



'Health, Wellness & More...'

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Snippets

Be Active Be Smart

When kids are active, their bodies can do the things they want and need them to do. Because regular exercise provides strong muscles and bones, weight control, decreased risk of developing type 2 diabetes, better sleep, a better outlook on life. Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

Kolkata Brand Leadership Award

Our Chairman, Dr Alok Roy was given the 'Best Healthcare Professional in the East' award at Taj Bengal, Kolkata



6 TIPS TO EASE KNEE PAIN

1 MAINTAIN A HEALTHY WEIGHT

WEAR PROPER SHOES AND AVOID HEELS 2

3 DO NOT SIT FOR LONG HOURS, TAKE SHORT BREAKS

EAT CALCIUM AND VITAMIN D RICH FOOD 4

5 KEEP ACTIVE AND AVOID A SEDENTARY LIFESTYLE

AVOID INTENSE PHYSICAL ACTIVITY ALL OF A SUDDEN 6



TKR helped Bandana Chakraborty get back to her feet

A life extraordinary!

A shy village girl from Bally, Bandana nurtured a desire to be a theatre actor. A desire that remained unfulfilled till her marriage to tea board executive Mr Chakraborty. Married off at a very young age, in her husband she found the person who understood her dreams and encouraged her to pursue them. Gradually shedding her inhibitions she began her career as a theatre artiste and made a name for herself. When not pursuing her passion, she was content at home spending time with her two children (a son and a daughter), cooking for them, singing with them and helping them with their assignments.

The sudden and unexpected demise of her husband some years back came as a major shock to Bandana. Overcome with grief she gave up her acting and became a recluse. In an attempt to get her out of her depressive state, her children, grown up now, gifted her with a Lhasa. Pigu the Lhasa became her constant companion and she slowly managed to overcome her depression and went back to her life on stage. The second setback in her life came a year or two later when she was diagnosed with breast cancer as she was undergoing hysterectomy. She had the complete support



Bandana Chakraborty with her daughter

of her two children as she fought the disease, going through 6 cycles of chemotherapy at Medica. This was one of the darkest phases

Hysterectomy, breast cancer, knee replacement – nothing has stopped this gutsy lady from pursuing her dreams and living life to the fullest. This is an extraordinary story of a far from ordinary woman!

of her life. Her strong will however saw her through and with her cancer in remission, she was soon back on stage doing what she loved.

Her woes, however, were not over. A knee pain she had been living with for some

time became progressively worse and one day she found she could not climb up the stairs to the stage. She had been avoiding a visit to the Doctor in spite of her children's insistence, but now she had no option.

She consulted Dr Vikash Kapoor, Vice Chairman and Head of Orthopaedic Sciences, at Medica and was advised knee replacement on her left knee. Taking his advise Bandana got admitted immediately and she underwent TKR on her left knee in October, followed by a session of physical therapy and rehabilitation which soon had her on her feet and walking around. Now she is back to rehearsing for her next role and waiting eagerly to get back on stage.

DOCTOR SPEAK

Dr Vikash Kapoor

Vice Chairman
Head - Medica Institute of Orthopaedic Sciences

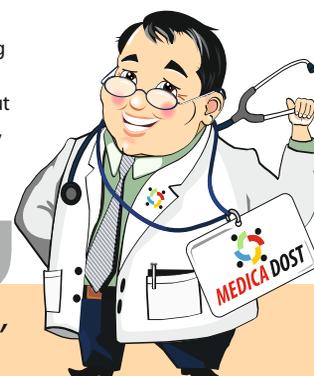


Total knee replacement is a safe and effective procedure. Bandana Chakraborty was in great pain and finding it difficult to walk when she came to me. Having gone through a lot of health trauma earlier, she was initially reluctant to go for the surgery on her knee. But TKR was the only solution to her problem. Today she is ready to go back to her career on stage

PATIENT SPEAK

Bandana Chakraborty

I cannot thank my Doctors at Medica enough for supporting me throughout my periods of crisis. I was apprehensive about the knee replacement surgery, but Dr Kapoor convinced me and thanks to him today I am back on my feet and pain free



Ask Us

1. What is the right time for knee replacement?

There is no right time for knee replacement. If a chronic pain becomes so bad that even small tasks like getting up to switch on the fan becomes difficult, and medications do not help then knee replacement may be the only answer

2. Is there a way to avoid surgery?

For some people lifestyle changes, correct exercise and medications may help, but you need to consult your Doctor before trying out alternative treatment. However, delaying a necessary knee replacement could result in a less favourable outcome

3. Will I have pain post the surgery?

There will be some pain post the surgery, but in most cases this will diminish quickly. Your willingness to participate in the Physical Therapy routine prescribed by the Doctor will play a significant role in this

4. How soon will I be able to walk?

Most people are able to walk on the same day of the surgery or next with help from the Physiotherapist. The Therapist will help you bend and straighten your knees and the rehabilitation needs to continue for several weeks to improve the functionality of your knees

5. Will I be able to climb stairs?

Not immediately after the surgery. It will take some time with regular physiotherapy for the knee movement to be normalized. Till then it is advisable to use support while walking

'Focus on lean proteins like fish, poultry, beans & legumes for a healthier you'

NEWS & EVENTS @ MEDICA

CHILDREN'S DAY Special



Krishna wove his magic again, while little chefs cooked up a storm and young artists filled canvases with their colours of imagination, but the day belonged to the clown who stole everybody's heart with his inspired act on stage...

Children's Day 2017 celebrations at Medica was all about colours, with youngsters of all ages (8 months to 18 years) putting up a show to remember. Cooking, drawing, fancy dress and talent show were the fields the contestants could choose from. And the very difficult task of judging the winners from the incredible pool of talent went to



our celebrity judges – director duo Nandita Roy and Shiboprosad Mukherjee along with event organizer Srabane Chakraborty.

In Fancy Dress, 'Innovation' was the biggest winner on the day with the little ones dressing up as policemen, postmaster, doctors, nurses, housewives and more.



The little chefs tingled the taste buds with variety – from a simple omelette to a more complex chicken rezalla and desserts.

The children competing in the drawing section impressed with their unusual choice of topics. And the talent show had a healthy mix of singing, dancing, recitation and more.

Fun food counters served up finger food to spice up the day.



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HEALTH NEWS

Group workouts are best stress busters

Drugging yourself to the gym is hard enough when you're riding solo, but group workouts are an entirely different beast of fitness. Not only do they tend to be more enjoyable, thanks to upbeat playlists and enthusiastic instructors, group workouts may also improve our mental well-being. Published in The Journal of the American Osteopathic Association, the research showed that group workouts improve our mental, physical and emotional health. While physical and emotional well-being were bolstered by 25% and 26% respectively by regular group exercise, mental health improved by 13%. Scientists also found that fitness classes decreased stress levels by 26%, which, on National Stress Awareness Day is quite the revelation for tightly-wound folk. The 12-week study was conducted on 69 students at the University of New England College of Osteopathic Medicine. Plus, participants were given a choice as to whether they worked out in a group or alone.

Source: The Times of India



Extroverts sleep better, have fewer nightmares

How easy you find drifting off at night could be down to your personality, a study has shown. According to research carried out on 1,000 Americans, introverts are more likely to suffer disrupted sleep than extroverts.

The study was carried out by a mattress brand and involved participants' personality traits being determined by the 'Myers Briggs Test', a questionnaire to determine differing psychological preferences in how people perceive the world around them. Someone who focuses on the outer world is deemed an extrovert, whereas someone predominantly concerned with their own thoughts and feelings is classed as an introvert. Although some experts believe the test isn't useful in all situations, it's widely considered to be a good marker of various character traits. After participants took the test, they were asked a series of questions related to their sleep and dream experiences.

The researchers found that personality type seemed to correlate with both sleep quality

and what we dreamt about.

According to the study, extroverts are more likely to sleep through the night without waking up, and thus have more energy during the day and feel more alert. In fact, extroverts were found to be 17.7% more likely to feel satisfied with their level of energy during waking hours than introverts.

As for dreams, the researchers concluded that introverts were more likely to have nightmares and unclear dreams than extroverts. The study found a difference in the content of dreams too, with extroverts more likely to dream of travelling than introverts, while people who focus on the inner world are more prone to dreaming about their teeth falling out or punching something with no effect than more outgoing people.

Introverts also fall asleep when they want to stay awake more often than extroverts.

Source: The Times of India

How Workplaces in India Can Promote Mental Well-Being and Health

The World Health Organization defines positive mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." Positive mental health can be promoted and maintained by various ways. It requires a healthy living, supportive environment, good health, sound working environment and several other little things that are a part of our daily lives.

The workplace of an individual has a significant impact on his or her mental well-being, and there is a growing awareness about this fact. In his book "Work, Unemployment, and Mental Health," Peter Warr has stated that gainful employment provides five categories of psychological experience that promote mental well-being:



- Time structure (an absence of time structure can be a significant psychological burden)
- Social contact
- Collective effort and purpose (employment offers a social context outside the family)
- Social identity (employment is an essential element in defining oneself)
- Regular activity (organizing one's daily life)

Even as we keep the above points in mind, it is important to note that mental health problems are among the most important contributors to the burden of disease and disability worldwide.

An oft-discussed topic is that of work-life balance. It emphasizes the need for individuals to create a healthy balance between work (career and ambition) and lifestyle (health, pleasure, leisure and family). Mental health is crucial, both for the formation of these skills and their efficient use in the workplace.

With the increasing prevalence of mental disorders, workplace mental health is an essential need in the time of increasing stress.

In today's global economy, mental health is an essential driver for successful business, and there are many reasons why employers should make the promotion of mental health in the workplace, a priority. In the share of the cost of occupational and work-related diseases, mental illnesses have a share of 7% on a global level. Therefore, mental health is a pressing issue in its own right.

Source: www.thebetterindia.com

Over 50% of India's adolescents suffer from anaemia

Anaemia is one of the biggest problems among country's adolescents, with more than 50% suffering from the disease caused by the shortage of mineral iron in the body, experts have said. The world is home to 1.2 billion adolescents and India has the largest population of adolescents in the world – 253 million – and every fifth adolescent in the world is an Indian and every second adolescent an Asian.

"Adolescence is a critical life stage when investments made in nutrition, quality education and physical and mental health can offer profound dividends in adult life," president of the International Association for Adolescent Health (IAAH) Dr Susan Sawyer said in Delhi. Dr Sawyer was speaking at the inaugural ceremony of the three-day World Congress on Adolescent Health that will start on Friday. Adolescence, which begins with puberty and continues till the mid-twenties when brain maturation finishes, is a period that encapsulates major changes related to critical life events, such as moving from education to employment, and the formation of new relationships, families and parenting. People suffering from anaemia lack enough healthy red blood cells to carry oxygen throughout the body. And fewer healthy red blood cells could mean less oxygen travelling to the brain and may result in cognitive decline. It can be caused by several conditions, including kidney disease and nutritional deficiencies.

"Anaemia was a bigger challenge though we often speak of non-communicable diseases which need to be dealt with urgency," Dr Vinod Paul, member of NITI Aayog, said. "If India had to benefit from the demographic dividend, it is important to invest in adolescent health," he added. Among the major challenges, Paul said, there was a dearth of quality data on adolescents and implementing the ambitious adolescent health programme on the ground was equally tough. "The government is in the process of putting in place dedicated, preventive and promotive strategies in schools to make India anaemia-free," newly-appointed health secretary Preeti Sudan said. "We need to consolidate clinical and public health initiatives for the well-being of adolescents. Various programmes being run by different ministries for adolescents need to be integrated for better outcomes," she said. The World Congress is the biggest global event in adolescent health held once every four years by the International Association for Adolescent Health. It is being held in India for the first time.

Source: Hindustan Times

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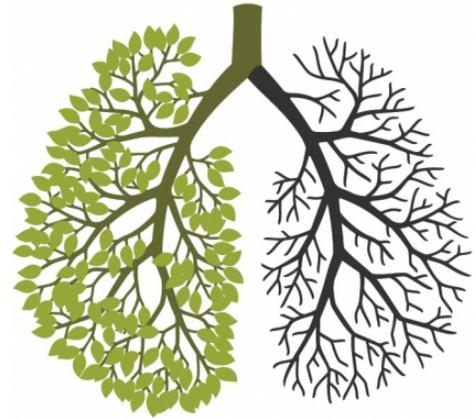
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Source: Hindustan Times

HEALTH AWARENESS / TIPS

Living with COPD



Chronic Obstructive Pulmonary Disease (COPD) is a term used to describe a group of progressive lung diseases including emphysema, chronic bronchitis, non-reversible asthma, and some forms of bronchiectasis. COPD is a common condition that

poorly ventilated. Added to this, the non-conventional forms of tobacco products such as bidi, hookah, which deliver relatively greater amounts of combustion by-products, are excessively consumed in the rural areas. This disease is mainly characterized by increasing

a lot of second hand smoke

- People who have a family history of COPD
- People who have Asthma or history of respiratory problems

How can COPD be diagnosed?

To diagnose if you have COPD or not your doctor will:

- Do a physical examination and listen to your lungs
- Enquire about your smoking habits or your exposure to lung irritants
- Carry out breathing tests like spirometry
- Do other tests like Chest X-Ray and others to rule out other problems

Ways to minimize chances of flare up of symptoms

- Avoid smoking or being around second hand smoke, fume or irritants
- Use an air filter in your home
- Use mask while you are out to prevent pollutants from triggering COPD
- Keep in touch with your doctor and always have medicine at hand
- Get your flu shot, pneumococcal vaccine, and a

tetanus booster that provides protection from pertussis and whooping cough

- Keep a portable oxygen unit ready for use when required

Treatments for COPD

The damage to the lungs caused by COPD is permanent, but treatment can help slow down the progression of the condition. Treatment includes:

- Quit smoking – if you have COPD and you smoke, this is the most important

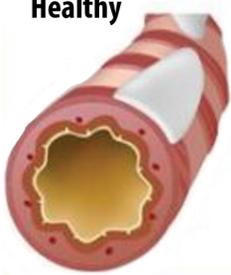
thing you can do

- Inhalers and medications – to help make breathing easier
- Pulmonary rehabilitation – a specialized programme of exercise and education
- Surgery or a lung transplant –this is only an option for a very small number of people

Thus, it is important to know the signs and symptoms of COPD so as to get the treatment soon. Treatment in time will help avoid future complications and distress.

Chronic Bronchitis

Healthy



Inflammation & excess mucus



mainly affects middle-aged or older adults who are exposed to smoke. Most people don't even realise they have the disease. The breathing problems tend to get gradually worse over time and can limit your normal activities, although proper treatment can help keep the condition under control. According to the World Health Organization report, the prevalence of COPD ranges between 4% and 20% in Indian adults.

Exposure to biomass combustion fuels inside the home, lead to hazardous indoor air effluents which are associated with an increase of COPD. This is worse in the rural areas where houses are

breathlessness, generally caused by damage to the lungs over a long period due to smoking, chemical fumes, dust, air pollution, etc.

Symptoms of COPD

Some of the common symptoms of COPD are:

- Increased breathlessness
- Frequent and long lasting cough
- Wheezing
- Tightness in the chest

Who are prone to COPD

- People who smoke
- People who are exposed to lung irritants more often
- People who are exposed to



MEDICA HELPLINES

May I Help You: **66520154**

Health Check-up: **7044045677, 9230089704**

Corporate Desk: **9230011834**

Physical Therapy & Rehabilitation: **7044025087** (Home Service)

Home Collection Service: **9007002626**

Pharmacy Home Delivery: **8100600100**

Medica Home Care Services: **8100500100**

Emergency & Ambulance: **66520100**

Body Mass Index (BMI)

BMI quantifies the amount of tissue mass in an individual, and helps in categorizing the person as 'underweight, normal weight, overweight or obese'. Weight divided by a square of the person's height gives the BMI. A BMI of over 30 is considered to be obese. Obesity increases the risk of Heart Disease, Diabetes,

Hypertension, Gall Bladder Disease, Osteoarthritis, Sleep Apnoea, Stroke and Cancer.

Waist circumference to Height ration (Body Shape index) is often considered an even better indicator of health risks associated with obesity.

KNOWLEDGE SERIES

CHEST PAIN?

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