

# Health Concepts

August 2024

## Move more, sit less

### PREFACE

Sitting down too much can be a risk to your health. Staying active and minimizing sedentary behaviour is crucial for maintaining good health.

Sitting for long periods slows the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. Prolonged sitting is linked to an increased risk of conditions like type 2 diabetes, cardiovascular disease, and certain types of cancer.

To reduce the risk of ill health from inactivity, it is advised to exercise regularly, at least 150 minutes a week (30 minutes of regular exercise daily for 5 days in a week) and reduce sitting time. Medical recommendations advise avoiding long periods of sitting time. However, there is currently not enough evidence to set a time limit on how much time people should sit each day. Regular movement and stretching can improve flexibility, strength, and posture.

Light activity is moving rather than sitting or lying down.

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Remember, every bit of movement counts. Keep moving and stay healthy!

### NUTRITIONAL FACTS

धनिया के पत्ते (Hindi)  
கொத்துமல்லி (Tamil)  
కొత్తిమీర (Telugu)



#### Coriander Leaves

Coriander (*Coriandrum sativum*), also known as cilantro, is an annual herb in the family *Apiaceae*. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking. Our Indian recipes are incomplete without the coriander leaves. A wonder herb, coriander Leaves are an excellent source of Vitamin A and Vitamin C. Along with these nutrients, each serving of coriander leaves is loaded with a potful of nutrients like dietary fibre, iron, manganese, calcium, vitamin K, phosphorus, etc. It also consists of 11 essential oils, very low in saturated fat, contains a good amount of linoleic acid which imparts numerous health benefits.

**Promotes Healthy Vision** - Contains profuse amounts of vitamin A, besides vitamin C, vitamin E and the carotenoid class of antioxidants, which improve eyesight.

**Treats Liver Dysfunction**- The rich quantities of alkaloids and flavonoids in coriander leaves assist in curing liver ailments.

**Manages Diabetes Symptoms**- The significant levels of dietary fibers and proteins in coriander leaves help in regulating blood sugar levels.

**Remedies Stomach Problems**- The anthocyanins in coriander leaves enable anti-inflammatory qualities, which aid in healing stomach ulcers and indigestion.

**Fortifies Bone Density**- Coriander leaves are blessed with generous amounts of the connective tissue enriching minerals, namely calcium, magnesium, and phosphorus.

**Bolsters Skin Health** - Vitamin E and Vitamin A in the herb is great at fighting against the free radicals that can damage the skin.

**NOTE:** Some people are allergic to coriander leaves or seeds, having symptoms similar to those of other food allergies.

### MEDICAL UPDATE

#### Tips to reduce sitting time

- Take the stairs and walk-up escalators.
- Set a reminder to get up every 30 minutes.
- Place a laptop on a table and work standing.
- Stand or walk around while on the phone.
- Take a walk break every time you take a coffee or tea break.
- Walk to a colleague's desk instead of emailing or calling
- Swap some TV time for more active tasks or hobbies.
- Take up active hobbies such as gardening and DIY.
- Set "no screen time" rules to encourage other activities.
- Do most types of housework.
- Choose walking or cycling over driving for short distances.

Break up long periods of sitting time with at least light activity.

### PREVENTIVE PEARLS

#### How to manage asthma in rainy season?

- Avoid contact with pet animals.
- Avoid dusty places.
- Keep the damp places like toilets, bathroom free from fungus
- Do not skip medications.
- Have a balanced diet
- Use Face mask whenever necessary.

"Life is like riding a bicycle. To keep your balance, you must keep moving."

---Albert Einstein

## How Often Should You See Your Doctor?

There is no set answer or timetable for everyone, but there are some guidelines. Many think they don't need to see their doctor unless they are sick. Unfortunately, that is short-sighted and can be a dangerous policy. There are benefits of seeing your primary care physician even when you are not sick. (Fig.1).

This timetable should be based on 1) your age, 2) any risk factors you have for chronic illnesses and 3) your current health status. Everyone is different so even the following guidelines are not fixed and could vary according to the individual.

### Routine Checkups:

Under 50 and in good health: It's generally recommended to have a checkup every 2-3 years.

50 and older: Annual checkups are advised to monitor for age-related health issues.

### Chronic Conditions:

If you have a chronic condition like diabetes, heart disease, or Respiratory issues, more frequent visits are necessary to manage your health effectively.

### Preventive Care:

Regular checkups help in early detection of potential health issues, ensuring timely treatment and better outcomes.

### Changes in Health:

If you notice any new or worsening symptoms, it's important to see your doctor promptly, regardless of your last visit.

### Special Circumstances:

Life changes, such as starting a new medication, experiencing significant stress, or undergoing major life events, may also warrant a visit to your healthcare provider.

Senior citizens with no other issues, should consistently see their primary physician for routine

Fig. 1: Key benefits of seeing your primary physician

Regular monitoring of existing health issues, which lowers the risk of worsening symptoms or severe complications.

Finding potentially severe health problems early before they cause an issue.

Early treatment of health conditions, which increases the odds of a good outcome

It will help you to stay on top of vaccinations and screening tests.

Limiting extra healthcare costs associated with treating complicated or serious conditions that aren't caught early.

You will develop a trusting relationship with your doctor.

It will help you discover ways to improve any lifestyle issues and live longer.

vital parameters check and blood tests twice per year.

Catch it early! Even if you're healthy on the outside, it's what's happening on the inside that matters.

A routine general check-up should include height, weight, temperature, blood pressure, and pulse rate to compare with former visits. Your physician will probably listen to your heart and lungs to note any abnormalities.

In addition to the physical checks, there will be a discussion of any new symptoms, or any other issues. Most importantly you must discuss your medical history (past and present) as well your family history of diseases, and your medication list and allergies to enable your physician to opine on your impending and existing health risks.

Typically, screening tests include Haemoglobin, Sugar, Creatinine, Liver function tests, Lipid profile, Thyroid function tests, and Urine examination. ECG and Chest Xray are done if required.

It's important to take charge and feel empowered about your health.

### Additional screening tests

for women include:

- **Mammogram** for breast cancer screening, between ages 50 and 74
- **Pap smear** for cervical cancer screening, between ages 21 and 65
- **Osteoporosis** screening, starting at age 65.

for men include:

- **Prostate** examination and screening, starting at age 50.

### END NOTE

If you can't remember the last time you had a checkup, it's probably been too long. Time to make an appointment with your primary care physician.

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