

Health Concepts

July 2024

Remember, small changes add up over time.

PREFACE

Small lifestyle changes are easier to achieve and maintain. When changes are too drastic, they may be overwhelming. Small lifestyle changes are more likely to become habits and lead to success.

Making a lifestyle change is challenging, especially when you want to transform many things simultaneously. Lifestyle change is not a resolution but an evolution. It takes time and support to bring positive changes in one's lifestyle as it is a continuous process. The most difficult part is commitment and follow-through. Careful planning means setting small goals and taking things one step at a time.

Yes, while regular exercise, and eating a healthy diet are essential in ensuring a healthy lifestyle, getting more sleep is one of the best moves you can make. Good sleep can boost your immunity, stabilize your metabolism, lower your risk of serious health conditions, and enhance your memory.

To ensure a good sleep, in today's technological and digital era, reducing screen time becomes the fundamental change one can bring about to create positive lifestyle habits.

Consistency and gradual improvements are key to achieving lasting health benefits.

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NUTRITIONAL FACTS

हरी मिर्च (Hindi)
பச்சை மிளகாய் (Tamil)
పచ్చి మిర్చి (Telugu)



GREEN CHILLIES

Indian cooking is incomplete without a generous use of green chillies. The green vegetable adds the hot, spicy taste that is typical to Indian cuisine. Although a vegetable, green chilli is widely used as a spice. It is scientifically known as *Capsicum Frutescens*. The vegetable is cultivated throughout the year. There are almost 400 different varieties of green chillies, each having a different degree of pungency. The spiciness of green chillies comes from a chemical called *capsaicin*. Apart from providing a hot and spicy taste, capsaicin is responsible for numerous other health benefits. Green chillies are a rich source of many nutrients. The bioactive compounds include alkaloids, flavonoids, phenolics, essential oils, tannins, steroids, and capsaicin.

Rich in vitamins - Good source of vitamins A and C, which are essential for health skin, vision, and a robust immune system.
Boosts metabolism - Capsaicin helps boost metabolism and weight management.
Pain relief - Capsaicin also has pain-relieving properties and is used in pain relief creams to be applied topically.
Heart health - Helps lower BP and reduce the risk of heart diseases due to their vasodilatory effects and even improves cholesterol levels.
Stimulate digestion - Increases the production of digestive enzymes and promotes healthy gut function.
Anti-inflammatory - The antioxidants can help combat inflammation and protect cells from damage.

NOTE: It is essential to consume green chillies in moderation as they can lead to digestive discomfort or irritation. Green chillies, if consumed in high quantities, may even cause damage to the stomach, liver, and kidneys.

MEDICAL UPDATE

By the end of July, monsoon covers the whole country. Vector-borne and water-borne diseases like malaria, dengue, typhoid, chikungunya, hepatitis, and gastroenteritis are on the rise this month.

Monsoon is the peak time for infections and diseases due to the moisture in the air. The immune system tends to weaken.

- Drink clean and boiled water.
- Avoid street food and junk food.
- Avoid stagnant water around the house.
- Wash your hands.
- Wash fruits and vegetables carefully.
- Get good sleep.
- Follow an exercise regimen.
- Avoid getting wet in the rain too often.

During the monsoon season, it is recommended to avoid foods that contain water such as melons and cucumbers. These foods can increase the risk of waterborne diseases due to rainwater contamination.

PREVENTIVE PEARLS

28th July is World Hepatitis Day. The theme for World Hepatitis Day in 2024 is "**Hepatitis Can't Wait**". It highlights - Immediate testing and diagnosis. Get a liver function test (LFT) done if experiencing symptoms of loss of appetite, frequent indigestion, nausea, vomiting, weight loss, and fever.

"Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story." -

----- Morgan Spurlock.

Frequent Urination: What it means.

Frequent urination is the need to pass urine more often than an average of seven to eight times throughout the day. A frequent need to urinate at night is called nocturia. Most people can sleep for 6 to 8 hours without having to urinate.

It is considered normal, and you are more likely to frequently urinate if you:

- Are pregnant.
- Are over 70 years old.
- Have an enlarged prostate.

You should worry about frequent urination, if

- There is no obvious reason for your frequent urination, such as drinking more fluids, caffeine, or alcohol.
- It disrupts your sleep and everyday activities.
- You have other urinary symptoms.

Frequent urination may happen when there's a problem with part of the urinary tract. The urinary tract is made up of the kidneys; the tubes that connect the kidneys to the bladder, which are called the ureters; the bladder where urine is collected; and the tube where urine exits the body, called the urethra.

Frequent urination is caused by

- Infection, disease, injury, or irritation of the bladder.
- Medical conditions that causes your body to make more urine.
- Changes in muscles, nerves, or other tissues that affect how the bladder works.
- Certain medications.
- Fluid intake.

The commonest cause of frequent urination is Urinary tract infection (UTI).

Common Causes of Frequent Urination



Diabetes



Urinary tract infections



Urinary incontinence



Interstitial cystitis



Neurological diseases



Bladder dysfunction



Kidney issues



Medications

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Older men often urinate frequently because the prostate gland usually enlarges with age (a condition called benign prostatic hyperplasia). In older women, frequent urination is also more common because of the weakening of the pelvic supporting tissues, and after menopause. Both older men and older women are also more likely to take prescription diuretics as part of treatment of their chronic health conditions and these drugs may contribute to excessive urination. Older people with excessive urination often need to urinate at night (nocturia). Nocturia can contribute to sleep problems and falls, especially if a person is rushing to the bathroom or if the area is not well-lit. Elderly persons must be very cautious about this aspect and not be in a rush.

Falls can be a major health concern for older people. Good lighting is important for preventing falls in the elderly.

People troubled by awakening at night to urinate (nocturia) may need to limit fluid intake close to bedtime. Additionally, individuals should avoid caffeine and alcohol.

Contact your physician right away if:

- you have fever, back or side pain, vomiting, or chills.
- you have increased thirst or appetite, fatigue, or sudden weight loss

The choice of treatment for frequent urination largely depends on the specific diagnosis. Consult a medical professional for a proper evaluation and personalized treatment plan tailored to the underlying cause.

END NOTE

The key to deciding if you have issues with frequent urination is whether the need to urinate often is creating challenges for you.

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