

Health Concepts

November 2022

Transforming communities through health awareness

PREFACE

Technological advancements have made our lifestyle more sedentary in nature. But development is inevitable. With a general increase in average human life expectancy, we must suitably adapt to these changes to improve our quality of life.

Physical activity is an important and essential aspect of our lives to achieve optimum health and wellbeing. Being physically active can improve your brain health, help manage weight, reduce disease risks, strengthen bones and muscles, and improve your ability to do everyday activities. Everyone benefits from physical activity, regardless of age, gender, comorbidities, or physical ability.

The term "physical activity" should not be confused with "exercise". All forms of physical activity can provide health benefits. Find an activity you enjoy and start slowly, working your way up to the desired level. The more regular you do it, the quicker it will become a habit. Think of ways to link activity to daily life. You don't have to make big life changes to see the benefits. Aim for at least a minimum of 30 minutes of moderate physical activity on most, preferably all, days. Replace sedentary time with physical activity of any intensity, including light intensity. Focus on healthy eating and drinking enough fluids when engaging in regular physical activity.

A word of caution: over-exercising can leave you exhausted and even depressed. Always, "Moderation is the Key" to a healthy life.

NUTRITIONAL FACTS



ELEPHANT FOOT YAM

Jimikand (Hindi);
Karunai Kizhangu (Tamil);
Kanda gadda (Telugu).

Elephant yam belongs to family *Araceae* and its scientific name is *Amorphophallus paeoniifolius*. Raised as a cash crop, it is named so because of its transversal structure and resemblance with elephant's foot. Elephant yam contains fats, proteins, dietary fibers, calcium, magnesium, sodium, potassium, other minerals, and phytoconstituents

- Low fat, high fiber and omega 3 fatty acids in yam helps in weight reduction and controlling bad cholesterol.
- Diosgenin in yam helps improving the immune system to combat cancer formation in body.
- The powerful antioxidants & vitamin C aids in slowing down of the aging process.
- The high fiber content helps detoxification in the liver.
- Being a rich source of Omega-3-fatty acids & other essential minerals yam improves memory and concentration
- Helps in hormonal balancing like relieving premenstrual symptoms.
- The low glycemic index of 51 helps regulate blood sugar in diabetics
- Forms Integral part of traditional Indian Medicinal practices including Ayurveda, Siddha and Unani.

Yam can cause itchy mouth and throat. Needs to be avoided by patients with respiratory illness like asthma, sinusitis and cold

MEDICAL UPDATE

During monsoon season, your chances of contracting various viruses, germs, and other diseases doubles. The high moisture content in the air encourages the transmission of hazardous germs, leading to a spectrum of diseases and disorders. Mosquitoes, water, air, and contaminated food are the most common disease carriers during this season.

Mosquito borne diseases - Malaria, Dengue, Chikungunya.

Water borne diseases - Typhoid, Cholera, Jaundice, Leptospirosis, Gastrointestinal infections,

Airborne diseases - seasonal colds, Influenza.

Many symptoms can be misleading and will need medical attention.

PREVENTIVE PEARLS

Play safe this monsoon, Eat a healthy diet and keep your home and surroundings clean and mosquito free.

Use a mosquito repellent and wear full sleeved clothes while stepping out. Drink Boiled water.

Avoid crowded places

"Lack of activity destroys the good condition of every human being. While movement and methodical physical exercise save it and preserve it."

- Plato

How much physical activity do adults need?

According to the World Health Organization (WHO) physical activity is defined as 'any bodily movement produced by skeletal muscles that requires energy expenditure'. Any activity or movement of the body requiring energy, like working, playing, daily domestic tasks, and recreation classifies as "physical activity" and can provide health benefits if undertaken regularly and of sufficient duration and intensity. The term "physical activity" should not be confused with "exercise". Exercise is more planned and organized, with repetitive movements carried out to sustain or improve health and fitness. Exercise is a subgroup of physical activity.

Physical inactivity (or insufficient physical activity) is one of the leading risk factors for various non-communicable diseases (NCDs), injuries, and premature deaths worldwide. Actions to promote physical activity will directly contribute to achieving health, social and economic benefits.

WHO recommends a minimum amount of physical activity for all age groups for good health.

SUMMARY OF RECOMMENDATIONS FOR ADULTS

At least 150 - 300 minutes a week of moderate intensity activity or at least 75-150 minutes a week of vigorous-intensity physical activity.

At least 2 days a week of activities that strengthen all major muscle groups.

Should limit the amount of time spent being sedentary

Individual adjustments are needed according to the specific exercise capacity and specific health needs of an individual.

As part of their weekly physical activity, older adults (65 years and older) should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and to prevent falls.

Older adults (65 years and older) Pregnant women, postpartum women and people with comorbidities should seek medical advice before starting physical activity.

Aim for the recommended activity level, but be as active as one is able. If you are unable to meet the standards, at least try to avoid inactivity.

Physical activities can be of moderate intensity or vigorous intensity depending upon the amount of energy used by the body while doing the activity. Examples of moderate activity are brisk walking, swimming, dancing, gardening, and household domestic chores. Vigorous intensity activities include aerobics, running, fast cycling, fast swimming, walking briskly up a hill, and competitive sports.

Moderate intensity activity requires a moderate amount of effort and noticeably accelerates the heart rate, whereas vigorous intensity physical activity requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate. In terms of energy spent, a person's caloric consumption is three to six times higher when being moderately active (3-6 METs) and more than six times higher when being vigorously active (>6 METs).

There are simple ways to measure the intensity of physical activity.

The TALK TEST is a simple way to measure the intensity of physical activity. In general, if you're doing a moderate-intensity activity, you can talk but not sing during the activity, whereas if you're doing a vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Yet another way to measure the intensity of activity is to measure your heart rate. Your pulse or heart rate should be within the estimated target heart rate range. For moderate physical activity, your target heart rate (THR) should be between 64% and 76% of your maximum heart rate (MHR). For vigorous activity, your target heart rate should be between 77% and 93% of your maximum heart rate. To estimate your maximum age-related heart rate, subtract your age from 220.

EXAMPLE - 50 YEAR OLD PERSON

$MHR = 220 - 50 = 170$ beats/min (bpm)

For moderate activity,

$64\% \text{ THR} : 170 \times 0.64 = 109$ bpm

$76\% \text{ THR} : 170 \times 0.76 = 129$ bpm

This shows that moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 109 and 129 bpm during physical activity.

Some physical activity is better than no activity.

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