

WELLHEALTH

Health – Your Ultimate Wealth

EDITORIAL

Striding out of lockdown is a pleasurable feeling. The new normal of work from home, being careful about hygiene, health and savouring home cooked food has improved the health parameters of many. The impact of promoting 'local' business has helped some in establishing their budding businesses. Going 'digital' has enabled many to work

from home for global companies. Reconnecting with friends and enjoying cricket together, while following all social norms has brought back smiles and happiness.

October altogether has shown hopes of getting back to travel, leisure, business trips, family celebrations etc. Economy is giving

positive vibes. Slowly we all are looking forward to happy celebration time with Diwali and Xmas just around the corner.

May the whole world get illuminated with hope, happiness and humanity this Diwali.

Be Happy, Be Healthy!

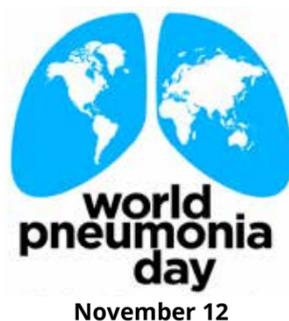


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TRENDING THIS MONTH

COVID-19 and pneumonia



November 12
Celebrated to create awareness and boost collective efforts to fight pneumonia.



Do you know this?

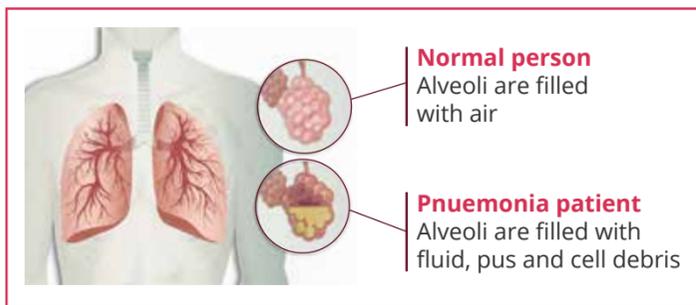
- **Pneumonia is the single biggest infection that kills adults and children**
- **It causes more than a million hospitalizations and more than 50,000 deaths each year.**

What is pneumonia?

Pneumonia is a lung infection that causes inflammation, fluid build-up and damage to lung tissue. It leads to problems with oxygen exchange. In severe cases, it may lead to severe breathing problems and death.

Science behind pneumonia

The lungs are comprised of passages (bronchi) through which air circulates and small sacs (alveoli) where gas exchange occurs in alveoli oxygen is sucked in the blood for circulation to body cells.



Common symptoms of pneumonia

- Fever, Sweating and/or chills**
- Loss of appetite**
- Severe Cough**
- Nausea, Diarrhea, or vomiting**
- Shortness of breath and/or difficulty breathing**
- Fatigue**
- Chest pain when coughing or breathing**
- Feeling weak**

What is the relationship between pneumonia and Covid-19?

Like pneumonia, Covid-19 is also a respiratory illness, where person shows symptoms like dry cough, fever, muscle aches, and fatigue. The virus progresses through the respiratory tract and into a person's lungs. This causes inflammation in the air sacs, or alveoli, that get filled with fluid and pus. This progression then limits a person's ability to take in oxygen.

According to the World Health Organization (WHO), the most common diagnosis for severe COVID-19 is severe pneumonia. For people who do develop symptoms in the lungs, COVID-19 may be life threatening.

Who is at risk of COVID-19 pneumonia?

People with conditions that weaken the lungs or immune system and the elderly may be more vulnerable to COVID-19 pneumonia. Those conditions include: cancer, diabetes, high blood pressure, severe heart disease, kidney or liver disease, asthma and other breathing disorders.

Recommended Treatment

Antibiotic, antiviral, and antifungal drugs are used in pneumonia treatment, depending on the exact cause of the condition. Most cases of bacterial pneumonia can be handled with oral antibiotics. Most people are likely to respond to the antibiotics in one to three days.

For a Covid-19 patient, if a doctor suspects that a person is experiencing pneumonia, they may prescribe antibiotics even though this will not treat COVID-19.

People with more severe pneumonia need in-patient care with high end antibiotics, fluid therapy and even ventilator or oxygen therapy if the patient feels breathing difficulty.

Will the pneumonia vaccine prevent COVID-19 pneumonia?

Vaccines for pneumonia only prevent certain types of pneumonia, such as pneumococcal pneumonia. According to the WHO, the pneumonia vaccine does not protect against the new coronavirus.

Which is the right time to call on doctor?

- People who think they have COVID-19 do not need to see a doctor for testing or treatment unless they are severely ill.
- People who become severely ill should call a doctor ahead of time to reduce the risk of spreading the disease to others.
- People who cannot breathe or who feel chest tightness or other serious symptoms, such as shortness of breath or a blue tinge to the lips, should immediately visit a hospital with a well-equipped emergency room.

Adapted from: Villines, Z., 2020. Pneumonia And COVID-19: Relationship, Risks, And More. [online] Medicalnewstoday.com. Available at: <<https://www.medicalnewstoday.com/articles/pneumonia-and-covid-19>> [Accessed 28 October 2020].

HEALTH @ HOME

Sweet Surrender



Protect yourself from the danger of sugar

Sugar has a bitter sweet reputation when it comes to health.

Natural sugar sources are fruits and vegetables, grains, and dairy. Since plant foods also have high amounts of fiber, essential minerals, and antioxidants, and dairy foods contain protein and calcium, they are considered healthy. Slow digestion of this sugar ensures a steady supply of energy to body.

Added sugar in soft drinks, fruit drinks, flavored yogurts, cereals, cookies, cakes, candy, and most processed foods often result in excess sugar in the body and leads to obesity, diabetes, heart health and sometimes cancer.

Reading food labels is one of the best ways to monitor your intake of added sugar. Look for these ingredients and cut back on the amount or frequency of the foods.

Avoid processed food items with:

Brown sugar, Corn sweetener/syrup, Invert sugar, Malt sugar, Molasses, Sugar syrups like Dextrose, Fructose, Glucose, Lactose, Maltose & Sucrose.

Know more about the sweeteners

Artificial sweeteners:

- Aspartame
- Sucralose
- Acesulfame K
- Saccharin
- Xylitol

Pros	Cons
<ul style="list-style-type: none"> • Many times sweeter than glucose • May have Zero calories • Can be used in baking & cooking 	<ul style="list-style-type: none"> • Do not offer health benefits • Processed sugars • Often leaves an aftertaste • Being studied for links to cancer

Natural sweeteners:

- Honey
- Dates
- Sugar
- Coconut sugar
- Maple syrup
- Molasses
- Agave nectar
- Stevia

Pros	Cons
<ul style="list-style-type: none"> • Contains small amounts of antioxidants, vitamins & minerals • Naturally occurring • Can be organic 	<ul style="list-style-type: none"> • Adds empty calories • Can be processed

Remember : Limits for having added sugar



Women : Not more than 6 teaspoons (25gm) per day



Men: Not more than 9 teaspoons (37gm) per day

WHEEL OF WELLNESS

YOGA for Diabetes



As we all know, diabetes is the disorder of 'sugar processing capacity' in our body. With diabetes, body either doesn't make enough insulin or can't effectively use the insulin it does make.

Yoga proposes asanas to help activate pancreas to secrete insulin. Mandukasan is regarded as one of the simple and effective asanas for prevention and management of diabetes.

Mandukasan (Frog-pose)

Manduk = Frog

Steps:

1. Sit in Vajrasana
2. Make the fists with thumb inside & put them near navel and press the navel area
3. Exhale slowly and lean forward from the waist, lower the chest so that it rests on the thighs. Try to touch forehead to the ground while pressing hands against abdomen.
4. Hold the position for as long as you can while exhaling. (10-15 seconds in the beginning)
5. While inhaling come back to original position of Vajrasana



Benefits of Mandukasan



Gives relief from **diabetes**, digestive disorders and **constipation**.



Improves the flexibility and mobility of the **knee and ankle joints**.



Helps tone **muscles** of the shoulder and abdomen.



Regular practice increases **lung capacity**.

FUN THERAPY

Rangs of rangoli

Making a beautiful Diwali rangoli is every person's dream. Rangoli signifies celebration, it adds colours to life and makes people take some time out for 'art'.



Here are two videos to create amazing rangoli designs.

https://www.youtube.com/watch?v=RA_RzA9F44k

<https://www.youtube.com/watch?v=PIUwGooZNuY>



Share your rangoli selfie pictures with us and we will select the best one to get featured in our newsletter.

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