

Edition: November 2019

# HEALTHLINE

Paramount's Monthly Magazine



**We don't grow  
when things are easy.**

**We grow when  
we face challenges.**



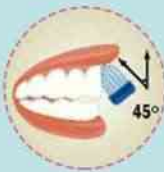
**Your oral health is in your hands!**

- Brush teeth twice a day using pea-sized amount of toothpaste. Floss regularly.
- Rinse mouth well after every meal.
- Eat a healthy diet that limits sugary beverages and snacks.

**Toothbrush tips:**

- Replace your toothbrush every three to four months or sooner, if bristles are frayed or after an illness.
- Store the toothbrush in an upright position and allow the toothbrush to air-dry until you use it again.
- Use brushes with soft, nylon, round-ended bristles, to avoid damage to the teeth and gums.

**How to brush?**



Hold the toothbrush at a 45 degree angle towards the gum line.

Gently brush the inner and outer surfaces of teeth, moving the brush in short strokes, back and forth.



Brush the chewing surface of each tooth, in a back and forth scrubbing motion.

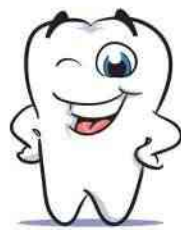
Use the tip of the toothbrush and clean behind each tooth.



Clean the tongue from back to front using the brush for fresher breath.



Schedule dental check-ups every six months, especially for children.



Avoid tobacco products; they can cause bad breath and tooth discoloration.



**How to floss?**



- Take 18 inches of floss and wind the ends of the floss around each middle finger leaving an inch or two for flossing.



- For proper grip, hold the floss firmly between your thumb and index fingers.



- Slide it gently up and down, between your teeth.



- Move the floss up and down against the surface of the tooth and under the gumline.

- Do not force or snap the floss as it may cut the gum tissues.

- Always use a clean section of floss as you move from one tooth to another.



**Fun Teeth Facts**

- Your teeth are as unique as your fingerprints! This means that no two persons will have identical set of teeth.
- Tooth enamel, the outer layer of teeth, is the hardest tissue in the human body.
- Tooth enamel cannot be naturally re-generated. It cannot be artificially re-grown either. Hence protect it!




**'Being thin is the only way to be fit'**


This is an extremely common misconception amongst people.

Maintaining a healthy weight is what every individual should aim for. While being obese is definitely not good for health, considering yourself to be 'fat' and wanting to lose weight, even when you fit in the healthy range is also not good. You may be thin, but if your FAT:MUSCLE ratio is not appropriate, you run the risk of being unfit! Fitness is not just about size, there are also other factors such as your stamina (cardio-vascular endurance), strength and flexibility that determine your fitness. You may be thin, but if you face any of the following difficulties it could mean that you are unfit –







Heavy breathing after climbing 3-4 steps



Cramps in legs and calves while walking fast



Inability to sit in cross-legged sitting position



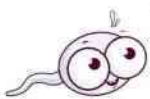
Stiffness of lower back while lifting anything from the ground

**Hence aim to be FIT, rather than to be THIN!**

**Did you know?**

**INTERESTING FACTS ON HUMAN REPRODUCTIVE SYSTEM**

• During ovulation, there is release of an egg or ovum from the ovary, which is pushed through the Fallopian tube. This ovum is either fertilized or pushed out of the body during menstruation.

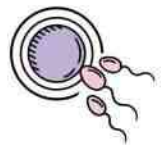


• The male reproductive system houses the smallest human cell - the sperm, which is around 5x3 micrometers in size (excluding the sperm's tail).



• The female reproductive system houses the largest human cell - the ovum, which is around 120 micrometers in diameter.

• Humans have 22+1 chromosomes. The 23rd pair determines the sex of the baby. The ovum contains X chromosome and the sperm may have either X or Y chromosome. If X sperm fertilizes the ovum, it will result in a female baby; and if Y sperm fertilizes the ovum, it will result in a male baby.



• Men produce more than 500 billion sperm cells during their lifetime. During each ejaculation, a healthy man can release more than 1.2 million sperm cells out of which usually only one sperm fertilizes the ovum.



• Women have about 1-2 million eggs when they are born, out of which only 0.3 million eggs are present till puberty. Only 300 – 400 of these eggs ovulate before menopause (cessation of menstruation).

• Zygote is a single cell entity which is formed after the fusion of sperm and egg. Every human being spends about half an hour as a single cell, after which the cell begins to divide to form an embryo.



• By the 8th week of pregnancy, vital organs such as brain, heart, skin, stomach, genital tube, etc. are developed within the embryo. The embryo is roughly the size of an adult's thumb.



In the month of November, Children's Day is celebrated. Let's aim to be effective parents to our children instead of being perfect parents as parenting is a journey of learning and unlearning, and there is no perfect way to raise a child as each child is unique. While there is no personalized guidebook, here are some effective ways to encourage your child's overall development.



### Ways to nourish your child's Cognitive and Intellectual development

Cognitive development refers to the way in which children learn to think logically, reason out and solve problems. It is important that parents create a healthy and engaging environment so that children develop their cognitive skills. Here's what you can do:

- Participate with your child in various skill-building activities (reading, role-playing, science activities, etc.) and engage with them in play-way methods. This will help build language skills, thinking skills, creativity, etc.
- Nurture your child's creative interests. Encourage imaginative learning. Engage your child in reading activities, art, craft and brain games such as memory games, word and number games.
- Ensure children get sufficient sleep at night.
- Give your child the opportunity to learn through their senses and allow them to explore their toys and learn.
- Plan trips to interesting places such as the library, museum, zoo, etc. to stimulate their sense of curiosity.

Most importantly, listen to their questions carefully and respond with interest. This will build your child's sense of self-worth and confidence while dealing with challenges.

### Ways to nourish your child's Physical development

- Provide exposure to fitness activities including outdoor sports.
- Provide them with healthy and nutritious food, preferably home-cooked.
- Ensure your child adopts good hygiene practices.
- Discourage inactivity by limiting their screen time.
- Engage small children in fine motor skill building activities such as threading, lacing, beading, etc.
- Ensure vaccinations are done on time.
- Track your child's developmental milestones.



### Ways to nourish your child's Socio-emotional development:

Early years are important for your child's socio-emotional development. As your child's first role model, it is important that you lead by example and build positive behavior in your child.

- Build a strong bond and sense of trust with your child.
- Give your child ample attention and encouragement.

- Praise their accomplishments.
- Talk and discuss their thoughts, emotions, stress and peer pressure. Discuss topics such as negative digital influences, gender bias, 'good touch' and 'bad touch', etc.
- Avoid fighting or using abusive language in front of your kids.



### Every child's unsaid words:

**Mommy and daddy I love it when:**

- You listen to me
- You sit down and play with me
- You cuddle me and read stories
- You guide me with home work
- You don't use the phone while talking to me
- You allow me to help you with your chores
- You appreciate my work
- You get back home from work on time
- You express your love towards me



## Read the Editor's Mind

Dear Readers,

We are glad to share with you some good news!

Recently, at the **Gujarat Healthcare Leadership Awards** held in September 2019 at Ahmedabad, our company **Paramount Health Services & Insurance TPA Pvt. Ltd.** was presented the **Healthcare Leadership award**.

Gujarat Healthcare Leadership award recognizes leaders who have contributed value and made a difference. The event was organized by **World Health & Wellness Congress & Awards**. It was endorsed by and the certification was provided by the World Federation of Healthcare Professionals.



## Take a Chill Pill



What do you call an Alligator in a vest?

**'An INVESTIGATOR'**

## Some Fun with Puns

How do you put a baby alien to sleep?

**'You ROCKET'**



I'm reading a book about anti-gravity. I can't **PUT IT DOWN.**



I lost my job at the bank on my very first day. A woman asked me to check her **BALANCE**, so I pushed her over.



I tried to sue the airline for losing my luggage. I lost my **CASE.**

For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.comm@paramount.healthcare](mailto:corp.comm@paramount.healthcare)

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