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# HEALTHLINE

Paramount's Monthly Magazine



*Let's  
build  
WELLNESS  
rather  
than treat  
DISEASE.*

World  
Pneumonia Day



Food cravings

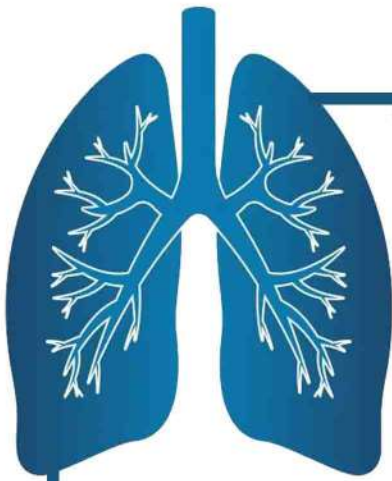


Push-Pull-Person  
method



Did you know?

# WORLD PNEUMONIA 12 NOV DAY



Pneumonia, an acute respiratory infection commonly caused by virus or bacteria, is the single biggest infectious killer of adults and children claiming the lives of 2.5 million, including 6,72,000 children in 2019. The surge in Covid pneumonia cases in recent times is expected to add significantly to the total number of deaths due to pneumonia.

World Pneumonia Day is observed every year on November 12 to raise awareness about the disease. Overall, India accounts for 23 per cent of the pneumonia burden globally and case fatality rates range between 14 and 30 per cent.

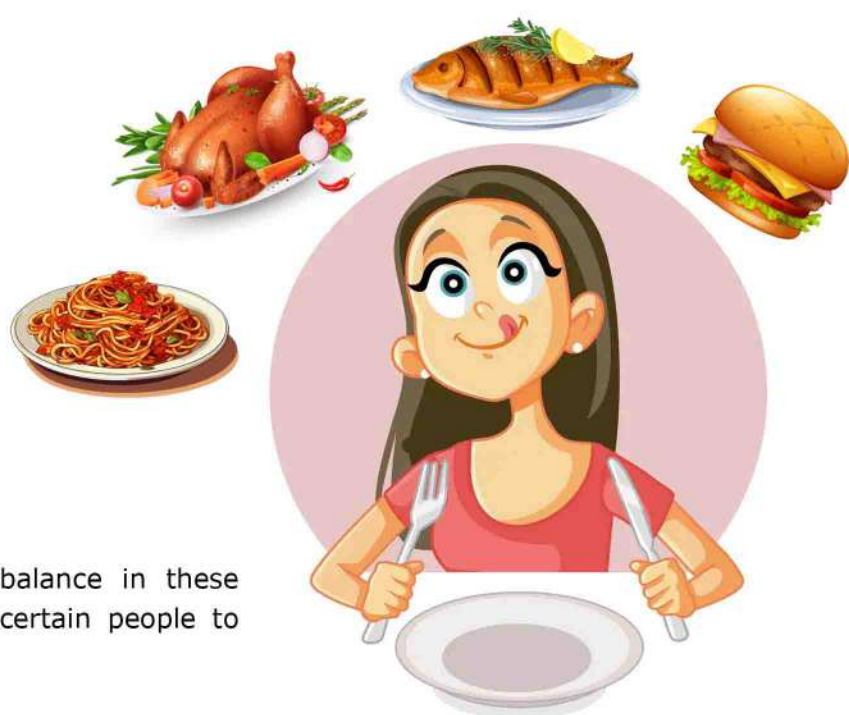
## Five facts to know about the disease:

- 1** The chances of getting pneumonia can be substantially reduced. The flu is a common cause of pneumonia, so preventing the flu is a good way to reduce your risk of pneumonia. In addition, those at risk can get vaccinated against pneumococcal pneumonia.
- 2** Anyone can get pneumonia. While some people are at higher risk than others, anyone can get pneumonia. Symptoms of pneumonia include fever, wheezing, cough, chills, rapid breathing, chest pains, loss of appetite and malaise, or a general feeling of weakness or ill health.
- 3** Pneumonia can have more than 30 different causes. Many germs, such as bacteria, viruses and fungi can cause pneumonia. Understanding the cause of pneumonia is important because pneumonia treatment depends on its cause.
- 4** It can be deadly. Pneumonia can be very serious and can cause death. Complications from pneumonia include respiratory failure, sepsis and lung abscess and are more likely to affect older adults, young children, those with a weakened immune system and people with other medical problems.
- 5** Good health habits can fight pneumonia. Washing your hands, following a healthy diet, getting adequate rest, regularly exercising and not smoking are all habits that can help you from getting sick from bacteria, viruses and other causes of respiratory illnesses. Good health habits also promote fast recovery when you do get sick.













# Why? we crave for


# FOOD





## Physical causes:


-  **Leptin and ghrelin imbalances.** An imbalance in these hunger and satiety hormones may cause certain people to experience more food cravings than others.
-  **Pregnancy.** Hormonal changes in pregnancy may influence your smell and taste receptors, in turn, causing you to experience more intensified cravings.
-  **Premenstrual syndrome (PMS).** The changes in the hormones estrogen and progesterone that occur right before your period may intensify cravings, especially for carb-rich foods.
-  **Lack of sleep.** Too little or poor quality sleep can disturb your levels of the hormones responsible for regulating hunger, satiety, and sleep-wake cycles, possibly intensifying food cravings, especially in the evenings.
-  **A nutrient-poor diet.** Nutrients like protein and fiber can help you feel full. A diet that's low in these nutrients may cause you to feel hungry or experience cravings, even if you have otherwise eaten enough calories.
-  **Poor hydration.** Ingesting too little fluids can intensify feelings of hunger or cravings in some people.
-  **Your gut flora.** There is some evidence that the type of bacteria present in your gut may influence the frequency and type of cravings you may have. However, more research is needed to confirm this link.
-  **Physical activity.** An increase in your level of physical activity, even if just by walking more, may help reduce food cravings. Similarly, moving less than you usually do may cause you to experience more food cravings.
-  **Highly processed foods.** There is some evidence that highly processed foods rich in added fat and sugar may cause addiction-like symptoms, in turn, possibly increasing cravings.
-  **Frequency at which you eat the craved foods.** Eating a craved food less frequently may be more effective at reducing your craving for that particular food than eating a small portion of that food whenever you crave it.

## Mental causes:

 **Stress.** Stress can increase your levels of the hormone cortisol. High cortisol levels may be linked to hunger, cravings, and a higher likelihood of stress- or binge-eating behaviors.

 **Your personality.** Some evidence suggests that people who are more impulsive or have higher scores on measures of addictive personality may also have a higher likelihood of experiencing food cravings.

 **Eating context.** Your brain can associate eating a specific food to a specific context — for instance, popcorn and a movie. This may cause you to crave that particular food the next time the same context comes around.

 **Your mood.** Certain moods may trigger cravings for specific foods. For example, negative moods appear to often spark cravings for comfort foods.



### Leaving a notorious habit

Smoking is a notoriously difficult habit to get rid of! Nicotine has been proven to be as addictive as cocaine and heroin, and less than 7 percent smokers are able to successfully give up the habit. This is despite the fact that 70 percent of smokers say they want to quit.

#### The Push-Pull-Person method:

**Push :** Understand what is pushing you into smoking? It could be boredom, stress, or lack of confidence. Solve this cause first so that when this moment comes, know that reaching out for a cigarette is not your only option.

**Pull :** What is pulling you into smoking is the dopamine kick and this is how addiction works. Finding a replacement for that kick that gives you long term pleasure is the next step.

**Person :** The main reason for you to smoke is you, as long as you identify yourself as a smoker , it is impossible to quit. So changing that narrative about yourself is the most important step.

Speak to an expert of course about quitting smoking and what are the techniques that can be learnt. It is also advised to follow strict instructions of the doctor and get the right kind of help. Joining support groups can also be helpful in some cases, so don't be shy asking to join the appropriate support group.



# 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

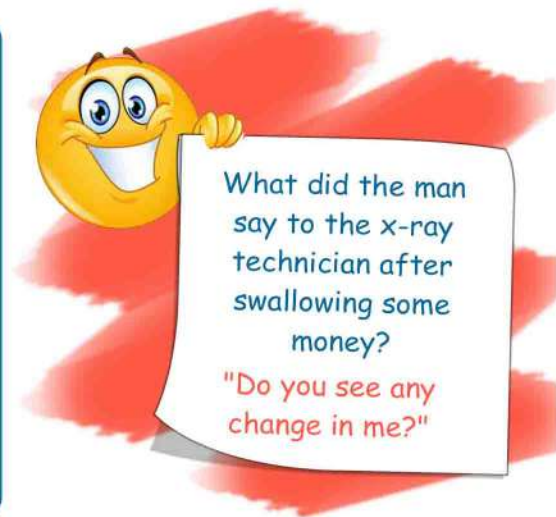
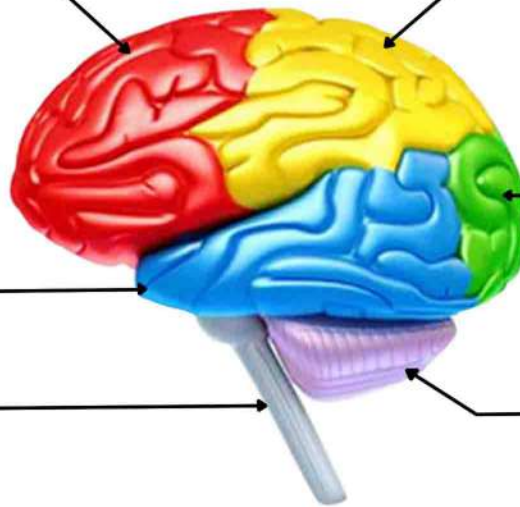
- Reading
- Body orientation
- Interpretation of signals from the sensory organs

### Occipital Lobe

- Vision
- Color perception

### Cerebellum

- Maintaining balance and posture



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