

HEALTHLINE

Paramount's Monthly Magazine



Communities and countries and ultimately the world are only as strong as the health of their women.

Michelle Obama



Breast cancer awareness month

Osteoporosis risks

Milk - good or bad?

10,000 steps challenge



There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

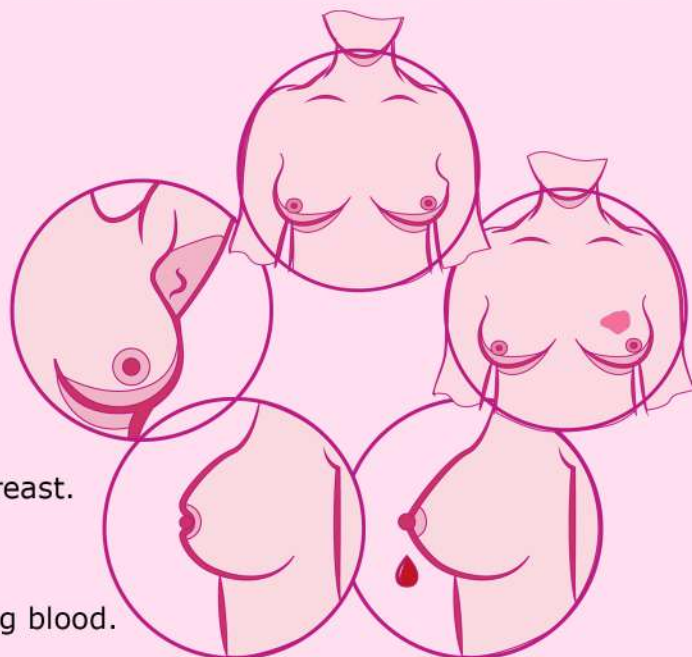
What is breast cancer?

Breast cancer is the second most common cancer among women. It is a disease in which cells in the breast grow out of control. Cancer cells can also spread, or metastasize, to other parts of the body.

What symptoms should I look for?

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Pulling in of the nipple.
- Redness or flaky skin in the nipple area or the breast.
- Any change in the size or shape of the breast.
- Nipple discharge other than breast milk, including blood.
- Pain in the breast.



These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

Here are some things you can do to reduce your chance of getting breast cancer:



Keep a healthy weight.



Don't drink alcohol, or limit alcoholic drinks to no more than one per day.



Engage in regular physical activity.



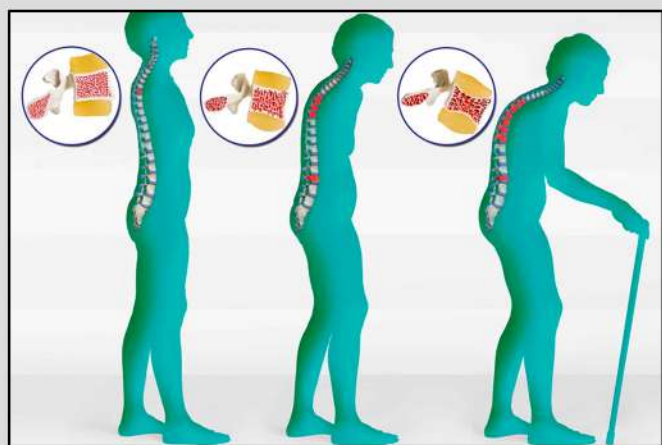
Osteoporosis

What you need to know

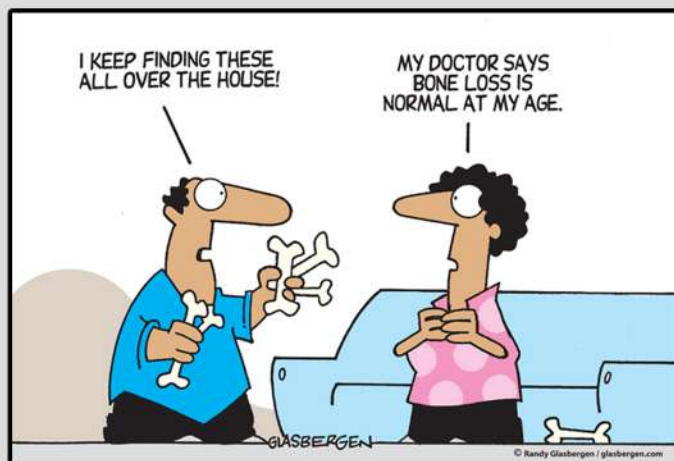
According to a study conducted in 2017 women aged 50 years or older have a four times higher rate of osteoporosis and a two times higher rate of osteopenia compared with men.

Your risk for osteoporosis is higher if you:

- **Are past menopause.** After menopause, your ovaries make very little of the hormone estrogen. Estrogen helps protect bone density. Some women lose up to 25% of bone mass in the first 10 years after menopause.



- **Have a small, thin body** (weigh less than 57 kgs).
- **Have a family history of osteoporosis.**
- **Do not get enough calcium and vitamin D.** Calcium and vitamin D work together to build and maintain strong bones.
- **Do not get enough physical activity.** Women of all ages need to get regular weight-bearing physical activity, such as walking, dancing, or playing tennis, to help build and maintain bone density.
- **Have not gotten your menstrual period for three months in a row** (called amenorrhea). If you have amenorrhea and you are not pregnant, breastfeeding, or taking a medicine that stops your periods, talk to your doctor or nurse. Not getting your period means your ovaries may have stopped making estrogen.
- **Have an eating disorder.** Eating disorders, especially anorexia nervosa and bulimia nervosa, can weaken your bones. Anorexia can also lead to amenorrhea.
- **Smoke.** Women who smoke have lower bone density and often go through menopause earlier than nonsmokers. Studies also suggest that smoking raises your risk for broken bones, and this risk goes up the longer you smoke and the more cigarettes you smoke.
- **Have a health problem that raises your risk of getting osteoporosis.** These include diabetes, premature ovarian failure, celiac disease and inflammatory bowel disease, and depression.
- **Take certain medicines to treat long-term health problems,** such as arthritis, asthma, lupus, or thyroid disease.
- **Drink too much alcohol.** For women, experts recommend no more than one alcoholic drink a day if you choose to drink alcohol. Long-term, heavy drinking can cause many health problems, including bone loss, heart disease, and stroke.



How good is for you?

According to a recent study published in 2021, here's what findings have to say about milk sources and Bone Mineral Density(BMD):



Cow's milk and dairy products and BMD:

Milk and dairy products contain protein, minerals and vitamins, which may be beneficial for bone health. Cultured dairy products (e.g., yogurt and kefir) are formed by adding starter cultures, which convert the lactose in milk to lactic acid. For this reason, fermented dairy products may also contain bacteria, which are beneficial for human health.

Plant Based Milks and BMD:

In the last years, the market availability of plant products, substitutes for cow's milk, has increased. These products are made from, among others, soybeans, rice, oats, almonds, coconut and are called plant milk or plant beverages. The most similar protein content to cow's milk occurs in soya beverages. In turn, the content of protein in rice, oats and almond milk is very low. Plant beverages contain a lower amount of saturated fatty acids and do not contain cholesterol. However, producers frequently add fat and sugar to these products, which may increase the risk of metabolic disorders. Moreover, plant beverages contain a lower amount of iodine, potassium, phosphorus and selenium compared with semi-skimmed milk.



Recommendations drawn from the study:

- Intake of milk and dairy products is beneficial for every age group but especially for children and adolescents, when the development of bone mass is dynamic. Milk and dairy products are sources of not only high bioavailability calcium but also of vitamin D and proteins. Patients with a lactose intolerance or cow's milk allergy should avoid or limit milk and dairy product consumption.
- Breast milk is an optimal food for infants. Children should be exclusively breastfed for the first six months of their life.
- Human milk is also preferred food for children with a cow's milk allergy.
- Plant milk (soy, rice, almond and others) should not be introduced as an alternative to cow's milk for children under two years of age.

The magic of walking 10,000 steps daily

1

Improves concentration: Physical activity boosts the release of feel-good hormones (like endorphins) and also increases blood flow to the brain, which results in improved cognitive function. Not only do you feel less stressed and anxious when you regularly move, but you are also working toward improving your creativity, productivity and concentration.

2

Strengthens bones: Physical activity (particularly weight-bearing exercises) places extra stress on your bones, which helps improve their density and lowers your risk for osteoporosis later in life. Walking, and better yet running, are great places

3

Stabilises blood sugar: When you're physically active, your muscles use more of the glucose in your bloodstream. Activity also helps the insulin in your body work more efficiently.

4

Helps lower blood pressure: Physical activity is important for preventing and managing high blood pressure. Getting in your daily steps can help reduce the stiffness of your vessels, allowing blood to flow more freely.

5

Boosts energy levels and improves mood: Physical activity triggers the release of key neurotransmitters like endorphins, serotonin and dopamine, all of which play key roles in mood control.

THE 10,000 STEPS A DAY CHALLENGE

This walking plan focuses on your daily walking time and steps taken. Total step count and duration is cumulative throughout the day, meaning that you can do all of your walking at once, or split the time up throughout the day, whenever it's convenient for you. For example, if your daily goal is 60 minutes, you could walk for 25 minutes in the morning, 15 minutes at lunch and 20 minutes after dinner.



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