

HEALTHLINE

Paramount's Monthly Magazine



*Say No to POP
idols, use clay
ones instead*

*Say No to
air-polluting
fire crackers,
decorate your
house with lights
instead*

*Say No to plastic and thermocol
decoration, use degradable material
instead*

Have an eco-FRIENDLY Ganesh CHATURTHI!



A mini guide to
Ergonomics

'Eye-opening'
facts

Nutrition
and you

Understanding the
Urinary system



What is Ergonomics?

Adjusting the physical setup of a workstation can help reduce and prevent chances of injuries.

Ergonomics explains how a person can work at the workstation comfortably, by reducing the stress caused by workstation setup.



Workstation Ergonomics Guide



Tips to remember

1 Support your wrist on soft and compressible material to reduce pressure and friction.

2 Give your eyes rest by looking at distant objects at regular intervals.

3 Take micro-breaks and practice stretching exercises to relieve stress on back, neck and shoulders.

4 Avoid cradling the phone between your head and neck while using it. Use a headset instead.

Why Ergonomics

Reduces the risk of REPETITIVE STRESS related injury

Reduces the risk of musculoskeletal disorders such as back pain, neck pain, etc.

Reduces the risk of frequent headaches and eye strains

Improves productivity at work

Does 6/6 vision indicate that eyes are perfect?

The answer is **False**.

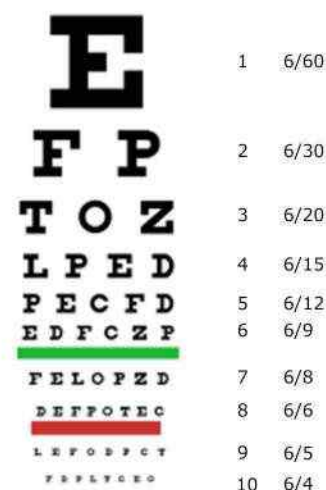
Having 6/6 vision does not indicate that the eyes are perfect. It indeed denotes the excellence of central vision. However, the same individuals with perfect central vision might face problems with other types of vision - such as side vision, night vision, or colour vision. This is because certain eye diseases such as glaucoma or diabetic retinopathy may affect the other types of vision. This often happens over long periods of time as these diseases initially harm the inner eye, without causing much harm to central vision.

What is 6/6 vision?

6/6 vision is a term used to express normal visual acuity which indicates clarity or sharpness of vision, when measured at a distance of 6 metres. If you have 6/6 vision, you can see clearly at 6 metres what should normally be seen at that distance (indicating normal vision).

How is vision acuity assessed?

- A Snellen chart is a special chart that has big letters at the top that get smaller after every row. This chart is used to assess visual acuity.
- During the test, one has to be seated at a distance of 6 metres from the chart and each eye is assessed individually.
- Normal acuity is indicated at 6/6. This means that a person with normal acuity can read the small line of letters from a distance of 6 metres (refer chart), which he/she can normally read at that distance.
- If a person is able to read only the two letters on the second line, that is recorded as 6/30. This means that he/she has to be as close as 6 metres to see what a person with normal vision can see at 30 metres.
- 20/20 vision is the same as 6/6 vision (6 metres = 20 feet).



Did you know?

6 major nutrients our bodies need!



PROTEINS

Help to build and repair tissues, make enzymes, and are a key building block of bones, muscles, cartilage, skin and blood



WATER

Carries nutrients and oxygen to cells, helps to flush out waste products from the body, and regulates body temperature



CARBOHYDRATES

Provide our body with energy



FATS

Provide energy, support cell growth, protect organs, and keep our body insulated.



VITAMINS

Help to convert food into energy, are important for healthy hair and skin, and help to repair cellular damage



MINERALS

Help to maintain proper balance of water in the body, are important for healthy bones and teeth, and aid muscle function

Our body produces urine as a way to get rid of waste and extra water that it doesn't need. Before leaving our body, the urine travels through the urinary tract system.

This is how our urine travels out of our body -

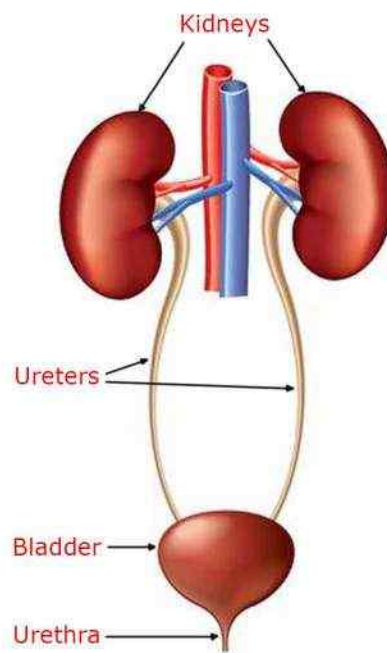


Kidneys

- When we consume food and fluids, the body utilizes the nutrients for maintaining body functions and leaves behind the waste products in the bowel and blood.
- In the kidneys, small filtering units called "Nephrons" are present.
- When blood goes through the kidneys, water and essential nutrients go back into the bloodstream, while the waste products and extra fluids are flushed out.
- Every day, all the blood in our body (between five and six liters) passes through the kidneys about 300 times. So our kidneys filter about 1,700 liters of blood per day in total.

Ureters

- These are fine tubes made up of muscles. They are located on either side of the bladder and carry urine to the bladder from the kidneys.
- Muscles in the ureter walls constantly tighten and relax to force urine downward, away from the kidneys.



Urinary System

Bladder

- Small amounts of urine are emptied into the bladder from the ureters about every 10 to 15 seconds.

- Urine is stored in the bladder until it gets excreted. In healthy individuals, 1.5 to 2 cups of urine can be accumulated in the bladder, which acts as a storage unit for about 2-5 hours.
- The bladder wall muscles stay relaxed until the bladder is filled with urine and we tend to urinate when the bladder is completely filled.
- The sensation to urinate becomes stronger as the bladder continues to fill and reaches its limit. At that point, nerves from the bladder send a message to the brain that the bladder is full, and our urge to empty our bladder intensifies.
- During urination, the bladder wall muscles contract and the sphincter (a ring like muscle that guards the exit from the bladder to the urethra) relaxes.

Urethra

- The urethra is located at the base of the bladder, through which the bladder gets emptied on urination.
- In men, the urethra leads through the penis. In women, it ends above the opening of the vagina.

Read the Editor's Mind

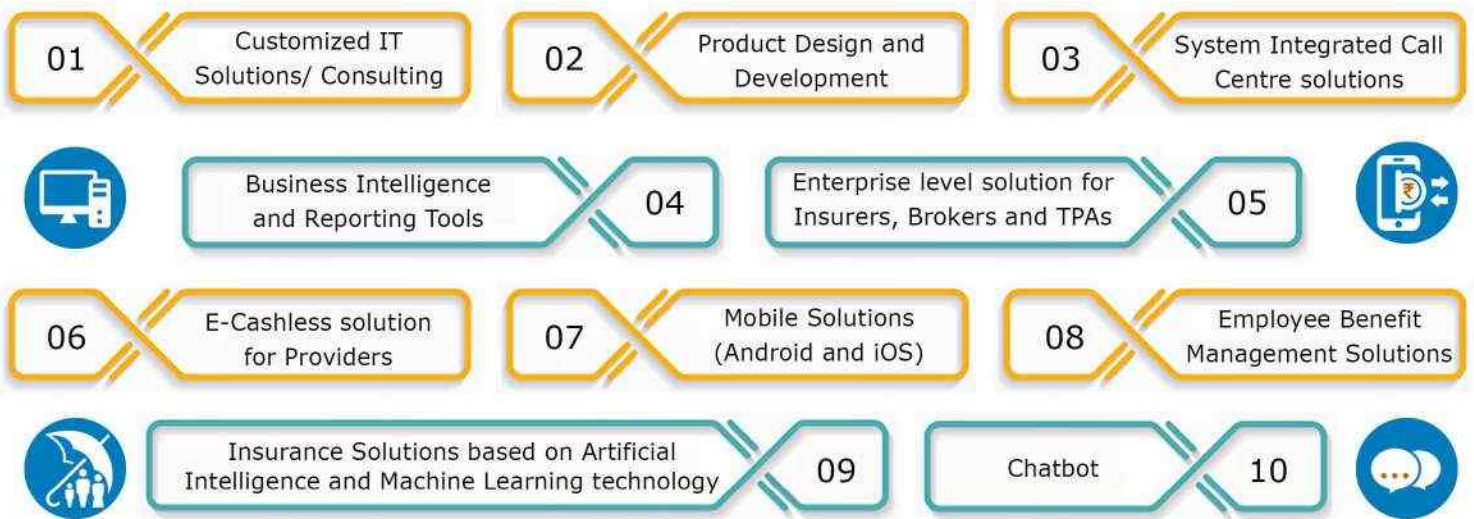
Dear Readers,

In last month's edition of Healthline, you were introduced to the list of services provided by Paramount Healthcare Management Pvt. Ltd. (PHM) – one of the pillars of Paramount Health Group. In this edition, we would like to throw light on one of our core services - '**Customized IT solutions**'.

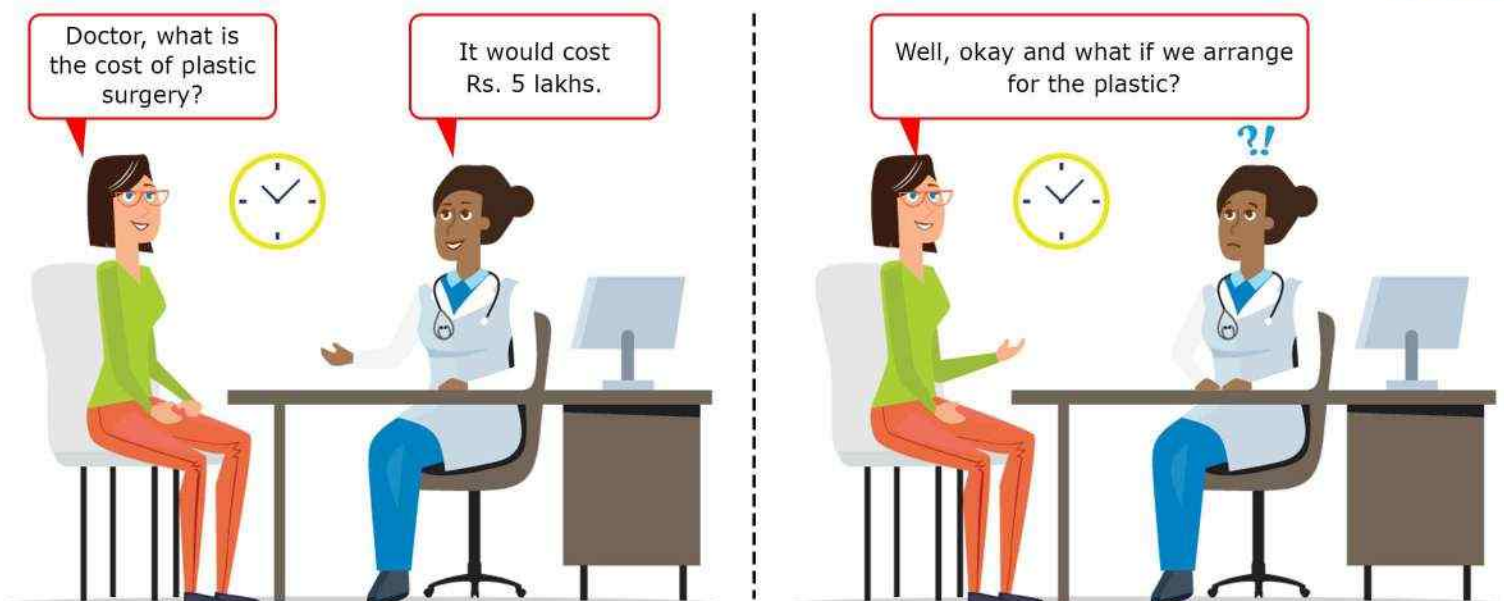
PHM plays a key role in enabling insurance companies, TPAs and other healthcare players to leverage new technologies to enhance – operations, claims adjudication and investigation processes, patient care experience and engagement. PHM experts help in strategizing, designing and building IT applications that address the unique business needs and challenges.

PHM in-house technology experts have been consistently delivering best-in-class, customized software solutions offering unmatched cost advantage to clients worldwide.

Here is a glimpse of PHM IT solutions:



Take a Chill Pill



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