

# FOCUS ON WELLNESS



DECEMBER 2015

## MESSAGE FROM CMD



### My Dear Policyholder,

I sincerely thank you for being/becoming our customer. You are probably aware that as part of Customer engagement initiatives, your company brings out a health magazine every quarter to educate customers on health and developments in the field of medicine. I am happy to share that this initiative has won the appreciation of customers of various segments.

Keeping in tune with the popular adage, 'Prevention is better than cure' efforts have been taken to devote this entire issue on 'Wellness'. I am convinced that an array of articles received from eminent doctors and specialists from other fields and presented in this issue will be of tremendous value to the readers.

With kind regards,

A handwritten signature in black ink, appearing to read 'V. Jagannathan', written in a cursive style.

**V. JAGANNATHAN**  
Chairman-cum-Managing Director



## FOREWORD



Prevention is better than Cure is a golden statement,

We from Star Health and Allied Insurance Co Ltd continue to reach out to all our customers and engage them in a meaningful and informative way. The regular health magazine sent is a valuable gesture and step in this direction. We aim to improve not only physical health but also the intellectual health of our customers and in this issue we focus on "Wellness" and the means to achieve it.

Your health is our priority and we wish all our valuable customers a healthy mind, body and living!

The professionals who have contributed to this issue have been chosen from varying backgrounds to give a comprehensive coverage of the topic chosen. I am confident that you will benefit from our services

On this occasion, as always, I express my profound gratitude to all the authors for their valuable contributions and members of the Editorial Board for the wholehearted efforts to bring out this magazine.

Last but not the least, I thank all STAR customers like you for making not only this magazine, but also STAR HEALTH, a grand success.

**Dr. S. PRAKASH, MS., FRCS (Glasg) FAIS**  
Executive Director  
STAR HEALTH AND ALLIED INSURANCE CO. LTD

## TIPS TO PREVENT HEART ATTACKS



**Dr. G. SENGOTTUVELU, MD, DM, DNB, FMMC, FSCAI, FRCP (Glasg), FACP**  
Fellowship in Interventional Cardiology ( France)  
Senior Consultant & Interventional Cardiologist.  
Apollo Hospitals main, Chennai.

**M**ost frequently asked question in my consultation is Dr. How to prevent a heart attack?

The heart attack leaves a devastating effect on the patient and also on the whole family so they are anxious to know how to prevent heart attacks.



While we have decisively controlled epidemics of cholera, plague, small pox, polio, rabies and other infectious diseases. We are not so successful in controlling heart attacks which has now assumed epidemic proportion.

Risk factors can be classified as modifiable and non modifiable.

**Non modifiable risk factors are**

- ✓ Age
- ✓ Genetics

**Major modifiable risk factors are**

- ✓ High B.P
- ✓ High cholesterol
- ✓ Physical inactivity

- ✓ Smoking
- ✓ Diabetes
- ✓ Stress

We have no control over the age and genetics. But we can modify other risk factors by life style modifications.

**How to modify?**

### 1. High B.P

Has no symptoms. Normal B.P 120/80 mmHg, though elderly people are likely to have high B.P. A few young people also suffer from high B.P. So it is better to checkup your B.P at least once a year. If your B.P is 120/80 mmHg it is normal. Consult your family doctor it is above 140/90 mmHg to rule out other causes. Each increase of your systolic B.P by 20 mmHg above 115 doubles your chance of heart attack.

How do I control my B.P. 1. Restrict salt, 2. Reduce weight, 3. Reduce stress.

2. High cholesterol is documented as a main risk factor for clogging of the coronary arteries resulting in heart attacks, Your total cholesterol should be below 200 mgs. LDL less than 100. HDL above 50. Cholesterol, despite bad publicity, is not all that bad. It is needed



for the synthesis of important hormones. Only in high concentrations along with other risk factors like physical inactivity and smoking does it initiate clotting in the arteries.

Our diet is made up of carbohydrates proteins and fat and micro nutrients cholesterol is derived from saturated fat. Your body makes all the cholesterol it needs even if it is completely cholesterol free. Intake of cholesterol can be controlled by taking cholesterol free diet. If your cholesterol LDL is high above 100 mgs inspite of strict fat free diet, you need not worry, You have excellent drugs to bring down the cholesterol.

**You may ask how much fat or oil to take?**

You need to take 15 - 20 gms vegetable oil to meet daily requirement. Now your next query is which oil is best. All oil's have three types of fat 1. Saturated fat, 2. Poly unsaturated fat, 3. Mono unsaturated in different proportions. Saturated fat raises your cholesterol. Unsaturated fat does not raise your cholesterol.

How to find out which oil contains more of saturated fat. It is easy, The oil that solidify on freezing is the saturated fat eg. Coconut oil.

There is an impression olive oil and sun flower oil lower your cholesterol level, this is unfortunately not true, as they also have saturated fat. So whatever the oil, restrict it to 15-20 gms.

You get 20% of your calories from fat 25 - 30% from proteins, 50 - 60% of carbohydrates

Patients doubts on Carbohydrates and Diabetes:

If I get most of my calories from carbohydrates, will it not lead to diabetes. This happens when your food is loaded with simple sugars like glucose lactose honey and alcohol. If you take complex carbohydrates like rice wheat and cereal, your chances of getting diabetes is less.

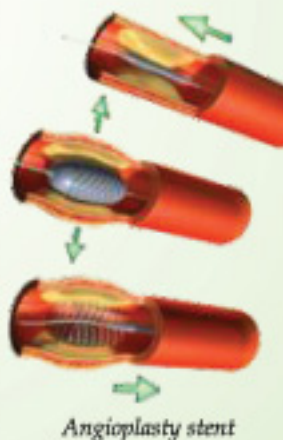
What about proteins. Your requirement per day is 1 gm/kg. This is easily obtained from dhal legumes and other pulses. You need not go for eggs or meat.

### 3. Exercise:

**Physical inactivity due to our sedentary life style is the major cause of heart attack.**

We Indians loathe manual work and we glorify inactivity. We have been brought up with the notion, that doing manual work is below our status. We employ a cook to prepare our food and another to wash the utensil and mop the floor. Richer the person more the number of servants and less physical activity.

And to add insult to injury we generally do not play games, go for walking or swimming. We assume all these games are to be played by youngsters. The only game we are fanatically mad of is cricket.



It is played in a leisurely way and watched by millions of people sitting idle for hours does not improve the health of the players and enforces physical inactivity among the viewers.



You should enjoy your exercise, enjoy your tennis, football, swimming and walking. Exercise should be fun. If it is fun, you will enjoy doing it regularly.

### 4. Diabetes:

If you are a diabetic your chances of getting heart attack is double and if heart attack is silent you may not feel the typical pain.

You should be aware of the drugs that produce prolonged hypoglycemia and heart attack.

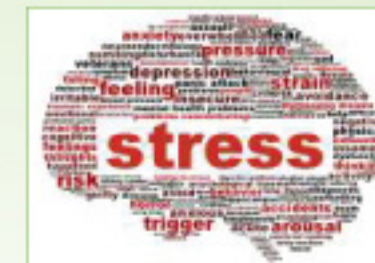
### 5. Smoking:

The next culprit is smoking. A famous cardiologist while participating in a conference was asked to limit his speech on preventing heart attacks in a few sentences for want of time. He got up and addressed the gathering. Stop smoking and start walking and stopped his talk. This is the sacred mantra for a healthy heart. There is warning on every packet of cigarette. Smoking is injurious to health. Our Government has banned smoking in the movies in the face of heavy opposition from tobacco lobby and cine field.



Smoking cigarettes is addictive.

You have to quit smoking on your own, all at once. You should be well motivated.



### 6. Stress:

A MODERN DAY PROBLEM: stress. Today's life is full of tension and stress, fast and fiercely competitive from L.K.G to M.B.A. Your B.P shoots up, your pulse races when you touch the road on your way of office. The traffic is so congested and hazardous and in the office also you get irritated as things are not happening as you like. On your dealings with government you encounter corruption at all levels. It is impossible to be unaffected by the conditions prevailing around us. You should follow the old adage, Oh, God give me the courage to change the things which I can, to endure the things which I cannot and the wisdom to know the difference. Your out burst and anger will hurt only you. Everyday allot some time morning and evening for meditation. There are excellent centers in your own town. Utilise them.





## MENTAL WELL-BEING

**Dr. M. SURESH KUMAR, MD DPM MPH (USA)**

Director, Psymed Hospital, Chennai.  
Advisor, SANMATI Trust  
msuresh1955@gmail.com

### No health without mental health

World Health Organization defines mental health as "a state of well being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community". Mental health is not just the absence of mental illness but productive, fulfilling and happy life. There is a close relationship between good physical health and sound mental health. Although the importance of mental well-being to lead a healthy, quality assured life is well established, mental health promotion, illness prevention and treatment for psychological/psychiatric problems are often underappreciated in the society.

### Promoting mental well-being across lifespan

Across the lifespan of the individuals mental well-being needs to be promoted and protected. Children and adolescents are the important target group as the developing brain is vulnerable for social, emotional and behavioural adversities. Improving self efficacy, self esteem, social skills, planning skills, problem solving, dealing effectively with risky behaviours & unhealthy habits, family cohesion and positive peer influence are ways of advancing mental health in this group.

School based mental health promotion is central and includes

- ✓ skills training
- ✓ improving communication
- ✓ leadership training

- ✓ extra-curricular activities
- ✓ teacher training
- ✓ and effective use of social media.

For adults, work related stress is a major concern and interventions such as stress management are essential. Mental well-being is related to healthy, satisfactory relationships between married partners, children and parents. Mutual support, respect for each other, bonding and effective parenting are core elements for a healthy life. For older individuals, physical activity, spiritual engagement, family support and social activities are essential for mental well-being. Women face different sets of psychosocial stressors; domestic and sexual violence have greater negative impact on the mental health of women.

### How to achieve mental well-being

The key features of mental well-being are: 1) self esteem: having an adequate self respect and believing that she/he is "okay"; 2) contribution to the society: "helping others" is the best way of helping oneself and it includes giving time, kind words & deeds for others; 3) mastery of environment: the ability to deal effectively with environmental stressors as many life circumstances are related to family and social environment; 4) resilience: the ability to recover quickly from adverse situations and difficulties; 5) engagement: being involved and satisfied in one's own activities and work; and, 6) emotional stability: feeling calm and peaceful most of the time.

## WELLNESS FACTS FOR HEALTH

1. Adults who eat a little chocolate five times a week are thinner than those who eat it less frequently.

2. Eating Oatmeal boosts serotonin, which calms your brain and improves your well being

3. Drinking green tea improves your working memory, which allows your brain to process multiple pieces of information at once.

4. Spending time outdoors in nature increases happiness.

5. Sitting 11 hours or more each day leads to an earlier death.

6. Expressing gratitude boosts happiness and decreases depression (thank you for reading this!).



7. Exercising when you're young will improve your brain function when you're older.

8. Ginger is a natural antispasmodic compound, which means it helps reduce cramping, addition to alleviating nausea and promote digestion.

9. Bananas relieve belly bloating.

10. Eating chocolate makes your skin glow - its antioxidants improve blood and can help protect your skin against dullness-causing UV damage.

11. Men are more forgetful than women.

12. Stress can make allergy symptoms worse.

New evidence published in the online journal Open Heart suggests that added sugars probably matter more than dietary sodium for risk of hypertension and cardiovascular disease.

Research published in The American Journal of Cardiology found a link between sugary drinks and a spike in blood pressure levels.

The report's author, Dr James DiNicolantonio said: "Sugar, in the form of sugar-sweetened beverages, has been shown to acutely spike blood pressure, leading to increased blood pressure variability.

According to the U.S. Department of Health and Human Services, National Center for Complementary and Alternative Medicine (NCCAM), there are "promising

findings" in the use of acupuncture in treating back pain, particularly in patients who do not obtain considerable relief from traditional treatments.

Eric Manheimer, study author and director of database and evaluation for the University of Maryland Center for Integrative Medicine, commented about the results of a study conducted by researchers from the University of Maryland School of Medicine and the Peninsula Medical School, Plymouth, U.K. He said study results concluded, "For people with chronic low back pain, this analysis shows that acupuncture is clearly effective in providing considerable pain relief." He stated that study participants experienced "true relief" from back pain with acupuncture treatments.

#### Health benefits of sunflower seeds

- ✓ They control cell damage, thus playing a role in preventing cancer. This is because sunflower seeds are a good source of selenium, which is a proven enemy of cancer.
- ✓ They contain bone-healthy minerals. Besides calcium, your bones need magnesium and copper to stay strong. Sunflower seeds have both these minerals. As a bonus, they also contain Vitamin E, which helps ease arthritic pain.
- ✓ They keep you calm. Yes! The magnesium in sunflower seeds is reputed for soothing the nerves, thus easing away stress, migraines and helping you relax.
- ✓ They bring a glow to your skin. The star in this role: Vitamin E again, which combats UV rays and keeps skin youthful.
- ✓ They ease every condition that's inflammatory in nature, such as joint pain, gastric ulcers, skin eruptions, asthma and such. That's because sunflower seeds are loaded with antioxidants.
- ✓ Just ¼ cup of sunflower seeds a day can keep heart troubles away. These small seeds disallow 'bad' cholesterol from sticking to the walls of your arteries, thus preventing heart attacks.



## WELLNESS - AN EMOTIONAL PERSPECTIVE



**J. RAVINDRAN**  
General Manager,  
Star Health and Allied Insurance Co., Ltd.,

Wellness is not absence of illness. It is not merely freedom from diseases. It is a perfect state of health.

So, what is health? "Health is a state of perfect physical, mental and social well being" declares, World Health Organisation. It implies that for every human being, harmony at physical and psychological level presupposes health. While harmony at the physical level is to an extent determined by genetic structure and predominantly a person's life style, it is also impacted by the Society.

Antony Robbins has aptly remarked in his book 'Unlimited potential', that "Neither Birth is our choice and nor Death is our choice but the way we live our life is certainly a matter of choice". It is therefore everyone's responsibility to ensure harmony at the physical and psychological level.

Scientific Research has come out with an interesting finding that 75% of the visits to the family doctor are due to stress and strain of modern life. Stress is the tension or pressure people go through when unpleasant experiences confront them. This creates emotional reaction in people. When the experience is intense, emotions run high making people helpless. Such emotional turbulences create disturbances in Mind - Body equilibrium paving way for an array of illnesses. Studies conducted in Medicine suggest that people who constantly worry, have bouts of anger or fears are prone to suffer from life threatening diseases. Hence it is necessary to understand the Science of Emotions, so that one can have the ability to handle emotions arising in unwanted life moments.

### Emotions

Stephen Robbins in his book on 'Organisational Behaviour' describes Emotions as intense feelings that are directed against someone or something. An employee who does not get promotion or the desired increase in salary at the time of annual appraisal gets angry. Somebody becomes sad as the spouse wants divorce after three years of marriage. A fresher from college feels highly elated about the placement in a leading Multinational company with a handsome pay package. In all these cases, these individuals go through feelings either positive or negative.

### Impact of Emotions

Studies have classified the emotions broadly into two categories. Positive emotions such as Love, Joy and Gratitude enhance the wellness of an individual whereas Negative emotions like Anger, Sadness and Fear trigger the cause for a variety of illness.

In fact, Positive emotions are reported to cause secretion of neuropeptides called 'Endorphins' which has a healing and calming effect. But the negative emotions result in activating the limbic system and induces secretion of harmful hormones like adrenalin, noradrenalin and cortisol. Commenting on deleterious effect of Anger, Buddha is reported to have said, 'You may not be punished for your anger but you will be punished by your anger'. Napoleon Hill echoed a similar thinking saying, "God may forgive you but your nervous system will not". Fear creates anxiety leading to hormonal imbalance crippling people's ability to think. When Negative emotions a person goes through are episodic, they may not cause ill health. But if they are chronic, it will certainly disturb Body - Mind equilibrium.



### Emotions - Beyond control?

Most of us become hapless victims of Negative emotions. When events occur contrary to our expectations, negative emotions overpower us. On such occasions, it is always human tendency to throw the blame on somebody else or the fate and sometimes even God. We think that life is very cruel to us and we are the victim of circumstances. This is because people have been conditioned by the society to believe that emotions are beyond our control. As handling emotions is a life skill which neither school nor college taught us, we tend suffer emotional consequences not knowing what to do.

### Emotional equation

What is the alternative? A thorough understanding of Science of Emotions will bring about a paradigm shift in thinking. Mahatria Ra, a Transformation Technologist from Chennai has a simple solution to offer. He says emotional response to any situation depends on either acceptance or non acceptance of the situation. According to him, Emotional equation is:

Something + Acceptance	=	Positive Emotion
Something + Non Acceptance	=	Negative Emotion



Does it mean that we should remain a Zombie indifferent to whatever is happening? No, all that is required is to accept whatever has happened and proceed to think what can be done in future. Emotional Maturity is to realise that 'Acceptance is the Master key for peace'. After all, nobody has the power to rewind the past. Eventually whatever has happened has happened, one has to do what is to be done and life has to move on.

Anyone who has understood this simple fact becomes an Emotional Adult.



## OBESITY AND FAST FOOD

**Dr. NEHA BHATIA**

(Dietician)

Metro Mas Hospital Jaipur

"Everyday billions of people struggle for better health care. We want to change that"

Fast food has been described as food which is prepared in hurry for people who have little time during meal times. These foods are very popular with the students and working people since they don't have enough time to sit and enjoy a full meal time. It's well known that eating out may lead to excess calorie intake and increases the risk of obesity because of large portion of size and increased energy density of foods. Fast foods fall into this category of food.

- ✓ High in calorie
- ✓ High in fat
- ✓ High in sugar
- ✓ High in saturated fat

Fast food reduces the quality of diet and provide unhealthy choices especially among children and adolescents raising their obesity.

### Obesity management:

Obesity is a major health problem and it is directly associated with several health conditions including diabetes, heart disease, stroke, hypertension, fatty liver.

#### Aims of obesity Management

- ✓ Reduction of body weight
- ✓ Prevention of regaining the lost weight

If management of obesity of a member of the family is the concern, the whole family may adopt healthy lifestyle measures. This is an achievable target that most patients can aim for and achieve by adopting a healthy lifestyle of a healthy low calorie balanced diet and increasing physical activity to lose more than 0.5-1kg a week.



### Exercise to lose weight:



For an average adult at least 30 minutes of moderate physical activity is recommended on 5 or more days a week to lose weight and maintain the weight loss.

Choose activity such as jogging, cycling, swimming, dancing, playing and sports. Physical activity doesn't have to be just exercise. Try being extra active everyday by:

Getting down two stops before your office/home & walking down.

Using stairs Instead of elevators

Taking walk breaks post lunch.

Exercise usually means activity that makes the person feel warm and raises their heart rate and breathing rate. Children should be 60 minutes of moderate activity each day; activities like cycling, brisk-walking, climbing stairs, swimming.

### Management of Diet:

The calorie intake is usually reduced for obese individuals along with increased physical activity. Adult should usually be advised to follow a low calorie-fat diet. A low calorie-fat diet provides only 1600 kcal a day.

For those with a body mass index of over 30 and those who have stopped losing weight before reaching their target, a very low calorie diet (liquid diet with use meal replacing supplement). Should be followed for more than 12 weeks continuously. This very low calorie diet provides less than 1000 kcal a day. Diet should never be designed to provide less than 600 kcal a day unless the patients are monitored closely. Ideal diet should avoid sweets, sugary drinks, foods rich in saturated and Trans -fats and low of sodium.

The WHO defines an adult has a BMI between 25 and 29 as overweight. An adult who has a BMI of 30 or higher is considered obese..

### Surgery for weight loss:

Sometimes surgery may be recommended to lose weight. Surgery is recommended for people with a BMI over 35 or morbid obesity. They involve reducing the size of the stomach to induce early satiety and result in smaller meals and lower calorie intake.

#### Obesity, according to WHO

Body mass index (BMI) weight (kg)/height squared (m <sup>2</sup> )	With a BMI of:	You are considered:
	Below 18.5	Underweight
	18.5 - 24.9	Healthy Weight
	25.0 - 29.9	Overweight
	30 or higher	Obese





## ARE YOU DIABETIC OR NON-DIABETIC? HEALTHY DIET IS SAME FOR BOTH

**Dr. ANIRBAN MAJUMDER, MD, DM, FICP.**  
Professor,  
Endocrinology, KPC medical College, Kolkata.

The issue of healthy eating has long been an important concern to individuals and cultures. Fasting, dieting, and vegetarianism are all techniques employed by individuals and encouraged by societies to increase longevity and health. Some religions promote vegetarianism, some leading nutritionists believe that instead of indulging oneself in three large meals each day, it is much healthier and easier on the metabolism to eat five smaller meals each day (e.g. better digestion, easier on the lower intestine to deposit wastes etc).

Nutrition, as a form of therapy, is also an essential part in the management of many diseases specially diabetes. But people with diabetes always have some questions in their mind like what should I eat or what shouldn't? Now it's time to stop worrying and start to think in new way! Living with diabetes doesn't have to mean feeling deprived. According to American Diabetes Association you can choose a variety of nutrient dense food maintaining the right portion size (right calorie). You can include some of your favourite food in your diet. More so, all non-diabetic normal individuals should follow a similar dietary habit to prevent obesity, diabetes and cardiovascular diseases in future.

### How much to eat?

First decide about calorie. "Calorie" is just the term used to describe the amount of energy a food or drink provides when you eat it. You need energy from foods and drinks to fuel your body - for everything from breathing to physical activity. The amount of calories required, depends on your age, sex, height, weight and activity. You will find numerous web sites to determine your right calorie. Calorie Calculator from different web sites help in calculating Daily Average Calorie needs of a person. The calculators would be of immense use to those intending to maintain or lose weight.

Calorie requirements can vary depending on the lifestyle. A sedentary lifestyle (e.g. Office desk work) would require less calories as compared to the calories required by an athlete. Staying within yours can help you get to or maintain a healthy weight. Reaching a healthier weight is a balancing act. The secret is learning how to balance your "energy in" and "energy out" over the long run.

- ✓ "Energy in" is the calories from foods and beverages you have each day.
- ✓ "Energy out" is the calories you burn for basic body functions and physical activity.

- ✓ People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

### What to eat?

A number of diets have received attention, but the strongest evidence for a beneficial health effect and decreased mortality after switching to a largely plant based diet comes from studies of Mediterranean diet and Mediterranean diet is effective in improving markers of risk for cardiovascular disease and diabetes.

The Mediterranean diet is a modern nutritional recommendation originally inspired by the traditional dietary patterns of Greece, Southern Italy, and Spain. The principal aspects of this diet include proportionally high

consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products (mostly as cheese and yogurt), moderate wine consumption, and low consumption of non-fish meat and non-fish meat products. It has been studied and noted by scores of leading scientists as one of the healthiest in the world. Just as important, the Mediterranean Diet is full of wonderfully delicious, flavor-filled dishes and meals.

Here's how to follow the visual guide to the Mediterranean Diet, from the bottom (most important!) on up. Base your meals



mostly on a variety of foods nearest the base of the pyramid. Your total carbohydrate intake should be consistent from day to day. It should be distributed in 3 meals and 2 snacks. Look for ways to be more active. Good food alone isn't enough to live a healthy life.

- ✓ Every day, eat mostly whole grains, fruits, vegetables, beans, herbs, spices, nuts and peanuts, and healthy fats such as those found in olive oil. Eat lots of vegetables! Can you fill half your plate with them at lunch and dinner?

- ✓ **Switch to whole grains and no to free sugar:** Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours. Cook traditional Mediterranean grains like red rice, and whole grain flour.

- ✓ At least twice a week, eat fish and seafood, the best sources of heart- and brain-healthy omega-3s. Fish such as tuna, herring, salmon, and sardines are rich in omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits.
- ✓ Yogurt, cheese, poultry, and eggs are also central to the Mediterranean Diet, in reasonable portion sizes. Enjoy some dairy products. Eat plain yogurt or sour curd and try smaller amounts of a variety of cheeses.



- ✓ Cook a vegetarian meal one night a week. Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.
- ✓ Use good fats : Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.
- ✓ For dessert, eat fresh fruit : Choose from a wide range of delicious fresh fruits from oranges to pomegranates, grapes and apples. Instead of ice cream or famous Calcutta sweets, save sweets for a special treat or celebration (should not be more than once in a month).
- ✓ Cooking and enjoying the pleasures of the table with family and friends contribute to good health.



#### How to overcome the challenges?

There are many physiological mechanisms that control starting and stopping a meal. The control of food intake is a physiologically complex, endocrine mediated, motivated behavioral system. There are environmental signals, signals from the gastrointestinal system, and metabolic signals that trigger hunger. Signals of satiety arise from the brain, stomach, and adipose tissue. It allows the body to learn when to stop eating. The trouble is that

most of us often fail to do the things we know are good for us and continue to do what we know is bad for us such as over eating. Behaviour, the product of individual or collective action, is a key determinant of the lifestyle factors and changing them may mean changing long standing habits.

**We have to change our behaviour (habit) and have to increase our ability to control impulses to follow bad habits we've formed, even those that have reached the level of addiction. It takes attention and persistence but it can be done. And the benefits can be huge.**

Your family and friends should be involved in supporting and encouraging changes in the behaviour and of course many seek to change their own behaviours. It is thus important to identify effective approaches and strategies that motivate change and sustain newly-adopted healthy behaviours.

#### Conclusion:

**The most prevalent chronic health conditions in India, including cardiovascular diseases, obesity and diabetes, are strongly linked with lifestyle.** There is convincing evidence that a healthy lifestyle including regular exercise, a balanced diet and smoking abstinence is associated with a longer and healthier life span. Designing and implementing health behaviour change in your family as a whole, is crucial for achieving improvements in health and preventing disease through adopting a healthy lifestyle which includes regular exercise and a healthy diet.

## NUTRITION AND HEALTH: YOU ARE WHAT YOU EAT

**Dr. NEHA MAHAJAN**

P.G.D (Food & Nutrition)

RG Stone and Super Specialty Hospital



**Nutrition improves your health & wellness:**

Good nutrition is the key to good health. Improve your nutrition by regularly eating food that is nutritious like dairy products, grains, fruits and vegetables.

**Change in diet can improve health considerably:**

Probably, but even very small changes can improve our health considerably, staying in touch with your dietitian and doctor is the key to keep choosing the healthy food, so they know how you are doing.

**Here are few suggestions that can improve eating habits:**

- ✓ Find the strong point and weak point in your diet. Do you have 10 - 12 glasses of water every day? Do you get enough calcium, high fibre regularly? If yes then you are on right track if not then you have to add more of these in your diet.
- ✓ Keep record of your food intake by writing down, what you eat and drink every day.

- ✓ Asking help from dietitian especially if you have a medical problem.

**Almost everyone can benefit from cutting back on unhealthy fat, if you currently eat lot of fat, try to cut down**

- ✓ Rather than frying, you should bake, grill or boil.
- ✓ Cut back on extra fat such as butter or margarine on bread, sour cream on salad potatoes and salad dressings, use non fat version of these condiments.
- ✓ Read nutrition label of food before buying them, Read labels.
- Drink no-or low calorie beverages, such as water or unsweetened tea, fruit juices milk, staying hydrated is important for good health.



Balanced nutrition and regular exercise are good for your health, even if your weight never changes, Try to set goals that you have a good chance of reaching, such as making one of the small diet changes listed above or walking more in your daily life.



## DIET AND WELLNESS: A NUTRITIONIST'S PERSONAL PERSPECTIVE



**Dr. SONIA NARANG**  
Diet and Wellness Clinic,  
Janakpuri, Delhi

### Diet and Wellness: a nutritionist's personal perspective

- ✓ Stop dieting and just be healthy
- ✓ Tired of counting calories???
- ✓ Had enough of trying to get percentage of macronutrients???
- ✓ Don't really like special K or Slim fast anyway???

Great news....This article will highlight to you **SIMPLE STEPS** to follow to drop few sizes Diets are varied vegetarianism the "low fat" diet, the dehydrated fruit and veggie diet, the bean diet and all the other craziness in the name of "losing weight".

### Nutritionist perspective:

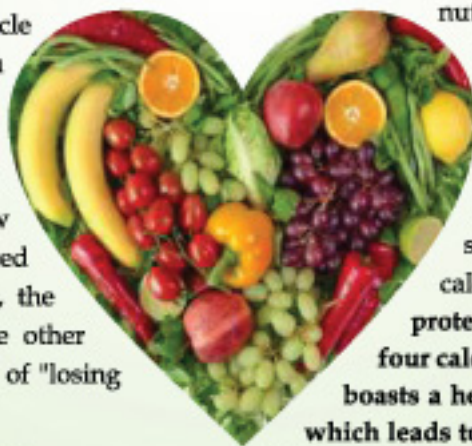
In the quest for a pre pregnancy body, I tried cutting calories, the "Zone" diet and practically every other diet under the sun, but none worked.

**What I realized is that cutting calories alone is not enough, that any change that**

**led me to the lifestyle (I won't call it a diet) that my family and I have today and the same one I now recommend to clients who are seeing the same great results should be long term.**

### Basic things that people need to understand:

1. Not all calories are created equal- if I had to name one of the biggest fallacies in nutrition and the "weight loss" industry today, it is the assumption that a calorie is a calorie and that weight maintenance is as simple as calories in; calories out. For instance, protein and carbs both have four calories per gm, while fat boasts a hefty 9 calories per gm, which leads to the idea that fat must be bad because it has more calories. ...right? If all the macronutrients (fats, protein and carbohydrates) did the exact same things in our bodies, this might be logical, but the human body treats each of these molecules differently. Understanding this is the key to understanding why the "low fat" diets of



**our time are only feeding (pun intended) the obesity epidemic.**

2. Fat is not the enemy- though it has been demonized for a few decades, fat isn't the cause of the problem we are seeing today (this seems logical to me, as these problems are increasing even as we eat "low fat"). This is also hardest thing for most people to accept when I work with them. **To put it plainly, to be in optimal health, you must learn to eat and love the healthy fats that are so vital to your body's proper function.**

3. Grains are the enemy- bear with me, I know this might go against everything you have ever been told about nutrition, but grains are not healthy, nor are they necessary for our health. **Grains and their by products fit into the category of carbohydrates. Carbohydrates cause an insulin response in the body. Any carbohydrates that are not used immediately are converted into fat for storage... thus grains can make you fat.** This is one of the reasons that "low fat" diets often cause weight gain. In the big picture of human evolution, we have been eating grains for a relatively short period of time, and our bodies are not adjusted to them.

4. Reaching and maintaining a healthy body weight is not difficult once you understand what the body needs- while we have been led to believe that the process of eating healthy and burning fat is complex and expensive, it is really very simple, cravings go away and you don't need as much as volume of food to be satisfied.

5. Drink pure water
6. Eat real food
7. Eat only when you are hungry
8. Exercise but not too much
9. Breathe
10. Avoid toxins
11. Sleep well
12. Optimise Vit D intake
13. Don't stress
14. Have fun





## PHYSIOTHERAPY FOR WELLNESS



**Asst. Prof. G. Sakthivelan, BPT, MIAP**  
Consultant Physiotherapist,  
GVS Physiotherapy Clinics., Chennai

Our body is inter-related with each of our systems like Circulatory system, Cardio-respiratory system, Muscular system, Nervous system, Endocrine system and so on. Co-ordination of all those systems helps to maintain our wellness and fitness of our body.

**Cardiovascular fitness** level determines how efficiently our body circulates blood to our organs. Maximum amount of oxygen a person can take in while performing aerobic exercises using large muscles; it is considered the best measure of cardiovascular fitness.

### Walking and Jogging:

- ✓ Reduce your risk of developing heart disease, some types of cancer and type-2 diabetes
- ✓ Manage your weight
- ✓ Improves the aerobic fitness
- ✓ Strengthen your immune system
- ✓ Reduce your risk for developing osteoporosis

### Swimming:

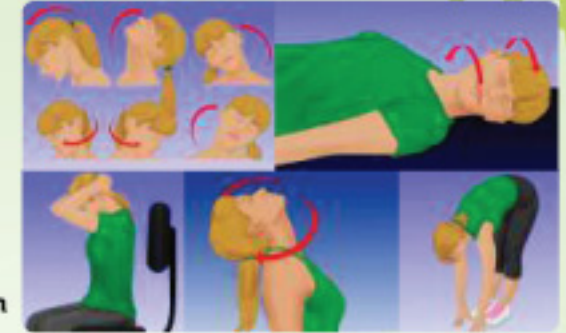
- ✓ Force you to learn better breathing techniques that are beneficial to asthma sufferers
- ✓ Lowered stress levels and increased self-esteem
- ✓ Better mood and improved sleep
- ✓ Strengthens muscles
- ✓ Reduced blood pressure and cholesterol levels

### COMMON PROBLEMS:

Common problems associated with the wellness of our body are pain in neck, shoulder, back, knee, ankle, etc..

### Neck Pain:

- ✓ Neck Flexion and Extension
- ✓ Rotation of the neck
- ✓ Side tilt of the neck
- ✓ Neck retraction
- ✓ Forward shoulder retraction
- ✓ Posterior and Backward retraction of shoulder shrugs

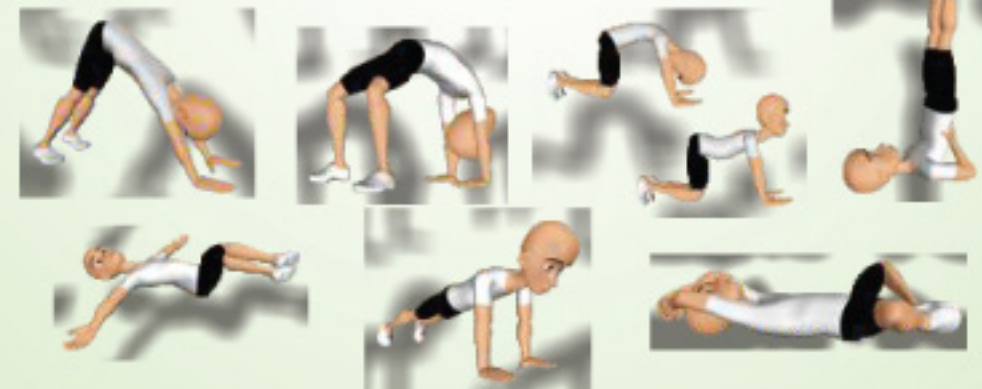


### Shoulder Pain:



- ✓ Shoulder (overhead) presses
- ✓ Dumbbell side raises with thumbs pointing down
- ✓ Upright rows above shoulder height
- ✓ Incline bench press
- ✓ Lateral pull-downs behind the neck

### Back Pain:



- ✓ **Stretching Exercise** - Stretching of any kind, whether static (you hold the pose) or dynamic (you move through a complete range of motion), can help improve flexibility and decrease back-pain risk and symptoms.
- ✓ **Yoga** - Yoga combines stretching with strength and balance poses, which help shore up weak muscles and release tight ones. It's also a stress reliever; tension can lead to a tight back.



- ✓ **Strength training** - resistance training (using body weight only, bands, dumbbells, or machines) to improve strength and regain function, especially for everyday activities.
- ✓ **Pilates** - Pilates strengthens the core muscles that support the spine. Pelvic Tilt (strengthens pelvic floor, deep abdominals; stretches lower-back muscles)

#### Knee Pain:

- ✓ Knee bends
- ✓ Thigh contraction
- ✓ Straight leg raises
- ✓ Hamstring stretch with thigh contraction
- ✓ ITB (Ilio Tibial Band) stretching
- ✓ Lunges
- ✓ Squats:- Single leg squat - Wide stance Single leg squat



#### Foot and Ankle Pain:

- ✓ Foot and Ankle Up and Down
- ✓ Foot and Ankle In and Out
- ✓ Foot and Ankle Circles
- ✓ Ankle stretches - Alphabet Writing A-Z



#### Conclusion:

Wellness is a ongoing life process, a journey without end and not a project to be completed.

**"BE FIT AND STAY FIT"**

## GENERAL HEALTH

### The III Health Effects of Sitting Are Worse for Women

**S**o much evidence is mounting that points to our body's need for motion to stay healthy yet our schools and work environments are constricting movement more and more each year.

Dr. Alpha Patel, senior epidemiologist at the American Cancer Society, presided over the largest study to date analyzing the impact of sitting on the risk of mortality. The study found alarming results for both men and women however women, for reasons not yet understood, exhibited a much greater risk of premature death from sedentarism than men.

The study found that women sitting more than six hours per day increased their risk of premature death by 37% and men 18% even when accounting for other risk factors such as diet, physical activity and smoking. Females who were the most sedentary and exercised the least had twice the risk of premature death to other women, while men showed a 50% increase to their more active counterparts. The ACS was uncertain as to what accounted for the differences among men and women.



This study is similar to a 2010 Australian study which showed a significant rise in the risk of premature mortality based on sedentary behavior. However this study is unique in uncovering a potentially higher risk to the female population, it is quite alarming.

The Australian study showed an 80% increased risk of heart disease among men and women and 46% increased risk of mortality among study participants who sat for more than 4 hours per day even if they were active and lived healthy lifestyles, the facts are clear- we need to stay in motion most of the day for optimum health.

We believe that a total re-engineering of our work and study environments need to be undertaken which encourage movement at every opportunity and discourage sitting.

From an evolutionary perspective it makes sense that the human body rewards motion with health since a sedentary body would not last long enough to procreate in the wild. The question for us today is how many studies will we need before a common sense approach to health settles in that we cannot remain sedentary as a society and expect to be healthy or successful.



## CUSTOMERS FEEDBACK

Dear Star health

I was pleasantly surprised by the wellness call after my hernia surgery. The Dr who spoke Dr saravanakumar was very clear in his advice and also listened to me and answered my questions.

Its something new unlike other Insurance companies

Radha Apie, Pune



Dear Wellness Cell

I was a little irritated initially as call woke me during my afternoon nap but the pleasant voice of Ms Sudakshina and the caring advice made me glad I had taken the call. Not only had they settled my bill but the company was also looking after my continued well being. Will surely recommend Star insurance policies to family and friend

Hrishikesh Mukherjee, Kolkata



Dear Star Health

When the lady from the payment team had called me regarding my deductions I was initially confused and did not understand but she explained to me in detail my policy terms and conditions and why my claim was not settled fully. I realized insurance company can not pay there is something called "non payables" I am aware now

Hema Srikanth, Madurai



Date: August 20, 2015

Dear Mr. Vinod,

Thank you for your prompt action in directing your office to correct the error in docs. Ever since you handled my requests, I note a pro-active approach to client's concerns. Thank you for that.

Best Regards

V Jayaraman, Chennai



Date: 25 July 2015

Good Day,

Thank you and your team for your support and prompt resolution, really Appreciate it. Hope next time I can pay online and be free from all the local hassles.

Thanks and Best Rgds

Kamlesh, Mumbai.



Date: 03 June 2015

Thank you Feroz,

That was very useful. I have been going from pillar to pillar to get such information. You were crisp and clear on the info I needed.

Good Job

Regards

Sandeep, Hyderabad



## Wellness Initiative

- Unique in Health Insurance industry : Post-claim Wellness call.



- As one of the value added services, this program aims to effectively implement post discharge follow up advice and well being through phone call to our Customers.

- We help our customers to resolve their medical related queries. This establishes a post service relationship with our Customers.



- Wellness team speaks various languages like Tamil, English, Hindi, Marathi, Kannada & Telugu to facilitate easy communication for our customers.

- Calls to both post hospitalization - both surgical and medical illnesses. Done for both cashless & reimbursement claims with tailor-made wellness advice.



- Apart from giving medical advice for specific illness for which hospitalized, the patients medical conditions like Diabetes /HT/Bronchial Asthma are also addressed.

- Star aims for Ultimate Customer Satisfaction.





# DIABETES: PROTECT OUR FUTURE

[www.worlddiabetesday.org](http://www.worlddiabetesday.org)



world diabetes day  
14 November

Disclaimer: The views and opinions expressed or implied in the articles are those of the authors and do not necessarily reflect the opinion of the company or Publisher or the Editor or Members of the Editorial Board. The Company or the Editor or Member is not in any way responsible for the result of any action taken by the reader on the basis of articles published in the Magazine.

No part of this publication may be produced without the prior permission of the Publisher. All care has been taken about factual accuracy in compilation, updation and validation of information. However, the publisher accepts no responsibility for inadvertent errors, if any, and their consequences.



**First,  
diabetes affects  
your health.  
Then it affects  
your bank account.**



## Presenting **STAR DIABETES SAFE** (Modified)

A first-of-its-kind diabetes insurance  
that also covers your  
regular hospitalization expenses.

Diabetes Safe from Star Health Insurance covers not only type 1 but type 2 diabetes as well. Along with regular hospitalization expenses, Pre-medical check-up is optional. And that's not all. The policy also comes with a floater option for both husband and wife.

TO KNOW MORE SMS "SWEET" TO 56677 or CALL 1800 425 2255 / 1800 162 4477  
or LOG ON TO [www.starhealth.in](http://www.starhealth.in) | [www.facebook.com/StarHealth](https://www.facebook.com/StarHealth)

Regd. & Corporate Office: No.1, New Tank Street, Valsavai Kottam High Road, Nungambakkam, Chennai - 600 034.

CIN No: U66010TN2005PLC056649 | SHA/2015-16/PRINT/DIABETES (IRDA/NL-HLT/SHA/P-H/V/8/173/13-14)/004 | IRDAI Registration No:129 | For more details on risk factors, terms and conditions please read the sales brochure carefully before concluding a sale. IRDAI clarifies to public that IRDAI or its officials do not involve in activities like sale of any kind of insurance or financial products nor invest premiums. IRDAI does not announce any bonus. Public receiving such phone calls are requested to lodge a police complaint along with details of phone call and number.