

Health Concepts

January 2024

Awareness is great, but action is essential.

PREFACE

We live in a complex society, and everything is interrelated. Our health cannot be separated from other goals. Changing patterns of life, work, and leisure have a significant impact on our health. Work and leisure should be a source of health for all of us.

Being aware of your health problems or health numbers should be the start of the process of tackling them, not the end. Too often, we take a reactionary approach to our health, waiting until something goes wrong to finally find a doctor.

Knowing your health risk starts with knowing your health numbers. You can't manage what you don't measure, which is why knowing your risk is critical to preventing life-threatening diseases. It is important to take note of your blood pressure, blood sugar level, body mass index (BMI), and waist circumference, as they provide a wealth of information about a person's health status.

Metabolic diseases like diabetes, obesity, metabolic syndrome, and high blood pressure can take time to develop and may not show symptoms until later. Being aware of your health status, family history, and risk factors and making appropriate lifestyle changes can help remove risks and control diseases.

NUTRITIONAL FACTS

मूली (Hindi)
முள்ளங்கி (Tamil)
ముల్లంగి (Telugu)



RADISH

The radish (*Raphanus sativus*) is an edible root vegetable of the mustard family, *Brassicaceae*. The most eaten portion is the napiform or fusiform taproot, although the entire plant is edible, and the tops can be used as a leaf vegetable. Radish is a nutritious root vegetable used in both salads as well as in main recipes. Radish is a low-calorie food that is rich in Vitamin C. They also impart micronutrients like folate, vitamin B6, potassium, manganese, and calcium. There is also some fiber in radishes, although very little protein, and essentially no fat.

- **Provides Antioxidants** - antioxidants are beneficial because they can help repair oxidative stress and lower your risk of several diseases.
- **Good for heart health** - Nutrients like vitamin C and minerals like calcium and potassium can help control blood pressure, which lowers your risk of heart disease.
- **Better liver function** - contains special compounds that help trigger enzymes thought to help the liver get rid of harmful toxins.
- **Cancer-fighting properties** - sulfur-rich phytochemical in radish helps protect cells from DNA damage as well as inactivating carcinogens.
- **Antifungal properties** - contains antifungal protein that stops the growth of fungi.
- **Helpful in diabetes** - contains chemical compounds like glucosinolate and isothiocyanate that are thought to help manage blood sugar levels.
- **Fights cough and cold** - has anti-congestive properties, which help clear the mucus from the throat and respiratory tract.

NOTE Radish is generally considered to be safe. However, extra care needs to be taken by persons with gallstones, pregnant women, and lactating mothers.

MEDICAL UPDATE

The JN.1 variant of the coronavirus, classified as a variant of interest by the World Health Organization (WHO), is a sub-lineage of the Omicron variant that has been detected across several states in India. Experts warn that while JN.1 is highly transmissible, it primarily causes mild symptoms similar to those of the common cold, affecting the upper respiratory tract.

Vulnerable populations like children, pregnant women, senior citizens, and people with pre-existing medical conditions must be cautious and alert about contracting the infection.

The sudden spike in cases is seen due to the emergence of the new variant and cold weather conditions.

PREVENTIVE PEARLS

Tips for prevention of infections in this season.

- Wash your hands frequently.
- Wear a mask, especially in crowded places.
- Stay protected when in crowded places.
- Maintain social distancing.
- Avoid touching your face.
- Keep your surroundings clean.
- Stay at home when sick.
- Drink plenty of fluids.
- Follow a healthy diet.
- Take precautions against mosquito bites.

"One way to get high blood pressure is to go mountain climbing over molehills".

---Earl Wilson.

Happy New Year

2024

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 **Yalamanchili**
Healthcare

What do your blood pressure (BP) numbers mean?

Blood pressure (BP) is the force of blood pushing against the walls of your arteries. It's a measurement of the force your heart uses to pump blood around your body.

It is measured with two numbers:

- **Systolic blood pressure** (the first number) - indicates how much pressure your blood is exerting against your artery walls when the heart contracts.
- **Diastolic blood pressure** (the second number) - indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.

It's never too early to start thinking about your blood pressure.

Blood pressure changes throughout the day. Blood pressure starts to rise a few hours before a person wakes up. It continues to rise during the day, peaking in midday. Blood pressure typically drops in the late afternoon and evening. Blood pressure is usually lower at night while sleeping.

It's important to know that:

- If your blood pressure is 120/80 most of the time, it is considered normal.
 - If your blood pressure is more than 120/80 but less than 140/90 most of the time, it is considered pre-hypertension.
 - If your blood pressure is usually 140/90 or higher, it is considered hypertension, or high blood pressure.
- A blood pressure measurement over 180/120 mm Hg is called a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers.

Systolic BP in mmHg	And/or	Diastolic BP in mmHg	BP category*
Below 120	and	Below 80	Normal BP
120-129	and	Below 80	Elevated BP
130-139	or	80-89	Stage 1 hypertension
140 or higher	or	90 or higher	Stage 2 hypertension

*Sources: American College of Cardiology; American Heart Association

Fig.1. Recommended Guidelines for Blood Pressure measurements.

Note: A diagnosis of high blood pressure must be confirmed with a physician.

To get an accurate blood pressure measurement, your physician typically considers the average of two or more blood pressure readings from three or more office visits. An accurate measurement determines what kind of treatment you may need.

Which number is more important?

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, the long-term buildup of plaque, and an increased incidence of cardiac and vascular disease.

However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure.

If your blood pressure is OK, maintaining or adopting a healthy lifestyle can prevent or delay the onset of high blood pressure or other health problems. If your blood pressure is high, a healthy lifestyle along with medication can help bring it under control and reduce your risk of complications. High BP makes your heart work harder against the resistance and, over time, causes it to enlarge or weaken, leading to heart failure.

A family history of hypertension is an important risk factor for developing high blood pressure. However, it is important to understand that a family history of high blood pressure does not mean you will have high blood pressure, but it increases your chances.

If you have a family history of high blood pressure, it is recommended to check your blood pressure at least once a year to ensure it is within normal levels. You can also reduce your risk of developing high blood pressure by eating healthy foods, using less salt, exercising, losing weight if needed, and stopping smoking. If you are already being treated for high blood pressure, it is important to take the medications regularly. Please do not stop taking blood pressure medication without discussing it with your physician.

END NOTE

Have your blood pressure checked during each healthcare provider visit.

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