? They are your 32 white soldiers lined up in your mouth. Here are interesting facts about your pearly white teeth:

Teeth, along with certain other parts of the body, cannot heal by itself.

Tooth enamel is the hardest substance in the human body.

Teeth start to form before a baby is born, but become visible later.

Each individual has a unique profile of teeth, which is why sometimes dental records are used for identification purposes.



FAT FACTS!

Fats play an important role in your body. They give you energy, help protect your organs, keep your body warm, etc. It is important to get the right balance of fats and other nutrients in one's diet. Hence, it is important to understand which fats are good for you. The key difference between the different types of fats is their chemical structure.

What are unsaturated fats?

These are heart-healthy fats that need to be included in the diet. They are known to lower bad cholesterol levels and protect against heart disease.

Unsaturated fats come in two forms:

- a. **Monounsaturated fats** (liquid at room temperature and turn solid when refrigerated). Sources of such fats include:



- Avocados
- Oils such as Olive, canola, and peanut oils
- Nuts such as Almonds, hazelnuts, etc.

- b. **Polyunsaturated fats** (stay liquid at room temperature and in the refrigerator). Polyunsaturated fats are found in-



- Corn, soybean, and sunflower oil
- Walnuts
- Flaxseeds
- Salmon, tuna, and other fatty fish

What are saturated fats?

These fats are known to raise bad cholesterol levels & lower good cholesterol levels if consumed in excess. It can also raise the risk of heart disease and stroke. Saturated fats are found in:



- Whole-milk dairy products - milk, cheese, and ice cream
- Butter
- Eggs
- Palm and coconut oils

Do you know the truth about Trans-fat and hydrogenated oils?

These are usually present in processed food and should be avoided. These types of fats are-

- Directly linked to heart diseases
- Known to increase risk of Type 2 Diabetes
- Known to increase the level of bad cholesterol

Trans-fats are usually found in the following foods:



- Cakes, pies, biscuits, cookies, donuts and other baked foods
- French fries and other fried foods

Tip: To keep yourself healthy, try and get most of your fats from unsaturated sources.

Here's how you can reduce fat intake:



Avoid processed food



Boil or steam food as against frying



Read food labels to check fat levels. Avoid foods where the ingredients include 'partially hydrogenated oil', 'hydrogenated vegetable oil', vanaspati



Preferably consume fresh, homemade snacks

Unscramble this!

All you have to do is 'unscramble the words' and find the answers. Interesting isn't it?



These type of fats are considered 'healthy' fats and consuming them improves the blood cholesterol levels thereby decreasing the risk of heart disease. It is recommended to consume food rich in these type of fats.



Botanically, the following fruit is categorized as a berry since it is developed from a single flower and an ovary. Its fiber content, or roughage, aids in bowel movement and helps us feel full after consumption. It is also an easy-to-go snack.



These are living bacteria found in certain foods that help in maintaining a healthy gut environment and also play an important role in strengthening our immune system. They are commonly found in Yogurt.



These berries contain proanthocyanidins, a compound which helps prevent urinary tract infections by stopping bacteria from lining the urinary tract walls and thereby preventing the spread of bacteria.

Answers to 'Unscramble this' section : 1. Unsaturated 2. Banana 3. Probiotics 4. Cranberries



'Light' Humour



Why did the diet coach send her clients to the paint store?
She heard you could get 'thinner' there.

The toughest part of a diet isn't watching what you eat.
It is watching other people eat.



What is the most fattening thing that you can put in an ice cream sundae?
Your spoon.

Have you ever wondered? If we're not meant to have midnight snacks then why is there a light in the fridge?



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