

Edition: October 2018

# HEALTHLINE

Paramount's Monthly Magazine

“It is never too early or too late to work towards being the **HEALTHIEST** version of YOU!”

All about Menstrual Cycle



'Slim Facts' - Myth Buster



Facts on the Male Reproductive System



Your Heart Matters





Hi, I am the ovary and I play an important role in the reproductive system of women! You must be aware about the term 'menstrual cycle'. So let me answer the most popular question - why do women menstruate regularly?



Well, did you know - the menstrual cycle is the body's way of preparing for a possible pregnancy. On an average the menstrual cycle is 28 days long; however, it can range in length from 21 days to about 35 days.



Mr. Pituitary Gland

The cycle is triggered by me and my buddy gland Mr. Pituitary (located in the brain). Together, we plan and send out hormones during the menstrual cycle that lead to the following events.



Here's what happens to a woman's body during and after menstruation:



- Ovaries:** These are grape-sized glands located near the uterus and are part of the endocrine system
- Progesterone:** A hormone that maintains the uterus lining that prepares the woman for pregnancy once the egg is fertilized
- Estrogen:** Controls the growth of uterus lining
- Follicle Stimulating Hormone (FSH):** Releases the mature egg from the egg follicle
- Luteinizing Hormone:** Triggers ovulation and development of the corpus luteum



## 'Being thin is the best 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. Also, 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 not fit –

- 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?

## THE HUMAN CELL GENERATOR SYSTEM – MALE REPRODUCTIVE SYSTEM

Let's have a look at the important parts of a male reproductive system:

### • Scrotum:

The scrotum is a sac-like organ made of skin and muscles that houses the testes.

### • Epididymis:

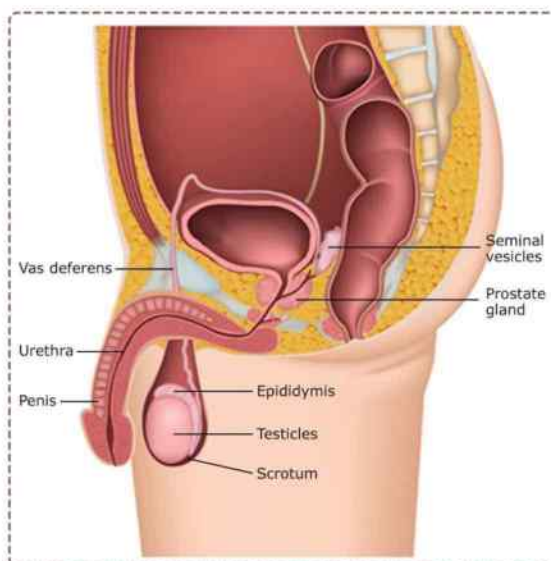
It stores the sperm cells that are produced in the testes and brings the sperm to maturity.

### • Seminal vesicles:

It produces a sugar-rich fluid (fructose) that provides sperm with a source of energy to help them move.

### • Urethra:

It is a tube that carries the sperm out of the penis when the man reaches orgasm. Its function is also to carry urine from the bladder to the outside of the body.



### • Testicles (also called Testes):

Their major role is to produce sperms and testosterone.

### • Vas deferens:

During sexual arousal, contractions force the sperm into the vas deferens. The vas deferens transports mature sperms to the urethra from the epididymis.

### • Prostate gland:

Its important function is the production of a fluid that together with the sperm cells makes up semen. This fluid contains enzymes, proteins, and other chemicals to support and protect the sperm during ejaculation.

### • Penis:

It is a male erectile organ by which semen is discharged from the body during intercourse.

Here are some lesser known facts about the male reproductive system:



Sperm cells are the smallest cells of the human body - 3 to 5 micrometers in size (excluding the tail). Its tail is called a 'flagella' and it helps the sperm propel it through the cervix, uterus and fallopian tube towards the egg in the female body.



Process of sperm production (spermatogenesis) which happens in the testicles, requires an optimal temperature which is around 2-3 °C lower than the normal human body temperature; this is why the Scrotum, which contains the testicles, is present outside the body.



Testosterones are the hormones that are responsible for 'manly' characteristics in men. Deep voice, body hair, height and muscle mass are some of these characteristics.



The liquid produced by the Seminal vesicles contains proteins and mucus, and has an alkaline pH to help the sperm survive in the acidic environment of the vagina after intercourse.



Dr.  
Hoshiyaar

### 1. What are the common types of Heart Diseases?

- Heart Attack is one of the most commonly and frequently occurring heart diseases, and one of the leading cause for deaths in the middle age.
- The medical terminology for Heart attack is 'Myocardial infarction'. In simple terms, it is death of heart muscle due to the insufficient blood supply. This insufficiency occurs because of narrowing of coronary arteries which supply blood to heart muscles.
- The second most common is valvular heart disease that affects the valves. These valves help regulate blood flow, within and out of the heart.
- Another type is Heart rhythm disturbances (arrhythmias) which affects the pace of the heart at which it pumps blood.

### 2. What are the common symptoms of Heart Attack?

If one experiences all these symptoms collectively, it could be an alarming sign of a heart attack:

- Discomfort in the chest – burning sensation, choking, uneasiness, pressure, heaviness, or pain in the chest, arm, or below the breastbone.

- Discomfort radiating to the back, jaw, throat, or arm with breathlessness.
- Fullness, indigestion, or choking feeling (may feel like heartburn).
- Sweating, nausea, vomiting, or dizziness.
- Extreme weakness, anxiety, or shortness of breath.
- Rapid or irregular heartbeats.

The group of symptoms may vary depending upon the person's health and medical conditions.

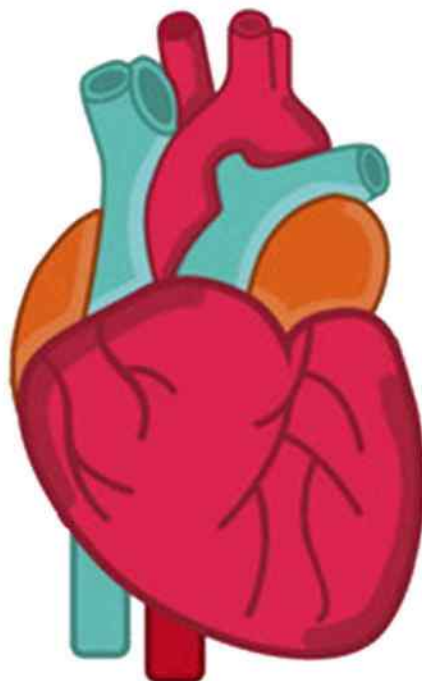
### 3. How does the narrowing of arteries or blockages occur?

Arteries become narrow due to deposition of excess fats inside the wall of the arteries.

Over a period of time, this build-up of excess fats turns into plaque which may partially or completely block the arteries and reduce the free flow of blood.

### 4. What is first aid treatment for heart attack?

- Never neglect a person with chest pain and who suffers from the aforesaid symptoms.
- Make the person sit in a slightly reclined position.



- Take the person to a more ventilated area.
- Seek immediate medical attention.
- Keep emergency contact numbers handy for speedy action.

### 5. How to prevent heart disease by modifying our lifestyle?

#### Make changes in your diet:

- Include food containing fibre which eventually lowers the cholesterol level in the blood like raw salads, whole wheat, millets, fish, etc.
- Avoid food high on salt, preservatives, saturated and trans-fats which is the root cause of blockages.

#### Be physically active every day:

- Regular exercise helps to burn the excess fats and limits the deposition of fats in the arteries.
- It enhances circulation and oxygenation of blood.

#### Limit alcohol intake:

- Heavy drinking weakens the heart muscles, which means the heart cannot pump blood efficiently.
- Drinking excessive amounts of alcohol causes rise in blood pressure level which eventually causes heart disease.

#### Avoid smoking:

- The carbon monoxide and nicotine present in tobacco smoke reduces the amount of oxygen in the blood which means the heart has to pump harder to supply the body with the oxygen it needs. This weakens the heart muscles.
- Smoking damages the lining of the arteries, leading to a build up of fatty material which narrows the artery leading to heart attack.

## Read the Editor's Mind

Dear Readers,

We are pleased to share with you the highlights of a recent event attended by our **Managing Director, Dr. Nayan Shah**.

In August 2018, Dr. Shah was invited to participate as a speaker in the **Insurance Conclave 2018** held in Mumbai. The event was organized by Insurance Alertss and was sponsored by The New India Assurance Co. Ltd., Cigna TTK Health Insurance Co. Ltd. and Insurance foundation of India. Dr. Shah was one of the speakers who participated in the discussion – **'How technology can enhance the customer service experience especially at the time of claims'**.

The full video of the informative discussion is available on our social media pages.

## Glimpses of the event!




## Take a Chill Pill



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

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

 [phm\\_healthcare](https://twitter.com/phm_healthcare)

 [ParamountHealthcare](https://www.facebook.com/ParamountHealthcare)

 [blog.paramount.healthcare/](https://blog.paramount.healthcare/)

This disclaimer governs the use of this newsletter. The articles and features provided herein are solely for informational and educational purposes only. The information is not advice & should not be treated as such. We do not claim that this information is an exhaustive compilation of information about these listed facts. We do not represent, warrant, undertake or endorse the accuracy or reliability of any information, contents contained in or linked, herein provided. This information can by no means replace consultation of Doctor or an Expert for professional judgment and advise. We do not provide our own contents (information) and instead acquires them on Good Faith from other sources by purchasing, licensing or freely obtaining them and as a result we are not responsible for the authenticity, accuracy or originality of the provided information. This information is for private circulation only. Thus we shall not be liable to any party as a result of any information or resources made available through this information.