HEALTHLINE

Paramount's Monthly Magazine

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

World Health Organization

"

Be the master of your time

Diet & Nutrition at a glance

"I" Care for Eye Care Depression

Myths & Facts

Be the master of your time!

"If you want to be more productive at work you have to become the Master of your Minutes."



Diet and Nutrition at a glance

Know the primary functions of the six major nutrients



Water

Dissolves and carries nutrients, removes waste, and regulates bodytemperature



Proteins

Builds new tissues, antibodies, enzymes, hormones, and other compounds



Carbohydrates

Provides energy



Fats

Provides long-term energy, insulation and protection



Vitamins

Facilitates use of other nutrients; involved in regulating growth and manufacturing Hormones



Minerals

Helps build bones and teeth; aids in muscle function and nervous system activity

Know thy body and food

Know and understand the nutritional requirements of your body

Understand the role of essential nutrients in your body

Know the healthy food and their hidden nutritional benefits

Know the junk food and the hidden harmful effects

"This is generic information, please contact a medical practitioner for arriving/prescribing a diet specific to you"

Adopt healthy eating habits



- Eating healthy portions and avoiding overeating
- Slowing down speedy eating, and chewing each bite thoroughly
- Eating healthy unprocessed food preferably home cooked meals
- Keeping healthy snacks within reach to satisfy hunger cravings
- Reducing eating out at restaurants or choosing healthier food options
- Intake of lots of fresh vegetables and fruits every day.
- Avoid skipping requisite meals i.e breakfast, lunch or dinner



Discard wrongful eating habits



- Round-the-clock snacking often on high-calorie foods
- Skipping requisite meals especially breakfast
- Eating at restaurants and take away food frequently
- * Mindless eating while doing some activity
- ***** Eating for the temptation and not for hunger
- Not planning meals in advance
- * Eating beyond one's capacity
- ***** Eating junk and unprocessed food

"I" CARE FOR EYE CARE



Vitamin and nutrient rich food

Appropriate computer adjustments



Right Sunglasses



Regular Eye Check ups



Contact lens hygiene



Plenty of sleep





Prolonged computer exposure



Sleep with contact lenses



Sharing Contact Lenses



Contact lenses for long hours



Sleep with eye make up



Work in dim light



Common Eye friendly facts

Follow rule 20-20-20



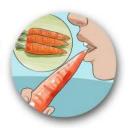
At least every 2 hours, get up and take a 15-minute break. Helps reduce eyestrain

Few Tips on Eye Care



Place cucumber slices on your eyelids for 10-15 minutes to reduce puffiness of the eyes.

Carrots are high in Vitamin A, a nutrient essential for good vision



DID YOU KNOW?

Ophthalmologists:

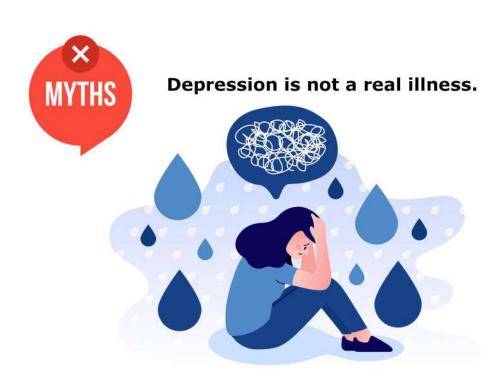
- Provide general eye care
- Treat eye diseases
- Perform eye surgery.

Optometrists:

- Provide general eye care
- Treat the most common eye diseases
- Don't perform eye surgery.



Depression is a serious mental disorder and can create serious difficulties for the person suffering from it and his/her family. If left untreated, it can result in emotional, behavioural and health problems which can affect various areas of life. Here are some popular myths associated with depression:





Most people believe that depression is just sadness or self-pity and that it is not a real illness. In fact, people who suffer from clinical depression are often thought to be lazy or weak. However, the fact is – Depression is a serious mental health disorder. Major depressive disorder or 'clinical depression' affects the way the person feels, thinks and behaves. A person suffering from depression may have trouble doing normal day-to-day activities and often feel life is not worth living. They require appropriate treatment that includes therapy.



Talking about your problems makes things worse.





It is a common misconception that discussing feelings relating to depression results in more focus on the negative experiences of life. People are often advised not to dwell on these negative aspects or talk about them. However, for many, being alone with their own thoughts is harmful as compared to discussing them. While family and friends will be willing to lend a sympathetic ear, a certified mental health professional, who is non-judgemental, is definitely better equipped to provide the necessary support. Different types of psychotherapy help treat depression by providing guidance on dealing with behavior patterns, negative thought patterns and unconscious feelings, etc.

For any queries/feedback/suggestions for the magazine, kindly write to us at 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:



