

# HEALTHLINE

Paramount's Monthly Magazine

The happiest  
people don't  
have the best  
of everything,  
they just  
make the  
best of  
everything!

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Breast  
Cancer  
Awareness

● How does our  
immune system  
works?

● Do you practice  
Self-compassion  
everyday?

● Some  
'Sweet &  
Salt' Talks

# BREAST CANCER AWARENESS



October is known as Breast Cancer Awareness Month



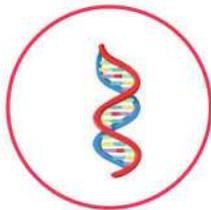
**1 IN 8 WOMEN** get breast cancer in their lifetime.

Breast cancer is caused by cell abnormalities within: 1) The milk ducts 2) The mammary glands

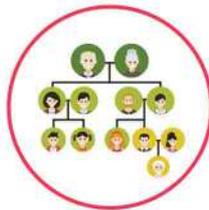
## Risk Factors



Above 40 years of age



Genetics



Family history



Obesity



Excess use of contraceptive medicines

## Warning signs and symptoms of breast cancer

- 01 Pain in any area of the breast or armpit
- 02 Change in size, shape or skin texture of the breast
- 03 A lump in the breast or armpit
- 04 Abnormal nipple shape, discharge or bleeding from the nipple, rashes around the nipple

## Regular monitoring guidelines:



### What is the regular practice to be followed?

Regular self-examination of breasts is a must. Women should be aware as to how their breasts normally look and feel. If you feel any change, then consult the doctor.



### How often should one go for breast examination?

#### Women in their 20's and 30's :

- Sonomammography once in three years

#### Women above 40's :

- Opt for a mammogram once in three years

## Preventive measures

### 1. Keep weight in control

Overweight or obese women are at a higher risk

### 2. Limit alcohol use

Alcohol can increase estrogen which can increase the risk

### 3. Exercise

Exercising 3 days in a week may lower the risk

### 4. Breastfeed

Lactating mothers must breastfeed as it reduces estrogen exposure that helps prevent breast cancer

**CONTACT YOUR HEALTHCARE PROVIDER IF YOU HAVE, ONE OR MORE OF THESE RISKS, OR NOTICE ANY OF THESE SIGNS.**

# How does our immune system attack disease-causing micro-organisms?



## Our In-house Military

**White Blood Cells** (also known as Leukocytes) seek out and destroy disease-causing micro-organisms



### The two basic types of Leukocytes are:

**Phagocytes** - cells that chew up invading organisms

**Lymphocytes** - cells that allow the body to remember and recognize previous invaders, and help the body destroy them

### The two kinds of Lymphocytes are B Lymphocytes (B cells) and T Lymphocytes (T cells).



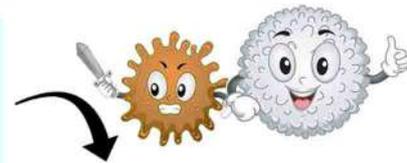
**B cells** - seek out their targets and send defenses (antibodies) to lock onto them

**T cells** - destroy the invaders that the B Cells have identified

## War Time



1. When antigens (foreign substances that invade the body) are detected, several types of cells work together to recognize them and respond.

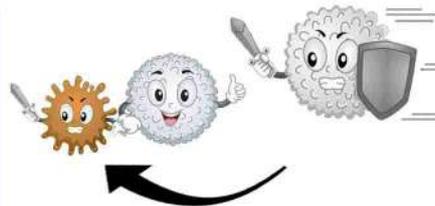


2. These cells trigger the B cells to produce antibodies which are specialized proteins that bind to specific types of bacteria and virus (antigens), like tags.

5. Antibodies can activate a group of proteins called 'Complement' that also assist in killing bacteria, virus, or infected cells.



4. Once the antibodies are produced in the person's body and if his/her immune system encounters the same antigen again, the antibodies are released.



3. T cells destroy antigens that have been tagged by antibodies, or cells that have been infected. T cells are also involved in sending signals to other cells (like phagocytes) to do their jobs.

Isn't it impressive how our immune system helps us stay disease-free? It is important we strengthen it in the following ways:



Include plenty of vegetables, fruits, nuts and seeds in our diet



Abstain from excessive alcohol consumption and/or smoking



Ensure adequate sleep of 7-8 hours at least



Follow a regular exercise regime



Consume Probiotics daily such as curd, buttermilk, etc.

# DO YOU PRACTISE SELF-COMPASSION EVERY DAY?

How often do you catch yourself, saying unkind things to yourself, such as “Oh, how could I be such a jerk?” or “If I weren’t so careless all the time, I wouldn’t have made that mistake!” (or maybe much worse). Would you say these things to a good friend?

It seems that harsh self-judgment and being auto critical has become normal for many of us and we may even believe that it is the best way to motivate ourselves to do better. But be aware that such continuous self-critical treatment is not helpful, and can be very harmful to our ability to feel good about ourselves, and to make positive changes in our lives. In fact, such harsh self-criticism tends to make us feel depressed, anxious, insecure, and afraid to take on new challenges.

However, there is a better way to motivate ourselves to do better, to deal with difficult situations, and to feel better in general – **it is *Self-compassion***

## What is Self-compassion?

According to experts, self-compassion consists of three elements: ***self-kindness, common humanity and mindfulness***

- **Self-kindness:** If we recognize compassion as treating others kindly, then self-compassion is - having a caring heart and attitude towards ourselves. So treating ourselves with self-kindness means that we have to notice that we are having a difficult time, and that we treat ourselves with care and understanding, instead of blaming ourselves. It may also mean encouraging ourselves to go on, try something again, or providing ourselves with whatever we might need in that particular situation and that will benefit us. We act as our own best and encouraging friend.
- **Common Humanity :** Common humanity recognizes that all people suffer, that suffering is a part of life for everyone at some time, and that we are not better than or less than anyone for feeling these things. When we recognize that we are all part of the shared human experience, then we can see that we are all in this together. Our experiences, difficulties, pain may be different in specifics but we all experience difficulties, imperfections, failures, successes, etc. This awareness allows us to be more compassionate towards ourself and others.
- **Mindfulness :** Mindfulness, is being aware of ourselves in the present moment without judgment. Mindfulness is about being with painful emotions (as well as positive ones) and, therefore, noticing rather than avoiding the painful emotions. In that way, we can choose to use self-compassion to help ourselves deal with them. It doesn’t mean that we exaggerate them or stay in them. Mindfulness means letting things be as they are—so if we are suffering - we notice our suffering, offer care to ourselves, and take steps to help ourselves move forward.



## Affirmations for self-compassion



When you look at yourself in the mirror every morning, say to yourself:

- I accept myself as I am.
- I am worthy of compassion and kindness.
- I forgive myself and allow myself to feel inner peace.
- I let go of the old and make room for the new.
- I allow myself to make mistakes and to learn from those mistakes.
- Today, I will treat myself with kindness.
- Like any human being, I have strengths and weaknesses, and that’s OK.

# SOME 'SWEET & SALT' TALK

As we usher in the festival season, along with the celebrations, cheer, festivity, and indulgence in sweets and savories; there is also one question that pops up in the minds of many – how do I lose the weight gained during these festivals?



## 1 I do not want to miss out on the snacks and sweets during this festival time. However, I am worried that it will lead to weight gain...help!

Most of the time weight-gain worry is over-rated. So relax. If you exercise regularly, then your metabolism will definitely be good.- Consuming excess calories for few days will not add too much to your weight. Also, your ongoing fitness regime will help you maintain your usual numbers. If you are not in the habit of exercising regularly, all I can say is – Start right away!



## 2 What kind of exercises will help me lose the weight I gain during the festival season?

There are many exercises which can help you lose weight–Running (moderate to high intensity), Kick Boxing, Cycling (moderate to high intensity), Swimming etc. Half an hour to one hour of any of these activities will help you achieve best results.



## 3 Please provide some tips to keep weight gain in check.

Here's what you can do to keep a check on your sweets and savories intake, this festive season:

- Preferably consume homemade sweets and snacks. This will ensure consumption of good quality ingredients. Try preparing healthier snacks with ingredients such as wheat flour, millet flour, etc.
- Avoid snacks which are made from hydrogenated oils and/or partially hydrogenated oils which are high in trans-fats.
- Serve your snacks and sweets on smaller plates. This habit is generally known to trick our minds into believing we are eating a good quantity!
- Avoid consuming sweets and snacks when you are very hungry, especially during meal times.
- Stick to a regular workout routine.

*Temptation to consume calorie-rich foods is a natural tendency during any festival and my sincere advice is not to restrain yourself too much, as the saying goes – "Anything consumed in moderation is ok!"*

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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