

HEALTH

& NUTRITION

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Bipasha Basu

Women's Day Special

Saluting India's
Wonder Women
In Healthcare

TREAT PLEURAL EFFUSION

Saina Nehwal's
WINNING
MANTRAS

ACID ATTACK
SURVIVOR RITU
SAINI FIGHTS BACK

Fitness Guide

Get Ripped With
Weightless Workouts

Power Moves For
Busy Women

Sport Sculpted Arms

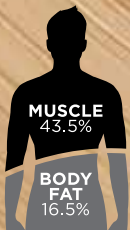
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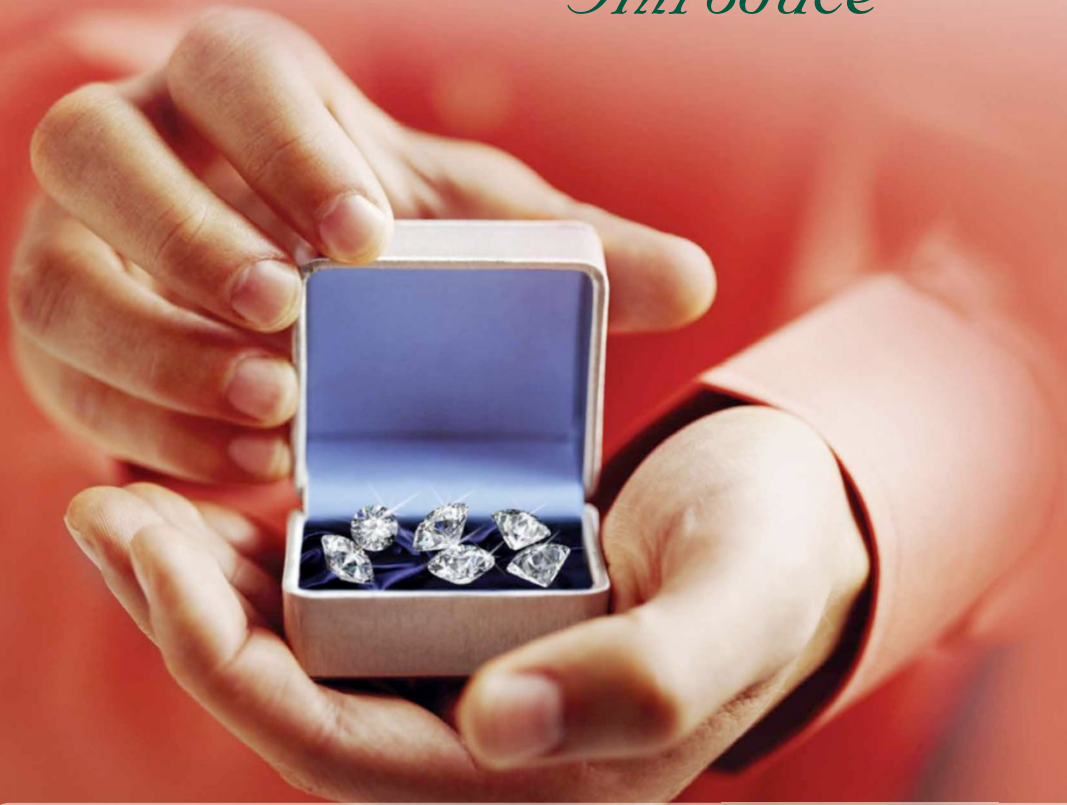
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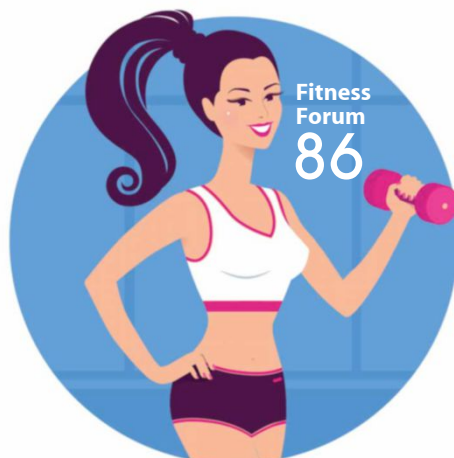
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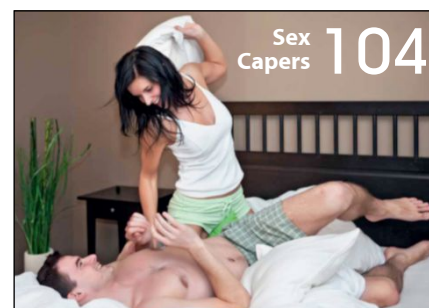
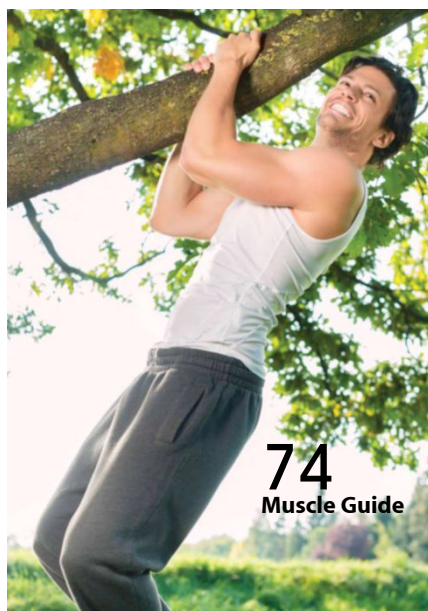
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on the rack....

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Q & A

Our panel of doctors
answer your queries

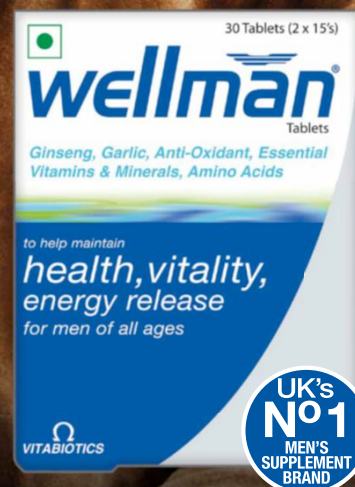


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“The mind always fails first, not the body. The secret is to make your mind work for you, not against you.”

Arnold Schwarzenegger



he personifies power and passion... She is passionate about fitness and obsessed with achieving a strong, powerful body. ‘Fit & Famous’ gets up close with the fitness diva of Bollywood, Bipasha Basu, to find out how her battle with osteoarthritis led her to build a life-long love affair with fitness. Read the Bong beauty’s tale of transformation – for oodles of fitspiring ideas!

Take oodles of inspiration, also from Ritu Saini, an acid attack survivor, who may have got scarred for life but whose spirit remains unscathed. A state level volley ball player, Ritu’s life turned upside down when a jilted lover poured acid on her. ‘A Slice Of Life’ takes you through the gritty story of how the 21-year-old bounced back, stronger and more independent... A lesson in what does not break you, makes you tougher...

Helping you some more, to look at the bright things in life is ‘Healthy Mind’ – a guide on learning optimism... A recent study on mental health revealed how optimistic people are healthier than their pessimistic counterparts. Our techniques aim to change even the most stubborn pessimist amongst you. Adopt them, as taking a more optimistic view is decidedly better for your mental – and physical – health.

So, be hopeful, stay strong, and celebrate life. And in case you choose to dedicate it to something greater, life then becomes that much more worthwhile... Like the women in our ‘Women’s Day Special’, who are on a common mission: Of changing lives and giving hope. ‘H & N’ celebrates International Women’s Day (March 8th) by saluting women leaders in India’s healthcare sector – they’re spirited, high achievers and strongly believe in making a difference... Cue in to their life ‘n’ health mantras – they’re hugely inspiring!

Take tips also from our other articles in the special – on women and heart care, ovarian cancer prevention, exercises for busy ladies and more. And all you women out there, make a promise to hold your well-being sacred.

Happy Women’s Day!☺

vinodini@magnamags.com



International Women's Day
8th Mar'17

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SMASHING COVER!

Kudos to your February 2016 cover story on P V Sindhu. Sindhu has proved that women are not weak, and with hard work, determination and commitment, they can achieve anything. She is an inspiration for fathers who feel their daughters should not get into sports, and a role model to our sports-driven youngsters.

Vinod C Dixit, **Ahmedabad**
dixitpatrakar@yahoo.in

FABULOUS!

The 'Success Story' of Limca Book Of Records holder Dr Uday Rane, who successfully removed a 11.5 kg fibroid from a pregnant lady's uterus and delivered a 2.6 kg healthy baby boy, was amazing! Hats off to the doctor for carrying out such a Herculean task with positivity and confidence.

Riya Joshi, **Pune**

HUMBLE REQUEST!

I am an avid reader of your magazine. All your cover stories are fabulous. Would like you to feature people from different walks of life like businessmen, creative professionals and so on...

Ayesha Khurana, **Delhi**

ATTENTION READERS!

Got a Success Story? Have you recently reached a milestone in your life? Ran your first marathon? Dropped a few kilos? Or maybe, after all these years, you've finally stopped nibbling on your nails? Whether your success is big or small, write to us with your story.

Put 'Success' in the subject line, and e-mail us at **health@magnamags.com**

WAKE UP!

Gender inequality persists in India despite economic growth and modernisation. Though the Modi-led Government has launched several commendable schemes to save and educate the girl child, they will not work unless mindsets start changing. As per statistics, there is an increase of 900% registered rape cases in India over the past 40 years. Time women were stopped being 'objectified' and given the respect they deserve.

Nilay Shah, **Mumbai**

PLEASE NOTE!

I have been reading your magazine since the last 13 years, and have been loving it! I request you to carry the inspiring weight loss stories you used to earlier. They are very motivating.

Diwakar Bisht,
Kolkata



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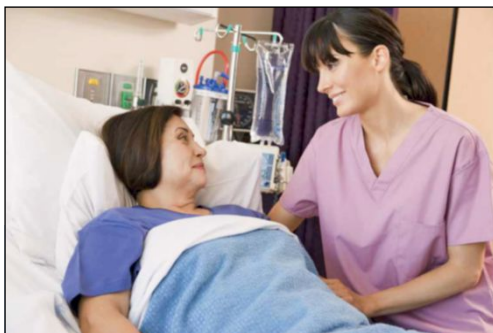
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Cataract cure...

Tackling infections...

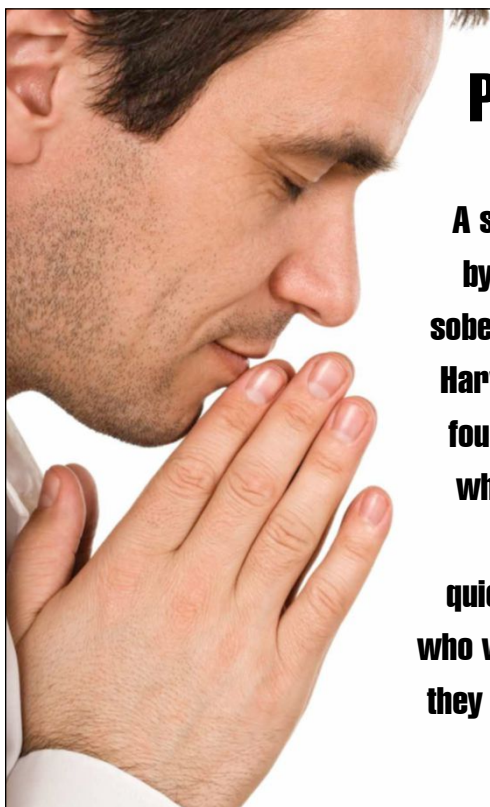
Make being healthy a lifestyle, not a fad!

BRUSH UP ON HYGIENE. Many people don't know how to brush their teeth properly. Improper brushing can cause as much damage to the teeth and gums as not brushing at all. Lots of people don't brush for long enough, don't floss and don't see a dentist regularly. Hold your toothbrush in the same way you would hold a pencil, and brush for at least two minutes. This includes brushing the teeth, the junction of the teeth and gums, the tongue and the roof of the mouth. And you don't need a fancy, angled toothbrush – just a sturdy, soft-bristled one that you replace each month. Soft bristles clean more effectively than the hard bristles. The hard bristles can actually wear down your tooth structure.



PRAY FOR THEM!

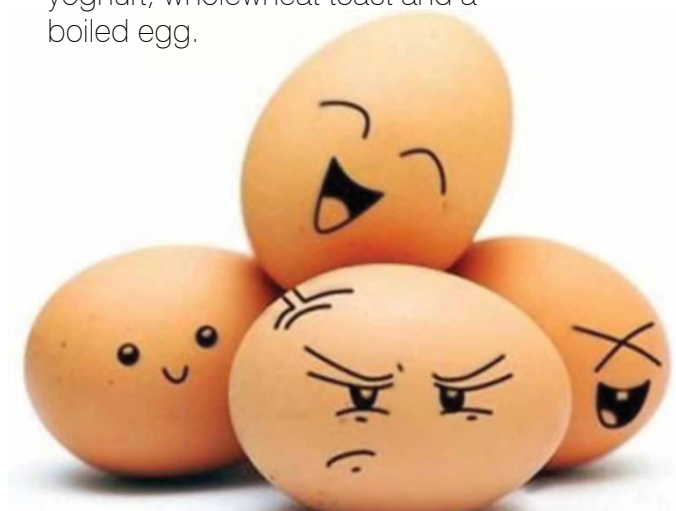
A study conducted by the formidably sober and scientific Harvard University found that patients who were prayed for recovered quicker than those who weren't, even if they weren't aware of the prayer.



Breakfast Skippers, Beware!

Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight.

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INFERTILITY IMPACTS 1 IN 8 WOMEN

Researchers of a recent study found that almost half of the people experiencing infertility had not sought help. This can negatively affect a woman's well-being, possibly leading to depression and emotional distress.

Pre-hospital stroke signs



1 CROOKED SMILE. Have the person smile or show his or her teeth. If one side doesn't move as well as the other and seems to droop, that could be a sign of a stroke.

2 ARM DRIFT. Have the person close his or her eyes and hold his or her arms straight out in front for about 10 seconds. If one arm does not move, or one arm winds up drifting down more than the other, that could be a sign of a stroke.

3 SLURRED SPEECH. Have the person say, "You can't teach an old dog new tricks," or some other simple, familiar saying. If the person slurs the words, gets some words wrong, or is unable to speak, that could be sign of stroke.

High blood sugar linked to brain shrinkage

If your blood sugar is on the high end of the normal range, diabetes may not be your only risk.

A recent study in 'Neurology' suggests you're also at risk of brain shrinkage in areas associated with memory and thinking. The study finds that even people with fasting blood sugar levels at the high end of normal are more likely to have shrinkage in the brain.

A healthy diet, in particular a Mediterranean diet, has been shown to help prevent cognitive decline in aging.



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Older adults who don't get enough vitamin D, either from sun exposure or dietary sources, face higher risks of mobility problems, according to a new study in the 'Journal of Gerontology'.

The study found a 30% increased risk of mobility problems in subjects with the lowest blood vitamin D levels. Such a study does not prove that raising blood vitamin D levels would improve mobility, but that is a possibility. Vitamin D plays an important role in muscle

More Vitamin D = More Mobility



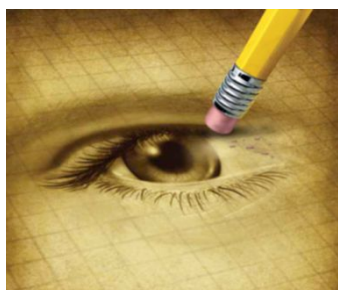
function, so low levels may indicate decreased muscular strength and physical performance. Low vitamin D levels are also associated with cardiovascular disease and respiratory disease, which could further contribute to decreased mobility in later years.

The researchers conducting the study recommend having your vitamin D levels checked and discussing dietary and supplementary help with your doctor to reach desired levels, particularly in winter, when sun exposure is limited.

Cataract Care

Cataracts are often associated with senior citizens. But eminent eye surgeon Dr Himanshu Mehta, a senior doctor at The Vision Eye Center, Mumbai, has seen the average age of cataract patients dip, creating new challenges and also giving rise to modern treatment lines.

Cataract is clouding of the natural lens in the eye leading to decrease in vision usually associated with aging.



Modern lifestyles, food choices, sedentary lifestyles and lack of exercise are leading to earlier diabetes, and this is the most significant factor that has caused this demographic shift. Early detection and treatment is therefore imperative. "Patients now are afflicted with cataract in their productive years and to have an uninterrupted work life, it is imperative that they get it detected and treated as soon as they see symptoms,"

says Dr Mehta.

Ubiquitous usage of cell phones, computers and tablets over recent years has also contributed to cataract afflicting younger age groups.

However, modern cataract technologies like FLACS (Femto Laser Assisted Cataract Surgery) have automated some of the most critical steps in cataract surgery making it safer, more precise and reproducible than they were a generation ago.



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How's your grip?

It's not unusual if your grip strength isn't what it used to be. But if it's much weaker than what it used to be, then it's worrisome.

Poor muscle strength has been shown to be a predictor of disability and even early death. That's why physical therapists and doctors sometimes use a person's hand grip strength to assess his or her muscle mass.

Want to check your grip? Ask if your doctor has an instrument called a hand dynamometer, which measures how hard you can squeeze.

All it requires is a brief squeeze, usually with your non-dominant hand. If the results indicate muscle weakness, it may be time to reassess how much muscle strengthening you need.



Can the right shoes relieve knee pain?

People who have knee pain from osteoarthritis sometimes turn for relief to specially made

shoes called 'unloading' shoes. The shoes have stiffer soles and slightly tilted insoles that reposition the foot – intended to reduce (or unload) strain on the knee.



DID YOU KNOW?

Sleeping seven to nine hours a night for five days straight may stave off bags under your eyes?

SLEEP WELL

Actress Ira Dubey
reveals her
sleep secrets...

"Sleep rejuvenates!
A good night's sleep
prepares me for the next
day and is essential for
my well-being along with
a balanced diet and yoga/
weight training.

"I need to sleep for at
least seven to eight hours
at night, irrespective of
whether I am travelling or
shooting. I also like to
get power naps whenever
I can.

"I like a firm mattress,
which gives an added
support to the back. I am
very happy with it!

"I enjoy reading or
watching a good film
before hitting the sack.

"Dress comfortably,
never sleep with makeup
on, and make sure your
sleeping environment
is soothing, quiet and
undisturbed!"

AISHWARYA P VAIDYA



Photograph: Luv Israni

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Harnessing Hope

Learning to see things in an optimistic light can help you deal with challenging life events and avoid stress.



An optimistic attitude may not only help you cope with setbacks, but may protect your health as well. As per a study, women who expected good things to happen had lower rates of chronic disease and lived longer than women who expected bad things to happen.

"An optimistic attitude may help prevent stress that has been linked to adverse physical and



Women who expected good things to happen were 14% less likely to die from any cause than pessimistic women, and 30% less likely to die from heart disease.

mental effects," says Joel Pava, PhD, Director of Psychotherapy Services at MGH's Depression Clinical & Research Programme. "Optimistic people may also behave in healthier ways, such as exercising, controlling their weight, getting counselling for depression, or giving up smoking, because they believe they can have a positive effect on their health."

In the optimism study, women who expected

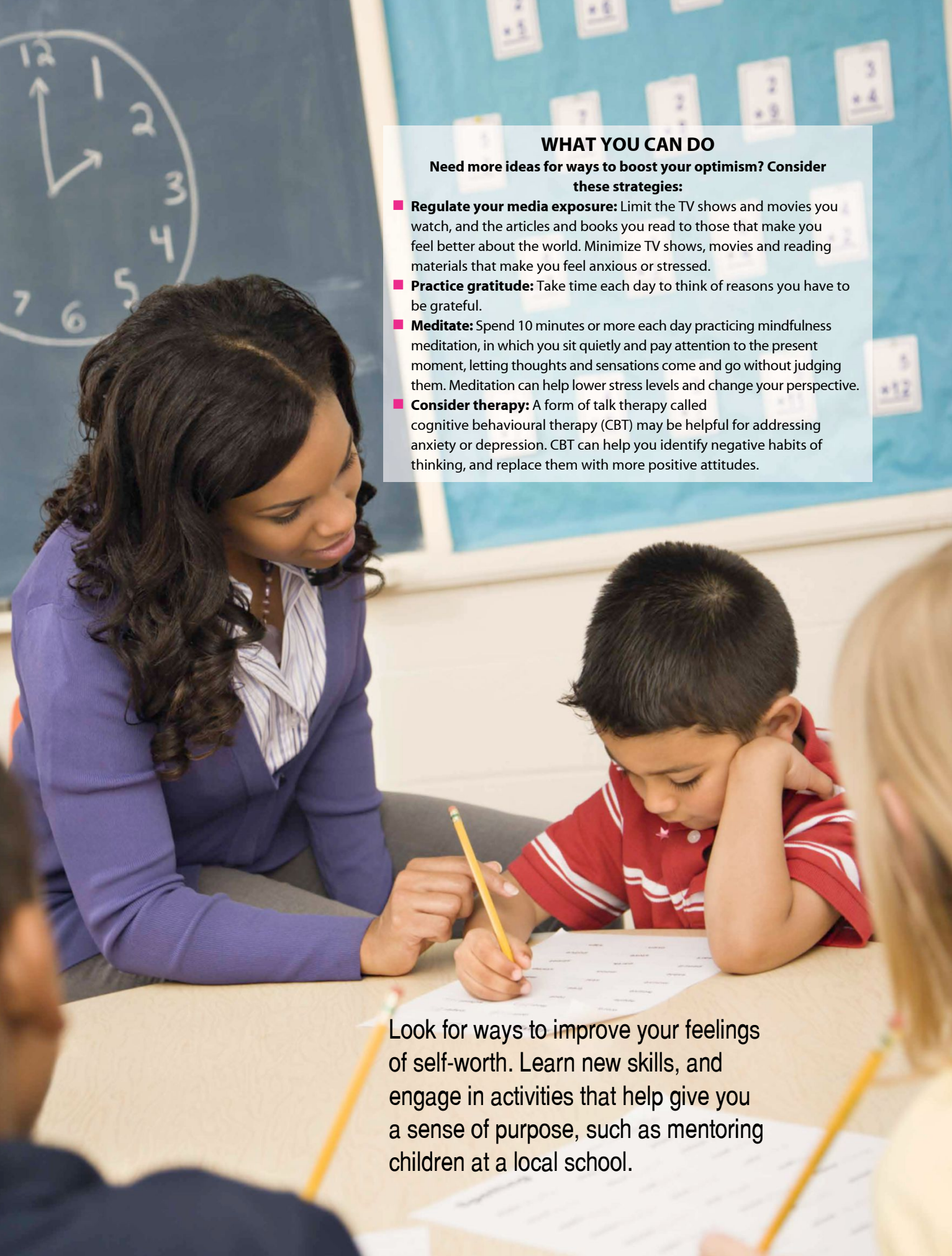
good things to happen were 14% less likely to die from any cause over an eight-year follow-up period than pessimistic women, and 30% less likely to die from heart disease. Optimistic women were also less likely to smoke or suffer from diabetes or high blood pressure than pessimistic women. The authors called for additional research to find out whether teaching people to be more optimistic would lead to better health outcomes.

ARE YOU PESSIMISTIC?

"If friends and family describe you as pessimistic, you probably are," Dr Pava says. "Pessimistic people often focus on the most worrisome aspects of situations and expect the worst outcomes. This kind of thinking can influence a person's assessments of situations, which may in turn affect his or her mood, behaviour, and health. If you are pessimistic, it's important to learn a more balanced approach that helps you perceive the future more positively."

Pessimism is usually characterized by a pattern of negative thinking that colours reactions to events, according to Dr Pava.

- Pessimists may find themselves *catastrophizing*, or blowing problems out of proportion and expecting the worst.
- *Distorted thinking* may lead pessimists to magnify the negative



WHAT YOU CAN DO

Need more ideas for ways to boost your optimism? Consider these strategies:

- **Regulate your media exposure:** Limit the TV shows and movies you watch, and the articles and books you read to those that make you feel better about the world. Minimize TV shows, movies and reading materials that make you feel anxious or stressed.
- **Practice gratitude:** Take time each day to think of reasons you have to be grateful.
- **Meditate:** Spend 10 minutes or more each day practicing mindfulness meditation, in which you sit quietly and pay attention to the present moment, letting thoughts and sensations come and go without judging them. Meditation can help lower stress levels and change your perspective.
- **Consider therapy:** A form of talk therapy called cognitive behavioural therapy (CBT) may be helpful for addressing anxiety or depression. CBT can help you identify negative habits of thinking, and replace them with more positive attitudes.

Look for ways to improve your feelings of self-worth. Learn new skills, and engage in activities that help give you a sense of purpose, such as mentoring children at a local school.



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aspects of an event and ignore the positive aspects.

- **Black-and-white thinking** leads pessimists to adopt polarized views in which a situation is either all bad or all good, rather than forming a more realistic assessment of circumstances.
- **Personalizing** leads pessimists to blame themselves for problems, even when they have no role in creating them.

LEARNING OPTIMISM

"Some people are naturally more optimistic than others, but even lifelong pessimists can learn to approach problems in a more positive way," says Dr Pava. His six suggestions:

1 Think positively When you catch yourself focusing on the worst aspects of situations, mulling over mistakes you have made, or entertaining gloomy thoughts about the future, make an effort to think of alternative, positive scenarios. Try to see how coping with a difficult situation might have positive benefits for you. Remind yourself of your past successes.

2 Devise a coping plan Think about what you can do or say in certain stressful situations so you feel better prepared to handle them. Making an effort to control what you can control helps reduce anxiety and stress and increases feelings of efficacy.

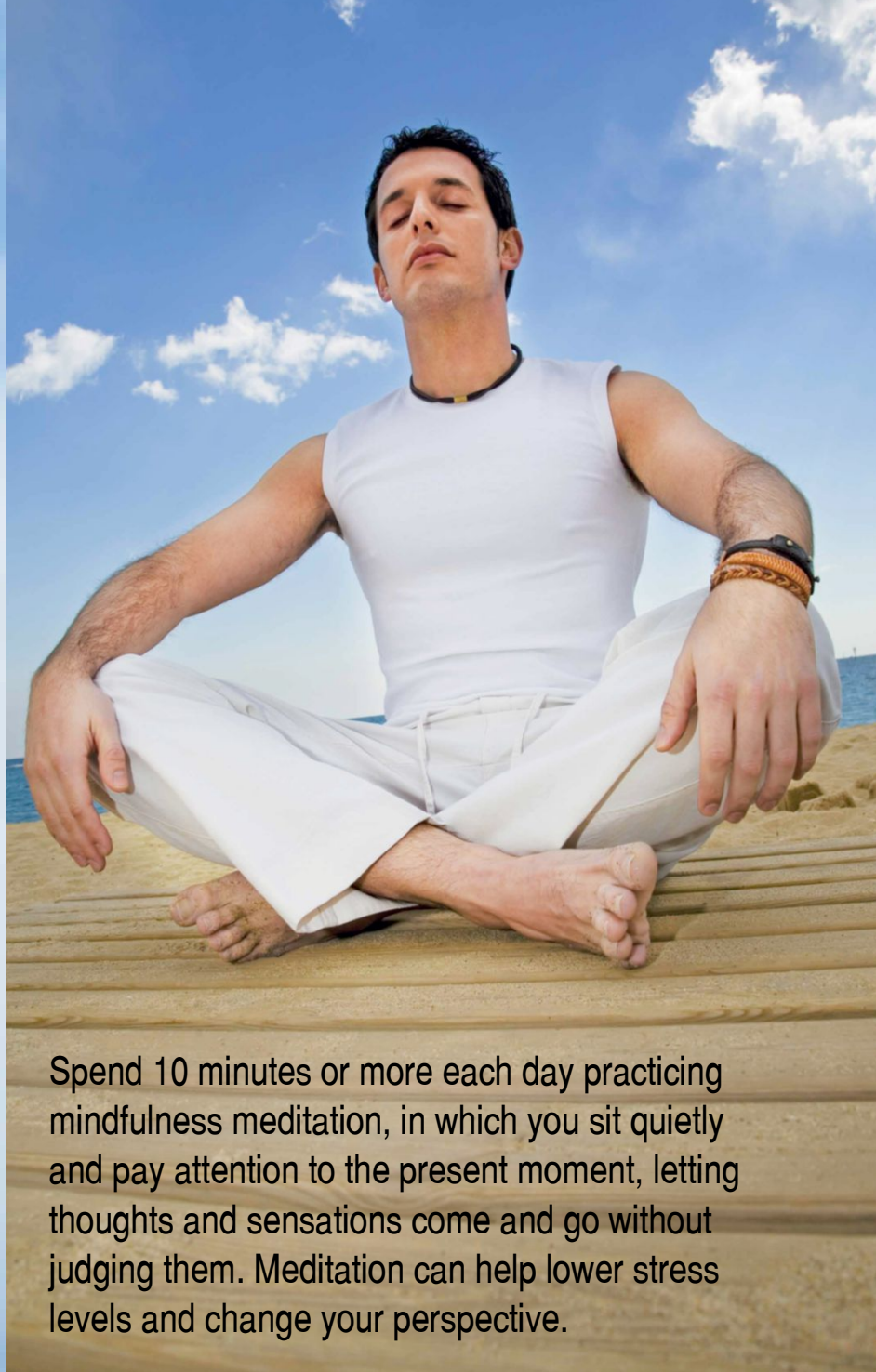
3 Learn to tolerate uncertainty The fact that you are not in charge of a situation does not mean it will

come out badly for you. It may lead to unexpected opportunities and positive experiences.

4 Look for ways to improve your feelings of self-worth Learn new skills, and engage in activities that help give you a sense of purpose, such as mentoring children at a local school.

5 Adopt a healthy lifestyle Pursue a regular schedule of exercise, control your weight, reduce stress, and get plenty of rest to help you feel better equipped to meet life's challenges.

6 Spend time with upbeat people Hope and optimism are contagious. **H**



Spend 10 minutes or more each day practicing mindfulness meditation, in which you sit quietly and pay attention to the present moment, letting thoughts and sensations come and go without judging them. Meditation can help lower stress levels and change your perspective.

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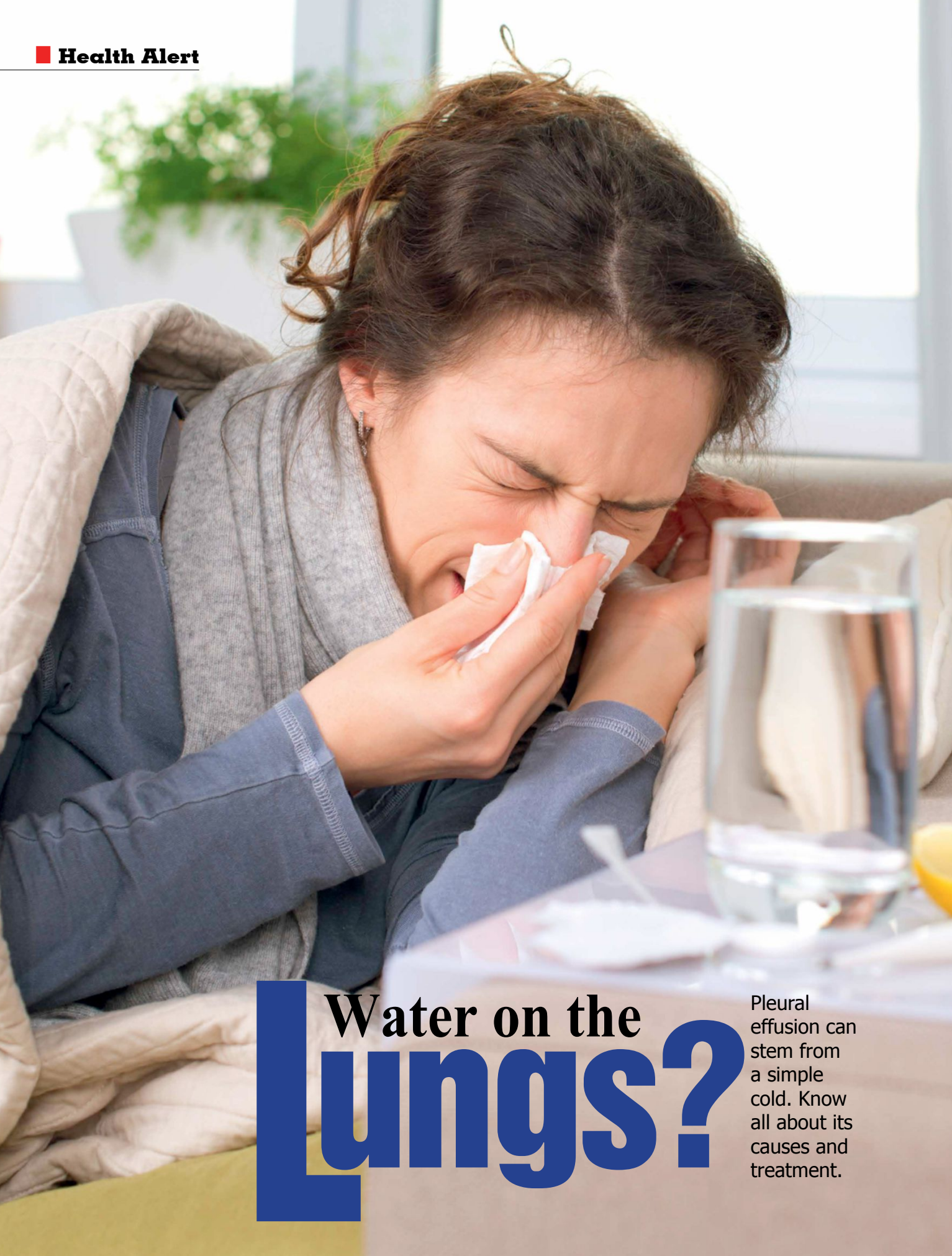


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Water on the **Lungs?**

Pleural effusion can stem from a simple cold. Know all about its causes and treatment.

The nasty cold you developed was miserable, but it became much more alarming when you started having difficulty getting a full breath. The pain in your lower chest made deep breaths – and coughing – hard to tolerate.

At the doctor's office, you received an unsurprising diagnosis of pneumonia. But you were also diagnosed with something unexpected – pleural effusion, sometimes called water on the lung.

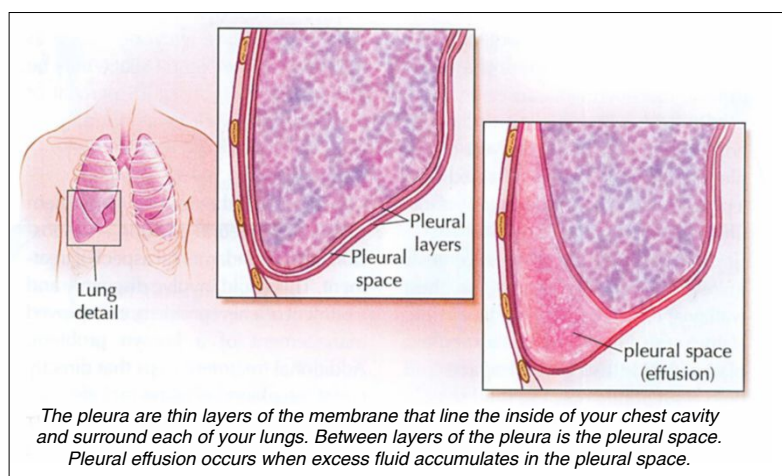
Pleural effusion is a common problem – particularly in older adults. Pneumonia and heart failure are the two most common causes, followed by cancer. Managing pleural effusion itself is often fairly straightforward. However, determining the cause can sometimes be a tricky and involved process. Some causes are easy to manage, while others are more complicated.

Liquid lining

The pleura are thin layers of the membrane that line the inside of your chest cavity and surround each of your lungs. Between layers of the pleura is the pleural space. Normally, the pleural space has a small amount of fluid in it that acts like a lubricant to help the layers move smoothly past each other as you breathe.

The fluid continually cycles through the pleural space. New fluid enters the pleural space through blood vessels, and old fluid exits through the lymph system. The rate of entry and exit of fluid remains fairly constant, so that the

Pleural effusion occurs when excess fluid accumulates in the pleural space, in one or both sides of the lungs. This happens either because of an increase in fluid entry – or a reduction in or blockage of fluid exit.



amount of fluid in the pleural space stays the same.

Pleural effusion occurs when excess fluid accumulates in the pleural space, in one or both sides of the lungs. This happens either because of an increase in fluid entry – or a reduction in or blockage of fluid exit. When fluid accumulates, it bulges into and compresses the lung or lungs. In some people, there may be no standout symptoms and a pleural effusion is discovered during a medical test – such as a chest X-ray – done for another reason. Depending on the cause and severity, signs and symptoms may include:

• Shortness of breath

– This occurs as a result of lung compression. The feeling may be worse when you're lying flat. Rapid

breathing, hiccups and coughing also may occur.

• **Sharp or dull chest pain when inhaling or coughing** – This occurs when an inflammation of the pleural lining is a factor. It may diminish as fluid accumulates and thus cushions the inflamed area. People sometimes confuse pleural effusion – water on the lungs – with pulmonary edema – water in the lungs. Although the two conditions can share some similarities in symptoms and underlying causes, pulmonary edema involves excess water inside the air sacs of the lungs, rather than excess fluid in the pleural space, as is the case with pleural effusion.

Fluid situation

The presence of pleural effusion may be suspected



As a pleural effusion grows in size, there's a point at which shortness of breath becomes bothersome or even a serious risk.

based on symptoms and a physical exam. A chest X-ray – or sometimes other imaging tests – can confirm the presence of pleural effusion. Once confirmed, the focus turns to discovering a cause.

Often the first step to finding or confirming a cause is analysis of the pleural fluid. The fluid is obtained with a procedure called thoracentesis (thoruh-sen-TEE-sis).

Removing fluid with thoracentesis involves numbing an area of the chest wall near the site of the pleural effusion. Using ultrasound guidance, a needle is placed inside the pleural space and fluid is suctioned out. The fluid sample is examined visually and under a microscope. Fluid can be divided into two main categories:

● **Transudate** – This watery fluid is basically a larger than normal volume of regular pleural fluid. It most often occurs as a complication of heart failure, but other causes

can include kidney or liver disease or something more rare. Usually, the cause can be determined based on your health history.

● **Exudate** – This fluid has something in it other than regular pleural fluid. It could have cancer cells, pus from an infection, blood, cholesterol, excess proteins or any number of substances that can provide clues to – or even confirm – a diagnosis.

Pneumonia infection is the most common cause of an exudative pleural effusion, but other fairly common causes include blood clots in the lungs (pulmonary embolism) or recent heart surgery. However, there's a long list of less common possible causes, including tuberculosis, chest injury, kidney problems, rheumatoid arthritis, malignancy or as a drug side effect. Finding the cause of exudative pleural effusion is more difficult than a transudate due to the larger number of variables.

With either type of fluid, a cause remains elusive during the first diagnosis about 25% of the time. A second diagnostic attempt may be initiated to look for new clues or to find clues that may have been overlooked. If the cause is unidentifiable but thought to be serious, a surgical procedure in which a viewing scope is inserted into the pleural space may be considered. Still, about 15% of the time, no cause can be found.

Breathing easy

Addressing the underlying problem causing the pleural effusion – if possible – is a fundamental aspect of treatment. This could involve discovery and treatment of a new problem, or improved management of a known problem. Additional treatment steps that directly target the pleural effusion include:

● **Pain management** – Pain medication may be used to bring sharp pain with breathing or coughing under control while other therapies are given a chance to take effect.

● **Monitoring or draining fluid buildup** – Usually, pleural effusions of smaller volume don't cause bothersome shortness of breath. If this is the case, the effusion may be left alone as the underlying cause is treated. For example, a mild to moderate case of pneumonia may respond well to antibiotic drugs. As the infection clears, the body also clears the pleural effusion. Similarly, a

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pleural effusion due to heart failure may be left alone as drugs used to manage heart failure are adjusted. Given time to work, the drugs do their job and the body clears away excess pleural fluid.

As a pleural effusion grows in size, there's a point at which shortness of breath becomes bothersome or even a serious risk. Removal of excess fluid with thoracentesis – or sometimes through a surgically implanted chest tube – is an immediate treatment for improved breathing. In many cases, a one-time fluid removal provides sufficient symptom relief – and also buys time for an underlying cause to be addressed. If fluid builds up again following the first removal, thoracentesis may be repeated – or other, more-advanced methods may be used.

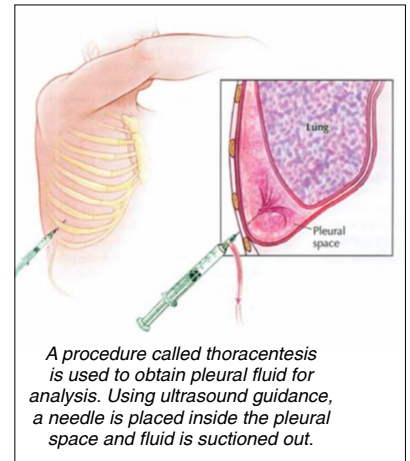
With more-advanced pneumonia infections, drainage of pleural fluid – usually through a chest tube – is necessary regardless of symptoms. That's because the infected fluid can cause scarring and fibrous connections within the pleural space. This makes it harder to drain excess fluid, and can impact breathing even if the infection and excess fluid can be cleared.

Advanced therapy

Sometimes, pleural effusion is more complicated. Situations that may lead to more-advanced therapy include:

- **Fluid buildup continues despite treatment of the underlying cause** – Cancer

With more-advanced pneumonia infections, drainage of pleural fluid – usually through a chest tube – is necessary regardless of symptoms. That's because the infected fluid can cause scarring and fibrous connections within the pleural space.



is a common cause of this, as even optimal cancer treatment may not be enough to stop continued pleural effusion. When this occurs, implantation of a drainage tube is often considered. This allows you to perform drainage as needed, even at home.

Less commonly, a chemical that causes the pleural lining to adhere together may be infused into your pleural space. This seals off the pleural space with the goal of denying the fluid a space to accumulate.

• Scarring and fibrous connections have developed within the pleural space

– If these develop due to a pneumonia infection, it may still be possible to drain a pleural effusion or treat the infection adequately. However, a surgical procedure using minimal incisions may be performed to cut through or remove fibrous tissues. This not only opens up space to allow for fluid drainage, but also removes tissues that may have been trapping the lung into a tight space. If necessary, this can be done as an open surgery. **H**

Hairfall solution may lie in toothpaste

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KUSHAL PUNJABI, ACTOR



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Yes, you read that right. Researchers at the National Institute of Health (NIH) publication Household Products Directory list sodium lauryl sulfate (SLS) as a chemical ingredient in more than 80 products. Some soaps have the concentration levels as high as 30, which is considered unsafe and is likely to cause skin irritation. SLS is found in toothpastes, body washes and even in shampoos.

It's one of the most common ingredients used in shampoos and may cause split or fuzzy hair, swelling of hands, irritation of the scalp and eyes. The good news is that these bad effects can be eliminated by using natural and safe cosmetic products. As per **Dr. A's Hair Clinic** experts, the easiest transition

would be to start making toothpaste organically and follow it by shampoo, soap, hair oil, hair mask etc.

According to researcher Dr. Arvind Poswal, the inner lining of the mouth is more delicate and susceptible to absorb harmful chemicals. Barely two generations ago, when natural toothpaste and hair wash was used, the onset of hair loss and baldness occurred at a much later age. For a healthy long life, people born in the 1950s mostly used to make their own soaps, hair masks and mouth cleansers.

Learn how to make nontoxic toothpaste at home. Visit <http://fusehair.com/natural-toothpaste/>.

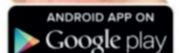
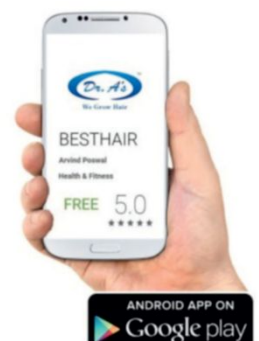
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POLLUTION

PREVENTION

Know the different types and causes of pollution, and how to prevent them...

Pollution is any chemical substance or energy, such as noise, heat or light, which disturbs and harms all living creatures by entering the soil, water or air.

The different types of pollutions and their health hazards:

❖ **Air pollution:** Is caused by chemicals like poisonous

gases from vehicles, industry and particulates (very fine dust). It affects the lungs, heart, nose and throat. WHO estimated that air pollution causes half-a-million deaths per year in India.

❖ **Light pollution:** Health effects of artificial lighting

include increased risk of breast cancer, accelerated cancer growth, genetic damage, prostate cancer, obesity and early-onset diabetes, and increased risk of depression and other mood disorders. Nurses on night duties showed a 35% increase in breast and intestinal cancers.

❖ **Noise pollution:** Loud traffic, machinery and music sounds cause hearing loss, high blood pressure, tinnitus, stress, heart attacks and ischemic heart disease, sleep disturbance, changes in the immune system, birth defects in babies, increased road accident rates and stimulate aggression and anti-social behaviour patterns.

❖ **Soil contamination:** Is due to the chemicals released by spill or underground leakage. Health hazards include irreversible damage to the liver, kidney and brain in children exposed to soil containing heavy metals, especially mercury and lead, and cancers in children and adults.

❖ **Water pollution:** Chemicals from factories, chemicals and organic substances from sewage, chemical fertilizers and pesticides from cities and farms and decomposition of litter cause water pollution, which causes diarrhea and gastroenteritis, and also liver, kidney, brain and nerve damage. Poor water quality causes approximately 14,000 deaths per day, mostly due to contamination of drinking water by untreated sewage in developing countries.

PREVENTION

❖ **Air pollution:** Can be prevented by using alternatives like bioenergy,

Air pollution can be prevented by using alternatives like bioenergy, wind, hydroelectricity, terraces and rooftops to generate solar energy for home use, and by minimizing the use of aerosols and other sprays that chemically contaminate the air.



wind, hydroelectricity, terraces and rooftops to generate solar energy for home use, and by minimizing the use of aerosols and other sprays that chemically contaminate the air.

❖ **Light pollution:** Can be prevented by switching off unnecessary lights and using lighting at levels needed.

❖ **Water and soil pollution:** Can be prevented by not littering, organising community cleanup events, using green household cleaners and laundry detergents, natural lawn

fertilizers such as manure instead of chemical fertilizers, buying organic food, disposing off hazardous materials responsibly, recycling materials, planting trees and buying reusable cloth grocery bags.

❖ **Noise pollution:** Can be prevented by using headphones, keeping the speaker volumes low and reducing the use of loud machinery.

DR DILLON DSOUZA

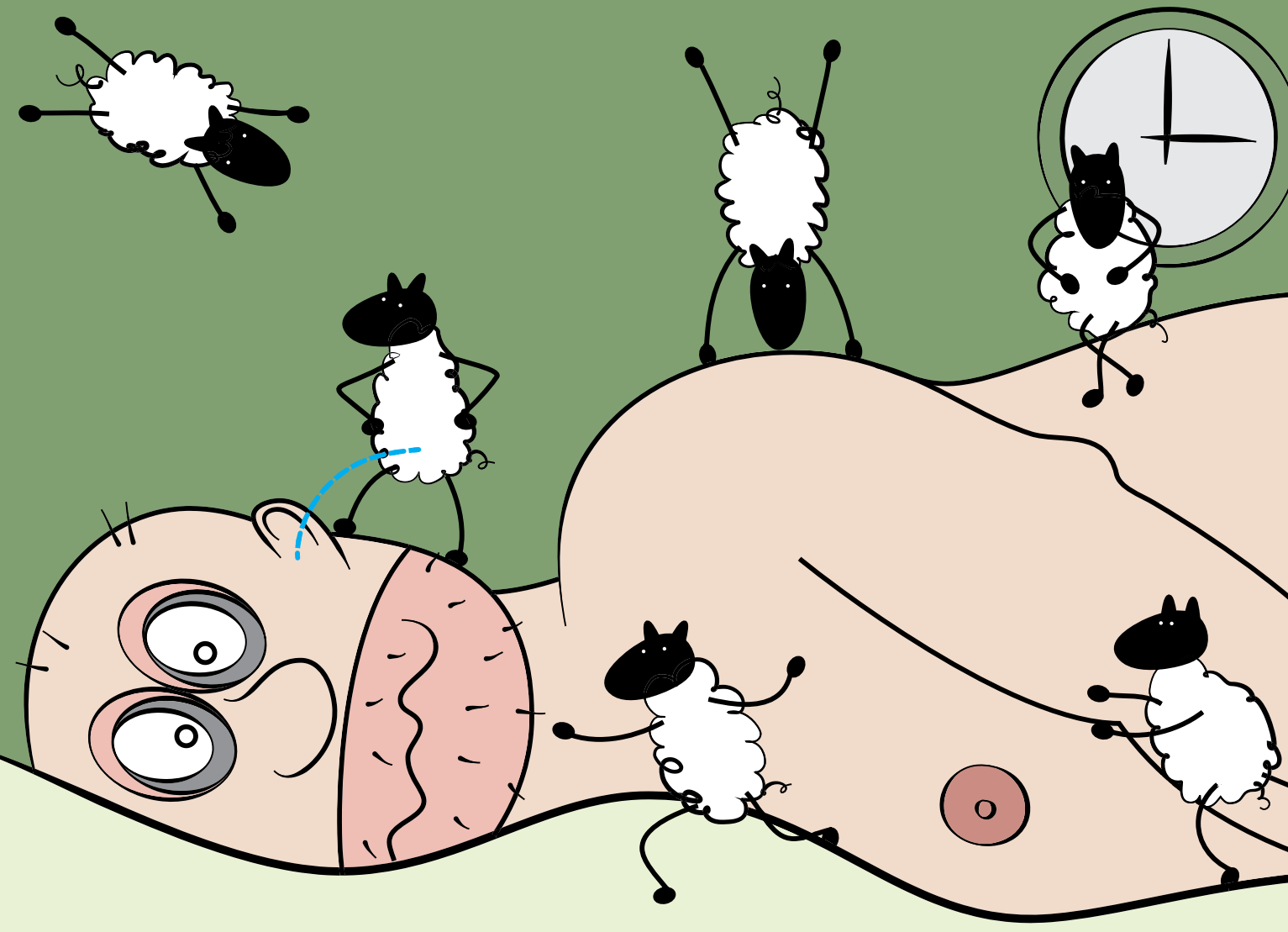
Consultant ENT and Head and Neck surgeon, attached to Jaslok, Breach Candy and Desai's hospital, Mumbai



7 Infections

...That can land you in the ER (Emergency Room).

More adults, aged 65 and older, visit the emergency room each year for an infection than for heart attacks and heart failure combined. The most common infections sending older adults to the hospital are pneumonia, influenza, and other lower-respiratory infections; upper-respiratory infections; urinary tract infections; sepsis; and cellulitis.



Recognize the symptoms

Infectious diseases can be passed from person to person and are caused by viruses, bacteria, parasites, or fungi. Knowing the symptoms of infection and seeking prompt medical care before the infection worsens is the first step towards avoiding a visit to the ER. Be aware of the following infectious diseases and their warning signs:

1

Pneumonia may result from a worsening flu or cold, or from bacteria. Fever with shaking chills, cough, chest pain and shortness of breath are symptoms.

2

Influenza typically starts with cold-like symptoms that come on suddenly, often with fever and chills accompanied by muscle aches, headaches, cough, and a sore throat. Older adults are at an increased risk for serious complications from the flu, such as pneumonia.

3

Lower-respiratory tract infections affect the airways and the lungs. A cough with mucous, chest tightness, wheezing, fatigue and body ache may indicate an infection such as bronchitis. Pneumonia and the flu are lower-respiratory infections.



4

Upper-respiratory tract infections affect the nose, sinuses and throat and include the common cold, sinusitis, laryngitis and tonsillitis. Sneezing and a runny nose, a sore throat, coughing, and fatigue are typical symptoms. If the infection is in your sinuses, you may have facial pain or pressure and a headache.

5

Urinary tract infections stem from bacteria entering the urinary tract. Symptoms include fever, fatigue, frequent or urgent urination, burning or pain when urinating, urine that's cloudy or reddish or has a bad odour, pressure in the lower belly, and pain in the back or side.

6

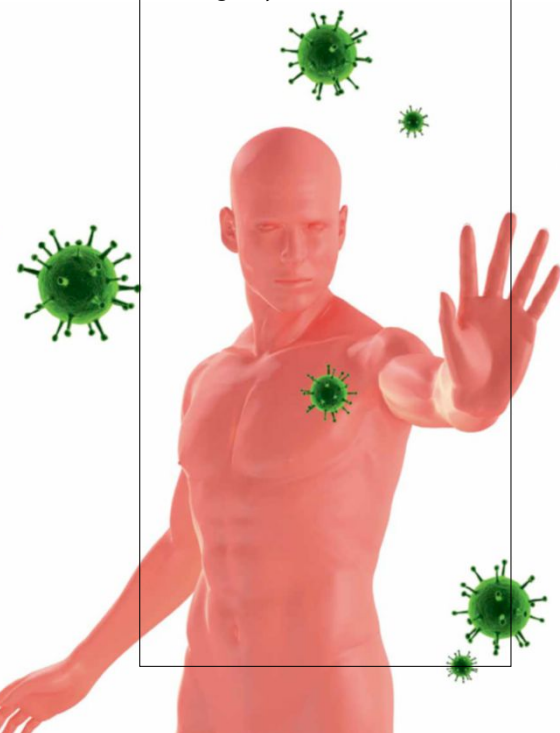
Sepsis is a medical emergency triggered by the body's overwhelming

Influenza typically starts with cold-like symptoms that come on suddenly, often with fever and chills accompanied by muscle aches, headaches, cough, and a sore throat. Older adults are at an increased risk for serious complications from the flu, such as pneumonia.

WHAT YOU CAN DO

- ▶ **Drink lots of liquids.** Plenty of fluids, especially water, will help you ward off urinary tract infections. Cranberry juice may also help.
- ▶ **Practice healthy habits.** Wash your hands often and use an alcohol-based hand sanitizer when soap and water aren't available. Keep household surfaces clean with disinfectants, and don't share utensils or towels. Avoid coming in contact with infected people.
- ▶ **Care for wounds promptly.** Wash them with soap and water and apply an antibiotic ointment to avoid cellulitis. Keep your skin moist with lotions to prevent cracking. Watch for signs of infection.

If you suspect an infection, don't delay a visit to your doctor. Prompt diagnosis and treatment could mean the difference between a good prognosis or an unwanted visit to the emergency room.



Drink lots of liquids. Plenty of fluids, especially water, will help you ward off urinary tract infections. Cranberry juice may also help.

response to another infection, such as pneumonia or a urinary tract infection. Seek medical attention immediately if you have symptoms that include shivering, fever, chills, clammy or sweaty skin, shortness of breath, an abnormally fast heartbeat, extreme pain or discomfort, and confusion or disorientation.

7

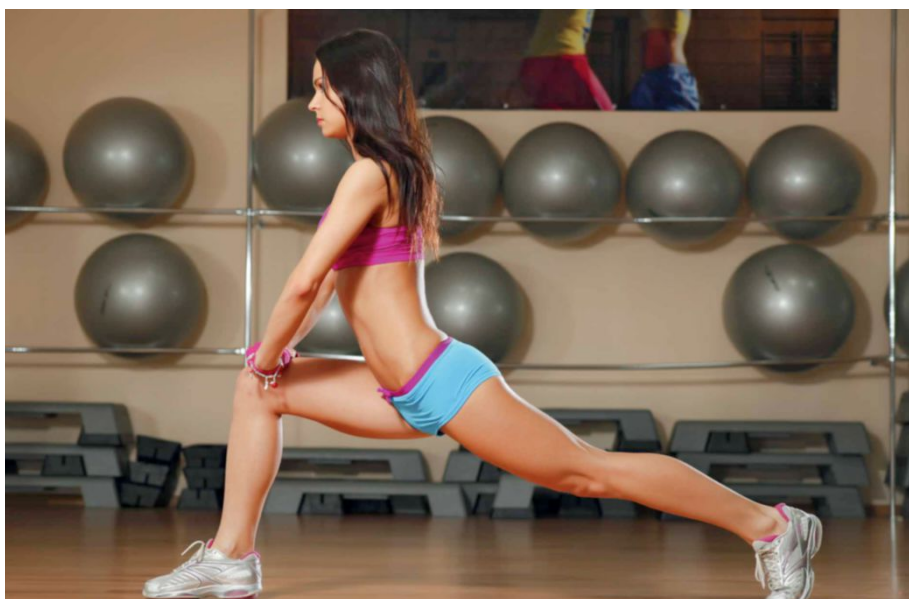
Cellulitis is a bacterial infection deep in the layers of the skin. Fever and chills; swollen lymph nodes or glands; and skin warmth, tenderness, swelling, or redness, especially in the legs, are common.

Most infections cause fever, but frail older adults can have a severe infection without being febrile.

However, since their baseline temperature is usually lower than 98.6° F, a rise to 100.4° F may point to infection. Otherwise, the only sign of infection may be confusion or a change in mental status.

Older adults may have less immunity to infectious diseases because of age-related changes, such as decreased production of immune cells. As we age, changes to the barriers that protect our skin, lungs and gastrointestinal tract make it easier for bacteria to enter our bodies. Add to this, the overall growing resistance to antibiotics and atypical presentation of infections, and you can see what older adults are up against. But, it is still possible to avoid infectious diseases by taking some precautions. **H**

Women's Day **Special**



Saluting
women
leaders in
healthcare...

Moves to
acquire sculpted
arms...

Do-anywhere
exercises for
busy women...

Heart attack
and women...

Women, take
care of
YOU, Happy
Women's Day!

Does sex matter? The National Institute of Medicine (US) asked that question about human health. The answer, of course, is yes. Nowhere are the differences between men and women more apparent than in matters of the heart.

Women's hearts are built from the same general blueprint as men's and pump blood along the same circuit. But small variations in anatomy and physiology interacting with differences in behaviour and culture mean that heart disease in women isn't always diagnosed or treated as promptly or thoroughly as it is in men. New findings reinforce the disparities.

MYSTERY CHEST PAIN

Women are more likely than men to be hospitalized for chest pain

Her **HEART** Needs Extra Care

Diagnosis and treatment of heart disease in women still lags behind than that in men.

that can't be traced to a particular cause.

EMERGENCY DELAYS

Women took far longer than men to get to the hospital. The delays could have stemmed from less certainty that the heart was in danger, more time spent assessing the condition, or because the condition didn't seem urgent to the emergency crew.

HEART ATTACK AND ANGIOPLASTY

Research shows that women are more likely than men to experience complications from a heart attack (like shock or heart failure) or from the angioplasty used to halt it. They are also less likely to be discharged from the hospital with prescriptions for aspirin, for another key anti-clotting drug called clopidogrel (Plavix), or for an artery-protecting statin. In a different survey of men and women being treated for heart attacks, it took longer for women who

Women may have all, many, a few, or none of the 'typical' heart attack symptoms doctors look for. In women, as in men, the most common symptom of a heart attack is some type of pain, pressure, or discomfort in the chest.



Common heart attack symptoms in women

Women may have all, many, a few, or none of the 'typical' heart attack symptoms doctors look for. In women, as in men, the most common symptom of a heart attack is some type of pain, pressure, or discomfort in the chest. But women are more likely than men to have symptoms unrelated to chest pain, such as:


- Shortness of breath
- Weakness
- Unusual fatigue
- Cold sweat
- Dizziness
- Nausea or indigestion
- Aching, heaviness, or weakness in one or both arms
- Heat or flushing
- Racing heart

qualified for angioplasty to undergo this key treatment to halt the heart attack.

GETTING GREAT CARE

There's a thin silver lining in findings like these: They etch the scope of a problem that went unrecognized when heart disease was erroneously considered a 'man's disease'. Now that we know it's an equal-opportunity disease, the next step is making it an equally treated disease.

That will take some doing. We still need to know more about how women's hearts differ from men's, how they age, and how they respond to diet, exercise, hormones, stress and other influences. A new generation of doctors who cut their teeth knowing that women and men are different when it comes to heart disease will also help.

In the meantime, keep in mind that women don't always have the 'classic' signs of a heart attack. It's also important to seek the best care possible. Find a physician who listens to you and takes you seriously, someone who doesn't brush off your physical problems as 'stress'. You can find such doctors in big cities and small towns, academic medical centers and solo practices. Family members and friends may be able to point you to an excellent doctor. Online communities may also offer some guidance. 



The Silent KILLER

Will symptom awareness lead to earlier detection and better outcomes, in ovarian cancer?


If ovarian cancer is diagnosed early, it can be treated successfully with surgery, although it's a major operation: The ovaries, fallopian tubes, uterus, and omentum, a fatty layer of tissue that

covers the intestines, are removed. More often, though, it is diagnosed at a later stage – and the survival statistics are grim.

Tumors are occasionally detected during a routine pelvic exam, but the ovaries

are anatomically 'deep,' so early-stage cancers are rarely found.

Ovarian cancer does produce a protein called CA-125 that can be measured in the blood. But in premenopausal women, many



Researchers found that many of the symptoms that women had prior to an ovarian cancer diagnosis weren't classically gynaecological; instead, women said they felt bloated, for example, or started to feel the need to urinate frequently.

non-cancerous conditions, like endometriosis, can elevate those levels. Studies in post-menopausal women have also indicated that there would be an unacceptably high number of false positives. Research has shown that CA-125 testing would miss cancers, too.

Another possibility for early detection is transvaginal ultrasound, which involves getting an image of the ovaries with an ultrasound device inserted into the vagina. But a large study found that it took 5,200 ultrasounds to find just one case of ovarian cancer, a result that made screening women with transvaginal ultrasound seem impractical.

So there's a big void. Researchers, however, tried to fill it with a consensus statement about ovarian cancer symptoms.

THE SILENT KILLER SPEAKS

For years, ovarian cancer was portrayed as a disease that tended to sneak up, symptomless, on patients and their doctors. But many women who have had the disease have challenged that notion, saying they had distinctive abdominal pain or digestive problems before they were diagnosed.

Some had wrenching stories about their complaints being ignored, or being referred for tests and treatments for other conditions like irritable bowel syndrome, only to be diagnosed later. On the other hand, the kinds of complaints women had are common.

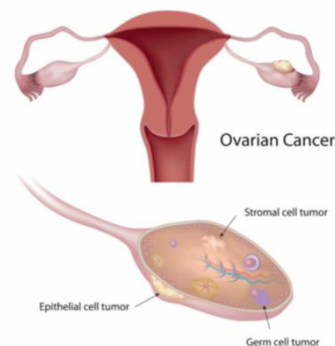
Doctors were rightly concerned about ordering tests for ovarian cancer based on symptoms that could have so many other causes.

Some large, carefully done surveys of ovarian cancer patients started to sort the situation out. Researchers found that many of the symptoms that women had prior to an ovarian cancer diagnosis weren't classically gynaecological; instead, women said they felt bloated, for example, or started to feel the need to urinate frequently. Researchers also found that even women diagnosed with early disease remembered having symptoms before their diagnosis.

But studies that depend on people's recollections after they've been diagnosed with a disease cause a problem that researchers call recall bias. It's been shown that after a diagnosis, especially

OVARIAN CANCER SYMPTOM INDEX

- Bloating or swelling of the abdomen.
- Pelvic pressure or stomach pain.
- Trouble eating or feeling full quickly.
- Having to urinate often or feeling like you have to go right away.





The main finding was that 43% of the women with ovarian cancer had a combination of bloating, increased abdominal size, and urinary symptoms.

when it's of a serious condition like cancer, people rather selectively – and unwittingly – pick out clues about why they got sick and symptoms that might have foreshadowed their condition.

Dr Barbara Goff, a University of Washington researcher, and her colleagues came up with a way to get around this problem, at least in part. Instead of questioning women already diagnosed with ovarian cancer, they questioned women prior to surgery to remove an ovarian or pelvic mass that might have been cancer. That timing presumably lessened the recall bias and also allowed them to compare women who turned out to have a benign growth with women who were diagnosed with cancer. They also recruited women being seen in primary care clinics as a comparison group.

Their results, published in the 'Journal of the American Medical Association', formed the basis of the symptoms guidelines promulgated. The main finding was that 43% of the women with ovarian cancer had a combination of bloating, increased abdominal size, and urinary symptoms, compared with just 8% of the primary care clinic patients. Moreover, the symptoms were more frequent (20 to 30 times a month) and more severe than those experienced by the women with benign growths and those seen at the primary care clinic.

TOO VAGUE?

When the consensus statement came out, many doctors had serious qualms. The symptoms are too vague, they said, and will lead to unnecessary workups for ovarian cancer. Some aren't convinced that

early-stage ovarian cancer produces these or any other symptoms, so a symptom index will only serve to identify late-stage cancers that aren't curable. The statement also doesn't spell out what doctors should do if women have these symptoms.

But the symptoms really aren't quite as vague as some say: Women are supposed to see a doctor if pelvic pain, bloating, or one of the other symptoms is new and if they have had it nearly every day for more than two or three weeks. Dr Goff has written that even if the index only identifies late-stage cancers a bit earlier, that may do some good, because treatment will be more effective. The key, say some doctors, is to use good clinical judgment and to accept that a cluster of symptoms is never going to be as precise as a lab or imaging test. **H**



'No time' is the most common complaint by women for not exercising.

Here are five fun, do-anywhere cardio exercises for busy women, prescribed by fitness expert **Bindiya Sharma** of The Transformation 101 Fitness And Lifestyle Studio, Delhi.

1 **Indoor Jogging**

Jogging in place can be an effective way to burn calories and lose weight. It's easier than jogging outside or on a treadmill, and the fact that you can do it inside, away from the heat and pollution outside, is an added advantage.

For jogging in place, it's important to do it at an intensity that gets your heart pumping.

Duration: 5-10 mins or as per your capability.

EASY & INTENSE

Quick power workouts for busy women on the go...



2

Jumping Jacks

Jumping jacks is a great way to improve stamina, endurance and flexibility.

- ▶ Stand with your feet together and your hands down by your side.
- ▶ In one motion, jump your feet out to the side and raise your arms above your head.
- ▶ Immediately reverse that motion by jumping back to the starting position and arms back to the side.

Duration: 10 reps, 3 sets

Jumping jacks is a great way to improve stamina, endurance and flexibility.



3

Burpees

Burpees is a full body exercise used in strength training. The basic movement is performed in four steps and known as a 'four-count burpee.'

- ▶ Begin in a standing position.
- ▶ Drop into a squat position with your hands on the ground (count 1).
- ▶ Kick your feet back into a plank position, while keeping your arms extended (count 2).
- ▶ Immediately return your feet to the squat position (count 3).
- ▶ Jump up from the squat position (count 4).

Duration: 10 reps, 3 sets (30-40 second rest after every set)



4

Body Weight Squats

Squats make you lose weight and burn calories. They also help you get toned legs and a strong back.

- Stand as tall as you can with your feet spread shoulder-width apart.
- Lower your body as far as you can by pushing your hips back and bending your knees. Pause, then slowly push yourself back to the starting position.

Duration: 15 reps, 3 sets (40 second rest after one set)

Lunges are the most effective workouts for shaping your legs.



5

Body Weight Lunges

Lunges are the most effective workouts for shaping your legs.

- Stand erect with your feet shoulder-width apart.
- Put your hands on your hips, and keep your back as straight as possible.
- Relax your shoulders and keep your eyes facing directly ahead.
- Take a large step forward with one leg parallel to the leg behind.
- Bend down (4-5 inches above the floor).
- Come up and step back.
- Return to the start position.
- Repeat with the other leg.

Duration: 10-15 reps, 3 sets



HARSHA ADVANI

A simple glass of wine with dinner can be a complicated subject if you're looking at the effects of alcohol consumption on certain medical conditions.

For women, drinking in moderation is generally considered to be one alcoholic drink per day. But a recent study suggests that even one drink per day leads to a slight increase in breast cancer risk. Women who consumed two or more drinks a day had a breast cancer risk that was 1.5 times higher than that of women who never drank.

Alcohol may interfere with the way a woman's body handles estrogen, a hormone that is associated with breast cancer. However, research shows that breast cancer risk is not increased when women consume less than three drinks per week.

Not all studies are created equal

However, another study found that women who consumed an average of two drinks per week had a lower risk of diabetes if their overall diets ranked high on the glycemic load (GL) index. The majority of high-GL foods are refined carbohydrates, such as white bread and other foods made with white flour, white rice and beverages that contain a lot of added sugar. The study used patient questionnaires and determined that women

DRINK & Be WARY

Weighing the pros and cons of alcohol on women's health.



A recent study suggests that even one drink per day leads to a slight increase in breast cancer risk. Women who consumed two or more drinks a day had a breast cancer risk that was 1.5 times higher than that of women who never drank.



who consumed moderate amounts of alcohol when also eating high-GL diets had a lower risk of diabetes.

In addition, a diet that's heavy on refined carbs isn't a healthy diet in the first place; at least half of your daily carbohydrates should be in the form of whole grains, and foods and beverages that contain added sugars should be kept to a minimum.

On the question of 'how much', there is no one-size-fits-all formula for drinking. There is no blanket recommendation for how many drinks are allowed. This needs to be decided on an individual basis with each patient, taking their underlying medical conditions, family and individual medical history, and issues with dependency into account.

Alcohol and your heart

Meanwhile, past research shows that moderate amounts of alcohol actually lower a woman's risk of heart disease. Moderate alcohol consumption – no more than one drink a day for women – can raise your levels of HDL ('good') cholesterol and reduce your risk of heart attack and stroke.

Common ground

Despite the different findings and opinions, health experts agree that moderation is essential if you drink, because an excess of alcohol can cause heart damage, dementia and liver damage.

Too much alcohol consumption raises fat levels (triglycerides) in the blood, and increases the risk of high blood pressure, stroke, arrhythmia (irregular heartbeat) and heart failure.

Too much alcohol consumption raises fat levels (triglycerides) in the blood, and increases the risk of high blood pressure, stroke, arrhythmia (irregular heartbeat) and heart failure. The risks go up even if you drink infrequently but don't engage in 'binge drinking' – having four or more alcoholic beverages in one sitting.

Remember too that some alcoholic beverages are high in calories, which can lead to a higher risk of developing obesity and diabetes.

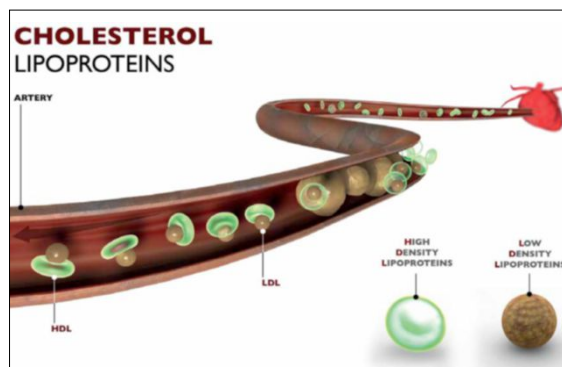
To help you limit your drinking to a moderate amount, keep track of your consumption.

This makes it easier to cut

SERVING SIZE

According to the American Heart Association, one serving of alcohol equals:


- One 12-ounce beer that contains 4% alcohol by volume.
- One ounce of 100-proof liquor or one-and-a-half ounces of 80 proof liquor.
- One 4-ounce glass of wine.



back from one glass every night to half a glass, or to drink only on the weekends. Or if you drink more during one week, don't have any alcohol the next week.

Beer, wine or liquor?

When it comes to the type of alcohol, it doesn't make a difference when it comes to breast cancer – it's the amount of alcohol that counts.

However, it should be a case-by-case basis when it comes to diabetes. Different drinks contain various amounts of sugars and carbohydrates, which can affect blood sugar levels. 





Women's Day
SPECIAL

TO SERVE, WITH LOVE

They are pioneers in their respective fields, passionate about their goals and dedicated to their cause... This International Women's Day, **'Health & Nutrition'** salutes women whose efforts to make a difference in healthcare in India have made them a cut above the rest. Flip, to know more about these wonder women, how they shape lives 'n' what drives them...



Dr Indira Hinduja

Honorary Gynaecologist (IVF and Infertility Specialist), Hinduja Hospital

In our hour-long wait at her IVF Centre at the Hinduja Hospital, Mumbai, we see Dr Indira Hinduja in and out of the OT, conducting IVF procedures, and attending to patients in between. She may be touching 70 but she clearly shows no sign of slowing down...

For a municipal school student from Belgaum who dreamt of wearing the nurse's uniform to delivering the first test-tube baby in the country and silently spearheading a whole new revolution in infertility treatments, Dr Hinduja has come a long way... There are half-a-dozen couples waiting outside her cabin, and even today, she sees 10 new patients every day. "You just have to keep working and working," says she humbly. "And when your intentions are right, the whole kaaynat (the Universe) will make it happen for you."

We ask the 'Harbinger of Hope' to many childless couples what challenges her and keeps her going, even after so many years...

Every day is a new challenge

"I don't think I would say yesterday's challenge was bigger than today's; every day is a challenge. And believe me, nothing comes easy to me. I work very hard every single day."

Hard work pays

"Recently, I delivered the baby of my first IVF baby. It felt good. It is hard to believe that we have delivered more than 15,000 test tube babies since that day when

we first delivered Harsha. I still remember the day she was born - August 6, 1986, at 4.10 p.m, at KEM Hospital. Her parents were on the top of the world and so were we!"

Believe in yourself

"But yes, if you ask me what is needed to be successful, I would say immense self-confidence, sincerity of purpose and honesty. You should have the conviction in yourself to achieve your goal, then concentrate on it and work hard. We have the tendency to find excuses and blame people and things for our failure. But they never work. And this applies not just to healthcare but every sphere in life - personal or professional."

Strengthen your mind first

"Having said that, I believe that your mental strength is most important. A little cough, cold or fever will not stop me from going to work. I will take a Crocin and get to work. I make sure I follow a balanced diet and exercise - they are enough to take care of my health. And good health really starts from the head. We need to 'clean up' our behaviour, strengthen our mind and our body will be healthy."

Don't give up

"And lastly, I tell my patients to never give up. I ask them to keep trying but all the same be prepared if things don't work out. Acceptance is the biggest satisfaction in the world. There are other things in life too that are beautiful."

VINODINI KRISHNAKUMAR

"You should have the conviction in yourself to achieve your goal, then concentrate on it and work hard. We have the tendency to find excuses and blame people and things for our failure. But they never work. And this applies not just to healthcare but every sphere in life - personal or professional."



Sangita Reddy *Joint Managing Director, Apollo Hospitals*

Sangita Reddy has been pivotal in directing operations for the entire Apollo Hospitals Group, and under her, the Apollo Hospitals in Hyderabad has emerged as Asia's first Health City - a model that introduced multi-dimensional holistic healthcare in India. She has led the organization's endeavours in the domain of telemedicine, e-health and mobile health, and continues to head the IT functions across all divisions of the Group.

The biggest challenge in my career

"There have been many but my biggest is something we have been working on since the last five years. And that is to bring all the hospitals under one common platform for better treatment of illnesses. The idea is to achieve more and thus give better care. This would involve both the Government and private hospitals and maintain records of everything in this industry."

A health issue that needs urgent attention

"Early detection and prevention measures of cancer. And, in women, it is breast and cervical cancer. Nearly 50% of Indian women die of cancer and this can be easily avoided if cancer is detected in the early stages. Cervical cancer is highly rampant in rural areas because of bad hygiene

and this issue has to be addressed seriously."

Success mantras

"I am passionate about my profession and healthcare. I believe one should have vision, and the passion to work towards fulfilling that vision."

Striking the work-life balance

"I have always had a lot of support from my family. Of course, one has to make a few sacrifices too but I also have taught my kids to prioritize. I do try to be efficient and organized. And I believe if one is comfortable with the fact that some compromises have to be made, then it is easier to strike the balance."

My dreams for Apollo

"We are working towards achieving an image of structured healthcare in the country. We want to bring the best healthcare facilities in the world to India at affordable prices."

Health tips for women

"Human body has the capacity to auto heal but we tend to abuse it. One should develop a healthy lifestyle, and it is never too late to keep our mind and body fit and to go in for regular health check-ups. Women suffer from immortality syndrome, so it is time they realize that they should take care of their health too."

NANDINI R PENNA

"I am passionate about my profession and healthcare. I believe one should have vision, and the passion to work towards fulfilling that vision."



Dr Swati Piramal

Vice Chairperson, Piramal Enterprises (of which Piramal Healthcare is a part)

Dr Swati Piramal is one of India's leading scientists. In the 80s, when the Piramals (Swati and her husband Ajay) made a paradigm shift by moving away from the textile industry — their family business for over 100 years — to the world of pharmaceuticals and healthcare, Dr Swati used her background in medicine to change the trajectory of healthcare, education and public policies in India. Even today, she leads a team of scientists in cancer, diabetes, inflammation and infectious disease research, with a portfolio of over 200 international patents, and 14 new drugs, which are in clinical trials globally.

Passionate about promoting health in rural India, Dr Piramal's work and life philosophies, in her own words:

Knowledge, action and compassion

"To be a leader in healthcare, first, you need to have knowledge — which should be very deep in your area of specialization. Secondly, acting on that knowledge is important. Thirdly, you have to be compassionate. Healthcare is a field where you can make a dramatic difference."

Persistence is key

"We give up too easily and very often we feel we can't make a difference. When I was very young, polio was rampant in the area of Parel — hundreds of children of the migrant mill workers were suffering from it. I started a small clinic to treat and prevent polio; I did street plays in Marathi with my medical student friends to create awareness. It took me 10 years before I could

respect innovation more than ever before."

Chronic diseases are threatening

"Currently, chronic diseases are big. In Assam and AP, we run, along with the Government, mobile healthcare services in every village. We were stunned to know that while mother and child health were neglected areas, chronic diseases — like hypertension, diabetes, arthritis — were also

"To be a leader in healthcare, first, you need to have knowledge — which should be very deep in your area of specialization. Secondly, acting on that knowledge is important."

dismantle that little clinic — when there were no more polio patients in the area — but it was rewarding! By then, the national polio programme too kick-started and things got better. This was an example of what you, as an individual, can do too."

Change is important

"Again, when I was very young, I used to be an inventor and file patents. My fellow scientists didn't feel it was important to do so. Indian scientists are very innovative. I was the lone voice then, but it took a decade to change the perception in the whole country. Now people

rampant. This is not an urban phenomenon anymore."

Don't be guilty

"A lot of working mothers end up feeling guilty about not being there for their children. I was fortunate to live in a joint family. But I remember my daughter, when she was little, telling me that she was glad I was working. And that felt good. The legacy continues; now, she is a working mom too."

"Women should persist, figure out how ways to get help from others and network better to balance home and work."

**VINODINI
KRISHNAKUMAR**



Dr Kamala Selvaraj *Associate Director, G G Hospital*

Dr Priya Selvaraj *Assistant Director, G G Hospital*

With 33 years of service rendered to thousands of childless couples, Fertility Research Centre and GG Hospital in Chennai resonates with positivity and success, as it strongly believes that every woman has the right to motherhood.

Spearheaded by Dr Kamala Selvaraj, who is fondly referred to as 'Godmother' by thousands of couples, Fertility Research Centre and GG Hospital is now being taken to more advanced reproductive techniques by her daughter, Dr Priya Selvaraj. The obstetrician-gynaecologist mother-daughter duo are a force to reckon with in South India...

Incidentally, their hospital has several firsts to its credit including South India's first ever test-tube baby born in 1990.

To be successful in healthcare

Dr Kamala: "The qualities required are honesty, sincerity, hard work combined with knowledge and the ability to build an excellent team."

A health issue that needs urgent attention

Dr Priya: "Our country has the world's second largest population, which is steadily increasing and so is the incidence of lifestyle disorders. We are the world capital for diabetes and tuberculosis followed by

HIV and anemia. We need to address the nutritive choices we make and the inculcation of an active lifestyle."

The biggest professional challenge

Dr Kamala: "The making of my first test tube baby with my own indigenous team when people did not know about it. There was nothing available in India when I made a breakthrough in it."

"We focus on the health and genetic normalcy of the embryo even before it is implanted in the womb to form a baby - we call this Pre-implantation Genetic Screening (PGS)."

Success mantra

Dr Kamala: "PERFECTION! There are no shortcuts to success. You have to be the best at what you are doing."

Striking the work-life balance

Dr Priya: "I make sure my hours at work are productive and I rarely carry work home. I set deadlines and try to be realistic about time, commitments and productivity."

A breakthrough achieved in recent times

Dr Priya: "In recent advances in fertility and our milestones, we have had many firsts to our credit, both as a team and individually. Currently,

we focus on the health and genetic normalcy of the embryo even before it is implanted in the womb to form a baby - we call this Pre-implantation Genetic Screening (PGS) for both chromosomes as well as specific genetically inheritable diseases. The first twin babies were born employing this technique of PGS at our Hospital in 2014. We have performed more than 100 procedures

of PGS. We are also working on sustainable fertility options for women who have survived cancer in early stages. And we also set the trend of freezing eggs in the Indian fertility scenario."

Dream for GG Hospital

Dr Kamala: "I want the same work to continue or even better work to follow in the years to come. We have updated ourselves constantly and followed the latest methods, and this has been instilled in the ethos of our work culture. I want the same sense of commitment to go on."

CSS LATHA

*Photographs courtesy:
Dr Priya Selvaraj*



Madhu Neotia

Director, Bhagirathi Neotia Women and Childcare Hospital, Kolkata

Her calm and beautiful persona has a soothing effect on you. You may actually catch her reassuring a patient outside the Operation Theatre or asking them about their well-being in the hospital she has built...

Madhu Neotia, the brain behind the first women and childcare hospital in Kolkata – The Bhagirathi Neotia Women and Childcare Hospital – strongly believes in the philosophy of ‘having a hospital with hospitality as its core’. Wife of industrialist Harsh Neotia, Madhu adds that her endeavour in healthcare is a labour of love...

EXCERPTS FROM THE INTERVIEW

Why a hospital only for women and children?

“I have seen childbirth done very clinically in various multi-specialty hospitals. But for a woman and everyone in her family, it is the happiest moment of their life. There was a need for a much more personalized care.”

The biggest challenge in your career so far?

“Every day is a challenge but lack of availability of qualified manpower and retaining them is a big challenge.

“Another challenge we face every day is the tremendous lack of awareness. Issues like infertility or mental health are not openly discussed. Infertility is treated as taboo, and men do not come forward for treatment. We do a lot of campaigns to reassure people that there is

no shame attached to infertility treatment or issues related to mental health.”

A health issue that needs urgent attention?

“I think the biggest health issue in our country is the rising number of lifestyle-driven diseases like diabetes, blood pressure etc. When it comes to mental health, I think a lot of those ailments are related to the gut, hence gastroenterology related ailments are on the rise too. We have set up a specialized unit in our newly opened Siliguri Hospital, especially for the treatment of the gut.”

Your success mantras?

“Success always comes through hard work but, in healthcare, it is important to:

- ▶ Have the right doctor who can not only give the best medicare but also connect with the patients.
- ▶ Build the right rapport with the patients, doctors and staff.
- ▶ Understand what the patients need from the hospital.
- ▶ And offer them the most reliable and trusting care. Our motto is to make the patients feel at home away from home.

Your dream for your hospital?

“My dream is to come up with a multi-specialty hospital in Kolkata, quite on the lines of Medanta by Dr Naresh Trehan. My dream is to give global level medicare to my patients.”

SUDESHNA CHAKRAVARTY

“I have seen childbirth done very clinically in various multi-specialty hospitals. But for a woman and everyone in her family, it is the happiest moment of their life. There was a need for a much more personalized care.”



Anika Parashar

COO, Fortis La Femme

Anika Parashar, COO of Fortis La Femme (centre for women), has over 15 years of experience in the healthcare industry. Fortis La Femme is located in New Delhi, Bangalore and will be opening soon in Jaipur.

Under Anika's leadership, the chain of women and child hospital plans to expand across India becoming a one-stop shop for all women's healthcare needs. Anika is also the founder of ORGAN – Organ Giving and Receiving Awareness Network, an NGO which spreads awareness about organ donation and transplant.

The biggest challenge in my career so far

"When you are working within the construct of a large organization, it's about challenging their views, the age old practices, recreating and recarving out a unique entity. This has been challenging, interesting and exciting!"

"I could overcome it as I have a very good boss in CEO Bhavdeep Singh. I also have a phenomenal team! They guide, support and hold me up."

A health issue that I feel needs to be addressed

"Breast cancer rates are going up by the day. For a lot of women, it is very intimidating and overwhelming to think that they can have a problem in their breast. Indian women don't want to address this problem until it comes up. Women put themselves last – children, work, family and society comes first. Women should get mammograms done regularly."

My success mantras

"Believe in yourself and your vision, surround yourself with people you believe in, go by your conscience, be ethical and passionate. If you're not passionate, you will fail. You have to overwhelmingly care about what you do, and own it. Unless you own it in your heart, there is no chance of success."

Striking the work-life balance

"I am a single mother to Nirvaan and Inayat, run an NGO and have commitments towards my mother. Two years ago, she had a heart transplant. I leave my house at 7 a.m and get back at 7 p.m. From 7-9 p.m, I don't work as that is my children's time. After that, I go back to work if I have to. On the weekends, I only deal with what is urgent. I meditate, work out, play the piano, write and paint. If I don't do all these things, I won't be able to balance my life."

My dream for Fortis La Femme

"La Femme is not just a healthcare facility, it is a lifestyle brand too. For me, La Femme is about empowering women, giving them the information and support they need to look after themselves. It's all about giving women a voice."

My personal health mantra

"I am an alternate healer, reflexologist, reiki practitioner, aroma therapist and a therapeutic practitioner. I believe if my mind is clean, my body will be fit. I exercise, follow a healthy diet and meditate."

AISHWARYA P VAIDYA

"You have to overwhelmingly care about what you do, and own it. Unless you own it in your heart, there is no chance of success."



Dr Renuka David MD, Radiant Medical Services

Throughout her medical career across India – of having worked in many rural and urban hospitals – the one thing that struck Dr Renuka David was the urgent need for ‘Preventive’ healthcare rather than ‘Curative’ healthcare.

Her quest to dig deeper in this area led her to start the Radiant Medi-Fitness Lounge, a part of the Radiant Medical Services in Chennai, well ahead of its time in the year 2006. Today, she has made it her mission to spread the importance of a healthy lifestyle to prevent early onset of lifestyle diseases - like diabetes, hypertension, PCOS, cancer and auto immune diseases – which according to a study by WHO in 2014 is reaching a global epidemic. Dr Renuka’s life philosophies...

The three most essential qualities to have to be successful in the field of healthcare

“Honesty towards yourself and your patient. Early diagnosis of a disease and seeking immediate treatment. Persistence, and to be extremely patient in doing what you believe is right.”

The biggest challenge in my career

“Making people understand the importance of preventive healthcare, as it avoids a lot of hardships later on. To embrace a lifestyle that would increase the proportion of healthy life as against a life

battling disease and sickness in a human lifespan.”

An urgent healthcare need

“There needs to be an overall change in the lifestyle of people today. Every family has a member suffering from a non – communicable disease which is an increasing concern of mortality in our country. Educating family members to adapt a lifestyle to prevent sickness is an urgent need.”

Success mantras

“Die hard optimism with a positive attitude – to live every moment of my life cheerfully and with gratitude. The thirst for knowledge – a desire to learn something new every day. And wanting to positively touch somebody’s life every day and to make a difference.”

Balancing work and home

“I strongly believe in being methodical. This is reflected in my regular schedule. Being an early riser, my routine begins with exercise where I can concentrate on my personal passion and needs. At work, I strive to be efficient within the stipulated time. I make my way back home at sharp 4 in the evening after which my time is dedicated towards my family. Late evenings are also dedicated to update myself on the latest in wellness. This routine makes sure that I don’t miss out on anything that I love.”

C S S LATHA

“There needs to be an overall change in the lifestyle of people today. Every family has a member suffering from a non-communicable disease which is an increasing concern of mortality in our country. Educating family members to adapt a lifestyle to prevent sickness is an urgent need.”

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Fitness



Actress
Bipasha
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**Boost ankle
strength...**

**Get going,
get fit!**

BODYLICIOUS!

Fitness freak Bipasha Basu spills the beans on how she maintains her envious figure!



She started her career when she was 15. Besides her hugely successful stints as a model and an actress, Bong beauty Bipasha Basu has been known as a fitness icon too. Today, even 16 years later, Bipasha continues to be one of the fittest actresses in the industry. Her fitness

DVDs are bestsellers among fitness enthusiasts.

In a free-wheeling chat with us, Bipasha reveals her 'fitspiring' side...

A Beautiful Bollywood Journey

"It has been a quick and a very beautiful journey. From being this young kid at 15, knowing nobody in Mumbai, to becoming a model, then an actress, and still after so many years doing the things I love – acting and propagating fitness – it's been an amazing journey!

"All this would not have been possible without the audience's love, so I completely owe it to the people."

My Fitness Trigger

"What got me started into fitness was the fact that I was diagnosed with osteoarthritis in 2004. I remember everyone telling me that I would not be able to dance or exercise or perform any kind of action scene again. That's when I decided I would not allow this to happen!

"I started doing physiotherapy and physical training. One thing I learnt from

“It’s been a very long love-hate relationship with pain. In fact, when I don’t feel pain in my legs, I don’t feel alive! But this pain has only made me fit, and the person I am today.”

my physiotherapist was that I needed to make all my leg muscles stronger to off load the weight from and protect my knees. That’s how I started strength training. Today, only because of strength training, I have battled osteoarthritis.

“It’s been a very long love-hate relationship with pain. In fact, when I don’t feel pain in my legs, I don’t feel alive! Haha. But this pain has only made me fit, and the person I am today. When you get handicapped, you realise that you cannot take your body for granted. I needed to clean up my act, give time to my body and take care of it.

“I do cardio, heavy weight exercises and I ice my knees, almost daily even today.”

Workout Regime

“I like to learn all exercise forms. I have learnt

Pilates, yoga, weights, but eventually, I am self-trained.

“Every day is a different routine for me. My aim is to shock my body all the time. I love strength and weight training to the core. But my most dreaded workout is burpees. I just hate burpees but it is an amazing exercise for the body, sets your heart racing, is a great cardio vascular workout and a very important part of weight training too.”

Beauty Regime

“What you eat is a lot responsible for how you look. I drink green juices in the morning, and consume a lot of roughage so that the digestive system is clean. I don’t drink or smoke, so that helps too.

“I keep my skin clean and moisturised. Since I have dry skin, using a moisturiser with sun protection and sunblock are a must for me.

“Otherwise, I am blessed

BIPASHA’S DIET ROUTINE

- I have balanced meals with adequate amounts of proteins and carbs.
- I drink lots of green juices, keep myself hydrated and avoid caffeine and artificial sugar.
- I am a foodie; I love to eat but there are times when I have to zip my mouth because I have cravings for everything.
- I only eat rice on my birthday. Rice is the biggest love of my life but I gave it up 12 years ago. Rice is very healthy, you just need to know your portions.

Modelling days...



Working out and loving it...

“I drink green juices in the morning, and consume a lot of roughage so that the digestive system is clean. I don’t drink or smoke.”



RAPID FIRE WITH BIPS

Your favourite holiday destination?

Any beach destination. In India, it’s Goa.

Who’s more romantic – Karan or you?

Karan.

If you get angry, how does Karan persuade you?

He does all kinds of funny things and makes sure that I laugh.

Fav restaurant?

Yauatcha and Oh! Calcutta, Mumbai.

Your cheat food?

Moti choor ke laddoo.

Makeup products you never use?

I don’t like any of those grey, black and liver colour eye shadows. I hate them!

Your style statement?

Mix easy with comfortable!

Your sleep routine?

I sleep a lot! I can sleep anytime anywhere not during the day though.

Your fav hairstyle?

I am born with straight hair, so I love to curl it. I keep changing the style and colour of my hair.

Are you a morning person?

Yes!

Bipasha is high on life, caffeine or money?

Sugar, whenever I have! ☺
Right now, I am high on life!

A motivational quote that inspires you?

Love the body you live in!

with good hair. But I love to experiment with my hair. I use conditioner, masks, proteins and consume folic acid tablets. Olaplex treatment is something new that I have started doing once a week; it strengthens my hair."

My Fitness DVDs

"Launching my fitness videos was a gradual development. I was very confused as to what I should call my brand..."

"Then, on the day of the shoot, I realised that everything I learnt in my life was from my mother, who believes in the philosophy 'love yourself'. She takes care of her fitness and looks, besides taking care of the family. I was different from my mother. I always put myself second. I needed to learn from my mother that it's very important to love yourself first.

"And loving yourself is very holistic – it's based on the philosophy that if you don't love yourself, you cannot love anybody else."

My Target Audience

"Women normally give the excuse that they don't have the time or are shy to work out outdoors. 'Fit & Fabulous', my first DVD initiative, was targeted at such women. It was a super hit, and is still going strong.

"My second DVD was called 'Break Free', because I realised that a lot of women don't like gymming and the best

way to deal with that was to convert exercise into a dance form. We Indians love to dance, and it was a bestseller.

"Now, I will be targeting an unisex audience, and my third DVD will be called 'Unleash'. It will be a powerful workout routine. Those who have already graduated from number one and two, can get into 'Unleash'.

"Also, India men don't work on their lower bodies – the training in 'Unleash' is about how you can activate your lower body.

"These DVDs are all my little babies – I have put a lot of time and effort in all of them."

Getting Personal– Finding Love

"Karan Singh Grover and I became friends the very first day we met. Though there are a lot of differences between us, at the core, we both are similar. Also, our love for fitness was one big factor that brought us closer. We started training together during our outdoor shoots and no matter how many hours we shot, we made sure we exercised.

"I have always had to drag all my co-stars to the gym, except Karan.

"There were many things I learnt from him, in terms of training and physical fitness, and we still train together."

Karan's Weakness And Strength

"He is just too fit, unlike me, who has to struggle.



"I realised that a lot of women don't like gymming and the best way to deal with that was to convert it into a dance form. We Indians love to dance, and my second DVD was a bestseller."





“Karan Singh Grover and I became friends the very first day we met. Though there are a lot of differences between us, at the core, we both are similar. Also, our love for fitness was one big factor that brought us closer.”

I have some bad habits in terms of eating, and few of my habits have now rubbed off on him. He was more disciplined before he met me.

“But he is mentally strong; if he wants to do something, he will do it. He is also very creative and that’s what inspires me, I am not a creative person at all. I am the more practical one between us.”

Healthy Marriage Mantras


“We are best friends and there is no pressure to be a best husband or a best wife, or have duties towards each other. We are friends living together. In fact, I still call him my boyfriend, and my mother scolds me for that. But the term ‘husband’ is too heavy...”

“We love to lead an easy life, we like to travel, we like the sun, the beach, the good food and we both love family. Being with Karan is very simple.”

Future Plans

“Maybe a comedy film. Right now, I would rather do something substantial.”

Three Words That Define Bipasha

“Straightforward, simple (in my head at least) and a mix of fun and funny.” 

HARSHA ADVANI



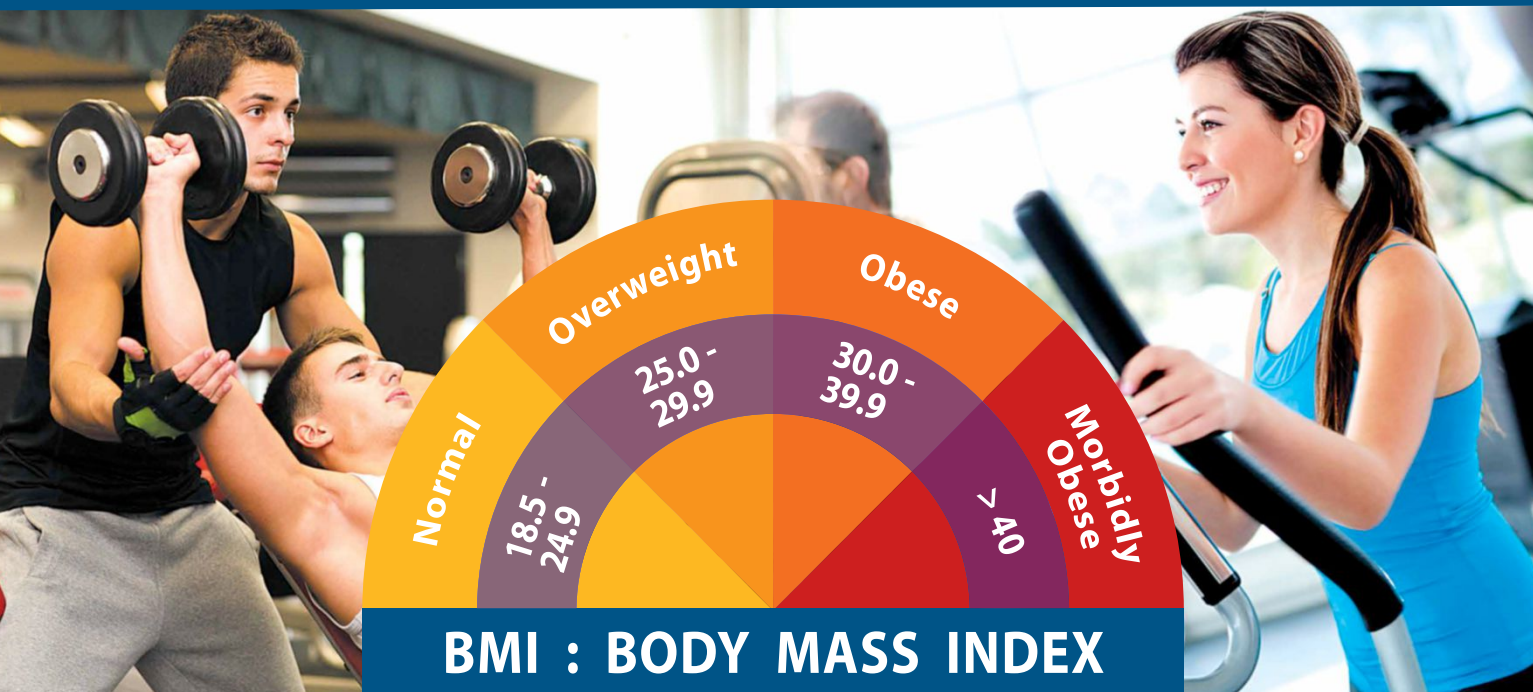
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- ✦ BMI
- ✦ Visceral fat
- ✦ Bone weight

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- ✦ BMR
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Weightless

Workouts

Bulk up without weights!

Here's a famous story about body building. A farm kid tells his dad he wants a weight set. Dad says, "OK, but first you have to do something." Dad ties a rope to the high rafters in their barn. He tells his son, "When you can climb to the top and back down 10 times, I'll buy you a weight set." By the time the kid is able to do it 10 times, he's in such amazing shape that he no longer wants (or needs) the weights.

Body-weight training builds strength and muscle as well or better than lifting. Your body was designed to run, jump, crawl and climb. Train with these four types of movement, and – like the kid in the story – you can build the body you've always wanted, too.

DIRECTIONS

FREQUENCY Perform each workout once per week, resting at least a day between each session.

Workout 1

Perform 40 reps of each exercise, taking as many sets as you need to reach that total. (If you find that you can perform more than 20 reps per set, make the exercise harder.) When you can perform 40 reps in two sets, increase the resistance or move on to a harder variation of the exercise, as described on the following pages. Alternate sets of chin-ups and pushups until you've completed all your reps, then alternate the leg curls and squat jumps. Afterward, perform the wheel rollouts. Rest 60-90 seconds between sets.

Workout 2

Perform three sets for each exercise, completing as many reps as you can each set. Establish a goal of 30 or more total reps for exercises 1 and 2, and 45 reps for 3 and 4. Alternate sets of exercises 1 and 2 until you've completed all your reps and then alternate sets of 3 and 4.

Workout 3

Perform 60 reps on each exercise, using as many sets as needed. Again, alternate exercises 1 and 2, and then alternate sets of 3 and 4 until all reps are finished.

BUY THE EQUIPMENT

Many of these exercises require equipment (suspension apparatus, resistance band, and ab wheel) you may not find at your gym. They can all be purchased at many department stores.



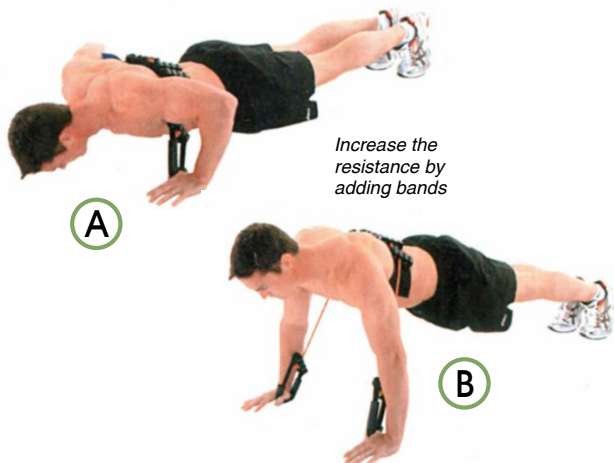
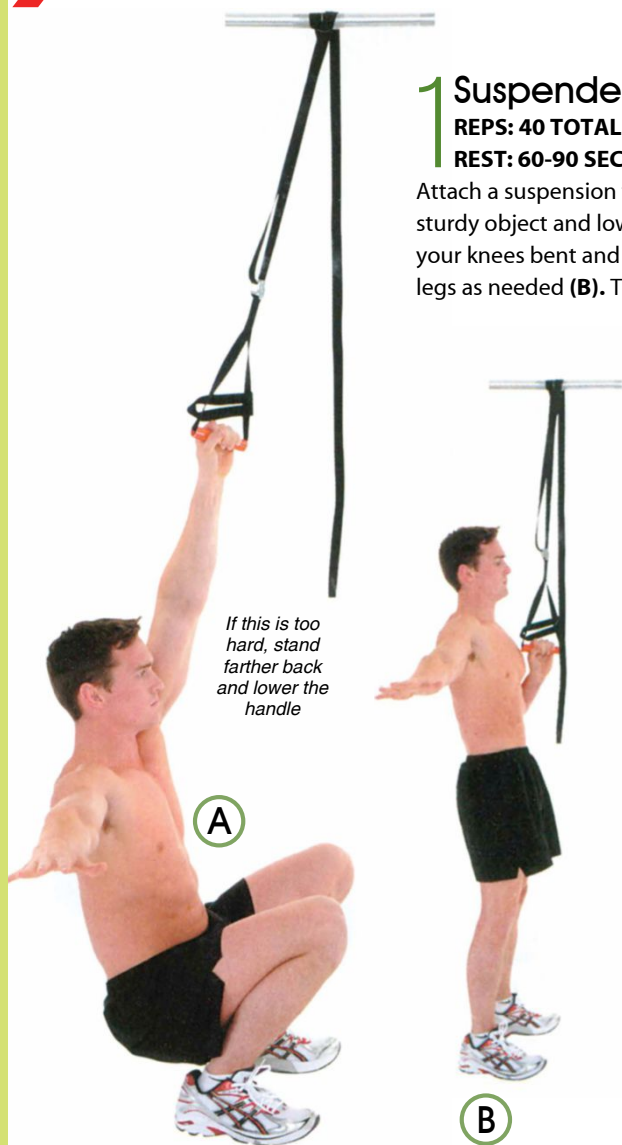
WORKOUT 1

1 Suspended One-Arm Chinup

REPS: 40 TOTAL

REST: 60-90 SEC

Attach a suspension training apparatus (we like the Jungle Gym, as shown here) to a sturdy object and lower the handle to your sternum. Grab the handle and hang with your knees bent and feet on the floor **(A)**. Pull yourself up, using assistance from your legs as needed **(B)**. That's one rep.



2 Resisted Pushup

REPS: 40 TOTAL

REST: 60-90 SEC

If you cannot do two sets of 20 regular pushups, stick with pushups until you can. Otherwise, use an elastic exercise band or the Power Pushup apparatus, as shown here. Let the cables resist the pushup motion and perform reps as normal.

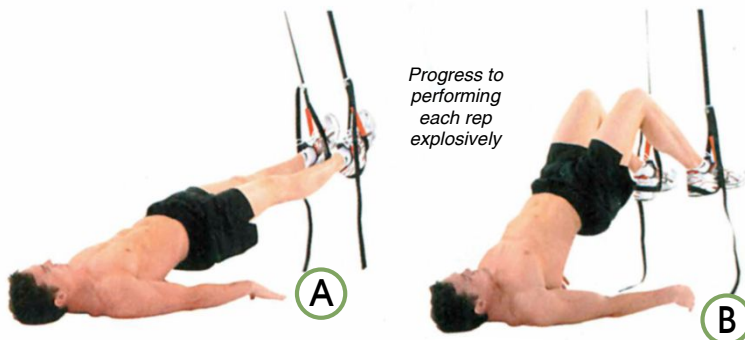
Body-weight training builds strength and muscle as well or better than lifting. Your body was designed to run, jump, crawl and climb.

3 Suspended Leg Curl

REPS: 40 TOTAL

REST: 60-90 SEC

Attach a suspension training apparatus as you did for the one-arm chinup and hook your feet into the handles. Lie on your back on the floor and extend your hips so that your lower body is suspended in the air **(A)**. Bend your knees, curling your legs toward you **(B)**. Straighten your knees. That's one rep.



Perform 40 reps of each exercise, taking as many sets as you need to reach that total. (If you find that you can perform more than 20 reps per set, make the exercise harder.)



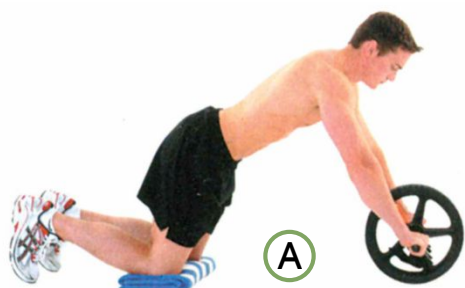
4 Squat Jump

REPS: 40 TOTAL
REST: 60-90 SEC

Stand in an athletic stance, and then squat as deeply as you can while keeping your lower back in its natural arch. Let your hands hang at your sides so your fingers touch the floor in the bottom position **(A)**. Immediately jump as high as you can, reaching for a mark that's 12 to 24 inches above your reach when standing **(B)**. That's one rep. Perform as many reps as you can until you begin to slow down or can no longer touch your mark. When you can do two sets of 20 or more jumps, use the Power Jumper apparatus, available at sports' shops.



You can use a basketball net or look at a spot on a wall to help you reach for the same mark each rep



Start by rolling the wheel up to a wall about a yard in front of you; roll farther as you get stronger



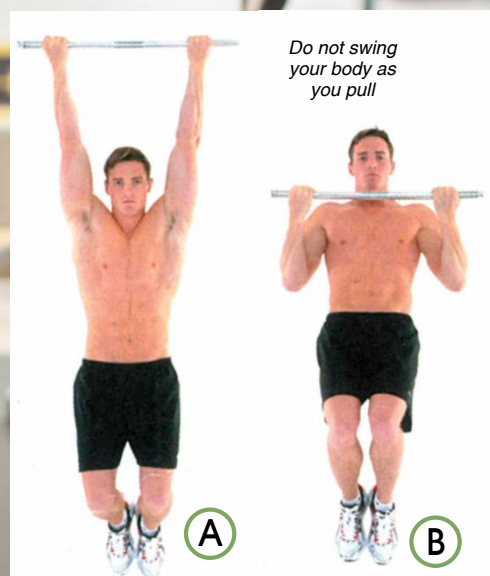
5 Ab Wheel Rollout

REPS: 40
REST: 60-90 SEC

Hold an ab wheel (we like the Power Wheel, shown here) with both hands and kneel on the floor with the wheel in front of your shoulders **(A)**. Keeping your abs and hamstrings braced, roll forward as far as you can until you feel your lower back is about to sag **(B)**. Roll back up. That's one rep.

WORKOUT 2

Hang from a chinup bar with your hands shoulder-width apart and palms facing you.



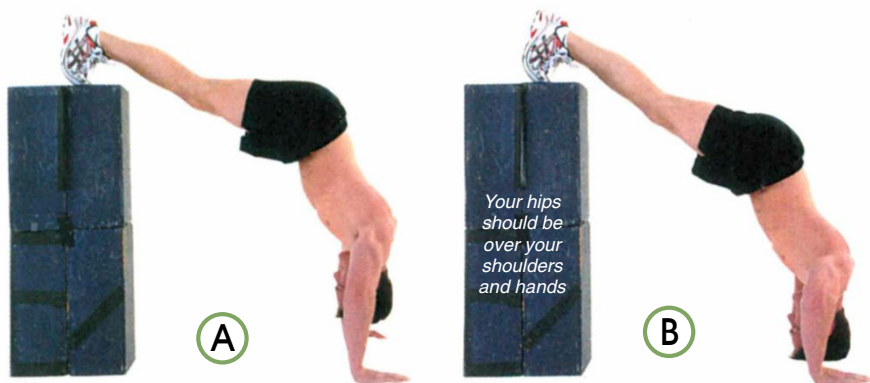
1 Chinup

SETS: 3

REPS: AS MANY AS POSSIBLE

REST: 60-90 SEC

Hang from a chinup bar with your hands shoulder-width apart and palms facing you (A). Pull yourself up until the bar is at your collarbone (B). Lower yourself back down. That's one rep.



2 Handstand Pushup

SETS: 3

REPS: AS MANY AS POSSIBLE

REST: 60-90 SEC

Place your feet on a box or step that's hip height and get into a pushup position. Now bend your hips 90 degrees so that your head and hands are aligned (A). Lower your head until it touches the floor (B) and then press back up. That's one rep.

Place your feet on a box or step that's hip height and get into a pushup position. Now bend your hips 90 degrees so that your head and hands are aligned.

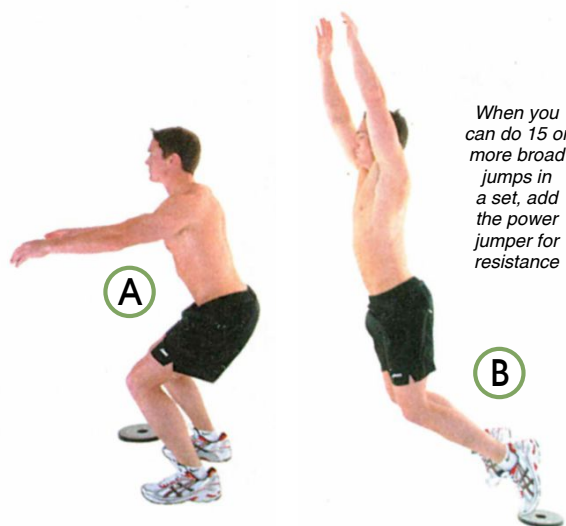
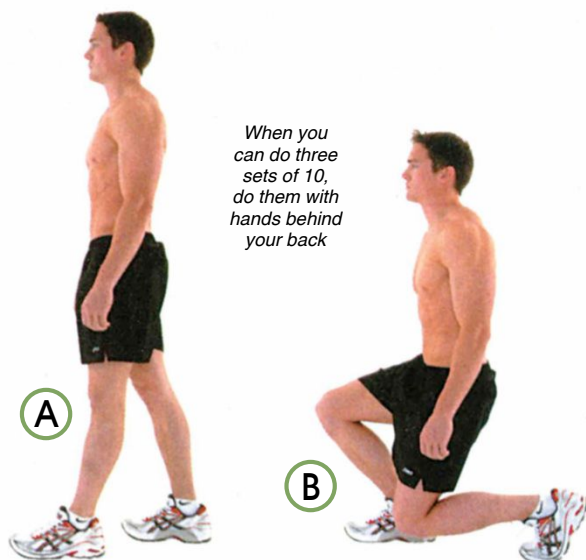
3 Split Squat

SETS: 3

REPS: AS MANY AS POSSIBLE

REST: 60-90 SEC

Stand with one foot an inch or so in front of the other and your arms hanging at your sides (A). Step forward with the other leg and squat down so that your front foot stays flat to the floor and the back heel lifts (B). Stand back up and switch legs and repeat. That's one rep.



4 Broad Jump

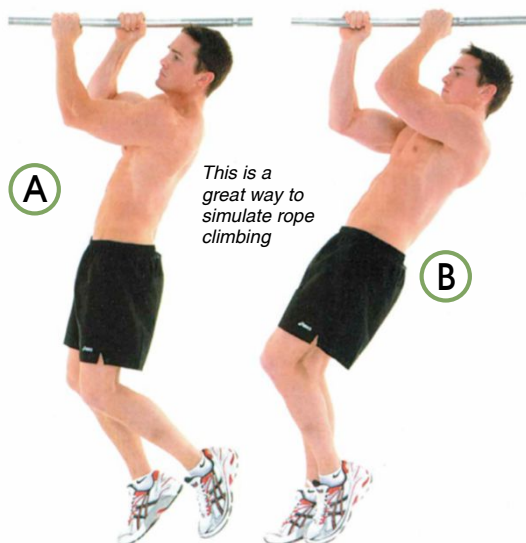
SETS: 3

REPS: AS MANY AS POSSIBLE

REST: 60-90 SEC

Place two cones, weight plates, or other markers six feet (or approximately the measure of your own height) apart. Go to one of the markers and get into an athletic stance (A). Jump forward as far as you can (B), landing 'quietly' on your heels and then toes. That's one rep. Turn around immediately and jump back. Continue until you can't jump past the opposite marker anymore.

WORKOUT 3



1 Rope Climb

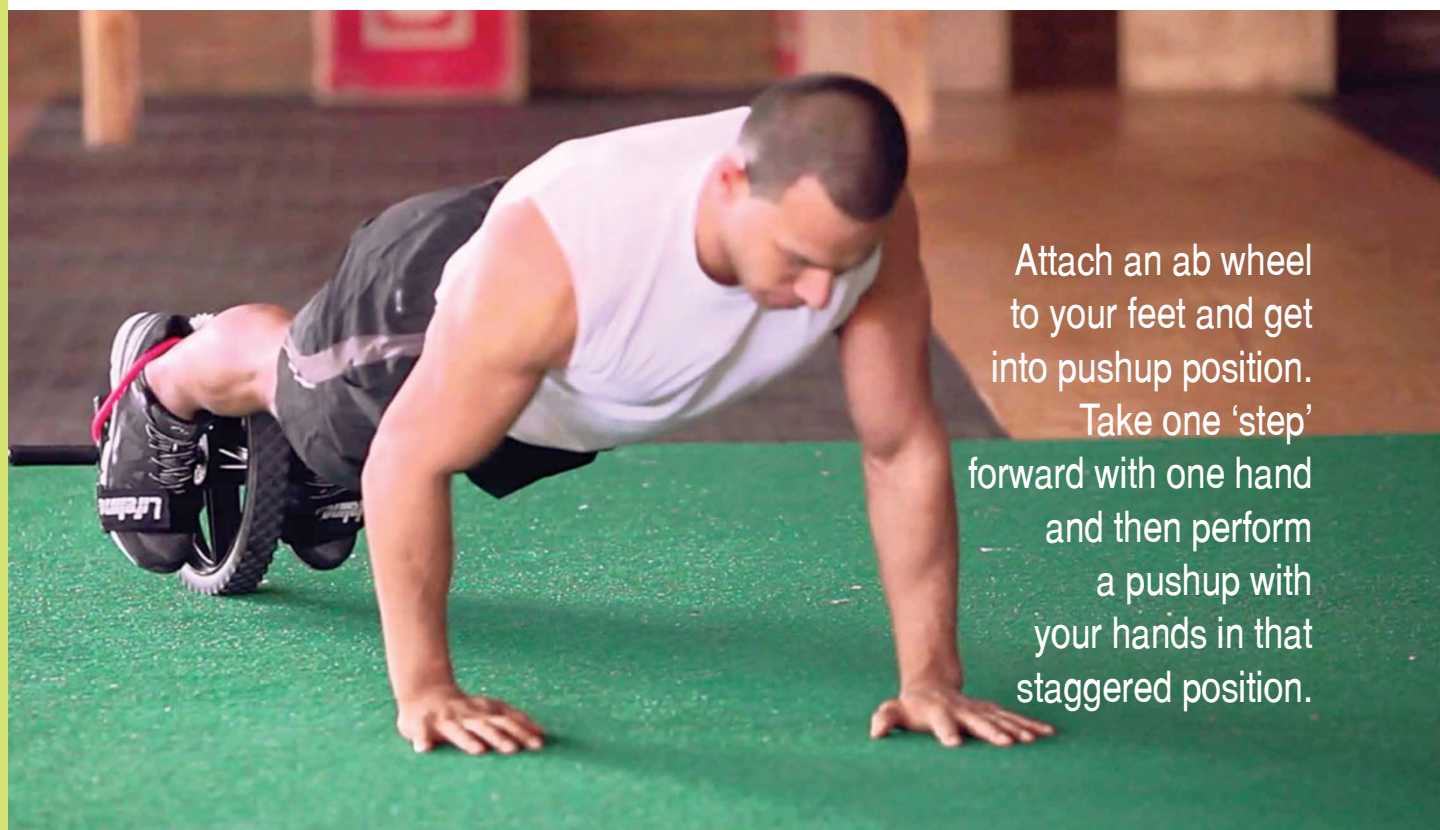
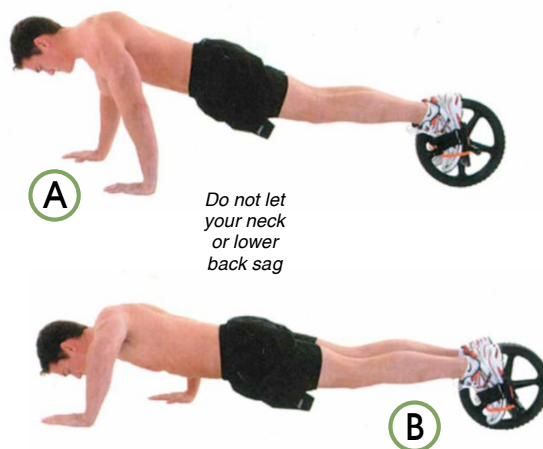
REPS: 60 TOTAL
REST: 60-90 SEC

Grab onto a chinup bar as if it were a rope, placing one hand in front of the other with elbows bent and hold yourself above the floor (A). Begin walking the length of the bar with your hands (B). When you've 'climbed' the length of the bar, walk your hands back. Each trip across the bar is one rep. Go until you can't keep your elbows bent anymore.

2 Alligator Pushup on Wheel

REPS: 60 TOTAL
REST: 60-90 SEC

Attach an ab wheel to your feet and get into pushup position. Take one 'step' forward with one hand (A), and then perform a pushup with your hands in that staggered position (B). Step with the opposite hand and repeat. Each pushup is one rep. If you can, continue moving forward with a goal of 15 reps per set (60 reps total for the workout). If you don't have the space, move forward as far as you can, and then walk yourself back.



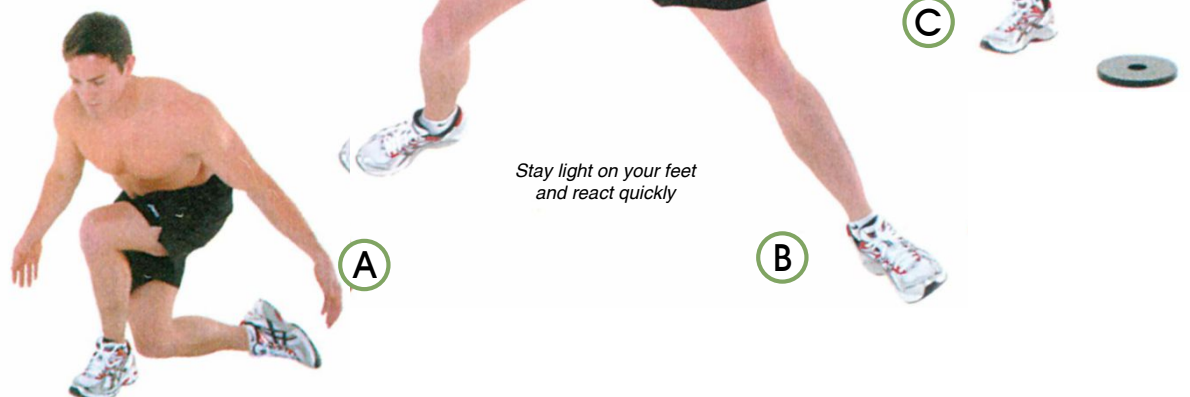
Attach an ab wheel to your feet and get into pushup position. Take one 'step' forward with one hand and then perform a pushup with your hands in that staggered position.

3 Speed Skater

REPS: 60 TOTAL

REST: 60-90 SEC

Stand on your left leg in an athletic stance, with your right foot hanging behind it **(A)**. Jump laterally, about five to six feet **(B)** landing on your right leg and swinging your left leg behind it (think of a speed skater in action) **(C)**. Immediately jump back, using the opposite leg. That's one rep. Try to touch your chest to your thigh on each rep and bend your knee deeply.



Stay light on your feet
and react quickly

Attach a wheel to your feet and lie on your back. Bridge your hips off the floor one inch, and then curl your legs in toward you. Straighten your knees. That's one rep.



This exercise
is excellent for
relieving lower
back pain

4 Leg Curl on Wheel

REPS: 60 TOTAL

REST: 60-90 SEC

Attach a wheel to your feet and lie on your back. Bridge your hips off the floor one inch **(A)**, and then curl your legs in toward you **(B)**. Straighten your knees. That's one rep.



GO KAYAKING!

Kayaking is a great form of sport, exercise and a stress buster!

I wanted to conquer my fear of waves – cymophobia – by taking a lesson in a water sport.

And so, I landed at H2O Water Sports Adventure Centre, Girgaon beach, Mumbai, where Pradip Patade, a kayaker, sailor, windsurfer, stand-up paddler, canoer, swimmer and Chief Coach, Rae Sport Academy (a Mumbai-based adventure sports company), took me under his wings to get me started in kayaking.

I was given a sit on top

kayak, usually used by beginners, and an easy paddler. Patade briefed me about the kayaking techniques. He asked me to sit in the seat with knees comfortably bent. (If the legs are too straight, there will be a strain on your lower back. If the knees are bent too far, you may end up knocking your knee caps when you paddle.) He also told me about the correct way to hold the paddle.

I was then asked to wear a Personal Flotation Device (PFD),

BENEFITS OF KAYAKING

- Paddling is a great full-body exercise, providing aerobic and cardiovascular benefits as well as strengthening the upper body.
- Is fun, challenging, increases the muscle strength (good for torso, back, shoulders, hands, legs and chest) and improves stamina and coordination.
- Is a stress buster, helping you connect with nature.
- Makes you independent, fearless, calm and composed.
- Is a good calorie burning activity.



While trying to get on to the kayak, due to the force of the waves, the kayak toppled and I fell down. I was petrified; but I got up and sat back on the kayak.



THE RIGHT WAY TO PADDLE

- To grab the paddle with the controlled grip, and use your arms to extend the paddle away from you, place a blade in the water about 2 feet or so away from you.
- The shaft should be on a slight angle with the lower blade tilted away from you. Use your lower hand to pull the blade straight towards you.
- If the paddle is a right hand control (when the right blade is held vertical, the left blade 'scoop' is up), the right hand will stay tight and your left hand firm.
- To learn the process, hold the paddle tight in your right hand and the left hand should be firm.
- Using the right hand, rotate the paddle blade back and forth by dipping it inside the water. It should slide through your left hand.
- Now take a stroke on your right, cock your right wrist back (left hand staying firm) and take a stroke on your left, and so forth.
- If using a left hand control paddle, reverse the process.
- Repeat the same process to go backwards.

also referred to as a life jacket, and I was all set to launch my kayak in the sea. Scared yet excited, I mustered the courage to walk towards the shore with an optimistic approach of conquering my fear of the waves.

As soon as I reached the shore, the sand was sinking and I couldn't balance myself on the kayak. Patade held the kayak and asked me to quickly sit on it as we could see a big wave coming towards me. While trying to get on to the kayak, due to the force of the waves, the kayak toppled and I fell down. I was petrified; but I got up and sat back on the kayak.

In the beginning, I found it hard to paddle as I was doing it all wrong. I wasn't dipping the shaft of the paddle in the water due to which pedalling had become heavy. But after trying for 5-10

minutes, I mastered the right technique and started enjoying it.

But slowly, I started getting exhausting and at one point, I stopped paddling. Patade then asked me to maintain a correct position by looking at the bow of the kayak which is located in the front. By doing so, you get to know whether your kayak is straight or sideways and accordingly, you can adjust the position of the kayak.

As I continued kayaking, I could feel that I had become more focused and composed each time a wave passed by. The sport also teaches you not to give up and sail through all the odds. And yes, I conquered my fear!

**AISHWARYA P
VAIDYA**

Photographs: Sanjit Sen
Location: H2O Water Sports
Adventure Centre,
Girgaon Beach, Mumbai
Post production: Partha (N.V
Communications)

Sleek & Sculpted

...Arms can now be achieved with our five-minute workout.

A really fast workout can yield maximum results when it comes to developing toned, sexy arms. The trick is to work multiple muscle groups simultaneously. And you don't need a lot of equipment. Your body weight can provide enough resistance to sculpt the biceps, triceps and shoulders. Do this five-minute arm routine two or three times a week.

Minutes 0-1:00

Chair chin-up

■ Lay a broom handle across two chairs placed a couple of feet apart. Lie on your back between the chairs and grasp the broom handle with palms facing you, shoulder-width apart. Lift your chest up to the bar, bringing your elbows close to your rib cage and keeping your legs straight. Lower almost to the floor; repeat five times.

■ Rest 30 seconds; repeat.





You don't need a lot of equipment. Your body weight can provide enough resistance to sculpt the biceps, triceps and shoulders.

Minutes 1:00-2:30

One-arm side push-up

■ Lie on the right side with the left palm flat on the floor in front of the shoulder, and elbow bent. Wrap your right arm around the rib cage and bend your knees slightly.



Using your left arm, push your torso up until the arm is straight. Then lower

your upper body until your shoulder is about an inch from the floor. Be sure to keep your hips and feet planted on the floor and shoulders away from the ears.

- Do 15 reps.
- Rest 20 to 30 seconds.
- Switch sides.

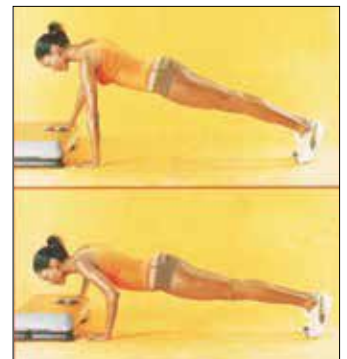
Minutes 2:30-4:00

Staggered push-up

■ **A.** Begin in a push-up position, with hands and toes on the floor, shoulder-width apart. Place one hand on a step or stair, fingers facing forward.

B. Keeping your abs tight, lower your upper body and hips until your face is about an inch from the step. Push back to starting position.

- Do 15 reps.
- Rest 30 seconds, switch hands. Repeat.
- If necessary, do the push-ups from your knees.



Minutes 4:00-5:00

Triceps dip

■ Sit tall on the edge of a sturdy chair and wrap your fingertips over the front edge. Place your feet on the floor in front of you with your knees bent. Lift your hips and butt up and slightly forward. Bend your elbows about 90



degrees and lower your hips toward the floor in 2 counts. (If you feel pain in the shoulders, your elbows are bent too much.) Press up in 2 counts until the elbows are straight.

■ Do 15 repetitions. When you can do 15 reps comfortably, do the move with one foot crossed over the opposite knee.

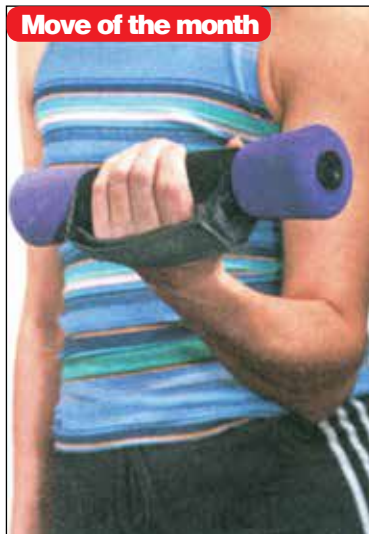


EXERCISE: A MOOD BOOSTER

Exercise is healthful right down to the cellular level. It improves circulation and nerve function, helps regulate mood, and makes you feel better about yourself.

Action steps: For a quick pick-me-up, try a medium- to high-intensity workout such as a brisk 30-minute walk, an aerobics class, or a game of tennis.

For a remedy that will stay with you, go for a daily activity you can sustain, such as a daily lower-intensity walk.



Biceps curl

Strengthening the biceps not only helps protect your elbow, but also helps you perform the activities of daily living, such as lifting a gallon of milk, brushing your teeth, pushing yourself out of a chair, or raising a blow dryer to your hair.

- ▶ Stand or sit holding a dumbbell, down at your side, with your palm facing inward.
- ▶ Slowly bend your elbow, lifting the weight toward your upper chest.
- ▶ Keep your elbow close to your side.
- ▶ As you lift, rotate your palm so it faces your shoulders.
- ▶ Pause.
- ▶ Slowly lower your arm to the starting position.
- ▶ Do eight to 12 repetitions.
- ▶ Rest, then repeat on the other arm.





WEIGHT TRAIN TO BEAT BELLY FAT

Aerobic exercise is not enough to fight belly fat, according to researchers at the Harvard School of Public Health.

They say that weight training is also key to fighting the battle of the bulge. Engaging in weight training or, ideally, combining it with aerobic exercise could help lessen abdominal fat while increasing or preserving muscle mass.

Abdominal fat is linked to heart disease, diabetes, bone loss, and decreased bone strength. You can fight back by aiming for the recommended 150 minutes of moderate-intensity exercise per week and starting a weight-training program if your doctor approves.



Vinata Shetty, ACE, ACSM Certified, Reebok Master Trainer solves your workout dilemmas

STRETCH DILEMMA

I hate stretching, but I know I need to do it. Is there one move I can do that targets all body parts?

Trisha Poddar, Kolkata

A lot of people hate stretching and avoid it as much as you do!

There is no one stretch that can compensate for not stretching all your major muscle groups. However, a lot of the yoga *asanas* open up more than one joint and hence stretch several muscle groups at a time.

- An effective warm up and foam rolling prior to stretching will make it a lot easier to stretch the muscle and increase joint range of motion.
- Relaxing music will make it a more pleasurable experience.
- Not to mention the fact that it improves posture and helps prevent musculoskeletal injuries.
- Break up your stretches during the course of the day. Do a few in the morning, some in the afternoon and then later in the evening as well.
- Join a yoga class if possible.
- If you have to select one movement to stretch the whole body then maybe the *Surya Namaskar* or Sun Salutation performed at a slow pace and holding each transition position for a minimum of 15-20 seconds would be my recommendation.
- Over a period of time, once your body gets used to it, you probably won't hate it as much!! All the best!



My Fitness Routine...

"Fitness is my number one priority; all my on-court movements and my stamina levels solely depend on how fit I am. For me, being fit is being sound in health and injury-free."

"I train six days a week and utilise my Sundays to rest and recoup for the new week. Each training day is split into two sessions which include on-court training and varied fitness sessions under the guidance of my coach."

"My training is a balanced mix of a lot of activities including cardio, weight training, shadow practice and yoga."

My Diet...

"A regulated, healthy, balanced diet is very important for a sports person. I have a daily calorie intake requirement that comprises proteins, carbs and healthy fats in proportions required to optimise my performance. I need to ensure that I don't exceed these every day. My body fat percentage is constantly monitored to balance my food input and performance output on the court."

"My daily diet includes a mix of vegetables, fruits and fresh juices based on the season. My carbohydrate intake is fulfilled with a blend of cereals in the form of *chapatis* and rice. I get my proteins from varied pulses and animal sources. Plus, I never cheat on my diet."

I Deal With Injuries...

"I try to avoid over-training or pushing myself too far on the court. It is important to understand your body's limits and respect them."

After A Big Game, I Unwind And Relax...

"To relax and have fun, I play a little bit of all sports. I ensure that I stretch well after every activity, whether it is a training session or a match. Another thing I never compromise on is a good night's sleep as it is very important."

"To unwind, I like to listen to music or watch a movie."

ARCHANA IYER

Badminton Queen

Deconstructing Saina Nehwal's fitness and diet secrets.





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MUSCLE POWER

Core strength is very important for balance. If the abdominal muscles in your core are weak, they cannot support your limbs, especially when you're walking. If the gluteal muscles in your buttocks and hips aren't strong, they won't be able to propel you forward. This is where muscle strengthening can help.

Starting with gentle core exercises like a pelvic tilt (lie on the floor with your knees bent up, then roll your pelvis up) and then moving to more intense exercises such as wall planks (stand six inches from a wall, keeping your body rigid, then lean forward with your forearms flat against the wall, and hold the position for 20 seconds).

Leg lifts will strengthen the gluteal muscles, and adding resistance bands to leg lifts makes the exercise even more effective.



Exercises to Boost Ankle Strength

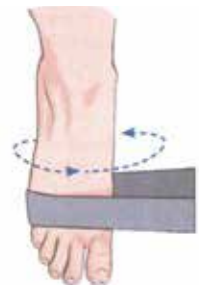
Use a resistance band, towel, or any other material to do these exercises. Repeat each one 10 times, and do three sets of 10 daily, with each foot.

1 Sit on a chair with your back straight, keeping your left foot on the floor. Wrap the band around the ball of your right foot. Point your toes toward the floor; slowly return to the starting position.



2 Wrap the band around the top of your right foot and secure the other end around a sturdy object. Pull your foot up toward your body; slowly return to the starting position.

3 Keep the band secured and turn your right foot inward, as if you want to look at the sole.



4 Keep the band secured and turn your right foot outward, again as if to look at the outside ankle.

Features



Acid attack fighter Ritu Saini shares her nerve-racking saga...

Treat sagging skin...

Know all about overactive bladder...

Reignite your sex life...

Treat your body well, it will treat you well!



Photographs: Stop Acid Attacks

Acid attack fighter Ritu Saini

Burnt, But Not Beaten

21-year-old acid attack fighter Ritu Saini narrates how she fought like a tigress after the acid attack on her and is living an independent life today...

I was a playful child. My family comprises my mother Raj Rani, father Sitaram, an automobile mechanic (who owns a shop), and siblings – Lalit, Ravi, Sushma, Neeraj and me. Being the youngest of the four, I was always pampered.

Till eighth standard, I studied in a private school, and then joined Saini High School, Rohtak, Haryana. From a young age, I was a sports enthusiast and passionate about volley ball; when I was in the ninth standard, I even played at the state level.

I was also pretty good at dressing up, and often performed as a kid in stage shows as Lord Krishna. I used to be the unanimous choice of our colony residents to play him. And yes, I also loved shopping and my family used to always tag me along with them as they liked my choice...

The Melting Point

But on May 26, 2012, the face I was born with had become history... I was

just 17, and all set to go for my volley ball practice in the evening. I reached Prem Nagar Chowk at around 4:30 p.m and while crossing the road, two young men accosted me on a motorbike, and before I knew what was happening, the pillion rider splashed acid from a glass bottle all over my face. All I could feel was pain and burn and my face melting like a hot chocolate. I couldn't see anything. I was in miserable pain. Even the skin on my neck and chest melted. I sobbed and sobbed, but no one came forward to help me.

Fortunately, my brother Neeraj, who happened to be just 10-15 steps away from me, recognized my voice, and rushed me to the Post-Graduate Institute of Medical Sciences (PGIMS) in Rohtak. And the passersby then informed my family.

My Cousin Attacked Me!

I was shocked to know that my 39-year-old

cousin brother was behind this inhuman act. The reason: He liked me and I refused him. Once, he even told me, “*Agar tu mere mama ki beti nahi hoti, toh main tujhe bhagake leke jata* (If you weren’t my uncle’s daughter, I would have kidnapped you and ran away).”

When the police arrested him, he said he wanted to teach me a lesson for ‘ditching’ him. In a fit of rage, he hired two boys to throw acid on me by giving them ₹ 1,25,000. He had planned the attack three months ago and had bought the acid, one month prior to the attack. And for four days continuously, he waited for me. Though, that day, the street was very crowded and the boys had said ‘no’, he pushed them to carry on the attack.

The Painful Aftereffects

I had never heard of an acid attack before. I didn’t even know what acid does to you. I was in the ICU for a week after that. My face sustained 90% and body 30% burn injuries. I couldn’t talk or move. I would just lie like a log. During the day, there would be many people around me, but at night, I used to cry. My family was with me throughout. After a week, I was shifted to a normal ward.

But I couldn’t sleep for many days. I couldn’t eat or swallow. I was on glucose and liquids. I craved to eat something but could do so only after a month. Since I like *bhindi*, so I was given



Ritu, before and after the acid attack...

“Two young men accosted me on a motorbike, and before I knew what was happening, the pillion rider splashed acid from a glass bottle all over my face. All I could feel was pain and burn and my face melting like a hot chocolate.”

boiled *bhindi sabji* and a *roti* but I remember starting to bleed when I put my first morsel. The acid had gone inside the mouth and burnt my mouth too!

My first operation was after a month which was a skin grafting on the face and neck which wasn’t successful. The neck and the left part of my chest are still mutilated. My second operation was done on 10th July, 2012. One month after the attack, I could see slightly from my right eye but couldn’t see at all from my left. I was then taken to AIIMS, Delhi, for tests. The doctors there said that I would never be able to see from the left eye. We then came back to PGIMS Rohtak and continued my treatment there. I underwent two eye operations, and was in the hospital for two months. And after two-and-a-half months, when I actually saw my face in

the mirror, I thought to myself, “*Main mar jaati to achcha hota* (It would have been better had I died).”

Family – My Pillar Of Strength

When I came home, I had to take a lot of precautions. I used to cover my face all the time and pop pills. I wasn’t allowed to get exposed to the sunlight. It was tough.

I was broken but my parents and relatives were my backbone; they supported me. They showered unconditional love on me and motivated me. They engaged me in positive talks. My mom believed I would come out of my shell as I was physically and mentally strong since childhood.

But I had shut myself completely from the outside world and even stopped playing volley ball. I didn’t attend any functions or visit my relatives. I didn’t dress up.

“There are many like me here. We share each other’s struggles and inspire each other. We watch movies and celebrate festivals together. I get to learn new things every day.”

I hardly went shopping, and when I did, I covered my face. I would pass my time watching TV and talking to the relatives who often visited me.

After a year, I started taking treatment under Dr Shahin Nooreyezdian, Cosmetic and Plastic Surgeon at Indraprastha Apollo Hospital, Delhi. An artificial eyeball has been fixed in my left eye.

After two years, my sister Sushma got married, and I was crying in the house. I wanted to enjoy and dance at her marriage but I couldn’t; I was there, doing nothing. I felt bad. But everyone consoled me saying that I will be fine.

My New Life

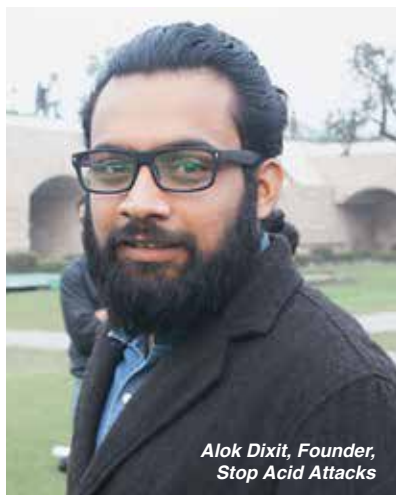
In May 2014, a month after my sister’s marriage, Alok Dixit, Founder, Stop Acid Attacks, contacted my brother Ravi and that is how I got associated with the Stop Acid Attacks Campaign. It was a new beginning for me! I felt nice, hopeful and strong.

First, I was deployed as a floor manager at Sherroes’ Hangout, a cafe in Agra, and took care of the accounts. I learnt new things and met new people. I am still



Acid attack fighters
Ritu and Rupa

Photograph: Stop Acid Attacks



Alok Dixit, Founder,
Stop Acid Attacks



A joyous Ritu
(extreme left)

developing my overall persona by watching other people speak, walk and behave.

There are many like me here. We share each other's struggles and inspire each other. We watch movies and celebrate festivals together. I get to learn new things every day.

In January 2017, I was promoted to assistant manager and I have been working at Sheroes' Hangout, Udaipur.

Here, I guide other acid fighters (we call ourselves fighters, not victims). I am a quick learner and I don't hesitate to learn from my seniors and juniors.

Earlier, I didn't know to talk in English. A lot of foreigners come here regularly, so I worked on my English and now I can answer calls and talk to customers, all by myself.

The Present

On December 7, 2016, I underwent my last eye operation. I have undergone 11 operations till date, out of which five have been for the eyes. There are no food restrictions now. I am still recovering, but I didn't

"My family and 'Stop Acid Attacks' members helped me sail through. I am fearless now. And I am fortunate to have got a platform to share my saga with women struggling like me. I hope I can inspire them to live a life they dreamt of."

receive any compensation from the Haryana Government except the operation expenses at the Apollo.

Fighting Fit

However, the best lesson I have learnt in my journey so far is to differentiate the good from the bad. The person who attacked me was tagged as nice but he wasn't. Those I considered close became distant.

If I would have taken what happened to me in a negative way, I wouldn't have reached here and achieved so much. I took things in my stride and fought back. Though my attacker tried to destroy my identity, he couldn't destroy my faith and courage. I am independent now and it has been two years since I have stopped covering my face.

My family and 'Stop Acid Attacks' members helped me sail through. I am fearless now. And I am fortunate to have got a platform to share my saga with women struggling like me. I hope I can inspire them to live a life they dreamt of.

AISHWARYA P VAIDYA

Good Question

Are raw onions more nutritious than cooked onions?



Onions are nothing to cry over. These flavourful bulbs are an excellent source of healthful chemicals: Vitamin C, flavonoids, antioxidants and sulfur compounds. Onions are nutrient powerhouses, whether eaten cooked or raw. However, raw onions have higher levels of sulfur compounds.

Why do we care about sulfur in onions? Onions form sulfur compounds through an enzymatic reaction when cut or crushed. Studies show that these sulfur compounds may protect against cancer, help lower blood sugar, and reduce the production of unhealthy cholesterol in the body. The sulfur compounds may also block platelet clot formation and promote the breakdown of blood clots, which helps lower the risk for heart disease and stroke. Eat your onions raw for maximum sulfur content, as cooking onions significantly decreases the quantity of the compound. However, these sulfur compounds have a downside. They give the onion its pungent odour and cause you to become teary-eyed when you slice it.

In addition to sulfur, onions have another healthy trait going for them: The outer layers contain quercetin, an antioxidant that fights harmful free radicals in the body. Scientists believe that lightly cooking onions may actually increase the concentration of this nutrient.

If you like the taste of raw onions, try adding sliced onion to salads, burgers or sandwiches. If you can't stomach the pungent taste of raw onions, lightly cooked onions still provide a myriad of health benefits.

Magnesium Might!

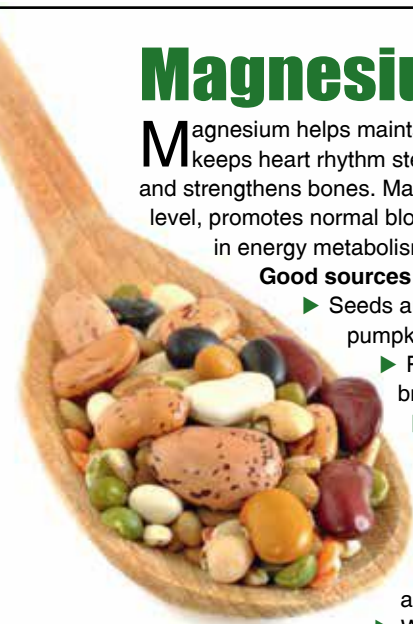
Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and strengthens bones. Magnesium also helps regulate blood sugar level, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.

Good sources of magnesium include:

- ▶ Seeds and seed kernels, such as roasted pumpkin or squash kernels, and sesame seeds.
- ▶ Ready-to-eat bran or shredded wheat breakfast cereals.
- ▶ Nuts and nut butters, such as Brazil nuts, cashews, almonds and pine nuts.
- ▶ Dark chocolate (more than 70% cocoa).
- ▶ Fish, such as salmon and mackerel.
- ▶ Cooked green leafy vegetables, such as spinach, chard and beet greens.
- ▶ Whole grains, such as oats, quinoa,

amaranth and brown rice.

- ▶ Beans, especially mature soybeans, white beans and black beans.



For once we're not talking about breakfast but rather the recovery meal after your workout. So many people skip post-exercise nutrition because they don't want to undo the calories they just burned. Getting a combination of 10 to 15 grams of protein and 20 to 30 grams of carbohydrates within 30 minutes of your workout will help refuel your body, promote muscle recovery, amp up your energy, and build a leaner physique.

WHAT IS A RECOVERY MEAL?



SPRAY ON!

Spray-on oils can eliminate the need for pouring cooking oil at all in many recipes — with only 2 calories per spray, compared to 90 in a full tablespoon of oil.

Refrigerator makeover

When you're hungry, you're more likely to grab a quick and easy snack, which often isn't the healthiest.



Try putting the healthier foods in the front and centre in your fridge, keeping the indulgent foods out of sight, and doing some prep work. The technical term for this is 'choice architecture'. Instead of keeping the fresh fruits and veggies in the crisper, put them in clear containers at eye-level — they will grab your attention when you open the door.



Bad **CHOLESTEROL** Foods

Avoid the foods listed below to keep your cholesterol in check...

Dr Gunjan Pannu, HOD Clinical Nutrition and Dietetics, Paras Bliss Hospital, Panchkula, lists out the foods which increase your cholesterol.

- **Fast foods:** Avoid fast foods like hamburgers, fries, fried chicken and tacos. They are high in both total and saturated fat. Opt for broiled sandwiches or chicken without skin, salads with low-fat dressing, and foods that aren't fried. Skip the cheese and high-fat dressings like mayonnaise.
- **Animal fats and oils (butter) and cheese:** Almost everything we consume is made better with butter like mashed potatoes, toast, popcorn, pancakes etc. But if suffering from high cholesterol or heart disease, cut back on these foods.
- **Shellfish and seafood (shrimp):** While there are many health benefits to eating shellfish, those with heart disease or high cholesterol should avoid them.
- **Red meat:** Like beef, lamb and pork tend to contain more cholesterol and saturated fat than other meats. Healthy alternatives include vegetable proteins like beans, chicken (not fried), and fish, such as salmon, which is high in heart-healthy Omega-3 fatty acids.
- **Liver:** Can add to your levels of high cholesterol as this organ is the body's primary source of cholesterol.
- **Ice cream:** Isn't the best dessert for those with high cholesterol as one scoop of every frozen treat has more fat than a hamburger and more cholesterol than 10 glazed doughnuts.
- **Commercial baked goods:** Like cakes (sponge cake), pies and cookies (made with eggs animal fats) are filled with trans fats – a result of the use of hydrogenated vegetable oils.

AISHWARYA P VAIDYA



UP YOUR OATS!

Besides making breakfast a snap, oatmeal can also be added to meat loaf and other dishes to replace some of the meat with healthy whole grains.



FROZEN FRUIT

Frozen blueberries, blackberries, raspberries and strawberries all deliver a hearty antioxidant punch. Toss a cup of berries into your oatmeal as it cooks, or stew up a simple fruit compote for a delicious, nutritious dessert alternative.



ASK THE DIET EXPERT Nutritionist Niti Desai, MSc. SRD (UK), solves all your diet dilemmas

Pain Killer

I suffer from arthritis. Is there a special diet that can help reduce the pain?

Archana Yadav, Lucknow

Most commonly, arthritis could be osteoarthritis or rheumatoid arthritis.

For osteoarthritis, the most effective treatment is weight loss if you are overweight or obese, as each additional kilogram of body weight puts an additional pressure of six kg on your knee joint.

Besides weight loss, make sure you have adequate intake of calcium-rich foods (skimmed milk and skimmed milk products, green leafy vegetables, pulses and *dals*) and your vitamin D levels are normal, to prevent bone weakness and loss. Taking Omega-3 rich foods will also help. If you are a non-vegetarian, include fish such as *halwa*, *rawas* (salmon), *seer*, *hilsa* and *purava*. Vegetarian sources are flaxseeds, walnuts, *bajra*, spinach

and *methi* seeds.

If you have rheumatoid arthritis, then besides weight loss, you need to include foods which have strong anti-inflammatory properties.

Say no to *ghee* and butter and include healthy fats such as nuts and avocado. Also completely avoid refined and processed foods; instead include whole grains and millets such as *jowar*, *bajra*, *ragi*, foxtail and kodo millet.

Include pulses in your diet. They are rich in fibre and protein. Fibre can ease inflammation, and the protein can help keep the muscles

that support your joints strong.

Include a variety of dark and deep-coloured fruits and vegetables in your diet. Raw mushrooms also help; make sure you clean them thoroughly.

Tomatoes, potatoes, peppers and brinjals are called 'nightshade' veggies and some people avoid these thinking that they aggravate the condition. But there's no proof of that. Tomatoes have lycopene and vitamin C that help curb inflammation.

Also, try turmeric, ginger and garlic to help ease inflammation. Chilli powder and paprika also help. So go ahead and enjoy the hot spicy curry!!

And finally, drink green tea. It may lessen inflammation and joint damage from rheumatoid arthritis. Cocoa also has anti-inflammatory properties, and so does extra virgin olive oil.





HAIR

TREAT

Super foods for
long, luscious and
voluminous hair...

Priyam Ahuja,
Consulting Dietician
and Sports Nutritionist,
Health Nutrified, Mumbai,
prescribes foods for a
healthy mane.

▼
Eggs: Provide high quality protein along with the goodness of biotin; great for smooth, strong hair.

▼
Almonds: Are rich in Omega 3 fats, zinc, biotin and vitamin E. They not just add volume and shine to your hair but also prevent split ends.

▼
Amla: Is loaded with vitamin C, an antioxidant, and moisturizes your hair and keeps dandruff away. Take 30 ml *amla* juice, mix it with vegetable or fresh fruit juice or dilute it with 30 ml water or have it concentrated as an *amla* shot.

▼
Flax seeds: Are rich in Omega 3 fats which help in hair growth. It also reduces dandruff, dry, scaly scalp and increases hair elasticity. Have a tsp of roasted flaxseeds every day.

▼
Salmon: Is rich in Omega 3 fat, protein, biotin and iron. Grilled or smoked salmon will add shine to your locks.

▼
Sweet potato: Is rich in beta-carotene and vitamin A which ensures a healthy scalp. Vitamin A deficiency

causes dry skin and may lead to dry scalp and dandruff.

▼
Shiitake mushrooms: Retain your natural hair colour with the goodness of copper abundantly present in shiitake mushrooms. It is rich in selenium and keeps dandruff away.

▼
Quinoa: Repairs damaged hair and promotes hair growth. This cereal is rich in protein along with several micronutrients including biotin, vitamin E and niacin.

▼
Green peas: Are rich in vitamin C. Strong hair and healthy growth from the root can be achieved with just a handful of peas.

▼
Walnuts: Are rich in vitamin E and biotin. They nourish the scalp and keep hair healthy. Have two-four walnuts daily.

▼
Pumpkin seeds: Are rich in copper, zinc, selenium, vitamin E, vitamin B complex, magnesium and Omega 6 fatty acids. They add shine and help prevent pre-mature balding. Roast pumpkin seeds and have a handful of it. Alternatively, add it to your salad.

▼
Spinach: Loaded with iron and folic acid, spinach helps the red blood cells carry oxygen to the hair follicles and promote hair growth.



SAGGING SKIN?

Know the causes and treatment for same..



With age, collagen (which gives skin its strength) and elastin (the stretchy part of the skin) get weaker. This is when wrinkles start to form as 'expression' lines. We also start to lose some of our skin tone because the function of the lymph glands – responsible for flushing out toxins – starts to weaken. This can lead to puffiness around the eyes and dullness in overall complexion. The aging face is characterized by sagging cheeks, jowl and folds around the nose and the mouth with redundant and loose neck skin fat deposits.

Dr Mohan Thomas, Senior Cosmetic Surgeon, Cosmetic Surgery Institute & Breach Candy Hospital, Mumbai, tells you what else can cause skin to sag, and how to firm it up...

CAUSES

- **Stress and worry:** Cause frowning, and over time facial muscles conform to that movement, causing lines and wrinkles.

- **Sun exposure:** Breaks down the skin's structural tissues (collagen and elastin) making the skin look mottled, dry and leathery.
- **Sleep deprivation:** Makes the skin look and feel tired and causes dark circles and bags under the eyes.
- **Smoking:** Causes blood vessels to constrict, resulting in a decreased blood flow to the skin. It can also produce free radicals, and once-healthy oxygen molecules to become overactive and unstable. Free radicals damage cells, leading to, among other things, premature wrinkles.
- **Diet:** Choosing a diet high in fat, sugar, processed foods, and low in fresh fruits and vegetables creates an internal environment that is not youth-friendly.
Yo-yo dieting also known as 'weight cycling' is where people go on cycles of crash dieting, and then overeating or returning to 'normal' eating. With continuous cycles of weight gain and loss, there is loss of elasticity and collagen due to the excess stress on the body, making the facial skin more vulnerable to wrinkling and sagging.



- **Environmental factors:** Air pollutants can affect the skin's ability to retain moisture levels, making the skin dry and scaly. Dust can also clog pores and increase bacteria on the face resulting in acne. Pollution can actually cause reactions that disturb the skin's regulatory system. Cold environments can have a similar effect.
- **The chronic use of harsh chemicals:** On and around the body can add to aging.

TREATMENT

- **Facials and home treatments:** Many people seek out natural remedies and vitamins to firm up the face and neck skin to regain a more youthful appearance. Facials, with their cleansing, moisturising and toning


routine, stimulate increased blood flow and collagen production to the face.

- **Exercise:** Is another natural way to reduce sagging skin by building muscle mass. Bulking up can fill in the gap between the muscles and the sagging skin, making it appear more taut, youthful and healthy.
- **Vitamins:** Consumed orally and applied in the form of serum promote healthy skin. Vitamin C is vital for the production of collagen and aids in protecting skin from sun damage. Vitamins E and A play a major role in collagen production, making the skin softer. These are used as maintenance treatments along with facials. H
AISHWARYA P VAIDYA

SPICE THINGS UP!

Pill-free
ways to
improve your
sex life...





Sex is important to health. It revs up metabolism and boosts the immune system. Frequent sexual intercourse is associated with reduced heart attack risk. And it's fun.

So why aren't we having more of it? "There are many reasons why sexual activity can diminish, but many sexual problems can be overcome with appropriate interventions, especially if the problems are relatively new," says Dr Jan Shifren, co-author of the Harvard Special Health Report 'Sexuality in Midlife and Beyond'.

What changes?

For men, an enlarged prostate can result in difficulty attaining and sustaining an erection. For women, the lack of estrogen after menopause causes the vaginal lining to become thinner; there's less vaginal elasticity, muscle tone and lubrication; and arousal takes longer. Women may also experience decreased libido (a lack of interest in sex), difficulty with lubrication, pain with penetration, and difficulty climaxing.

Poor health can also get in the way of having sex. Heart disease can reduce the amount of blood that reaches sex organs. High blood pressure, diabetes, stress, depression, and incontinence can also nudge sex aside. Medications for these and other conditions can interfere with sexual function. For example, some drugs used to treat depression or high blood pressure can blunt sexual desire and make it harder for men to have an erection. Obesity, smoking, and nerve damage resulting from diabetes, multiple sclerosis, or Parkinson's disease can also reduce sexual activity.

Can you fix it?

"Fortunately, treatment is usually successful," says Dr Shifren. For women, therapies may be simple, such as using a lubricant or low-dose vaginal estrogen for dryness and pain, or swapping one medication for another.



Exercise can help your sexual function by improving blood flow and strengthening your heart. And avoiding tobacco improves blood flow to the sexual organs and may also stave off menopause for a few years.

Or the treatment may be more involved, such as hormone therapy for decreased libido or sex therapy for inability to climax.

The first line of treatment for men includes prescription medications, such as sildenafil (Viagra), vardenafil (Levitra, Staxyn), tadalafil (Cialis), and avanafil (Stendra). The prescription drugs enhance blood vessel changes needed for an erection. The drugs may have some side effects such as headache, flushing, upset stomach and nasal congestion. Men with cardiovascular disease should not use the drugs.

Start today

Medications are just part of the prescription for a more active sex life, and in some cases may not be necessary. Lifestyle changes, such as exercising and eating a healthy diet, can help boost your sexual activity without medication. Here are Dr Shifren's recommendations:

- **Exercise.** It can help your sexual function by improving blood flow and strengthening your heart.
- **Quit smoking.** Avoiding tobacco improves blood flow to the sexual organs and may also stave off menopause for a few years.
- **Drink alcohol in moderation.** Large amounts of alcohol can dampen sexual reflexes, trigger hot flashes, and disrupt sleep.
- **Control your weight.** That will help you attain the body image you want, and can help reduce blood pressure and stave off diabetes.
- **Eat a healthy diet.** Smart eating helps prevent heart disease and diabetes, and helps maintain a healthy weight.
- **Bring some novelty to your sex life.** Read books/articles that stimulate your imagination, and try a new position, time of day, or location for sexual activity. **H**



Dr Mahinder C Watsa,
Sexologist, answers

BABY CUES

Q I am 34, and have been married for the last two years. In these two years, I have spent only four months with my wife due to my career at sea. My problem is I can't get a proper erection during sex. We are planning a family. Recently, I have started taking Dabur Shilajit Gold. Please advice what else should I do? I eat vegetarian food and do walking and cycling daily.

Vikramjit Singh, Amritsar
vikram_mti@yahoo.co.in



A You have not mentioned whether you get a proper erection by masturbation. At home, if the erections are not strong enough to penetrate, visit a sexologist – he will advice suitable positions and prescribe medication.

Meanwhile, continue what you are taking daily along with regular exercise. Do Kegel exercises – it will help tighten the muscles under the genital area. You can also try this: Start passing urine, stop, count slowly, restart. Repeat 10 times and complete the urination.

Super SEEDS!

What makes seeds powerful health-boosters? Read on...

Seeds are the nutritional powerhouses wrapped in very small packages. They are a great source of fibre, essential fatty acids, proteins, minerals, vitamins and life-enhancing nutrients.

Priya Palan,
Dietician, Zen Hospital, Mumbai, unearths the health benefits of these power-packed seeds.

FLAX SEEDS

These shiny nutty seeds have an earthy aroma and a host of health benefits.

- ▶ A good source of fibre, it prevents constipation, aids digestion and helps control hunger.
- ▶ Is a rich source of antioxidants and aids in preventing cancer.
- ▶ Helps in reducing menopausal symptoms and hot flushes.
- ▶ Lowers bad cholesterol and reduces hypertension.
- ▶ Helps in weight loss due to its high fibre content, and provides a longer satiety value.

CONSUMPTION:

- ▶ Ground flax seeds can be added to any batter, dough, smoothies, soups and salads. Can also be added to yoghurt, cereals and mouth fresheners.





PUMPKIN SEEDS

A rich source of zinc, it strengthens the immune system and enhances cell growth.

- ▶ It helps in insulin regulation and diabetes control.
- ▶ Promotes restful sleep as it is a good source of tryptophan needed for melatonin and serotonin production.
- ▶ Improves skin and eye health.

CONSUMPTION:

- ▶ Is best eaten raw. Can be added to cold or hot cereals. Can be ground with fresh garlic and parsley paste. Add seeds to sautéed vegetables and top it on salads and soups.

Pumpkin seeds are a rich source of zinc. It strengthens the immune system and enhances cell growth. It also helps in insulin regulation, diabetes control, and improves skin and eye health.

CHIA SEEDS (SABJA)

These little seeds, which are white, dark brown or black in colour, boost energy and aid in digestion. Is rich in calcium, magnesium, manganese and phosphorous.

- ▶ A rich source of Omega 3 fatty acids, it helps reduce cholesterol, enhances cognitive performance and reduces inflammation.
- ▶ A good source of fibre, it satiates hunger and lowers cravings.
- ▶ Has antioxidant properties and prevents cancer.
- ▶ It can be used as an egg substitute to lower cholesterol and increase nutrient content.

CONSUMPTION:

- ▶ It can be used as whole or in ground form. Can be added to smoothies, salads or any desserts.



SUNFLOWER SEEDS

They are small in size and are a dense source of essential fatty acids, vitamins and minerals.

- ▶ Contains nutrients like vitamin E and folate which promote cardiovascular health.
- ▶ Helps maintain healthy cholesterol levels and acts as a powerful antioxidant to prevent cancer.
- ▶ The magnesium content in the seed helps in proper functioning of the skeletal and muscular system.
- ▶ It's a mood-lifter and improves skin health.
- ▶ Rich in selenium, it helps in proper thyroid function.
- ▶ Helps balance blood sugar level.

CONSUMPTION:

- ▶ Can be used as whole or in ground form. Can be added to smoothies, salads or any other preparation.



Sunflower seeds help maintain healthy cholesterol levels and act as a powerful antioxidant to prevent cancer. The magnesium content in the seed helps in proper functioning of the skeletal and muscular system.



HEMP SEEDS (BHANG SEEDS)

These seeds are loaded with a range of vital minerals including the energy-boosting iron, bone-building calcium, magnesium and high-quality plant protein.

- ▶ It is a perfect protein source containing all the essential amino acids that our body cannot produce.
- ▶ Rich in soluble and insoluble fibre which helps clean our system.
- ▶ Helps in digestion, balances hormones and improves metabolism.
- ▶ Excellent source of essential fatty acids including Omega 3, Omega 6 and gamma linolenic acid.
- ▶ Reduces inflammation and benefits those with arthritis and cardiovascular disease.
- ▶ Helps in better blood circulation.

CONSUMPTION:

- ▶ Can be sprinkled on cereals, salads, smoothies and yoghurt. Can be blended with milk.

H

AISHWARYA P VAIDYA

Swallow Right

Swallowing pills can be difficult and downright unpleasant. It causes one in three people to gag, vomit, or choke.

TWO EASY SWALLOWING TIPS:

1 The pop-bottle method is designed for swallowing tablets.

- Fill a plastic water or soda bottle with water.
- Put the tablet on your tongue and close your lips tightly around the bottle opening.
- Take a drink, keeping contact between the bottle and your lips and using a sucking motion to swallow the water and pill. Don't let air get into the bottle.

2 The lean-forward method is designed for swallowing capsules.

- Put a capsule on your tongue.
- Take a sip of water but don't swallow.
- Tilt your chin towards your chest.
- Swallow the capsule and water while your head is bent.



VAGINAL WOES

Know all about vaginitis and how to treat it...

Vaginitis is the inflammation of the vagina, which can result in discharge, itching and pain. The cause is usually a change in the normal balance of the vaginal bacteria or an infection. Reduced estrogen levels after menopause and some skin disorders can also cause vaginitis.

Dr Shilpa Agrawal, Consultant High Risk Pregnancy & Fetal Medicine Specialist, at Jaslok Hospital & Research Centre, Mumbai, tells you all you need to know about this embarrassing condition.

Symptoms

Vaginal itching or irritation, change in skin colour, odour or discharge from the vagina, pain, dyspareunia (painful intercourse),

dysuria (painful urination), light vaginal bleeding or spotting, post coital bleeding. Can also be asymptomatic and can present with PID (Pelvic inflammatory diseases).

Treatment

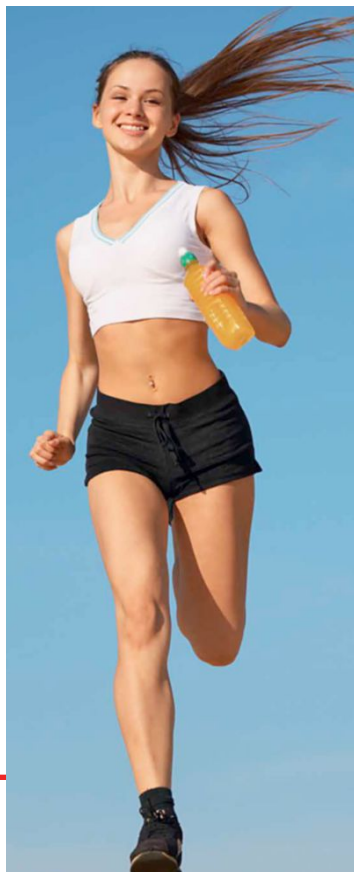
- ▶ Topical anti-fungal ointments and pessaries.
- ▶ Metronidazole and oral anti-fungal mainly fluconazole.
- ▶ Treating bacterial vaginosis in pregnancy reduces pre-term birth and late miscarriage.

Prevention

- ▶ Boost your immune system by consuming plenty of fruits, veggies, lean proteins and whole grains.
- ▶ Stay hydrated and empty bladder frequently.
- ▶ Get enough sleep and rest.
- ▶ Exercise regularly.
- ▶ Reduce your stress levels.
- ▶ Control your sugar levels, if diabetic.
- ▶ Visit your gynaecologist for proper treatment as self-medication risks the elimination of good bacteria in the vagina necessary to maintain the natural balance.
- ▶ Yeast infections are contagious. Abstain from intercourse or use a barrier contraception method (condom) if you have a sexual partner with a yeast infection.

DO'S

- ✓ Regular washing of the private area with lukewarm water.
- ✓ Use mild, natural and dermatologist-tested products for washing.
- ✓ Dry private parts well – a moist and warm environment is prone to bacterial growth.
- ✓ Use cotton underwear and avoid synthetic materials – wash undergarments with simple detergent. Avoid using fabric conditioners.
- ✓ Change underwear at least twice a day.
- ✓ Change panty liners, pads and tampons every three to four hours, before going to bed and early morning.
- ✓ Wipe yourself from front to back – wiping from back to front might transfer bacteria from the anus to the vagina.



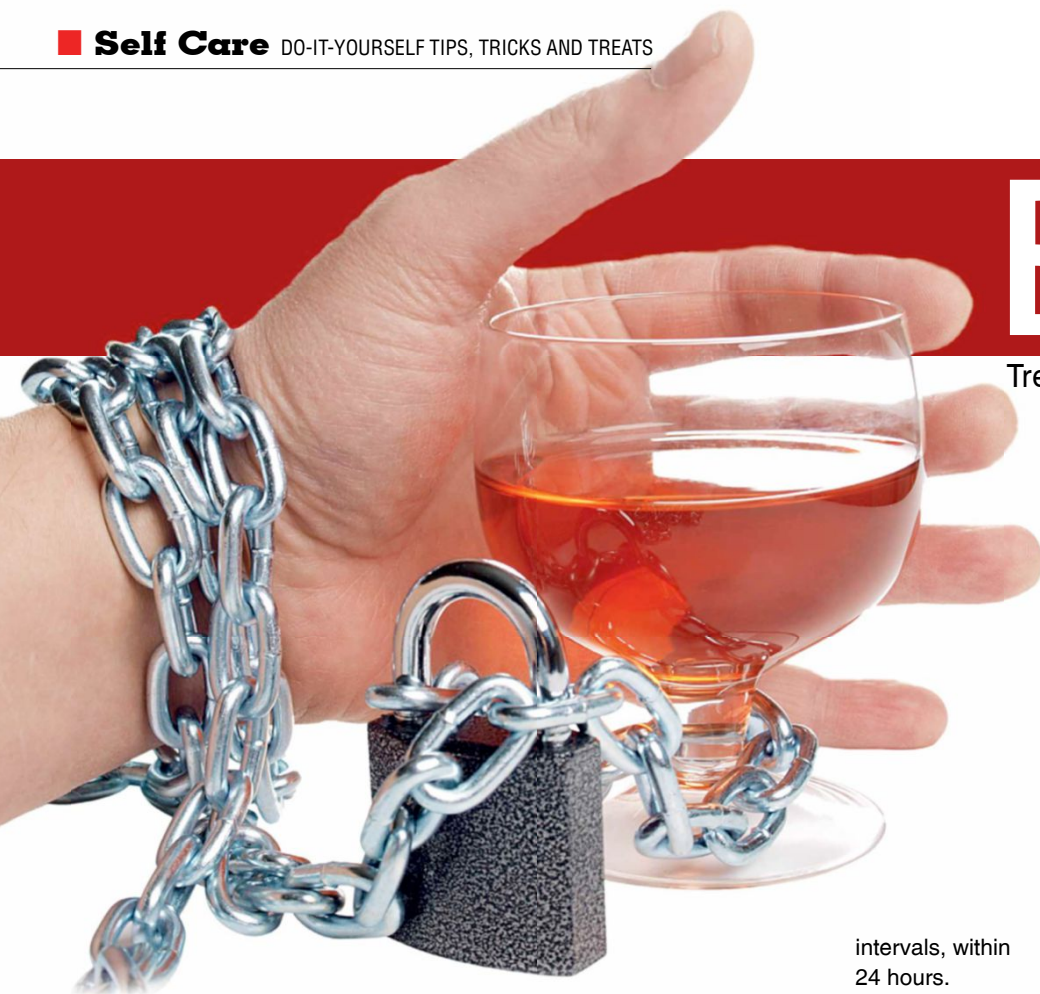
DON'T

- ✗ Use strong chemicals or detergents to clean the private parts. Nowadays, usage of special vaginal liquid soaps has increased which should be discouraged.
- ✗ Douche if you don't know the proper process.
- ✗ Use coloured or perfumed toilet paper. It can cause irritation and will disturb the normal vaginal flora.
- ✗ Wear synthetic and tight underwear. Synthetic fabrics lead to increased temperature and humidity in the private region. Tight garments create friction, which can cause micro tears in the skin.
- ✗ Use fragrance or deodorant to make the private parts smell better. They might cause allergy and irritation. Unless there is a problem, the vagina should not smell bad.
- ✗ Use panty liners for a prolonged period of time.

AISHWARYA P VAIDYA

Bladder

Treating overactive bladder...



An individual can face problems in the storage function of a bladder, which can lead to a sudden urge to urinate. When it becomes difficult to control this urge and when it happens at regular intervals, it is addressed as an overactive bladder.

If you have an overactive bladder, you may feel embarrassed, isolate yourself, or limit your work and social life. The good news:

A brief evaluation can determine whether there's a specific cause for your overactive bladder symptoms.

Dr Aniruddha Gokhale, Urologist, Holy Spirit Hospital, Mumbai, tells you how to treat an overactive bladder.

SYMPTOMS

- ▶ Uncontrollable urge to urinate.
- ▶ The urge to urinate more than eight times, at frequent

intervals, within 24 hours.

- ▶ Waking up more than twice in the night due to the urge to urinate.

CAUSES

- ▶ Despite the low volume of urine in your bladder, if the muscles start to contract involuntarily, then the urge to urinate occurs.
- ▶ Neurological disorders, such as Parkinson's Disease, strokes and multiple sclerosis.
- ▶ High urine production might occur with high fluid intake, poor kidney function or diabetes.
- ▶ Medications that cause a rapid increase in urine production or

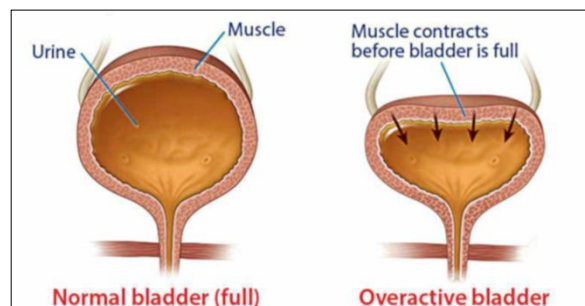
require that you take them with lots of fluids.

- ▶ Acute urinary tract infections.
- ▶ Abnormalities in the bladder, such as tumors or bladder stones.
- ▶ Factors that obstruct bladder outflow — enlarged prostate, constipation or previous operations to treat other forms of incontinence.
- ▶ Excess consumption of caffeine or alcohol.
- ▶ Declining cognitive function due to aging, which may make it more difficult for your bladder to understand the signals it receives from your brain.
- ▶ Difficulty in walking, which can lead to bladder urgency, if you're unable to get to the bathroom quickly.

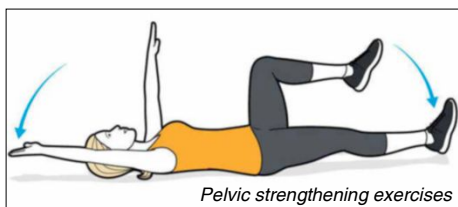
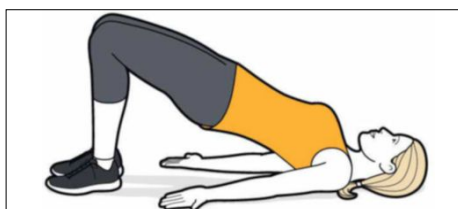
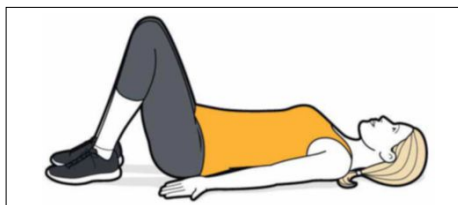
TREATMENT

Medicines, behavioural changes, lifestyle modifications, bladder injections, surgery, if needed, and other pharmacological methods.

- ▶ Keep a watch on your fluid intake, do not exceed six-eight glasses of fluid per day or drink only when thirsty.



Blunders!



Pelvic strengthening exercises

- ▶ Cut down on smoking, alcohol, caffeine, soft drinks and chocolates.
- ▶ Avoid spicy food, citrus fruits and carbonated drinks as these are bladder irritants.
- ▶ Regular exercise is essential as it leads to weight loss.
- ▶ Pelvic strengthening floor exercises help strengthen the muscles located around the openings of the bladder and bowel.

NOTE

- ▶ Medicines can relax the bladder and relieve symptoms of an overactive bladder.
- ▶ Surgery is reserved for people with severe symptoms as it becomes difficult to improve the bladder's storing ability and reduce pressure in the bladder.

AISHWARYA P VAIDYA



Stroke Symptoms

There are two basic types of strokes: Ischemic and hemorrhagic.

Ischemic strokes, the most common, occur when a blood clot or other debris blocks an artery within the brain or one that supplies blood to the brain, such as one of the carotid arteries in the neck.

A hemorrhagic stroke is less common: It happens when a weakened blood vessel ruptures – either within the brain or in the area between the brain and skull – and blood seeps into the surrounding brain tissue.

Among the most common symptoms of stroke are:

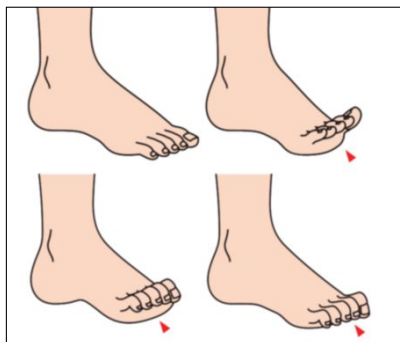
- Sudden weakness in the face, arm, or leg, especially on one side of the body.
- Blurred vision in one or both eyes.
- Trouble speaking or understanding what others are saying.
- Loss of balance, dizziness and difficulty walking.
- A sudden and severe headache.

HAMMERTOES WOE

Hammertoes are toes that get 'stuck' in a bent position because the tendons and ligaments in the digits have been pulled tight. They're called hammertoes because they resemble piano hammers.

In many cases, the culprit is fashion. Constantly squeezing toes into narrow shoes forces them into an unnatural position. Women are four times more likely than men to develop hammertoes because they wear narrow shoes more often. Hammertoes may also be a price to be paid for the current infatuation with flip-flops, because they force the toes to grip more as people walk. Hammertoes can shift the position of the fat pads that normally protect the balls of your feet.

If hammertoe is still flexible, it may be retrained to straighten out temporarily. Some people apply little 'crest' pads to the top of the toe so



when they put a shoe on, the shoe presses down on the toe and flattens it out. There are also a variety of splints and pads designed to make a crooked digit straight. Hot soaks can help with joint flexibility, and applying ice may help reduce swelling and inflammation.

Surgery is an option when all else has failed — and if the hammertoes are a source of serious discomfort.



Losing Your Sense Of Smell?

You may take it for granted that a loss of smell is just part of aging. And to some degree, you're right.

Causes Our brains detect smell through receptors located high inside the nose and in a channel near the roof of the throat. A reduction in smell and taste may result when there is damage to the smell receptors or there are blockages in the nose.

Side effects A reduction in your sense of smell puts you in some danger. You may not be able to smell smoke from a fire, natural gas leaks, or spoiled food. A loss of smell may also affect your quality of life, since it can reduce your ability to taste food. Eating may not be enjoyable as it used to be. As a result, some people eat less and risk malnutrition.

What you should do To help your doctor make a diagnosis, report anything that occurred when the loss of smell or taste started, such as a change in medication, headaches, or nasal obstruction. Treatment for loss of smell caused by inflammation or blockage might involve topical steroids, antibiotics or surgery.



Pet, Set, Go

A pet can help dispel loneliness, stress and depression.

A dog can also increase your sense of security by alerting you to strange noises or intruders.

Walking a dog guarantees that you'll get daily exercise and can provide opportunities to socialize with others. Caring for a pet can also give you a renewed sense of purpose and a feeling of being needed.

However, before you decide to get a pet, weigh the costs and benefits. The health and abilities of the



prospective owner should be carefully matched with the needs at the pet. Pet ownership should never become burdensome or overwhelming, which puts both the owner and

animal at risk. Evaluate any physical limitations you may have and choose accordingly. If you make smart choices, a pet will make a great companion and help banish the blues.

STEP BACK!



If you have reached a point where waiting for a reply to your text triggers acute anxiety, and you tend to insanely check your phone or social media for the same, it's time to step back!

The perception among people that texting a reply can be done at the snap of a finger, is enough to cause anxiety. And in case the person has been caught on any other activity on social media, you almost suffer a mild attack.

However, there can be many reasons why someone doesn't respond quickly.

But following are the ways in which you can tackle your panic attacks...

- Take a deep breath and stop worrying and arguing with yourself.
- Call the person instead of texting, if waiting creates anxiety.
- Get involved in the present. Distract yourself immediately.
- Start your day with meditation, and go on a digital detox from time to time.

HARSHA ADVANI



Chef Maria Goretti, wrestler Sangram Singh and actress Zareen Khan celebrate #FurentinesDay with Romy NOW in Mumbai



Actor Sonu Sood introduced the Skechers Goflex walk range at the Skechers' flagship store in Mumbai



Chef Sanjeev Kapoor's 'The Yellow Chilli' opens its 2nd outlet in Dadar, Mumbai



Sourav Ganguly, Neha Dhupia and Shibani Dandekar at the Tetley Super Green Tea event; also present were Zumba education specialist Shwetambari Shetty and Sushant Dash, Regional President - India, Tata Global Beverages



Reebok with brand ambassador Kangana Ranaut saluted women in the first #FITTOFIGHT awards by felicitating Deepa Malik, Geeta Tandon, Vijaylaxmi, Zaaria Patni and 12 other 'Women Heroes' in New Delhi



Director, choreographer and actor Farah Khan, in association with Merck, recently released a video on infertility in Mumbai

FOOD



Craving for some yummy American and Mexican food? Head to **Chili's American Grill & Bar**, Powai, Mumbai. Tex-Mex soups, salads, burgers, sandwiches, quesadillas and more – you'll find them all here.

The ambience is lively and funky, and servings large. We tasted dishes from their menu that consisted of delicacies like honey chipotle chicken fajitas, alapeno chicken wings tossed in flavourful santa fe sauce, chile garlic wings, honey chipotle *paneer* fajita and more. The molten lava cake in desserts is a must-try!

Fitness freaks can opt for salads like the house salad, BBQ chicken salad, chipotle vegetable soup etc.

Binge! Guilt-free...

A meal for two: ₹ 1,500 excluding taxes.



If it's healthy, it's not tasty is a mindset we all have. **Saboro** (tasty in Spanish), a health food lounge from Mahindra Agri Solutions in South Mumbai, proves us wrong.

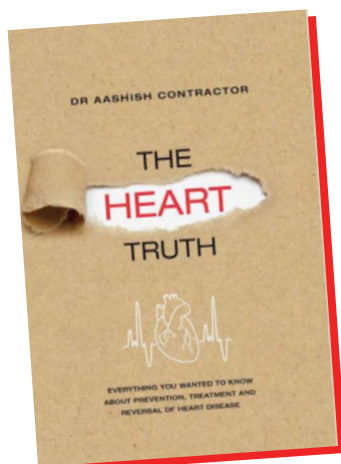
A cosy lounge with a vibrant décor and an open kitchen, Saboro's menu is an interesting mix of all things healthy - juices, salads, smoothies and the main course.

A fab place for the health-conscious in you!

A meal for two: ₹ 700 (approx).



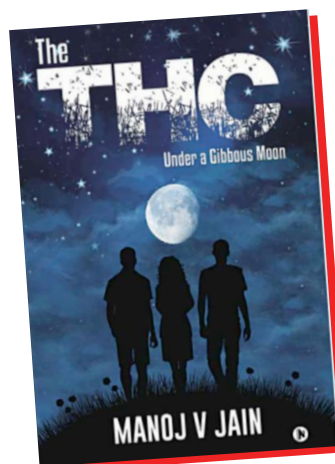
BOOK



Taking care of the heart isn't rocket science. In **'The Heart Truth'**, Dr Aashish Contractor has summed his 18 years of experience of treating over 10,000 patients, and explained how you can treat, rehabilitate and prevent heart ailments.

Publisher: Westland Ltd.

Price: ₹ 395.



Author Manoj Jain launched his second book **'The Total Holistic Centre'**, a creative and pragmatic fictional offering.

The book emphasises on how every problem has a solution (however unusual) and that all answers can be found within oneself.

Publisher: Notion Press.

Price: ₹ 250.

Good BUYS

A look at the new products on the rack...

SKIN WIN



Skeyndor's Rich Nutriv night cream is nourishing and claims to make skin firm and glow.
Price: ₹ 2,310 for 50 ml.

Oshea Herbals' Cocoa Honey Moisturizing Lotion ensures soft, silky and smooth skin.
Price: ₹ 225 for 120 ml.



Zota Healthcare's Nutravedic hair gel boosts volume, controls frizz and strengthens hair; while liquid wash, with lactic acid, helps external intimate cleansing.
Price: ₹ 110 for 50 gms (hair gel); ₹ 170 for 100 ml (liquid wash).



Astaberry Biosciences launched Pearl 3D Facial Kit to fight wrinkles and blemishes, and to enhance the skin tone.
Price: ₹ 225 for the kit with a 60 ml free face wash tube.



Envy 1000 Crystal by **Vanesa Care** comes in three variants – Texas Heat, Alpine Thrill and Miami Rush.
Price: ₹ 199 for 135 ml bottle each.

YUMMY TUMMY



Enjoy **Gaia's** crunchy muesli amaranth with milk, yoghurt or ice-cream, or munch on it as an all-day guilt-free snack.
Price: ₹ 420 for 400 gms.

Galaxy Scientific Nutrition's Myfy is a dietary fiber food supplement with no additives, artificial flavours or sweeteners. Can be blended in any drink.
Price: ₹ 699 for a box of 10 sachets.



Sublime House of Tea launched new healthy tea flavours, packed in pyramid tea bags.
Price: Kashmiri Kawah, ₹ 310 for 50 gms; cranberry mango mania, ₹ 310 for 50 gms; oolong with white grape, ₹ 390 for 50 gms; and decaf strawberry, ₹ 310 for 50 gms.

FIT BIT

Three new fitness devices from TomTom...

TomTom Touch fitness tracker combines body composition analysis (BCA) with 24/7 steps, sleep and heart rate tracking, right from the wrist. With the push of a button, it measures the percentage of body fat and muscle mass. It is sweat, rain and splash proof, tracks calories burned and is equipped with a sports mode for running, cycling or hitting the gym.
Price: ₹ 13,999, available in small and large straps. Can be purchased exclusively from Amazon.in.

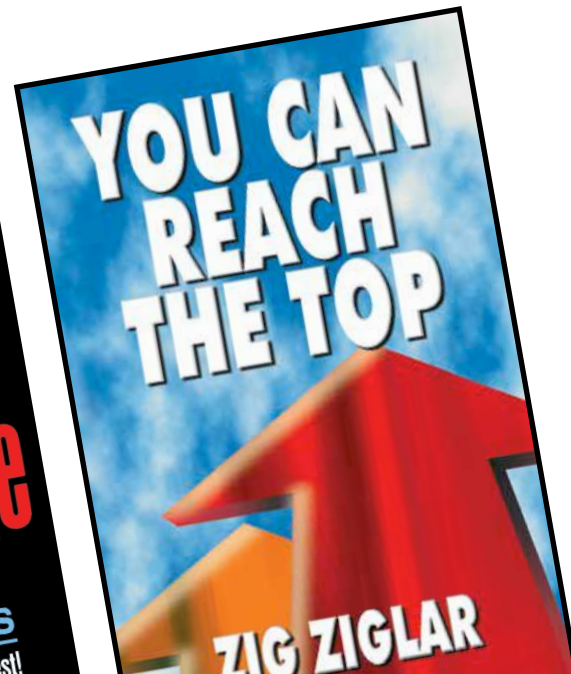
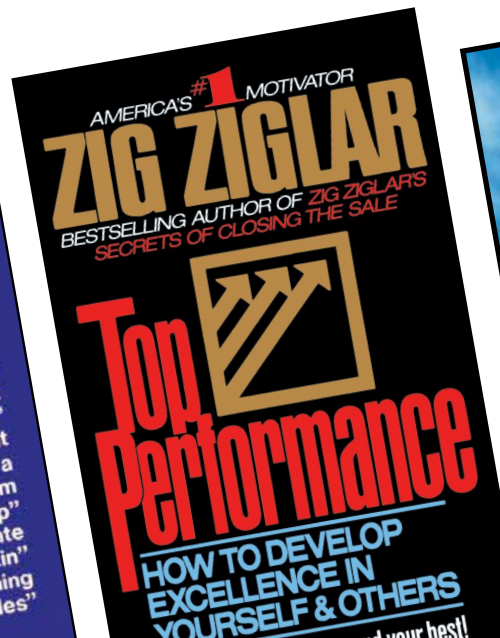
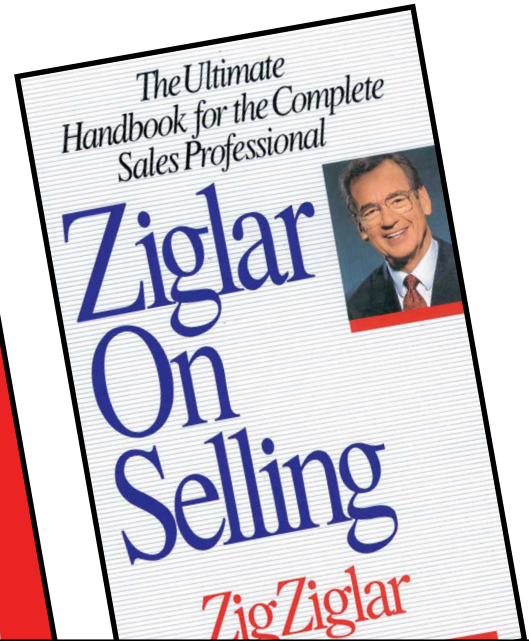


TomTom Adventurer GPS outdoor watch is built to elevate user's outdoor activities with dedicated sports modes for hiking, trail running, skiing and snowboarding. It is equipped with 24/7 activity tracker, multi-sport mode, built-in heart rate monitor, music player, barometer, compass and automatic lift detection for snow sports and route exploration. Is water resistant and comes with race mode, interval training and indoor training mode.
Price: ₹ 25,999, available in small and large straps. Can be purchased from leading e-tailers in India.

TomTom Spark 3 GPS sports watch is equipped with navigation, mapping and route exploration. It counts your steps 24/7, while every run, swim, cycle or gym session can be tracked in dedicated sports modes. Key stats for every activity including time, distance, speed, pace and calories burned.
Price: ₹ 13,999 - ₹ 25,999, available in small and large straps. Can be purchased from leading e-tailers in India.



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Dr Ashit Sheth, Psychiatrist

BREATHE EASY

I am a working woman. What is the best way to destress after a long day at work and home?

Apoorva Mahajan, Mumbai

1. Identify Your Triggers

The sooner you can identify your stress and recognise the triggers, you can work to eliminate them. Write them down and remind yourself this too shall pass. It also helps to talk to someone – a problem shared is a problem halved after all.

2. Exercise

It's proven time and again that the benefits of exercise are for mind and body. Choose something you love to do – attend a yoga class, walk in the park. Whatever it is, make sure it's something you enjoy.

3. Watch A Film

Watching a film can provide a well-needed escape from reality. Choose a feel-good film and see your mood instantly lift.

4. Take A Bath

At the end of a long day, taking a bath using your favourite products to help unwind the mind and body can instantly melt away any stress. From candles to bath oils, creating a relaxing setting helps destress.

5. Switch Off

Whilst it may be tempting to get in to bed and catch up on Twitter, an hour before you go to bed switch off your phone or tablet. The light given off by these devices prevents our brains from releasing melatonin (the hormone that tells our body it's night) thus keeping us awake.



Dr Rui Fernandez, Dermatologist

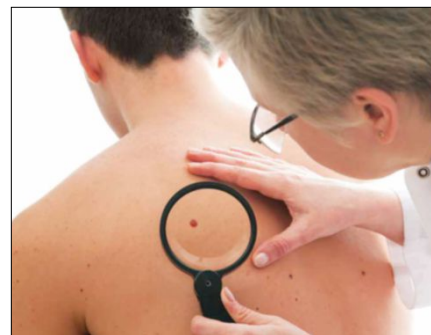
ACNE ACHE

Kindly suggest remedies for back acne in teenagers.

Ravee Nayak, Hubli

raveenayak03@gmail.com

The treatment for acne on the back will depend on its extent and severity. Severe acne is often seen in the form of cysts and nodules on the back and can result in severe scarring.



These patients will require professional help as it will need systemic treatment. Most teenagers have mild acne on the back that will respond to topical medication.

The area should be washed regularly with soap and water or a mild cleanser to remove the surface sebum. A topical preparation of Benzoyl peroxide 2.5% gel can be used once or twice a day. If there are many comedones, retinoids like tretinoin, adapalene or tazarotene may be used. Other agents like azelic acid and topical antibiotics like clindamycin can also be used.



Dr Anand H Gokani, Diabetologist

SCARED!

I have Type 2 diabetes. I eat carefully, exercise in the gym three times a week and play tennis once a week. Recently, I read that Type 2 diabetes may be a precursor to Alzheimer's Disease. What do you think?

M D Singh, Gwalior

Alzheimer's Disease, also called pre-senile dementia, is possibly due to a micronutrient deficiency that prevents parts of the brain from working normally. So also, diabetes is a disease where micronutrients are deficient and this prevents the glucose metabolism from proceeding efficiently, leading to a pile up of sugar in the blood. Hence, it is possible that when the micronutrients are deficient, a host of similar diseases may co-exist.

However, when one improves his/ her lifestyle and optimises diet, exercise, rest and abstains from smoking and alcohol, the disease slows down and at times also heals itself if given a chance.

Hence, though the possibility of getting Alzheimer's disease if you have Type 2 Diabetes is there, if improvements have been made in lifestyle, then not only does diabetes remain well controlled, related diseases may also not occur. Be active, eat right, stay away from vices, and have a purpose in life – no disease will touch you.

Enjoy every day like it's your last. And accept the end when it comes with open arms. That's a life well-lived.



Dr Dilip V Nadkarni, Sports Medicine & Knee Specialist

WALK ALONG

I don't have time for morning walk. But I love walking, and I do it whenever I get the time. I make it a habit to walk to and fro from the railway station and the office. The whole exercise gives me an hour of daily walk. But in the night, I get ankle and knee pains. Am I walking too much? I have diabetes and blood pressure, and I am 51.

Pradeep Kumar, Mumbai

Walking is a great exercise and will definitely help you control your blood sugar and blood pressure.

I hope you are walking with the correct footwear. Good walking shoes will minimise the strain on your foot and ankle joints.

Remember to stretch your muscles before and after your walk. In spite of these precautions, if your pains continue, please see an orthopaedic surgeon.



Dr P P Ashok, Consultant Neurologist

TOO LOUD!

I get easily irritated and get a headache with any loud sounds, like TV on high volume, telephone ringing loudly or anybody talking or singing loudly. I have high blood pressure. Is this because of high BP or any other reason?

Pratap Kumar, Mumbai

Stressful environment certainly contributes to high blood pressure. At the same time, high BP can give rise to irritability, lack of sleep and exhaustion. One needs to lead a healthy lifestyle – get good sleep, exercise regularly, consume less salt and avoid smoking.



Have a health query? We will have it answered! Write to us at health@magnamags.com



Healthy Heart

Pure & Trusted Holistic Care

GET HEALTHY & STAY STRONG WITH OUR CARDIOVASCULAR-SUPPORT COMBINATION



Heart Guard Cardiovascular Support

The use of organic herbs Arjuna, Sahijan and Ritha for heart health dates back to Ayurveda and Oriental medicine. These herbs are safe and have a balancing effect on your cardiovascular system. Organic Ritha is known for its ability in strengthening heart function. Organic Arjuna on the other hand, is abundant in antioxidants and minimises stress-related damage to the heart.



Flax Seed Oil To Keep You Active

This superfood is a true multitasker. It's abundant in heart-friendly Omega-3 fatty acid called alpha-Linolenic acid (ALA) which promotes good cholesterol. Being active is a must to keep your heart healthy. Flaxseed oil can also help in promoting joint-health. It is rich in antioxidants that help reduce the damage from stress and improves immunity. Flaxseed oil is also beneficial for digestion. Good digestion prevents the build up of toxins that can be damaging to heart health.

Virgin Coconut Oil For the Good Fats

Keeps high cholesterol level in check, with the healing properties of essential fatty acids found in Coconut Oil. It is rich in Lauric Acid (also found in mother's milk), which helps the body digest certain fats and prevents their storage. Coconut Oil is rich in fats that lowers bad cholesterol and increases good cholesterol. These fats also help keep arteries in top shape. Coconut Oil strengthens immunity, improves digestion and metabolism—all this ensures that your heart is strong and fit.



Tulsi Green Tea Banish Stress and Stay Refreshed

Burn fat as you get revitalised with a cup of Tulsi Green Tea. Studies suggest that green tea boosts metabolism, helping the body burn fat; Tulsi on the other hand, is rich in antioxidants that help your body tackle stress in an optimum way. Refresh and re-energise your body and mind with every sip!



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SMART REMOTE CONTROL

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Reduces Humidity According to the Temperature



MEMORY RETENTION FUNCTION

Restarts at Same Settings after Power Cut



RUNS ON INVERTER

Can be Operated on Inverter During Power Cuts



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JETCOOL



GLAM 35



SNOWCOOL



TURBOCOOL



EMI SCHEME AVAILABLE THROUGH



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