

# Health Concepts

June 2024

## Track your health progress.

### PREFACE

Health and wellness are two different concepts that are quite variable, and their meanings are different. The primary difference between health and wellness is that health is the goal, and wellness is the active process of achieving it. You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.

Health comprises the diagnosis of a disease or illness, the predisposition to a disease, and any unexpected injury.

Wellness is an active process associated with actively pursuing activities, making choices and lifestyle changes, controlling risk factors that can harm a person, focusing on nutrition, having a balanced diet, and following practices that lead to holistic health. Wellness is proactive, preventive, and driven by self-responsibility for healthy living.

Get clarity on your wellness goals, create a plan that makes sense for you, and start to build a quality of life that is sustainable and that you can do for a lifetime.

Wellness is an individual pursuit, we have self-responsibility for our own choices, behaviors, and lifestyles

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### NUTRITIONAL FACTS

ताड़ गोला (Hindi)  
நூங்கு (Tamil)  
తాటి ముంజలు (Telugu)



### ICE APPLE

The ice apple (*Borassus flabellifer*) belongs to the *Arecaceae* family. Ice apple is very similar to litchi fruit in texture and tastes like a slightly sweet tender coconut. Due to its cooling effect and translucent jelly-like appearance, it is known as Ice apple.

Ice apple is a low-calorie fruit providing 43 calories per 100 grams, it is a powerhouse of carbohydrates and rich in calcium and phytonutrients. It also contains a minimal amount of fiber, protein, vitamins C, A, E, K, B7, and iron which confers you with a host of healing health benefits.

**Natural Hydrator** - Ice apple contains a good amount of sodium, potassium, and lots of water, therefore, it helps in maintaining the fluid and electrolyte balance in the body making it best to prevent dehydration.  
**Immune booster** - Ice apple is loaded with tons of minerals and vitamins, which assist in strengthening our immune system.  
**Enhance energy** - Ice apple keeps the glucose level high and provides the right balance of minerals and nutrients to the body.

**Weight loss** - A low-calorie watery fruit is an ideal deal to lose weight. The presence of water keeps you satiated for a long time and helps in losing weight naturally.

**Digestive health** - An effective natural remedy for people suffering from constipation and acidity. Also reduces the feeling of nausea and vomiting

**Skincare** - It helps to prevent heat rashes and prickly heat that are very common in summer.

**Anti-inflammatory action** - Ice apple is considered to possess several strong phytochemicals that have antioxidant and anti-inflammatory properties, which help slow down aging and reduce the risk of developing incurable diseases such as heart disease and cancer.

**NOTE** The fruit is highly perishable and should be consumed within a day. Don't eat overripe Ice apples it may cause stomach aches.

### MEDICAL UPDATE

#### WALKING FOR GOOD HEALTH

Walking is a great way to improve or maintain your overall health. Walking is low impact, requires minimal equipment, can be done at any time of day, and can be performed at your own pace.

- Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health.
- If you can't manage 30 minutes a day, remember that even short walks more frequently can be beneficial.
- Walking with others can turn exercise into an enjoyable social occasion.
- Walking is also a great form of physical activity for people who are overweight, elderly, or who haven't exercised in a long time.

Moderate activities, such as brisk walking, pose little health risk. 'Brisk' means you can still talk but not sing, and you may be puffing slightly.

#### PREVENTIVE PEARLS

For most people, there is little difference in the amount of energy used by walking a kilometer or running a kilometer ; it's just that walking takes longer. As your fitness improves, you will be able to walk a longer distance and use more energy.

"Fitness isn't about building a better body. It's about building a better life."

--- Jillian Michaels.

## Medication on an empty stomach or after food: does it really matter?

The most common questions posed by patients during a consultation are, should the medicine be taken with or without food? What time is best to take my medicine - morning or night?

Adherence to drug regimens is critical to optimize therapeutic outcomes.

For some drugs, incorrect timing may result in reduced efficacy or poor tolerability. For others, the significance of timing is unclear.

When you swallow a drug, it travels down to your stomach, and then through your intestines. During its journey, it releases its active ingredient so that it can be absorbed through the wall of the intestine, or sometimes the stomach, and into the bloodstream, where it is transported to the site of its intended action.

Food may have variable and often unpredictable effects on drugs via a range of mechanisms. By understanding and appreciating the clinical consequences of these effects, health professionals provide advice about the appropriateness of taking medicines with respect to the timing and composition of meals.

Food can affect both the rate and extent of drug absorption. Food has the potential to either increase or decrease the extent of drug absorption, thereby modulating the bioavailability of the drug.

Some medicines should be taken with food or just after food, and some medicines should be taken on an empty stomach or before food.

**Taking medication after eating or with food usually means taking medication 30 minutes to one hour after a meal.**

**Taking medication on an empty stomach (before food) means at least two hours after a meal and one hour before a meal**

### Taking medications with food

1. To help your medication be absorbed into the body
2. To avoid side effects like causing inflammation, indigestion, heartburn, and even ulcers in the stomach.
3. To help your body process a meal.

If you're taking your medication with food to prevent stomach upset, you should avoid acidic foods and drinks. Soft drinks, coffee, and milk cause more acid release in the stomach than water. You should also try to avoid fatty, sugary, or spicy foods.

Typical medications taken with food are anti-inflammatory drugs (painkillers), Steroids, antibiotics, and some specific diabetic medications'

### Taking medication on an empty stomach or before food

1. It is done to ensure the most effective absorption. This means you can take your medicine first and eat one hour later, or you can eat first and take the medicine 2 hours later. A typical example is thyroxine taken for hypothyroidism.

Forgetting these instructions on rare occasions is unlikely to do any harm, but taking these medicines with food regularly may mean they won't work so well.

It's important to follow these instructions to make sure that your medicine works well and to help protect you from unwanted effects.

Factors to be considered while taking medicines with or without food.

- Take medicine with a full glass of water (unless advised otherwise).
- Don't stir medicine into your food, chew or crush tablets, or pull capsules apart because this may change the way the drug works.
- Don't take vitamin pills at the same time you take medicine, because vitamins and minerals can interact with some drugs.
- Don't mix medicine into hot drinks, because the heat from the drink may destroy the effectiveness of the drug.
- Never take medicine with alcoholic drinks.
- If a doctor prescribes a medicine for you, make sure the doctor knows all the other medicines you are taking.

Generally, patients should be advised to take their medications consistently at the same time with respect to meals. If possible, doses should fit with the patient's daily routines.

### END NOTE

The truth is that whether we take medication on an empty stomach or after meals is relative and depends on the type of medication, the requirements accompanying a particular medication, as well as the type of food we are taking.

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