



'Health, Wellness & More...'

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■ Snippets

'Carrot Facts. Or Fiction?'

The notion that carrots improve eyesight can be traced back to World War II when pilots were using radar to spot and shoot down enemy planes. According to a source at the Carrot Museum, in an effort to conceal this new "cutting edge" technology, a rumour was started that the pilots ate a lot of carrots, which allowed them to see better at night. The "fact" stuck and, to this day, we're told to eat carrots to improve our vision.

Keep the willies at bay

If you get claustrophobic in small spaces such as subways, elevators, and that closet of an office they stuck you in, visit your local fruit stand. A sniff of green apple may help relieve claustrophobic sensations. So, don't forget to carry one with you.

5 TIPS TO HELP YOU LOSE WEIGHT

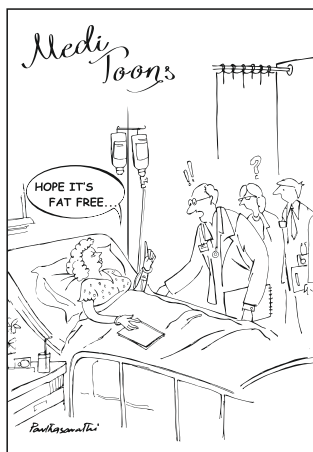
1 DON'T SKIP BREAKFAST

EAT REGULAR MEALS 2

3 EAT PLENTY OF FRUIT AND VEGETABLES

GET MORE ACTIVE 4

5 DRINK PLENTY OF WATER



A routine health check saved Soma's life

Life is Beautiful... again



that she was borderline diabetic. She decided to consult

Endocrinologist Dr. Abhijit Chanda at Medica. On physical examination the Doctor detected a small lump on the left side of her throat. This came as a surprise to Soma who had felt neither any pain nor discomfort and was completely unaware of the growth. Dr Chanda suspected

Khushi" was all that Soma wanted from life. And life did not disappoint, as 'Khushi' was her constant companion, first during her growing up years and later with her entrepreneur husband. Her cup of happiness brimmed over with the arrival of their daughter who she named 'Khushi'. An executive working in the healthcare sector, 43 year old Soma was very cautious of her family's and her own health. Balanced eating and regular exercise kept her fit and she never missed her annual health check. She considered herself to be reasonably 'healthy'.

Soma was a little concerned when her routine health check-up in January this year revealed

a tumour and advised her to undergo a scan. The word 'cancer' had wormed itself into Soma's idyllic world, though Dr Chanda said the tumour may or may not be malignant.

He asked her to get a scan done. The scan revealed that there was a tumour on the left lobe of the Thyroid gland. FNAC or Fine Needle Aspiration Cytology, a simple, quick and inexpensive method that is used to test for malignancy was performed. The result was inconclusive and she was referred to ENT surgeon Dr. N V K Mohan, who after a closer look, decided to do a Hemithyroidectomy (removal of one of the lobes of the thyroid gland). Soma underwent the simple procedure, and the

sample was sent for biopsy. The result came back positive for malignancy. With her family by her side, encouraging her and praying for her recovery, Soma went under the knife again, this time for a full thyroidectomy (complete removal of the thyroid gland). This time the biopsy result came back normal, and Soma was relieved to know that the cancer had not spread to the lymph nodes.

In June, Soma was advised by the doctors to undergo a round of radiation known as Iodine therapy as a precautionary measure. This therapy is used to destroy residual thyroid tissue, if any, post surgery, or to treat some types of thyroid cancer that may have spread to the lymph nodes and other parts of the body. This therapy requires 7 days of full isolation. After undergoing the therapy, Soma is now completely rid of the disease. Regular thyroid, calcium and hormonal medicines are keeping her fit and happy. She is thankful that she was diagnosed at the right time and treated immediately.

Today Soma is back to being her bubbly, cheerful self, helping Khushi prepare for her upcoming board exams. She strongly recommends regular health checkup for all at least once a year, and firmly believes that it saved her life. Today her life is beautiful just like it was before.

DOCTOR SPEAK



Dr Abhijit Chanda
HOD,
Diabetes &
Endocrinology
MD, DM, DNB

"When I felt a lump while examining Soma, I immediately suspected a tumour. It was a case that need multi-disciplinary care. I worked with the ENT Doctors team to get Soma back on her feet. Her family was a big support. Soma is a brave lady!"



Dr N V K Mohan
ENT Consultant,
MS (ENT), MRCS (Edin),
DOHNS (London)

"The tumour was restricted to Soma's thyroid gland, which made it easier to treat. We removed the tumour during the first surgery, then decided to remove the gland altogether to eliminate the risk of further recurrence. Today she is out of risk and is leading a happy and healthy life."

PATIENT SPEAK

Soma Chatterjee
Kolkata, India

"When the Doctor said my tumour could be malignant, I was devastated. My family and the Doctors helped me face my fears. I was determined to fight and win against cancer. I did everything the Doctors asked me to do. Surgery, radiation therapy and a major change in my lifestyle helped me get through. The day my reports came clear and I realized I was cancer free, was the happiest day of my life."

Ask Us

1. My husband is a diabetic. A few days back, he suffered a sudden blackout due to Hypoglycaemia. How do I prevent this from happening?

Sudden drop in sugar levels in a diabetic is Hypoglycaemia. It can be caused if diabetic medication is administered without adequate food intake. Sometimes certain medications can cause this also. Hypoglycaemia can have serious consequences. Consult your Doctor to understand what caused it and how to prevent it.

2. What is prediabetes?

Prediabetes is a condition where the blood sugar levels are higher than normal, but does not need medication. Hba1c is a test that gives an indication of your sugar control over a longer period of time. If you are a pre-diabetic, then you need to modify your lifestyle to include a balanced diet and regular exercise. Try to control your stress through mind exercises, meditation and relaxing activities. Regular blood sugar check is a must at regular intervals.

3. I was diagnosed with gestational diabetes during pregnancy and put on medication. Post delivery my blood sugar levels have gone back to normal. Am I at risk of developing diabetes?

Gestational diabetes is a temporary condition triggered during pregnancy in some women. However, there is always a risk of developing full blown diabetes later in life. It is advisable to take precautions to prevent or minimize the risk. Seek your Doctor's advice on the precautionary measures.



'It is not just sugar, but also the calories that you need to watch!'

Too much Sugar is not Sweet

Type 1 Diabetes is also called Juvenile Diabetes for a reason. Though it can develop in adults also, it usually appears in children and adolescents. This condition occurs when the body's own immune system mistakenly destroys the insulin producing cells. The reason can be a genetic disorder or exposure to virus or some environmental factor. This condition is insulin dependent and cannot be cured, but can be controlled with medication, regimented diet and lifestyle changes.

The symptoms of Juvenile Diabetes include:

- Increased thirst
- Frequent urination
- Bed-wetting in children who previously didn't wet the bed during the night
- Extreme hunger
- Unintended weight loss
- Irritability and other mood changes
- Fatigue and weakness

- Blurred vision

Look out for the four Ts!

- Toilet: Using the bathroom frequently, infants having heavier nappies, or bed wetting from a previously dry child
- Thirsty: Drinking more fluids than usual but being unable to quench thirst
- Tired: Feeling more tired than usual
- Thinner: Losing weight

Type 2 Diabetes, earlier called 'adult-onset diabetes' is on the rise in children. The condition is usually associated with unhealthy lifestyle and increased stress. The growing instance of Type 2 diabetes in children is linked to rising obesity.



- Increased thirst
- Tiredness
- Unexplained weight loss
- Itching around the genitals, possibly with a yeast infection
- Slow healing of cuts or wounds
- Blurred vision, as the eye's lens becomes dry

Keep your children safe!

Encourage them to eat healthy. Build in regular exercise into their daily routine. Making them play a sport is a good way of ensuring they stay healthy and happy. Help them de-stress by educating them on the need of a life beyond their studies. Setting your expectations high from your children can increase the pressure on them. Remember your behaviour will impact their health.

Around 97,000 children in India suffer from type 1 diabetes, an autoimmune disease in which the immune system destroys the insulin producing cells in the pancreas, leaving children painfully dependent on insulin injections for survival and a healthy life.

Look out for the following symptoms

- Urinating more often, especially at night



Children's Day 2018

Just like every year, Children's Day 2018 was a much-awaited event by all. The event this year was different as Medica organized a day-long fun get together for underprivileged children who came in 2 bus loads from Beniapukur and Peyara Bagan to celebrate this special day. With the help of Kolkata Police and Rotary Club of Calcutta Aayanna, the children came to Medica and had a day filled with fun, food and laughter. The much talented children participated in a sit n draw

competition and were not at all stage shy when they danced and recited their favourite poems during the Talent Contest. With gifts galore, prizes for best performers, and a magic show, the children had a wonderful time. They left Medica with a smile on their lips and a heart full of happiness!





Impression

Want to get healthier and more energetic but not sure where to start?

Fret not, we have rounded up some of our favourite resolutions recommended by experts so you can start fine-tuning your routine. Plus, these lifestyle tweaks are not all that difficult to incorporate:

Banish your phone before bed

For better rest, turn your mobile phone off or leave it outside the bedroom before sleeping. Too much blue light from devices at bedtime affect melatonin production, giving your body the impression that you aren't ready for sleep. Poor sleep quality can lead to weight gain and poor performance. Blue light rays can also harm your skin and cause premature ageing.

Cut down on acidic foods

Food acids are commonly found in soft

drinks, juices, vinegar and even white wines. Consume these moderately, and wait at least 30 minutes after a meal before brushing your teeth. The reason? It takes time for saliva to restore acidity levels in the mouth. Then finish up the teeth cleaning with a well-designed toothbrush.

Wash your hands before touching contact lenses

Poor hygiene is a prime cause of corneal infection, which affects roughly four in 10,000 soft contact lens wearers and 22 in 10,000 extended contact lens wearers. If you cannot reduce your wear time, switch to single use lens.

Have more "me time"

Carving out alone time has been found to improve productivity and increase feelings of happiness and gratitude. It

can be as simple as setting aside five minutes to meditate every morning or rewarding yourself with a spa weekend. If you are crunched for time, try scheduling a quick facial or foot soak.

Throw open your windows

Researchers at the University of Oregon found that a sunlit room allowed just 6.8 per cent of bacteria to reproduce as compared to 12 per cent in a dark room. Not only is natural light great for keeping spaces cleaner, it also improves your overall mood.

Go organic if you can

A new French study found that those who ate the most organic foods lowered their risk of cancer by 25 per cent. But that doesn't mean we should stop buying non-organic fruits and

vegetables as they are also proven to reduce your chances of chronic disease and cancer.

Schedule your workouts

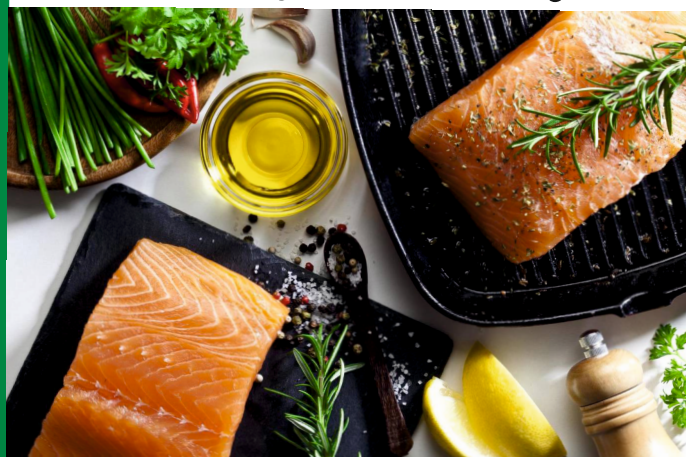
Pencil your workout into the calendar and stick to the plan. This helps you prioritise your active time and keeps you on track with your fitness goals.

Reduce time on social media

Studies have found that limiting your time on Facebook, Snapchat and Instagram to just 30 minutes a day or less can reduce your feelings of depression and loneliness. Excessive use of social media can induce feelings of envy, fear of missing out and exclusion since it looks like everyone else has a more interesting life than you do.

Source: The Newspaper

14 fatty foods which are actually really healthy



Eating the right fats can help keep your body satiated, protect your cells, and keep your heart healthy. Fat in food has gotten an unfair reputation as a belly-bulging demon that can wreck your diet and cause you to gain weight.

But the truth is, we need some fat in our diets to survive. The proper amount of the right kind of fat can fuel your body and help feed your brain. Many studies have shown that people who eat more fat don't get more fat, nor do they have higher rates of other health problems like cancer or heart disease. Incorporating healthy fat into a diet can help people stay full, survive harsh conditions, and perhaps even live longer than their peers. Here are some prime examples of foods with the best fats that you could probably be eating more of:

Whole eggs - Eggs can help regulate how cholesterol is absorbed in the body because of their high concentrations of phospholipids: special kinds of fats that can also help control inflammation. Eggs also help to keep our eyes healthy.

Oatmeal - Most people don't think of oatmeal as a fat-rich food, but part of the reason the breakfast keeps people full is that it's loaded with more good polyunsaturated and monounsaturated fat than most other grains.

Spirulina - Spirulina is an ancient type of blue-green sea algae that has developed a cult following as a "superfood." It is rich in protein and iron, and also boasts a punch of amino acids and fat. But be careful where you get your algae from; contaminated spirulina can cause liver damage and harbour toxic metals and bacteria.

Seeds, especially chia, flax, and sesame - are all high in polyunsaturated fats and filled with omega-3s that can help lower your bad (LDL) cholesterol levels.

Nuts, especially walnuts - They contain a kind of omega-3 fatty acid called alpha-linolenic acid (ALA), which is also in flax seeds, soybeans, hemp, and chia seeds.

Tofu - Just half a cup of the soybean curd can provide you with 20 per cent of a day's recommended protein intake and six grams of fat

Fatty fish like tuna and salmon - Fatty fish like Herring, Mackerel, Salmon are filled with essential omega-3 fatty acids that can reduce the amount of fat in your blood, lower blood pressure, and keep your heart healthy.

Avocados - Along with fat, fibre, and protein, avocados are a great way to get potassium, which is a natural antidote to salt and can help maintain healthy blood pressure levels.

Source: independent.co.uk



EATING SIX MEALS A DAY BETTER FOR STABILISING OVERWEIGHT PEOPLE'S BLOOD SUGAR LEVELS, FINDS STUDY

When you want to lose weight, many of us are put off by the idea of starving ourselves, spending our days with rumbling stomachs and having to resist giving in to our hunger.

But this needn't actually be the case at all.

In fact, according to a new study, eating six meals a day rather than three could help you stabilise your blood sugar levels, stick to your healthy eating regime and reduce hunger.

Researchers from the Agricultural University of Athens assessed 47 obese people with pre-diabetes or type two diabetes - they found that those who ate little and often had much better blood sugar control than those consumed three larger meals a day. The participants in the study were asked to follow a special diet for six months. Everyone had the same calorie intake over the course of the day (designed to maintain their weight), but the frequency of eating varied. Half ate three meals a day, half ate six, and the groups switched after three months.

The researchers found that the people who ate six times a day saw a decrease in their glycated haemoglobin and glucose levels, which is a sign of improved blood sugar control. For the participants who had pre-diabetes and severely impaired glucose tolerance, eating little and often helped reduce how often they had high insulin levels and also delayed the time taken for blood glucose to peak after eating sugar.

These results suggest that increased frequency of meals, consumed at regular times, may be a useful tool for doctors treating subjects with obesity and diabetes or prediabetes, especially those who are reluctant or unsuccessful dieters. Although the study was intended to assess diabetes and blood sugar, all the participants reported reduced hunger levels when following the six-meal plan.

This suggests that eating six smaller meals a day, rather than three large ones, could help you achieve your weight-loss goals as well as improving your blood sugar levels.

Source: independent.co.uk



#HappinessIsHealth

Long term Diabetes can cause nerve damage, circulation problems, and infections which can lead to serious foot problems.

- Neuropathy (nerve damage) can cause partial or complete loss of sensation in the feet. Normal sweat secretion and oil production that lubricates the skin of the foot is impaired. These lead to breakdown of the skin of the foot and sores may develop.
- Due to impaired immune system, wounds take longer to heal. Bacterial infection left untreated can develop into gangrene, the only treatment for which may be amputation of the affected foot or leg.

Watch out for the symptoms of foot problems!

- Burning, tingling, or painful feet
- Loss of sensation to heat, cold, or touch
- Changes to the colour or shape of your feet
- Thickening and yellowing of the toenails
- Onset of red spots, blisters, sores, ulcers, infected corns, or ingrown toenails

If you have any of these symptoms, call your doctor immediately.

Preventing Foot Problems in Diabetes

- Regular medical examination of foot by a specialist
- Monitoring and keeping a control over the Blood sugar levels
- Regular Foot Care
- Avoid injuries to the feet
- Choose socks and shoes carefully

Daily Foot Care is Essential

Often the feet are the most neglected

part of our body. But if you have Diabetes, take special care of your feet.



- Check your feet and toes, inspecting the tops, sides, soles, heels, and the area in between the toes.
- Wash your feet every day in warm water with mild soap
- Infections tend to develop in moist areas, so make sure you dry the area between your toes well
- Moisturize dry skin, but do not use lotion in the area between the toes.
- Avoid walking barefoot and protect your feet from heat and cold
- Never attempt to remove corns, calluses, warts, or other foot lesions yourself

- Don't sit with your legs crossed or stand in one position for long periods of time

A poor fitting shoe can cause an ulcer and form an infection that will ultimately lead to Diabetic foot.

- Never buy tight shoes
- Do not wear shoes made out of plastic or other materials that do not breathe
- Avoid thong sandals, flip-flops, pointed-toe and open-toe shoes, and very high heels
- Give your feet a break or change shoes after every 5 hours
- Wear clean, dry socks and change them daily
- Wear special shoes if your doctor recommends them.

Diet Plan for Diabetes

Diabetes meal planning starts with a well-balanced diet. Eating moderate amount of carbohydrates at each meal, with a balanced intake of protein and fat, will help your blood glucose stay in a healthy range.

Follow the Following!

- ◆ Limit your intake and portion sizes of high-sugar foods to 2 or 3 times a week or less.
- ◆ Eat 3 well-balanced meals a day and a small snack at night
- ◆ Increase your fibre intake
- ◆ Do not skip meals
- ◆ Reduce fat intake by baking, boiling, and grilling your foods
- ◆ Stay active and lose weight if you are overweight

Eat More

- Healthy fats from raw nuts, olive oil, fish oils, flax seeds, whole milk dairy, or avocados
- Fruits and vegetables—ideally fresh, the more colourful the better; whole fruit rather than

juices

- High-fibre cereals and breads made from whole grains or legumes
- Fish and shellfish, organic, free-range chicken or turkey
- High-quality protein such as eggs, beans, milk, cheese, and unsweetened yogurt

Eat Less

- Trans fats from partially hydrogenated or deep-fried foods
- Packaged and fast foods, especially those high in sugar, baked foods, sweets, chips, desserts
- White bread, sugary cereals, refined pastas or rice
- Processed meat and red meat from animals fed with antibiotics, growth hormones, and GMO feed
- Low-fat products that have replaced fat with added sugar, such as fat-free yogurt



For consultation, please call: 85850 25591

Myth: You must avoid sugar at all costs.

Fact: You can enjoy your favorite treats as long as you plan properly and limit hidden sugars. Dessert doesn't have to be off limits, as long as it's a part of a healthy meal plan.

Myth: You have to cut way down on carbs.

Fact: Focus on whole grain carbs instead of starchy carbs.

Myth: You'll need special diabetic meals.

Fact: Expensive diabetic foods generally offer no special benefit.

Myth: A high-protein diet is best.

Fact: Studies have shown that eating too much protein, especially

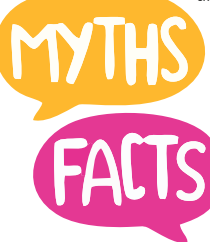
animal protein, may actually cause insulin resistance, a key factor in diabetes. A healthy diet includes protein, carbohydrates, and fats. Our bodies need all three to function properly.

Myth: "Fruit is good for you, so it is okay to eat as much as you want."

Fact: It is true that fruit is a healthy food, full of fiber, vitamins, and minerals. But because fruits contain carbohydrates, it is important that it is eaten as stated in the mean plan.

Myth: Kids can outgrow diabetes.

Fact: Kids with type 1 diabetes will always need to take insulin (until a cure is found), although those with type 2 diabetes may see an improvement in their blood sugar levels after puberty.



Hypo and Hyperglycemia

KNOWLEDGE SERIES

Hypoglycemia, a sudden fall in blood sugar levels (70 milligrams per deciliter (mg/dL) or lower), is a side effect of Diabetes, usually caused due to unplanned excess physical activity without eating enough, overdose of medicines, and drinking alcohol while on medications.

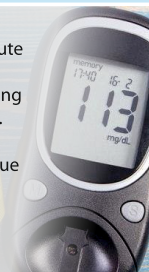
Symptoms: • Confusion or Feeling shaky • Dizziness or Headaches • Hunger • Irritability • Pounding heart; racing pulse and Sweating • Weakness or Anxiety

Immediately consume some carbohydrate in any form if you suspect a Hypoglycemic attack. Without immediate treatment, one can faint, experience a seizure, or even go into a coma.

Hyperglycemia, or high blood sugar, is a hallmark sign of diabetes / pre-diabetes. Factors that contribute to hyperglycemia include food and physical activity choices, illness, non-diabetes medications, or skipping or not taking enough glucose-lowering medication.

Symptoms: • Increased thirst • Frequent need to urinate, especially at night • Blurry vision and Fatigue • Sores that won't heal

Left untreated, it can lead to chronic complications, such as kidney disease or nerve damage.



MEDICA KOLKATA HELPLINES

Health Check-up:
7044045677, 9230089704

Swasthya Mitra:
8981092010

Corporate Desk:
9230011834

Physical Therapy & Rehabilitation:
7044025087
(Home Service)

Home Collection Service:
9007002626

Pharmacy Home Delivery:
8100600100

Medica Home Care Services:
8100500100

Emergency & Ambulance:
033 66520100