

Health Concepts

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Use lifestyle change as the foundation of health

PREFACE

Every individual should adopt healthy lifestyle choices by making small changes to their daily routines.

Some examples of healthy lifestyle choices include eating a balanced diet that is rich in fruits, vegetables, whole grains, and lean protein; getting regular exercise such as walking, jogging, or swimming; getting enough sleep each night; managing stress through relaxation techniques such as deep breathing or meditation; avoiding risky behaviours such as smoking and excessive alcohol consumption; and maintaining positive social connections with friends and family.

By making these small changes to their daily routines, individuals can improve their overall health and reduce their risk of developing chronic diseases such as heart disease, diabetes, and cancer. Preventive health strategies also help people manage existing health conditions more effectively and improve their overall quality of life.

Lifestyle changes focus on the underlying causes of disease and are based on evidence based interventions to help individuals adapt and sustain healthy behaviours. It promotes good quality of life and helps achieve better health outcomes.

Set realistic goals:
Start with small, achievable goals and work your way up to bigger ones.

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• NUTRITIONAL FACTS

चिचिण्डा (Hindi)
புல்லங்காய் (Tamil)
పొల్లకాయ (Telugu)



• SNAKE GOURD

Snake gourd scientifically known as *Tricosanthes cucumerina* is a plant which bears fruit that is consumed as vegetable. Snake gourd is low in calories and high in essential nutrients. It is rich in vitamins and minerals that facilitate crucial metabolic functions of the body. It possesses meaningful amounts of carbohydrates, protein and soluble fiber. Vitamins such as Vitamin C, Vitamin A, riboflavin, thiamine, niacin along with high content of minerals such as magnesium, calcium, iron, manganese, phosphorus, potassium and iodine are present in the vegetable.

- **Prevent diabetes** - This vegetable is great for people with type 2 diabetes. Snake gourd is low in calories and helps in weight management.
- **Hydration aid** - Snake gourd is rich in water and minerals, thus keeping you hydrated. Has a cooling effect on the body.
- **Jaundice prevention** - Improves liver function and manages bilirubin levels, which helps prevent or treat jaundice.
- **Constipation aid** - Packed with fiber and mild laxatives, helps treat constipation.
- **Bone strength** - Calcium, phosphorus and other minerals in snake gourd help strengthen bones and teeth.
- **Weight loss help** - Low calories and fat content help in weight management.
- **Detoxification** - snake gourd has diuretic properties which help flush toxins out of the body and improves liver function.
- **Controlling hypertension** - has less sodium and contains good amounts of potassium which helps decrease blood pressure and heart rates.
- **Gluten-free food ingredient** - It can be a good substitute for gluten sensitive (celiac disease) people.

NOTE: Snake gourd consumption rarely elicits allergic reactions. Discard the vegetable if found bitter.

MEDICAL UPDATE

It's estimated that up to 30% of people who have had COVID-19 experienced long COVID symptoms. However, the exact number of people affected by long COVID is still unknown and more research is needed.

Some of the common long COVID symptoms reported are

- Fatigue
- Shortness of breath
- Chest pain
- Joint pain
- Brain fog
- Difficulty sleeping
- Headaches
- Loss of taste or smell

It's important to note that long COVID symptoms vary widely from person to person and can last for weeks or months after the initial infection.

If you are experiencing any of these symptoms, it's important to talk to your healthcare provider.

PREVENTIVE PEARLS

Get moving throughout the day

- Take the stairs instead of the elevator.
- Park farther away from your destination and walk.
- Take a walk during your lunch break.
- Stand up and stretch every hour.
- Do some light exercises while watching TV or working at your desk.

"Medical science aims at the truth and nothing but the truth."

-- William J. Mayo.

Why is it important to know your family health history?

Your family health history is a record of all of the chronic diseases, disorders, and health conditions that your family members have dealt with. Family members share more than similar looks. You and your family members share genes. There is a likely chance that your lifestyle choices are very similar to those of your family members because the habits you saw growing up, play such a strong role in who you become. That's why discovering and knowing your family health history is important.

Your genetics play a role in the disorders and diseases you may develop over time.

Knowing your family health history is vitally important for understanding your risk of developing certain genetic conditions such as high cholesterol, cancers, diabetes, cardiovascular heart disease, allergies, and stroke.

Keep in mind that having a risk for specific health conditions does not mean you will definitely develop that condition. Factors such as lifestyle choices, exercise, environment, and stress levels can contribute to developing a chronic disease.

Hereditary factors are non-modifiable and unavoidable. You can't change your genes, but you can change unhealthy behaviours, gain from lifestyle changes and reduce your risk for diseases that run in your family.

Take for example - Diabetes. A history of diabetes among family members does not necessarily mean one will be a diabetic. But when someone who lives a sedentary lifestyle and is genetically predisposed to diabetes, eats a diet high in sugar, they may be more likely to develop the disease. The association between family history of diabetes and risk for the disease has been well documented. If you have a family history of diabetes, you are more likely to have prediabetes and develop diabetes. Research studies have shown that if one of the parents is a type 2 diabetic the average risk of developing diabetes increases by 15 %, if both parents are diabetic then the risk increases to 75 %.

Whose health history do you need?

Family members
Parents
Siblings
Your children
Aunts & uncles - related by blood
Nieces & nephews
Grandparents and Great-grandparents.

How to get started?

Common Questions
What was [family member]'s cause of death and how old were they when they died?
Do you or any other relatives have chronic diseases, disorders, or conditions?
How old were you/they when diagnosed with chronic ailments?
Has there been a history of miscarriage or genetic conditions including birth defects?

Knowing is not enough—act on your family health history!

Share your family health history with your doctor, who can help you take steps to prevent disease and catch it early if it develops. Collect your family health history information before visiting the doctor, and take it with you. Even if you don't know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. The information helps create health awareness on early warning signs of disease, prevention and control

Finding disease early can often mean better health in the long run.

Collecting your family health history can help you and your doctor create a lifestyle plan that works to minimize your chances of developing health conditions your genetics may make you prone to.

END NOTE

Although it can be quite tedious to put together the pieces of your family's health history, sharing this information with your doctor will improve the quality of care you can receive.

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