

Healthcare

April 2020 Price: ₹100

A health and wellness magazine



Managing Urinary Incontinence

A Men's Special

Male Breast and Other issues

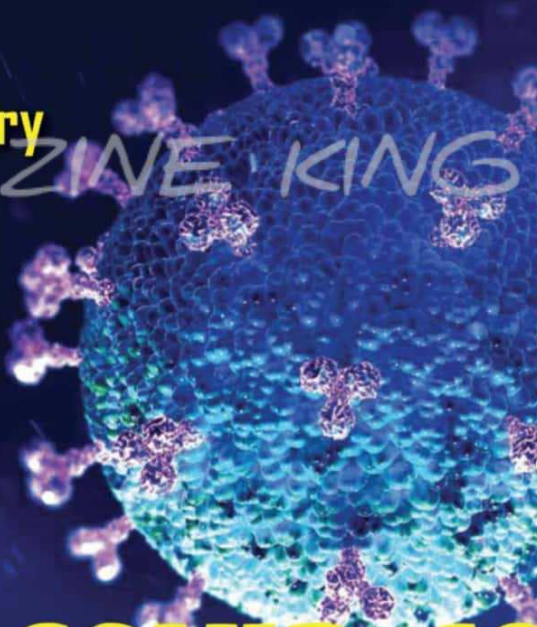
'CREATE' YOUR BODY

Barefoot Training

Strong feet, strong body

COVID-19

What you need to know





8



14

7

Editor's Note

Voicing her concern over the global pandemic, the editor points out the need to conduct ourselves responsibly.

14

Sadhguru Says

It is by dissociating yourself from material attachments and clearing your mind of clutter that you create room for happiness and fulfilment.

24

Cover Feature

With the COVID-19 acquiring a pandemic status, it is important to know the implications, and some coping strategies to deal with the same.

8

In the Spotlight

Exploring substitutes for table sugar – artificial versus natural. The need for safer ways to treat poultry disease to prevent antimicrobial resistance.

16

Cover Story

Not having control over one's bladder can be both, inconvenient and embarrassing. However, there is hope for those afflicted by it. Medical management, yoga and lifestyle modification can, over a period of time, enable you to live a near-normal life.

32

Nutrition/Diet

The good and bad of butter. Losing weight with a naturopathic diet.

16



24





32

36

Cook Smart

Traditional Easter bakes – the unconventional way. Healthy, in-a-jiffy breakfast options.

40

Male Health

Healthcare India brings you a special section on issues pertaining to men.

58

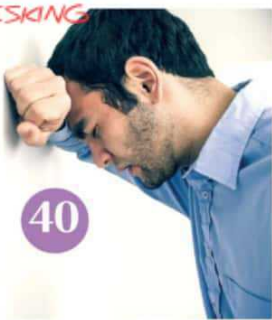
Wellness

Ask your body what it needs, and it will actually tell you. Stay tuned in with what your adolescent child needs and could be going through.

64

Beauty

It is time we chose our beauty products responsibly. Options for younger looking skin.



40



58

70

Fitness

What to watch out for in fitness and diet this year. Go barefoot to strengthen your feet, and the rest of you.

78

Trending Now

Products and places, for better health in today's world.



36



64



78

70



Publisher

Dr Kuldeep Raizada

Ph D, BCO, BADO, FFAO



Board Certified Ocularist (NEBO), USA; Board Approved Diplomat Ocularist, American Society of Ocularist, USA; Director International Anaplastology Association, USA; National Advisory Board Member, Strategic Planning, USA; Clinical Ocularist & Anaplastologist, Director International Prosthetic Eye Center, Hyderabad

Advisory Panel



Rajiv Saxena

Managing Director
Blue Ocean Media Pvt. Ltd.
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Dr Ashok Kumar Grover

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Ex Secretary Bangalore Ophthalmic
society, Ex Associate
Editor IJO



Prof. B.R.Shamanna

Professor, School of Medical
Sciences Hyderabad



Healthcare India™

Volume 2, Issue 11, April 2020

Editor

Deepa D. Raizada

Associate Editor

Sunipa Sinha

Consulting Editor

B. Jyothi

Designer

Mohammed Shakeel Ahmed

Contributors

Rupam Jain
Aiswarya Jayan
Bindu Gopal Rao
Surela Chakraborty
Khushboo Ramnane
Priyanka Gupta

Marketing

Ramki: 98846 94708
Sanaullah Khan: 93152 58330

Advertising & Enquiries

Connect with us:

+91 91009 48787

healthcareindiamagazine@gmail.com

Published by Dr Kuldeep Raizada on behalf of

Akriti Publishers and printed at

Paras Offset Pvt Ltd

118-F, Kundli Industrial Area, Phase IV, Sector
56, Sector 55, Sonipat, Haryana 131028.

Note: All images in this publication are either
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Akriti Publishers

8-1-284/OU/552, OU Colony, Shaikpet
Hyderabad, Telangana 500008
Contact: 040 23569148
www.healthcare-india.org
www.akritipublishers.com

When a virus threatens



As the world reels under the effects of the global pandemic known as Covid-19, we in India are gearing up for our own battle against the disease. The number of casualties is growing at an alarming rate, with the elderly population being at the highest risk for fatalities.

With no real way to prevent the disease, social distancing becomes our best tool to help ward it off. Most state

governments in the country have passed strict dictates for public places, including schools and colleges, to be shut down for a minimum of 14 days. Those forced to step out for work have been instructed to go about their business with the utmost care to hygiene.

While the infection has been successfully treated in many who have contracted it, it poses a very real threat for those with compromised immunity, such as the old and the ill. For them especially, we, as responsible citizens of the country, and the world at large, should abide by the laws set down for the epidemic. By unduly exposing ourselves to the infection, we could become unwitting carriers of the same, and be a danger to our own loved ones.

Covid-19 has thrown normal life out of gear for people across the world, and it will take a while before normalcy is restored. Till then, we need to hold on, stay calm, and be judicious. We bring you inputs from professionals to help you do so.

Scientists across the world are working toward developing a vaccine for this dreaded virus. One can only hope that they know success soon.

We also bring you a cover story on urinary incontinence (the inability to hold urine) in this issue.

A sensitive topic for those who suffer from it, it is something that can actually be managed medically, and with lifestyle changes. What is needed is awareness; most suffer in silence due to embarrassment, shame, and sometimes even low self-esteem. A medical condition like any other disease, urinary incontinence needs to be treated for an improved quality of life.

Wishing our readers a safe and healthy month.

Do write to us at: healthcareindiamagazine@gmail.com



[facebook.com/Healthcare India](https://www.facebook.com/HealthcareIndia)

Website : www.healthcare-india.org

Deepa

Deepa D. Raizada

healthcareindiamagazine@gmail.com

Excess of anything is bad, especially sugar. **Aiswarya Jayan** talks about sugar substitutes and whether they are good or bad for you



Are Sugar Substitutes Bad?

Who does not like the taste of sweets melting in the mouth, especially when one has those after-meal cravings! Those who are conscious about their diet might avoid these irresistible cravings, but most of us end up feeding ourselves with whatever we find sweet and satisfying. But the bitter truth is that

this could pave our way to hospital beds in the long run.

Going into the story of human evolution, humans realised, in-between their adventures and experiments with food, that the intake of something sweet could provide them with instant energy, and thus continued with it,

failing to understand that high sugar intake can be as addictive as drugs. It causes our brain to release opioids and dopamine, just as drugs do. When the educated lot became aware of the health problems that it could cause them — increased vulnerability to heart failure, depression, cancer, type 2 diabetes, skin problems like acne,

etc. (National Institutes of Health, US) — they started using sugar substitutes in the hope that it could solve the problems to a limit. This is especially true when it came to reducing the calories that we otherwise take in through table sugar or simply desserts.

Sugar substitutes or high-intensity sweeteners are food additives that we use instead of sugar, which are capable of providing the sweet taste while ensuring a lesser number of calories. This is what leads us to include them in our diet in place of sugar, and consider them safe to an extent.

Sugar substitutes can be broadly classified into natural and artificial. Though the word 'natural' would seem reassuring, it is not quite so in this case. According to FDA (The U.S. Food and Drug Administration), the Acceptable Daily Intake (ADI) of sugar substitutes is 15 milligrams per kilogram of body weight per day. Though safer in comparison, even natural sugar substitutes can be injurious to health if we exceed the intake limit.

Are They Better Than Traditional Table Sugar?

The answer to the above question completely depends upon one's priority. If your aim is to lose weight, sweeteners could work better. Dr Nitin Kumar, gastroenterologist and obesity medicine specialist, Bariatric Endoscopy Institute, says, "Table sugar and modified sugars



"Table sugar and modified sugars could be less safe than sweeteners if you consider that they increase calorie intake and increase blood sugar levels"

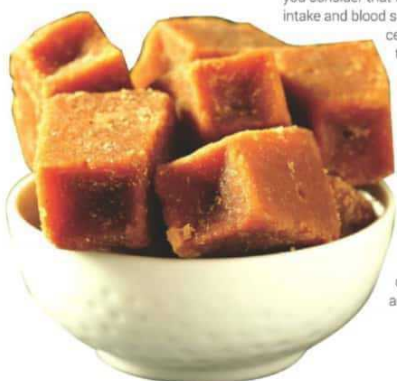
— Dr Nitin Kumar, Gastroenterologist and obesity medicine specialist

could be less safe than sweeteners if you consider that they increase calorie intake and blood sugar levels." It can be certainly argued that the natural sugar in raw varieties like coconut sugar, agave nectar, honey etc. are better than table sugar because of their natural properties. Yet, they have the same Glycemic Index (GI) as sugar (it is the relative ranking of carbohydrate in foods according to how they

affect blood glucose levels). High-Fructose Corn Syrup (HFCS) is often blamed for converting sugar into fat faster than table sugar since it contains a lot of fructose. Similar properties are also observed in agave nectar, though it has a lower GI. This means it will hike the blood glucose levels slowly. Using some easily available natural substitutes like honey would be healthier. It has a lower GI value than sugar and is sweeter when taken in the same quantity. Though it does not raise the blood glucose levels as fast as sugar, it has to be noticed that it has a higher calorie value. Yet, being sweeter negates this point since we might use it in a lesser quantity. Every sugar substitute comes with its own specific properties and generalising them might be misleading.

Natural and Artificial Substitutes

A variety of whole cane sugar under the brand name Sucanat, stevia derived from the leaves of the plant species *Stevia rebaudiana*, maple sugar made from the sap of the maple tree, and sweet sorghum from any of the varieties of the sorghum grass, jaggery etc. are natural sugar substitutes, which are healthier than their artificial counterparts, generated



out of chemicals. Artificial sweeteners have no nutrient in them. Sugar alcohols like xylitol, erythritol, maltitol etc. on the other hand, contain more calories than artificial sweeteners but lesser than table sugar. Most of them cause digestive distress, since they are partially resistant to digestion.

Aspartame is one of the most common artificial sweeteners or sugar substitutes; it is 200 times sweeter than sugar and is sold under the brand names NutraSweet and Equal. Saccharin in the brand name Sweet'N Low, Acesulfame potassium (Ace-K) in the brand name Sweet One, Sucralose in the brand name Splenda etc. are some other examples of FDA approved sugar substitutes. Such brand names often blind a lot of consumers into thinking that the diet food they consume does not contain any artificial sweeteners while they are often clearly present. There are more than 60 different names for variants of sugar such as sucrose, HFCS which was mentioned earlier, barley malt, dextrose, rice syrup maltose etc. Adding to our trouble, manufacturers are not required to mention whether the total amount of sugar as mentioned on the label includes both the added sugar as well as the naturally occurring sugar in the ingredients.

Concluding from the Yale Journal of Biology and Medicine, artificial sweeteners are linked to better appetite and cravings for sugary food. Thus, the sugar substitutes make us eat more, thereby increasing the overall calorie intake. At the same time, there are other researches which contradict this idea and making the topic controversial.

Dr Kumar further adds, "Recent medical studies show artificial sweeteners as safe, but table sugar has centuries of chemical safety data. But, it should be used in moderation." Thus, it is always preferable to use everything in moderation – be it a sugar substitute or sugar itself.



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According to the American Heart Association (AHA), the following are the limits for sugar intake for a healthy individual:

WOMEN	6 teaspoons (25 g)
MEN	9 teaspoons (38 g)
CHILDREN (varies according to age)	3-6 teaspoons (12-25 g)

Tips For Reducing Your Everyday Sugar Intake

- Start by gradually reducing the amount of sugar that is added to your tea, coffee, cereal etc.
- Use fruits and berries to sweeten your dishes like cakes instead of adding table sugar.
- Cut down on soda and other sugary drinks completely and replace them with water or other healthy drinks.
- Replace sugar with ingredients like apple sauce, honey, almond or vanilla extract etc.
- Read the labels on every packaged

food that you use such that you can keep a check on your sugar intake.

- Even if you use one teaspoon of table sugar for your tea or coffee in the morning, see to it that the rest of the day, you cut down on sugar or that diet food is eaten.
- Sunnet, agave nectar, coconut sugar, honey, monk fruit extracts, date paste, jaggery etc. are better options instead of table sugar.

It can be readily concluded that both sugar substitutes as well as sugar have their own specific pros and cons and choosing which one to use in our day-to-day lives depends upon how conscious we are about our body and its health. The high-intensity sweeteners which are considered safe by various health organisations may cause adverse effects on some consumers, depending upon how their bodies react to them. Thus, it is always recommended to take the advice of your doctor before reaching to a conclusion on any product.

Safe anti bacterial solutions

Between reducing the use of antibiotics and dealing with rampant bacterial infections of poultry, there is a need to create safe prevention solutions, writes **Dr Bhushan Bhavsar**, Managing Director, Vetphage Pharmaceuticals Pvt. Ltd.



The poultry sector in India was valued at an estimated Rs. 80,000 crores in 2015-16. Thanks to an increasing income and changing food habits, the demand for poultry meat as well as eggs is expected to grow steadily. The poultry meat production in the country stood at around 3.46 million tonnes in 2016-17, up from 3.26 million tonnes during the previous year. Similarly, the egg production also grew by around 6% during the same period. Notably, more than 80% of India's poultry output is produced by organised commercial farms, while the remaining 20% comes from the unorganised

sector, often referred to as the backyard industry.

The growing consumption and production of poultry on a commercial scale elicits a series of health and environmental concerns. Among them are concerns over bacterial diseases, as well as the disposal of infected birds. Prevention of diseases and ensuring healthy growth of chicken also remain significant concerns before farmers.

Bacterial diseases cause huge losses for the poultry industry

Bacterial diseases cause multi-

billion-dollar economic losses for the livestock industry. It is estimated that campylobacter and salmonella infections that are rampant in poultry together account for 9 in 10 reported cases of bacteria-related food poisonings globally. There exist more than 2,000 species of bacteria belonging to the salmonella genus, with almost all of them being potential pathogens of poultry. In fact, a study conducted on eggs in several retail outlets in India found that large amounts of salmonella were present both on the shell and inside the egg. Coliform infections or diseases resulting from *Escherichia coli*

bacteria are another significant health concern recognised as a major cause of morbidity and mortality in chickens. Often, mass culling is necessitated to curb such infections, causing huge losses to the industry. The disposal of the culled birds which is often done through mass burials further leads to concerns of environmental degradation as water bodies and soil stand to be polluted.

To treat such diseases, poultry farmers are forced to use significant amounts of anti-microbials and other veterinary drugs and feed additives, which together have negative implications on human and environmental health.

Growing threat of antibiotic resistance

Estimates suggest that 70% of all antibiotics utilised are used in animal farming, while only 30% are used directly in humans. In the absence of effective and safe alternatives that can prevent the disease, antibiotics are used to treat and prevent diseases among chicken. The entry of antibiotics in our food chain has far reaching consequences on human and environmental health.

Taking note of the global threat of antibiotic resistance, the non-therapeutic use of antibiotics in animal production has been banned in many countries. Sweden was the first country to ban the use of antimicrobials for non-therapeutic uses in the late 1980s. Denmark, the Netherlands, United Kingdom and other European Union countries have also followed suit. Recently, the Indian government has also banned the manufacture, sale and distribution of the antibiotic Colistin (often considered a 'last hope' antibiotic) for poultry and animal feed supplements to preserve its efficacy in humans.

Need for safe alternatives

However, it is important to underline that banning the non-therapeutic use of antibiotics is not enough. We also need to devise solutions to help farmers grow



Bacteriophages, simply known as 'phages', are microorganisms that are a natural element of our environment and exist everywhere around us, including in the gut. Phages eliminate or devour their selected bacteria in a natural way, without interacting with animal or human cells. This makes them absolutely safe for poultry and human beings

healthy poultry and prevent bacterial infections through natural mechanisms. Interestingly, using bacteriophage-based preventive solutions is emerging as a sustainable and healthy alternative for disease prevention in poultry. Bacteriophages, simply known as 'phages', are microorganisms that are a

natural element of our environment and exist everywhere around us, including in the gut. Phages eliminate or devour their selected bacteria in a natural way, without interacting with animal or human cells. This makes them absolutely safe for poultry and human beings.

The Poland-based biotechnology company, Proteon Pharmaceuticals, has pioneered a revolutionary approach to use phages in a sustainable and controlled way to eliminate pathogenic bacteria, without causing any harm to the microbiome or gut flora of the birds. By promoting healthy growth of birds, this significantly reduces the need for the use of antibiotics. They help to reduce pathogenic bacteria without side effects, without leaving any residue and without creating antibiotic resistant strains of bacteria.

Creating and popularising such sustainable solutions is key to the overall health of poultry and human beings. It is also important that adequate awareness is raised among farmers about following correct disease management and control practices, and end reckless use of antimicrobials.

THE JOY OF EMPTINESS

Ibrahim was a great Sufi saint who had once been a king. Once, Ibrahim was travelling to Mecca with a caravan of camels and a large retinue of servants. He was travelling in utmost luxury, to the maximum extent that was possible in a desert camp. He had the most luxurious tents pitched with golden pegs. Everything that could be gold-braided was, and he wore clothes which were of the most luxurious kind.

Another Sufi, a wandering dervish, happened to pass by, and looking at all the luxury, thought, "This cannot be a spiritual person." When he had the opportunity to meet Ibrahim, he chided him, "What kind of a Sufi are you? You are still holding on to your material wealth, your gold pegs!" Ibrahim simply nodded and asked him to rest for a while.

Then, in the night when they met again, Ibrahim said, "Early tomorrow morning, let us walk to Mecca, the two of us." The man said, "Okay, that is where I am headed too."

They woke up early in the morning and left together. After walking for a few hours in the desert, suddenly the other man remembered that he had left his begging bowl behind in the sleeping quarters. He told Ibrahim, "I have forgotten my begging bowl. Let me return and get it." He started to walk back.

Ibrahim looked at the man and replied, "I have left all that material wealth, the camels, the gold tent pegs and everything else, and I am walking without looking back. But you want to go back for a begging bowl? I want you to know, the gold pegs were only piercing the sand, not my heart. Whether it is steel or gold, it makes no difference to me, so I made it gold. But you? You cannot leave your begging bowl and walk away. You are walking towards Mecca, which is supposed to be the holiest of the holy lands, but you are turning back because of a begging bowl. I am not even carrying a begging bowl with me." And Ibrahim walked on.

Sadhguru says that life is not in what we gather or possess – its true worth is in the fulfillment we find within ourselves when we leave everything behind.





What you have or do not have, how you eat, dress or live, should not determine what you are within yourself. Externally, you can live whichever way you want. But how you keep yourself within is more important. Otherwise, you may gather everything and still have nothing.

Right from the times of the caveman, people have been gathering things. As a child, you gathered shiny pieces of stone. Nothing has changed since then. It is just that the stones have become more expensive now. As a child, you could just pick them up on the beach. Now, you have to go and buy them at enormous cost. But nothing has changed. You still want to gather.

What you gather – relationships, family, property, wealth, knowledge, ideas and everything else you hold – are all accessories to add decoration to life. People gather so many accessories and get so caught up, get attached and identified with these accessories, that they never experience the life that they are supposed to.

By gathering, you are trying to find fulfillment by acquiring things.

You want to somehow ensure your life is not empty. But all the beautiful things have happened to you only in moments of emptiness.

It is only in moments of emptiness that you have known love, joy and peace

Life is not in the things that you gather. By gathering, you are trying to find fulfillment by acquiring things. You want to somehow ensure your life is not empty. But all the beautiful things have happened to you only in moments of emptiness. It is only in moments of

emptiness that you have known love, joy and peace. But logically, mentally, you think emptiness is one thing that you do not want.

Most of the time, I do not have a single thought on my mind. I am empty. Other than what is required for the activity I undertake, I barely speak. I am so empty-minded that both thought and speech happen with some effort. If I simply sit, I neither have thought nor words to speak. I am just totally blank.

If you become utterly blank, you will see the whole existence will fit into you. If you are full of ideas, here and there your ideas may fit with the existence. But if there is nothing in you that you can call your own, if you are just an empty space, then the whole existence fits perfectly into you.

If you become absolutely, totally empty, there is no gathering for the sake of gathering. What you have, you enjoy it thoroughly. If it is not there, you enjoy its absence.



Nature's call or a Bladder Disorder?

Incontinence is a sign of no serious ailment, but it does require attention and intervention, because if ignored, it will continue to bother you, and can also affect you psychologically and socially

By **Rupam Jain**

The dictionary describes incontinence as a lack of voluntary control over urination. Those who experience incontinence know that it is a problem, often an embarrassing one, to say the least.

There is nothing to be embarrassed about it, however. We know it is easier said when one is not experiencing it themselves, but that is the truth. Because if you are suffering from incontinence, you are not the only one, and it definitely is not your fault. It is only a condition, and there is help. In fact, it can be self-treated too.

Incontinence is usually experienced when a person is under the influence of alcohol, or while coughing, sneezing, laughing, and when faced with an extreme anxious situation. It can even occur in the absence of availability of restrooms to attend to nature's call. The severity varies, though. It could be from occasional leaking of urine when sneezing or coughing, or it could also be due to an urge that does not let you wait, even to get to the restroom.

Types and Symptoms:

There are different types of incontinence attributed to various external or internal circumstances. These include – stress, urge, mixed, overflow, functional and reflex.



Symptoms of stress incontinence include an experience of leaking during activities that increase pressure inside the abdomen and push down on the bladder, like coughing, sneezing, jumping or lifting.

Stress incontinence can happen during pregnancy, menopause, pelvic radiation, childbirth or surgical trauma. Diabetes, constipation and obesity can also contribute to stress incontinence.

The symptom for urge incontinence is, as the word suggests, a sudden need to urinate. This can happen during pregnancy, childbirth, menopause, pelvic trauma, anxiety, Parkinson's disease and multiple sclerosis.

A combination of stress and urge make for mixed incontinence, while overflow incontinence usually results in frequent dribble. This, in turn, is due to insufficient bladder emptying.

poor bladder contraction or blockage of the urethra (which can lead to pain and burning micturition). It can also happen because of coughing, sneezing, laughing, etc.

Functional incontinence is usually associated with physical or cognitive impairment such as immobility, Alzheimer's disease, or a head injury, making it difficult to reach the washroom.

And lastly, reflex incontinence, as the name suggests, happens when the bladder fills with urine and an involuntary reflex causes it to contract in an effort to empty itself.

Why women are prone and men aren't:

Dr Prashanth Nippuleti, urologist and general surgeon, tells us, "Urinary incontinence is the involuntary leakage of urine, and the loss of bladder control can be varying, from a slight loss of urine after sneezing, coughing or laughing, to complete inability to control urination. Incontinence affects a wide spectrum of age groups, but is mostly common in women and the elderly. Moreover, lack of proper pelvic muscle training amongst women post pregnancy results in a rising incidence of incontinence (in mothers). Yet another point to remember is, in women, incontinence increases during menopause. Apart from the pelvic muscle weakness after menopause, oestrogen production decreases, and in some women, urethral tissue will demonstrate atrophy, with the tissue of the urethra becoming weaker and thinner, and causing increase in incontinence." Also, according to Dr Prashanth, evidence based trials have shown that obesity by itself is a strong independent risk factor for incontinence.

But there is help available. Depending on the type and degree, after a thorough and uninhibited discussion with the urologist, treatment options could vary from behavioural and lifestyle changes,



It is complex. There is a lot of stigma associated with the issue than the actual harm it does. But incontinence definitely needs attention before it gets troubling. It's not advisable to ignore it

– Dr Prashanth Nippuleti



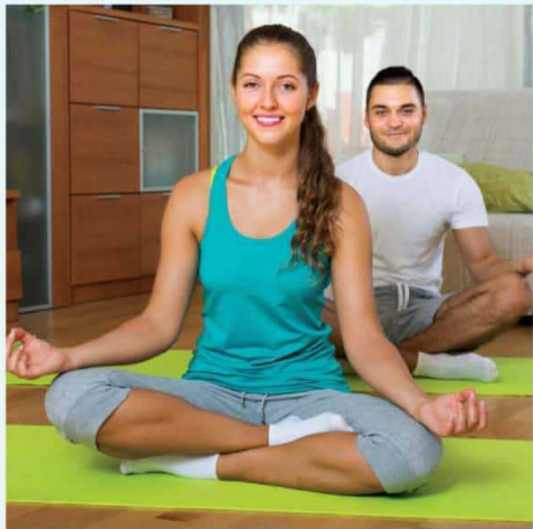
to pelvic strengthening exercises, and intermittent release – bladder training, medications or surgery. In fact, medication would be prescribed taking into account other health related conditions of the person,

as this problem is a symptom of a systemic urological problem, states Dr Prashanth.

Experts tell us that incontinence mostly hits women in their 50s, but

with changing time and lifestyle, the younger lot is getting affected too. As mentioned above, women experience incontinence after menopause. But is incontinence a sign of a more serious ailment? "No," says urologist, Dr Jayanth Reddy. "Unless a person has previously suffered a stroke, or has been suffering from Parkinson's disease. Incontinence isn't related to the family's history of health. It is a very individual problem." He further explains, "Oestrogen plays a very important role in the female anatomy. It protects the vaginal epithelium, and microorganisms present in the area are dependent on oestrogen. Once the oestrogen wears off in menopause, they are more prone to infections. Moreover, with age, the pelvic floor muscles start to weaken. Hence, women are more prone to have incontinence. And it does not reduce on its own, but this also depends on what kind of incontinence an individual has."

We asked Dr Prashanth too if incontinence hints at anything serious. In his opinion, "It is complex. There is a lot of stigma associated with the



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We advise them [adult diapers] only for those who can't be treated despite all the intervention. Mostly for old patients, who can't walk to the washroom, do pelvic floor muscles training or take medications properly; or are bedridden. If the incontinence is mild, we suggest adult diapers, but only for brief periods of time because they can lead to UTIs
 – Dr Jayanth Reddy

issue than the actual harm it does. But incontinence definitely needs attention before it gets troubling. It's not advisable to ignore it."

Women are susceptible to incontinence post pregnancy because in the case of a normal birth, vaginal muscles get stretched and become weak. It takes a good three to six months of regular pelvic floor exercises to strengthen it. However, not every pregnant woman will have incontinence. It all depends on age, the kind of delivery one is having, any intervention during birthing as well as the duration of the labour.

Unlike women, incontinence is rare in men. "Other than a neurologically impaired bladder in very elderly people, incontinence is rare in men because the length of the urethra is very long. While the female urethra is only 4 cm, the male urethra is almost 20 cm. Incontinence is experienced in men only if there has been a prostate surgery," Dr Reddy informs.

Alternative Remedies:

Apart from medication, yoga practitioners and trainers say that yoga does help in controlling, if not completely combatting, incontinence. Yoga instructor Prathibha Agarwal insists that yoga "definitely helps". "It strengthens the pelvic floor muscles and helps to control incontinence. A simple exercise of contraction and release goes a long way. Plus, a lot of yoga postures make the pelvic floor muscles strong."

Elaborating the Kegel exercise, Prathiba says, "There are 16 muscles in the pelvic floor. But from a day-to-day functional standpoint, they are at their best when working in concert, so it's easier to think of them as a single unit. When we breathe in, the diaphragm moves down, and so does the pelvic floor; when we breathe out, they both move up. If you sit quietly and observe the breath, you'll notice the natural widening outward and downward pressure on inhalation, and a natural lifting of the pelvic floor at the end of the exhalation. Once that pattern has been identified, you can begin to accentuate each end of the breath cycle, relaxing and engaging, relaxing and engaging, until the pelvic

floor muscles begin to feel familiar, and better yet, consciously available. This action can be done in every yoga posture to help strengthen the pelvic floor muscle.*

While a lot of women and elderly people experience incontinence, it is rarely discussed as a subject. And since it is not, people often hesitate in telling/sharing with somebody about the problem, as they feel they may be among the few who suffer from incontinence. The fact is, many people do, at various ages, because of different reasons. "But it is a troubling issue for the individual as she/he feels like the odd one out, adding to psychological stress and anxiety, making the possibility of living normal life a task," says Dr Prashanth, while Prathiba agrees that it is a very hushed subject. "I have people coming to me seeking help, but they never talk freely about their incontinence."

A friend of my grandmother refuses to go out now because of incontinence. An active person all her life, incontinence has bogged her down, restricting her from things she loved doing, like meeting people and chatting away for hours at a stretch. Yes, age is a factor, but had it not been for frequent leaking and the urge to rush to the restroom, she would probably have been joining the family at some, if not all, events. And she has never used an adult diaper because she didn't know about the existence of these. "The fact that adult diapers are such a taboo, adds to the whole embarrassment that the individuals put themselves through," Dr Prashanth rightly points out.

Adult diapers and other remedies:

The psychology is deep-rooted. Most of us will remember incidences of wanting to use the bathroom in school but be told to 'sit quiet' by teachers; or of a fellow classmate's accidental leak because he/she couldn't control. The embarrassment or shame of it all begins from here. Also, since it involves



It strengthens the pelvic floor muscles, and helps to control incontinence. A simple exercise of contraction and release goes a long way. Plus, a lot of yoga postures make the pelvic floor muscles stronger*

– Pratibha Agarwal,
Yoga instructor



the private area, there is an added shame, taboo and hesitancy. Imagine a nine or ten-year-old bed-wetting every other night. The child does not even know why it is happening to him, but

we jump to put the child to shame. We fail to realise that the child needs help, not shame. Dr Reddy says, "Bedwetting is not considered incontinence. Beyond five years, if a child continues to bed-

wet, then we do a bladder study and evaluate the cause. In most cases, it is easily treated."

The embarrassment around adult diapers, though, is a serious one. "Nobody feels comfortable wearing diapers at an older age because diapers are associated with childhood and toilet training. And no one wants to mentally accept that they need to wear diapers again," says Dr Reddy.

How many ads have you seen that talk and spread awareness about adult diapers? I have seen only one, on TV, that is. The one featuring actor Dalip Tahil, in which he wants to spend a night out with friends playing carom, but is hesitant of leaking or frequent urge to urinate. He is shown telling his wife over the phone, who coaxes him to have fun, 'tum toh meri problem jaanti ho' (you know what my problem is), to which she informs him that she has already packed adult diapers for him in his bag.

I looked up the Internet and found a few more ads though, but they aren't popular, of course. There is one where an elderly group of friends are on a trip, and a very hesitant person among them asks another: 'Is it normal to use adult diapers?' We wish there were more ads to answer that it is absolutely



normal, that would help more conversations on the subject.

However, there are few things to keep in mind about adult diapers. They are only accidental soiling saviours, but not the fix. That said, diapers need to be changed frequently, the skin in contact to be washed and kept dry at all times. Dr Jayanth Reddy insists that adult diapers are not advisable. "We advise them only for those who can't

be treated despite all the intervention. Mostly for old age patients, who can't walk to the washroom, can't do pelvic floor muscles training, or take medications properly, or are bedridden. If the incontinence is mild, we suggest adult diapers, but only for a brief period of time because they lead to UTI. In patients who are not really old but suffer from incontinence, like women post pregnancy, or men after a prostate surgery (especially with high incontinence), who may have to go to their workplace or attend meetings, only then do we advise adult diapers as a temporary measure – temporary because it may help them avoid embarrassment of rushing to the washroom frequently, but it may also lead to infections." In older patients, however, if the incontinence is severe, then bladder catheters are used, which is changed every three months, he adds.

Also, doctors told us that most causes of incontinence can be cured or managed successfully by regular exercise, a proper/balanced hydration, and open and clear discussion with gynaecologists and urologists. "If incontinence can be treated at the



base level, there's nothing better than that. Pelvic floor exercise is the most important, followed by bladder control training, especially in urge incontinence. We control the neurons with medication; relax the bladder, and advise the individual to hold on for some time when there is an urge to urinate. We train them to let the stimulus of urgency pass, and then go to the washroom. Over a period of time, the urge comes under control," explains Dr Reddy.

If these don't work, then medication is prescribed, which include anticholinergics – to relax the bladder. Despite the stimulus of having a bladder contraction, anticholinergics stop it, and in turn, control the urgency and frequency of urination. If there is still no improvement, surgical intervention is advised (depending, of course, on the type of incontinence). Surgical intervention includes putting a urethral sling to keep it contracted, and for support.

Most important, say doctors, is lifestyle

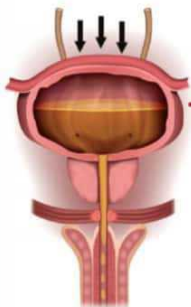


modification – decrease in fluid intake, especially at nights – for example, drinking less water at night to avoid the constant need to urinate; as well as avoiding caffeine, alcohol and smoking as these trigger the urge to pee. Also, if one is obese, food habits need to be monitored. "What happens though, is that people don't often listen to us. They don't do the pelvic floor exercises

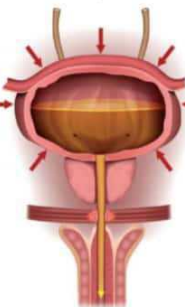
that we advise. If they do, and in the correct way, their problem will come down by 50%. But instead, they either jump from one doctor to another for suggestions as they are not satisfied with one, or they want an immediate intervention – which is surgical," says Dr Reddy.

Those suffering from incontinence need to understand is that there is no 'one-day cure'. It takes at least three to six months if an individual patient and follows suggestions. The failed cases, that is, exercises and bladder training and medications showing no improvement, are because patients don't take the advice of pelvic floor exercises – which are a natural remedy – seriously. Dr Reddy says, "If 50-80% of the people suffering from incontinence actively did pelvic training, they would see improvement. It's not that the exercises don't work, it's only that people don't follow them regularly. I have seen people giving up in two days. How is that going to help?" he concludes.

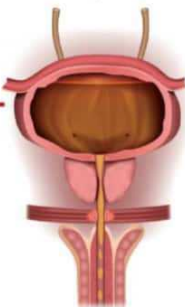
Types of Incontinence (Incontinentia vesicae)



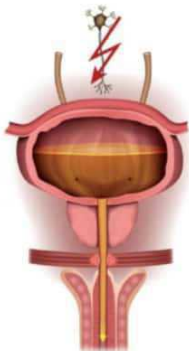
Stress Incontinence
due to increased abdominal pressure under stress (weak pelvic floor muscles)



Urge Incontinence
due to involuntary contraction of the bladder muscles



Overflow Incontinence
due to blockage of the urethra



Neurogenic Incontinence
due to disturbed function of the nervous system

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COVID 19

HOW PREPARED ARE WE?

India is on full gear to tackle the Coronavirus (COVID-19) Infection head on, says **Dr Sachin Kumar**, Senior Consultant and Head - Department of Pulmonology, Sakra World Hospital

Ever since the outbreak of coronavirus disease (COVID-19) in Wuhan, China, on December 31, 2019, it has spread across 112 countries and territories across every continent except Antarctica. It has affected more than 114,614 people, with 4,030 deaths and 64,276 recovered cases globally. In India, close to 46 cases have been identified from Delhi, Haryana, Kerala, Rajasthan, Telangana, Uttar Pradesh, Union Territory of Ladakh, Tamil Nadu, Punjab, and Karnataka (The numbers have changed since). With the threat of a full-scale pandemic growing by the day, governments around the world have shifted their focus to devising plans to contain the spread.

According to a report by the World Health Organization (WHO), various strategies and health measures have been taken up to contain the virus outbreak. These include rapid identification, diagnosis and management of the cases, identification and follow-up of the contacts, infection prevention and control in healthcare settings, implementation of health measures for travellers, awareness-raising in the population, and risk communication. The

WHO is working with its networks of researchers and other experts to coordinate global work on surveillance, epidemiology, mathematical modelling, diagnostics and virology, clinical care and treatment, infection prevention and control, and risk communication. The WHO has issued interim guidance for countries, which are updated regularly.

What is Coronavirus and how does it spread?

Coronavirus, an infectious disease, is caused by a member of the coronavirus family that can infect humans or animals. Seven types of human coronaviruses have been identified. The first four types (229E, NL63, OC43, and KHU1) are common and cause mild to moderate respiratory infections such as the common cold. The other two can cause illnesses such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East Respiratory Syndrome (MERS). This new strand of virus COVID-19 is transmitted between animals (Pangolins) and people. However, it can also be transmitted from an infected person through coughing and sneezing, physical contact like handshake/touching, touching nose, eyes, and mouth frequently with contaminated hands.

The Government of India is also trying to stop the spread of rumours such as the virus being spread from chicken; that garlic, ginger, Vitamin C and lemon can protect people against the virus, etc., on social media platform, that has affected poultry, people and industries.

Symptoms of COVID-19 to watch out for

Once the virus enters the body, the incubation period is usually 10-14 days but can vary from 1-14 days. Common signs of the infection include fever, dry cough, myalgia (soreness of the muscles), fatigue, etc. One may also have cough, shortness of breath, headache, haemoptysis (coughing up blood), and diarrhoea. In more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even

death.

Who is at risk?

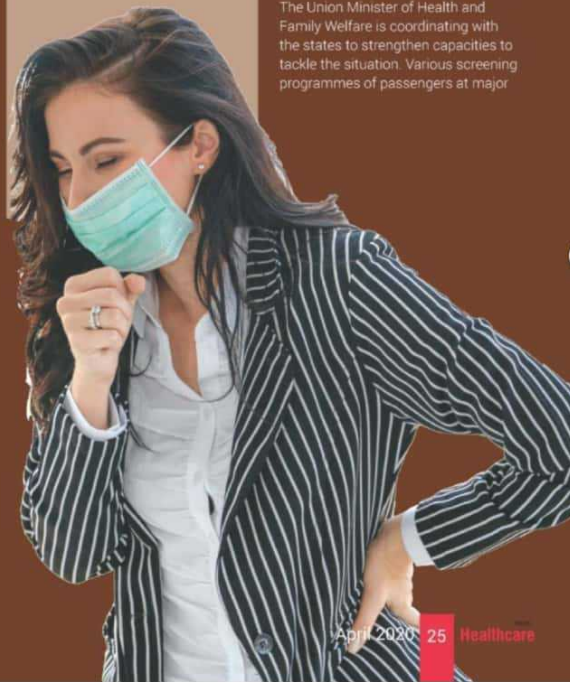
It can affect anyone; however, the elderly may be particularly susceptible to respiratory illness triggered by

Once the virus enters the body, the incubation period is usually 10-14 days but can vary from 1-14 days. Common signs of the infection include fever, dry cough, myalgia (soreness of the muscles), fatigue, etc. One may also have cough, shortness of breath, headache, haemoptysis (coughing up blood), and diarrhoea

Covid-19 due to two main reasons. First, the increased tendency of the elderly to suffer from underlying health conditions that may hinder the body's ability to cope with the virus and recover from the illness; and second, age-related weakening of the body's immune system. This age group most often suffers from respiratory conditions like Chronic Obstructive Pulmonary Disease (COPD) and other conditions like heart disease or kidney problems. These conditions prevent the body from fighting the virus.

The Indian Government and the Coronavirus infection

Inconsistent quality of the public health and management system in rural areas, sudden spike in admission, mass quarantine of people, shortage of masks, gloves, gowns, drapes and ventilators, etc. seem to be a challenge to contain the virus outbreak. However, The Union Minister of Health and Family Welfare is coordinating with the states to strengthen capacities to tackle the situation. Various screening programmes of passengers at major



airports and seaports are being kept under surveillance. Initiation such as training of healthcare workers and setting up of isolation wards in state-run hospitals have started.

Schools and office firms started sending out advisories to shut down temporarily to avoid spreading the infection. The Government also imposed travel restrictions from badly affected nations such as China, Iran, Republic of Korea, Italy and Japan. Also, it has been reported that India is setting up a screening lab in Iran to test returnees.

What can one do to protect themselves against the virus?

In India, the virus is spread through direct contact with an infected person.

One can follow the activities listed below for protection and avoiding further infections.

- **Stay alert:** It is of utmost importance



to get regular updates about the virus. Refrain from social media posts and rumours. Read all relevant information available from credible sources such as the WHO, or national/local public health authorities.

- **Practise health hygiene:** Wash your hands frequently with an alcohol-based hand rub or with soap. It kills the virus on your hands. Use sanitisers often.

- **Keep a distance:** It is advisable to maintain a social distance of at least 1 metre from someone suspected to have an infection or who is continuously coughing or sneezing. There is a possibility that you may end up getting infected from the liquid droplets from the nose or mouth of an infected person. Cover your mouth and nose when you sneeze to stop spreading the infection.

- **Avoid touching eyes, nose and mouth:** Dirty hands might pick up the virus from different sources. Contaminated hands can transfer the virus to your eyes, nose or mouth.

- **Avoid self-medication and seek medical help:** Stay at home if you are not well, even with mild symptoms such as headache and runny nose until you recover. Avoid self-medication. If you have fever, cough, and difficulty breathing, it is recommended to seek immediate medical attention at the earliest. This way, you will be able to protect yourself and help prevent the spread of the virus.

PREVENTION OF CORONAVIRUS

1

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MAGAZINE KING

HOW TO STOP THE FEAR VIRUS

What with the Coronavirus, market crashes and general unrest all around, it is easy to fall into a loop of fear and imagining the worst. **Khushboo Ramnani** tells you how to stay on top of the game, no matter what the current situation is, at all times

India is in an unfortunate throw of a trinity of problems. The Coronavirus scare, economic instability and political unrest. It doesn't help that social media amplifies fear inducing news. Have your dinner party conversations changed? Do you find yourself worrying about what's to come next? When will you be able to fly to USA to meet your brother, or

how will you float in these times of falling stock markets and dwindling job opportunities? Earlier in March, a friend shared a screenshot on his feed of the Sensex plunging 1250 points. An ex-colleague shared her distress of the doom and gloom state of India and Delhi in particular. Twitter was buzzing with mentions of sanitisers running out of neighbourhood stores in India

and abroad. Our brains are hard wired to focus on threat but this needs to change. Here, some experts weigh in on practical solutions to stay positive.

Preventive measures do go a long way. Praval Singh, Head of Marketing, Zoho.com believes that "Both, individuals and organisations, have to act responsibly, in the interest of the safety of our

colleagues and their families, as well as our customers and partners, we've adopted work-from-home as the default policy for all our teams globally, until after the situation gets better. The idea is to stay away from crowded places. By enabling our colleagues to work from home, we're taking ourselves away from roads, trains, and other public transport, while making it easy for those who have an absolute necessity to travel or be in public. We hope the threat of the virus will pass soon."

Although there is absolutely no need for paranoia, which resembles a dystopian apocalyptic novel, some of us tend to worry more than others. Megha Mehta elaborates, "A virus that affects our brains a little before any virus affects our bodies, is that of fear. Our immune system functions optimally when we are getting enough deep sleep, nutrition and feeling mentally stable. Have you considered a media diet? So, your brain doesn't have to continuously process large amounts of information (most of which is fear-based). An hour in a quiet spot at the park with no agenda, a slow day with little to no responsibilities, or a few hours without any technology can help your mind and body reset. In addition to these, try inhaling a therapeutic blend of essential oils from your wrists and take a few deep breaths to reset yourself."



Here is a compilation of actionable tips from experts to keep you cushioned and positively disposed for all aspects of life

Psychotherapist Tasnim Nakhoda shares:

"The Coronavirus has definitely sent a wave of anxiety and even fear across countries. Constant news reports of the rapid spread of infection, and death tolls can grip our mind to take steps of extreme caution. After all, the human mind is



Both, individuals and organisations, have to act responsibly. In the interest of the safety of our colleagues and their families, as well as our customers and partners, we've adopted work-from-home as the default policy for all our teams globally, until after the situation gets better

- Praval Singh, Head of Marketing, Zoho.com

known to worry more by new risks than the familiar ones. There are a lot of useful, simple, practical sources of

information available on preventive care. While this is something that needs attention, over-thinking, constant talk and reading about it isn't going to make it easier for any of us. Eat right, avoid contact and allow recovery if you know of people who show symptoms, keep clean and most importantly, give your mind some rest."



Shweta Jain is a certified financial planner, founder of Investography Pvt. Ltd and author of the book, *My Conversations with Money*. For those struggling with financial stress, she reasons:



1. Save for tomorrow – at least 30% of your income should be kept in savings. Even if you aren't there today, keep that as the target.
2. Have two different bank accounts. Keep one for regular expenses and another for short term emergencies. So you won't have to worry if you're suddenly out of a job.
3. Invest for the long term, take some risks, so if markets are falling, you will still be investing.

4. Take health and life insurance to protect yourself and your loved ones.

A new study found that people who consume less than three daily sources of fruits and vegetables have a 24% higher risk of being diagnosed with an anxiety disorder.

Dr Umesh Wadhvani, homoeopathic doctor, clinical nutritionist and fitness consultant explains why, what we eat has a huge impact on how we feel. Here's how you can take care of your mood through your food.

"Serotonin, which is a neurotransmitter that helps regulate how much we eat and sleep, controls our mood as well as manages the way we deal with pain. Now the interesting fact is, 95% of our serotonin is made in our digestive tract. I was mesmerised when I was a student and learnt that our gut is lined with millions of nerve cell endings. So, if you were under the impression that your gut only controls your food's digestion, you were wrong. Your emotions are majorly affected by what you eat, when you eat and how much you eat. So how do you stay upbeat?

According to the general perception, high sugar and junk food items like cakes, pastries, pizzas, burgers, etc. make us feel upbeat. However, high sugar foods raise our insulin levels and after the initial comfort effect, they often lead to guilt, anxiety, and more severe conditions like depression and



"Anxiety is the infection we must really be careful of, for fear, rational and irrational, triggers our body's stress response, sending our immunity plummeting, which in turn ironically makes us even more susceptible

– Resham Gupta, Internationally certified Bach Flower Therapist



addictions. It is better to stick to foods that are wholesome because they will keep you fuller for longer, and they are healthy too. A few examples of them are:

- 1. Oats:** You can have them with yoghurt and some berries as breakfast.
- 2. Fatty fish:** A couple of times a week can enhance your mood because of the omega 3 fatty acids in them which are essential for your brain's functioning.
- 3. Flax seeds and Chia seeds:** These are rich in omega 3 fatty acids. Ideal source for vegetarians to get their essential fatty acids.
- 4. Berries:** Berries are one of the most potent antioxidants. Many researches have suggested links between cellular inflammation and mood disorders. Eating a portion of berries on a regular basis has helped many in managing their mood disorders.*

As the insidious news of infections and fatalities of the Covid-19 spreads across the globe, it carries with it a much more dangerous disease: fear. It permeates deep within the psyche, obliterating our sense of balance, reasoning and common sense. Resham Gupta, internationally certified Bach Flower Therapist, suggests, "This is the infection we must really be careful of, for fear, rational and irrational, triggers our body's stress response, sending our immunity plummeting, which in turn, ironically makes us even more susceptible. As the saying goes... A strong mind makes for a strong body. The mind-body connection has been proven time and time again by scholars, scientists and philosophers. We need to remember this tenet now, more than ever, as we are bombarded on all sides by advice, warnings and dire predictions.

"If you're struggling to stay grounded and crave some sense of rationality, then your biggest support can be the healing system of Bach Flower remedies, which help to restore our emotional equilibrium, safely and naturally. These remedies have no side effects and are safe for everyone including children, pregnant women and even the elderly.

These are some Bach remedies that you may find useful:

- Aspen:** for fear of the future and unknown dangers
- Cherry Plum:** for fear of losing control over your life
- Mimulus:** for the specific fear of falling ill
- Red Chestnut:** for the fear that our loved ones may be harmed
- Rock Rose:** for terror or panic
- Crab Apple:** if you feel excessively germaphobic
- Walnut:** to be less influenced by the opinions and a mindset of fear surrounding you
- Heather:** if you feel excessively preoccupied with every little ache and pain
- Oak:** if you have a tendency to ignore the warning signs of your body and keep pushing on
- Cerato:** if you feel uncertain and keep reaching out for outside reassurance
- White Chestnut:** if your thoughts are in a loop of fear and you can't quieten your mind enough to work or sleep
- Gorse:** if you can't shake the feeling "that there's no hope left"

If self-administering, take 2 drops of the remedy in a glass of water. Bach flower extracts are available at all leading homeopathic stores.

These remedies can help strengthen and balance you emotionally, so that you stay calm and strong for yourself and others around you in these uncertain times.



“Our gut is lined with millions of nerve cell endings. So, if you were under the impression that your gut only controls your food's digestion, you were wrong. Your emotions are majorly affected by what you eat, when you eat and how much you eat

— Dr Umesh Wadhvani,
Homoeopath, clinical nutritionist
and fitness consultant



We bust the myths around butter for better health. **Luke Coutinho**, Integrative and Lifestyle Medicine, Holistic Nutrition Coach and Founder - Purenutrition.me, spreads the truth about whether butter is good or bad for us

Is butter bad for you?



A delicious dollop of yellow goodness on the famous street-side pav bhaji, or spreading it thin on freshly made toast for breakfast, butter is one item that makes almost every dish better. However, almost everyone knows that it creates a mess in your body, affecting your heart, not to mention adding that extra layer on your hips. Did you know, though, that butter has a host of nutrients too? And it can add the missing vitamins in your body.

I get people asking me all the time -- is butter good or bad for health? And the answer is, yes and no. Let me elaborate further.

What is butter?

From the times that *makkhan* was made at home to now, when you find packed butter, the process of preparing it remains the same - taking the rich, creamy part of milk and churning it till the solid fats are separated from the liquid. There are many types of butter made from cow, goat, sheep, and buffalo milk. However, butter made from cow's milk is the most popular in India.

Why is butter good?

Besides the fat, butter contains essential nutrients such as vitamins A, E, B12, and K. One tablespoon or 14 grams (used for cooking one small meal), contains 11% vitamin A, which is needed for maintaining healthy skin and boosting immunity. Additionally, it has 2% vitamin E, that is good for the heart and helps the antioxidants in your body protect against cell damage. Vitamin B12 is usually missing in the diet of vegetarians; with butter, you can get your daily supply of this vitamin. Additionally, butter even has

small amounts of calcium, niacin, riboflavin, and phosphorus that help your daily functions.

Butter is a great source of conjugated linoleic acid (CLA), a nutrient found in meat and dairy mainly, and has amazing health benefits. In fact, it is found in most weight loss supplements that are natural. It fights the common cold, high blood pressure, and helps manage diabetes too.

Your yellow dollop of butter also contains butyrate, which is a short-chain fatty acid that has a host of benefits for your body. Your gut has

good bacteria that help digest your food better and improve overall immunity. These bacteria use butyrate to power the cells in the intestine. This, in turn, helps treat irritable bowel syndrome, insulin sensitivity, boosts metabolism, and reduces inflammation.

Why is butter bad?

Alright, so I'm sure you are now convinced about adding that extra spoonful of butter in your daily meals, but before you do that, learn how butter can harm you too. First, as everyone knows, butter is high in saturated fat, with almost 63% of it in a tablespoon. It also has 26% monounsaturated and 4% polyunsaturated fat, known to raise bad cholesterol that blocks the arteries, eventually causing heart diseases. Besides health issues, I advise weight watchers to keep away from butter. One tablespoon packs about 102 calories, so just one serving a day can make you gain over five kilos in six months.

The Final Verdict

Yes, you can consume butter, but in moderation. You should limit butter intake to match your daily calories -- it should just be 5% of your calorie intake. For instance, if you consume 2,000 calories today, the butter intake should not have more than 100 grams of calories. Hence, you can only consume half a teaspoon daily. Additionally, you should combine this with other healthy fats like nuts, seeds, olive oil, coconut oil, avocados, and fatty fish. Opt for organic butter, made without preservatives and chemicals, which aids your overall health too.

It is best to consult your nutritionist and doctor to learn if butter works for your body or not. Always remember to start or stop a food item under expert guidance.

Butter contains essential nutrients such as vitamins A, E, B12, and K. One tablespoon or 14 grams (used for cooking one small meal), contains 11% vitamin A, which is needed for maintaining healthy skin and boosting immunity



A Naturopathic Diet for Managing Obesity

Dr Babina N. M., Jt Chief Medical Officer, Jindal Naturecure Institute, shares details about the benefits of a naturopathic diet

During the early 20th century, the American food faddist and self-taught nutritionist, Horace Fletcher, advocated the practice of chewing food thoroughly until it turns to liquid. The doctrine was dubbed as Fletcherism. Fletcher believed that chewing food for a prolonged period of time precluded over eating, helped reduce

food intake, and led to a more robust dental and systemic health. Although the theory fell out of fashion and was replaced by more familiar calorie limiting diets by the mid-20th century, Fletcher was not wrong.

A recent study conducted by researchers at Harbin Medical University in China found that improving chewing activity did reduce the energy intake and modulated the concentrations of gastrointestinal hormones in obese Chinese men.

There is a subtler truth to be found in Fletcher's philosophy. By following a proper diet schedule, enjoying the flavour of what you eat, chewing it thoroughly, and consuming food in a controlled fashion, you can shed excess pounds in your body. Naturopathy, an age-old system of alternative medicine that believes in the healing powers of nature and the body's self-healing traits, has known the importance of this philosophy for a long time. Its treatment for obesity is principally based on limiting calorie consumption according to the body's needs. Since naturopathy takes a holistic approach while treating a patient, it addresses the psychological factors that underlie overeating, including loneliness, unhappiness, stress, and discontentment.

The naturopathic approach: Address the underlying cause

Unlike artificial plans for weight loss, naturopaths treat their patients by addressing the underlying cause of obesity and its relation to the way your body organs, such as liver, kidney, and thyroid, function. Naturopathic treatments aim to not only treat obesity, but also other conditions such as digestive issues, food sensitivities, high cholesterol, and sleep disorders among others. Naturopathic physicians take a more patient-centered approach,



and devise therapies after thoroughly learning about an individual's medical history. Some of the leading causes of obesity include insulin resistance, a low metabolic rate, caused by problems with the thyroid gland, accumulation of toxins in the body, improper liver functioning, insufficient amount of good fats, and low levels of enzymes. This is why you should focus on healing your metabolism before focussing on fat loss.

Depending on the state of your body, a naturopathic physician will prescribe an appropriate weight loss plan. It generally includes a carefully balanced and tailored diet that is rich in whole foods to improve your body's insulin sensitivity. A naturopathic diet also focusses on maximising the essential nutrients and reducing calorie intake. Natural nutritional supplements are included in the diet to help repair and rebuild structural proteins.

The naturopathic obesity diet patterns:

Juice fasting: Patients are generally advised to start with juice fasting; its duration may vary, depending upon their health conditions. Lemon, celery, cabbage, orange, pineapple, and grapefruit juices are used for this fast. In rare cases, the patient is asked to stick to a juice fast that lasts more than a month, but this is done only under the strict guidance from a naturopathic



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physician. You can repeat the juice fasts on a bi-monthly basis until you achieve the desired weight. The fast not only helps cut your calorie intake but also allows your liver to recover from any kind of toxin overload, rejuvenating its capacity to cleanse the body.

Graduation to solid diet: The move from a juice-based diet to a solid diet also happens gradually.

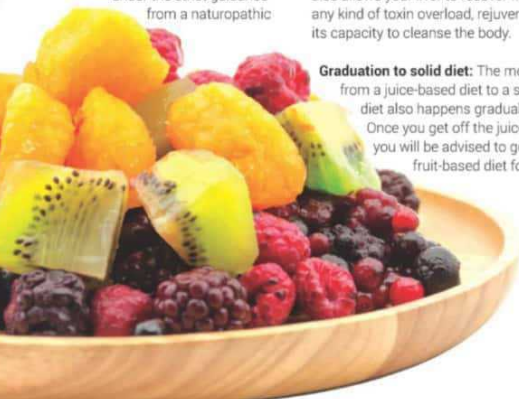
Once you get off the juice fast, you will be advised to go on a fruit-based diet for five

days. This is gradually replaced with a diet low in calories and consisting of vegetables, fruits, nuts, and whole grains. All this while, care is taken to regulate your portion of food and make this a regular habit.

Other naturopathic interventions:

- To keep body fat in check, consume lime juice and honey with warm water daily. Start with 5 grams and gradually increase the dosage. Honey helps to mobilise extra body fat and put it back into circulation, converting it into useful energy.
- A periodic lemon and honey diet is also beneficial for people suffering from obesity. This fast does not kill your energy or appetite. Consume half a lime with a spoonful of honey in warm water once every three hours.
- Salads are also good for weight reduction. Vegetables contain tartaric acid, which effectively stop the conversion of carbohydrates/sugar into fat. Adding a cabbage salad to your diet will help you stay slim.

However, it is strongly recommended that you visit a naturopathic physician and submit a detailed medical history before you make any changes to your diet.



Healthy Easter Treats

You can make hot cross buns and a traditional cake with unconventional ingredients, says **Priyanka Gupta**

Whole Wheat and Eggless Simnel Cake

Ingredients:

(1 cup = 240 ml/250 gram; 1 tbsp = 15 gram; 1 tsp = 5 gram)

- 2 cups whole wheat flour. Remove 1.5 tbsp flour and replace with cornflour
- 1 tsp baking powder
- ½ tsp baking soda
- A pinch of salt
- 100 grams butter
- 400 ml condensed milk
- 1 tsp vanilla essence
- 1 cup warm milk, mixed with ½ tsp lemon juice
- A pinch each of cinnamon and nutmeg powder
- 2 tbsp cranberries, black currants, dried apricots
- 150 grams soaked and peeled almonds, crushed into almond flour
- 100 grams mawa/malai barfi, crushed into a paste
- 4 tbsp apricot jam

Procedure:

- Pre heat oven to 170 degrees (lower coil) for 10 minutes.
- Meanwhile, mix and sieve dry ingredients for the sponge cake. These are ingredients listed from (1)-(4) in the above list
- Whisk together ingredients (5)-(7) and add the dry ingredients prepared in the step above. Add in three portions and keep folding the ingredients. As the mixture starts to lump up, add the mixture stated in point (8) and fold together.

The base mixture for the sponge cake is ready.

- To the above mixture, add the spice mix and dusted dried fruits as stated in point (9)-(10)
- Transfer half the mixture to a cake mould and cover the top with a layer of a mixture prepared by mixing together 1/3 of the ingredients in (11)-(12). This layer is called marzipan.

The marzipan layer is traditionally made with almond flour, sugar and eggs. However, to make the step simpler, more economical, and eggless, we add the mawa barfi paste.



- Transfer the remaining half of cake mixture and bake at 160 degrees for 45 minutes.
- Once the cake has been baked, spread a layer of apricot jam and then a layer of marzipan. [Made of 1/3 of the ingredients in ingredients (11)-(12)]
- With the remaining mixture of marzipan, make 11 equal-sized balls and place on the top layer.
- Place the cake again in the oven and bake for another 2-3 minutes.
- Garnish with dry fruits (optional) and serve

Whole Wheat and Eggless Hot Cross Buns

Ingredients:

(1 cup = 240 ml/250 gram; 1 tbsp = 15 gram; 1 tsp = 5 gram)

1. 2 cups whole wheat flour
2. 3/4 cup warm milk
3. 1/2 cup warm water
4. 1.5 tbsp powdered sugar
5. 2 tsp instant dry yeast
6. 2 tbsp olive oil/ melted butter
7. 1 tsp mixture of cinnamon and nutmeg powder
8. 2 tbsp dried fruits like cranberries and black currant
9. 3 tbsp melted chocolate, diluted with milk. The consistency should be such that the cross on the bun can be made.

Procedure:

1. Mix together ingredients listed in (1) – (8) and make a dough. Rest the dough till it doubles.
2. Once the dough doubles, divide the dough and shape the portions like a ball/ bun. Arrange in the tray on a parchment paper. Leave for a second rise. Do not knead a lot for the second rise as that may spoil the texture of the buns.
3. Pre-heat the oven to 250 degrees for 35 minutes and then bake the buns at 220 degrees for 20 minutes. Before baking, wash the surface of buns with milk to give a glaze. While pre-heating is at the lower coil alone, baking is at the lower coil for the first 10 minutes, then with both coils on, and only the lower coil for the last 5 minutes. If the surface of the buns starts to darken, covering the tray with aluminum foil is recommended.
4. Once the buns are ready, do not demould for 30 minutes. After half an hour, demould and draw a cross on each, using the melted chocolate. The buns are now ready to be served.



Quick to make, good to Eat

No-fuss, healthy breakfast recipes that you can whip up in no time,
by clinical dietician and sports nutritionist, **Manisha Mehta**

Oats Pudding

Ingredients:

Rolled Oats: 1 handful

Milk/ curd/ any plant-based milk or
yoghurt – 1 glass or around
200 ml

Fruit: around 200 gm

Apple/ strawberry
/ mango / banana/
pomegranate (with milk)

Pineapple/ strawberry /
grapes/ kiwi (with curd)

Nuts – 8-10 pieces
(Almonds/ cashews /
walnuts)

Or seeds 1 tbsp (flaxseeds/
pumpkin seeds/ chia seeds/
sesame seeds)

Method:

Mix everything together in a bowl
and refrigerate for 30 minutes before
consuming.



Pancakes

Ingredients:

Oats / ragi/ wheat / rice flour – 2 tbsp

Eggs – 2 whites (use 2 tbsp curd if you don't eat eggs)

Milk – 200 ml (use only in case of using eggs)

Banana – 1 fully ripe

Unsweetened cocoa – 1 tbsp (only for chocolate lovers like me, optional)

For fragrance (use any one or a mixture of given ingredients)

Vanilla essence – 2-3 drops

Cardamom – 2, finely crushed

Cinnamon powder – half a teaspoon

Method:

In a bowl, mash 1 fully ripe banana

Add the flour, unsweetened cocoa, and the fragrant component, curd or eggs and milk (whatever you choose, add slowly and keep mixing simultaneously to avoid any lumps).

On a pan, drizzle a drop of oil and pour half of the mixture in the centre of the pan.

Cover the pan and let the pancake cook on a low flame.

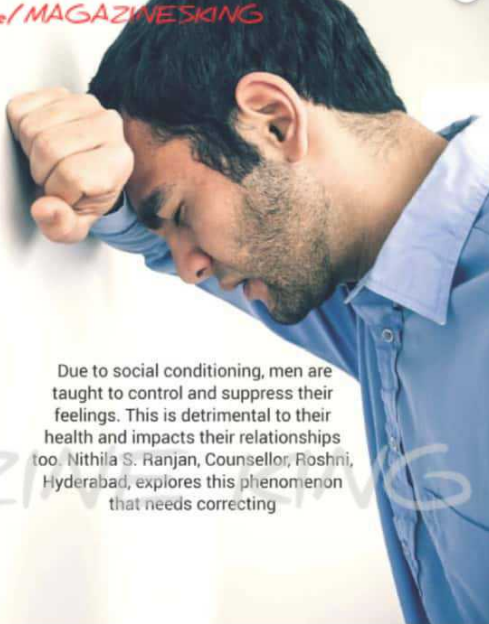
Turn the pancake when it starts to leave the pan around its circumference (that's when it turns golden brown); let the other side also turn slightly golden.

Repeat with the rest of the mixture.

MAGAZINE KING



What ails our men?

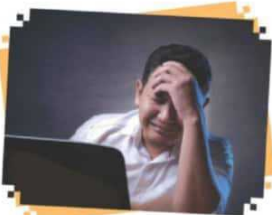


Due to social conditioning, men are taught to control and suppress their feelings. This is detrimental to their health and impacts their relationships too. Nithila S. Ranjan, Counsellor, Roshni, Hyderabad, explores this phenomenon that needs correcting

“You shouldn't cry. Remember, you're a boy!" "Are you a girl? Don't be a sissy!" "Come on, be strong. Be a man!" are some common comments we have heard our families or acquaintances telling the boys. In today's world, when we are focussing on the emotional quotient of human beings, irrespective of gender, the question that arises is – how is the emotional and mental health of our men?

Fear of job loss

Satish, an employee at an MNC, is worried about the decisions being taken in his office. Downsizing is on the company's agenda and the senior bunch of employees is the target. His mind is buzzing around all his liabilities and how to manage his monthly expenses in case he loses his job—home loan, credit card bills, monthly bills, kids' school fees, maid's salary, sending money to parents... to name a



few. He mentally crosses his fingers, hoping that he would not be targeted.

Work life has its own stresses. There are company targets and deadlines to meet, ensuring that you're doing the work assigned without any lapses, and additional responsibilities to qualify for a promotion. A different kind of stress happens when the company itself runs into losses and the management has to take decisions to downsize or merge with another company to survive. Being

the main breadwinners in most Indian households, men feel the pressure whenever there is a recession or lull in the job market. In most cases, they don't share their concerns at home and tend to seek the support of friends to cope.

Controlling, violent or abusive behaviour

Often, when we hear about disruptions in a marriage from women, it is behaviours like controlling, violence, suspicion and abusive behaviour



that men are found guilty of. Often, such behaviour can manifest from suppressed emotions, undiagnosed depression, or a mental health disorder. In some cases, when men are unable to express their emotions properly, it can come out in the form of anger, aggression, reckless or risky behaviour (e.g. over speeding, self-harm). The stigma around mental health, fear of losing one's job and respect in society when they are identified with a "mental" problem, force men to hide their symptoms. A huge percentage of men still feel that talking about depression is a sign of weakness, so they prefer not to speak up. To numb the pain, they resort to alcohol and drug abuse, a maladaptive coping strategy which takes a worse toll on their physical and mental health. Regularly indulging in such habits lead to health problems, aggressive behaviour, and fights, both at home and work.

Sexual abuse

Studies reveal that over 53% of sexual abuse cases in India has been against boys, but 85% of boys do not confide this to anyone or seek psychological support to deal with their trauma. This is the influence of constantly being told to be strong and silent. Fear of being misunderstood, judged, and excluded by society, forces them to let out their emotions through expressions of violence, anger and aggression.

Broken relationships

Rajiv is feeling very hollow inside and is unable to stem the tears that flow from his eyes. Divya, his girlfriend of 3.5 years, walked out on him last week. She only informed him when she was moving out of the apartment



they shared. He felt so let down and was unable to comprehend what made her take such a step. He had blindly trusted her, and she had been taking care of all the finances. While he did send home some money and had invested in some long-term savings, he hardly paid attention to where the rest of his money was going. Now he realised that Divya was hardly spending her money and was using up all of his. He felt totally shortchanged and let down. His desperate mind was

telling him he could not cope alone and there was no point in continuing like this...

Broken relationships have a negative impact on both partners, but in some cases, it is the guy who feels the loss more. The sad part is, that if he shares his story with his close friends, they would give him a piece of their mind, or say the inevitable, "I told you so". Invariably, the guy ends up hiding his pain behind a mask of forced cheerfulness, crying behind closed doors, often resorting to self-harm or going on a rebound, and getting himself into more trouble. In some cases, guys lose faith in girls and decide that they can never get into a relationship again.

Bad marriages

Sudhir has been married for eight years and has a six-year-old son. His job involves a lot of travel. From the time his parents cajoled him to marry Priya, the girl of their choice, she had been nagging him over little things. He thought that after marriage, things would settle down and they would be happy together. However, he realised that she felt happy only if she "won" every argument. If he reasoned with her or told her to let things go, she would get aggressive and sneer at him that he didn't have the guts to accept that he was



"wrong". It was always a case of her being right, and he and his family being wrong.

When their son Aryan was born, Sudhir hoped that the child would make his wife happier and less aggressive. However, she now started using the child to manipulate him and have her way. Soon Aryan became a timid, scared and quiet child, not going out to play, not laughing or being a carefree, happy child like other kids of his age. Frustrated with her constant nagging, Sudhir suggested that they get divorced. Priya immediately filed a police complaint of dowry harassment and domestic violence against him. The law being in favour of women, he was not able to prove his innocence, and Aryan became the scapegoat in the ego clashes between them.

There are many men who are falsely accused by their wives to punish them or to prevent them from opting for divorce, or to get good alimony during a separation. While it is true that there are many genuine cases of domestic violence and dowry harassment in our country, the number of such cases against men is also growing, and often men don't get an opportunity to prove their innocence. This, in turn, causes a lot of pain, resentment, unhappiness and depression in them.

When men are falsely targeted, they end up losing the rights to see their kids, and are also forced to part with a substantial share of their savings, property etc. The impact it has on them, both financially and emotionally, is huge. There are many instances where men have taken extreme measures or have suffered serious health problems, some life threatening.

Bereavement

Praful was happily married to Shreya for 12 years. Both of them were IT professionals and shared a good rapport and understanding with each other, as well as each other's family.

They had their daughter within the second year of marriage. Both of them got busy with their respective careers, and their son was born eight years later. Within two years of their son's birth, Shreya was diagnosed with breast cancer, and thus started a long and gruelling treatment process. After three years, doctors declared her cancer free but the cancer resurfaced two years later. This time it spread to the uterus at surprising speed. They lost her within three months of the relapse, leaving Praful with a teenage daughter and a seven-year-old son. The bond he shared

with Shreya had been so close that Praful was devastated. He stepped into Shreya's shoes and soon became both parents to his kids. He pushed himself into work and spent the rest of his time taking care of home and his kids. He never let his kids see his tears as he sat up late into the night, missing Shreya, and trying to gather strength from her memories to put up a brave front during the day.

When a close family member or friend passes away, men are not able to express their emotions. They keep everything inside and go through longer spells of grief and depression. This is a time when they need constant support from family and friends. With some bereavement counseling and short-term treatment for depression, they will learn to cope better and move on in life.

Emotional weakness

Although men say they are physically and mentally stronger than women, the fact is that most men are weaker emotionally and feel shy to express

The stigma around mental health, fear of losing one's job and respect in society when they are identified with a "mental" problem, force men to hide their symptoms. A huge percentage of men still feel that talking about depression is a sign of weakness, so they prefer not to speak up

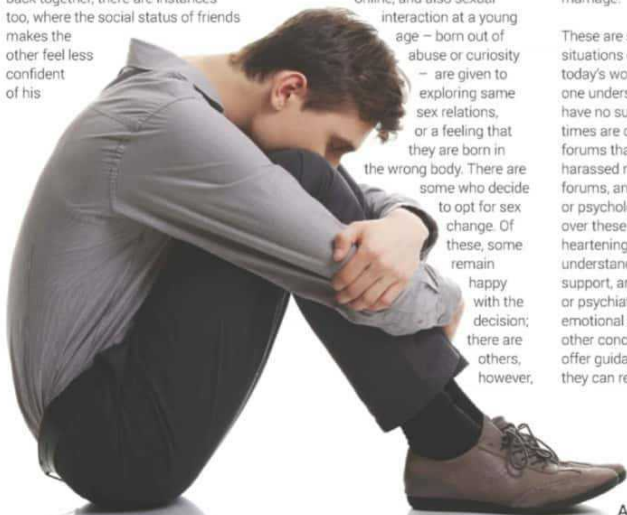


their emotions. Often, they hide this weakness under the cover of anger or aggression. This is mainly because of the conditioning since a very young age, that boys should not show their emotions. We need to teach our boys to openly talk about their concerns and express their emotions. With proper support, guidance and personal care, they can be taught to deal with their emotions better, so that they become calm and less aggressive.

Loss of friends

Most boys love to play and have fun as they grow up and make a lot of friends. As they begin work, they make friends there as well. Sometimes, they share accommodation with other male friends, even holidaying with them. This fosters close bonds with friends from different groups, and promotes happiness. However, after marriage, they have to dedicate time to family too. Work pressure, juggling family commitments, or moving to another place for work gradually creates a distance from these close friends.

While social media has brought friends back together, there are instances too, where the social status of friends makes the other feel less confident of his



achievements, making him withdraw into a shell, leading to loneliness and isolation.

Gender preferences or confusion

Youngsters today, either due to social media or easy access to porn content online, and also sexual interaction at a young age – born out of abuse or curiosity – are given to exploring same sex relations, or a feeling that they are born in the wrong body. There are some who decide to opt for sex change. Of these, some remain happy with the decision; there are others, however,

who later regret it, and feel unhappy that they cannot undo the damage done. With so much debate happening in favour of, and against same sex relationships, there is a growing confusion in the mind of young men about their gender identity and long-term commitment to the institution of marriage.

These are some of the disturbing situations our men are battling in today's world. They often feel that no one understands them, and that they have no support systems. However, times are changing, and there are forums that represent the cause of harassed men. They can explore such forums, and also consult a counselor or psychologist to help them tide over these stressful situations. It is heartening to see that more men now understand the need for emotional support, and are seeking counselling or psychiatric help to improve their emotional and mental wellness. For other concerns, there are websites that offer guidance on varied issues, which they can reach out to.

The what, the why and what next of the Male Breast, by **Dr Sreekar Harinatha**, Plastic and Cosmetic Surgeon, Contura Clinic, Bengaluru



MALE BREASTS: CHEST FAT OR MORE?

Medically, gynaecomastia is defined clinically as an enlargement of male breast tissue, characterised by the presence of a rubbery or firm mass, extending in a diffused and concentric fashion under the nipple and areola.

The common man's definition: Chest fat, male boobs, MOOBS, male breast, etc.

It is common in my practice to have a patient come in saying that he has a lot of chest fat and wants it sorted. Most of these people are usually quite fit and don't even have a lot of

fat anywhere in the body, to begin with. Many would have worked out endlessly, only to notice that the chest bulge hasn't reduced. If anything, the 'chest fat' is now more prominent and protruding than it was when they were less fit. Some, who do not research or take a medical opinion, attribute this to 'stubborn fat'. It is only when a doctor examines, and points out the differences in how the 'chest fat' feels as opposed to the fat elsewhere, do they realise that it is something else. Some are crestfallen when confronted by the diagnosis. Nonetheless, the treatment is not too different than what they would have imagined if it was indeed fat.

When a male breast is seen under a microscope, it contains what we call 'a benign proliferation of glandular male breast tissue'. It means that the tissue is very similar to the female breast structurally, but of course, is different functionally. It serves no function in males, and is a vestigial and purposeless tissue.

During puberty, changes in the breast bud occur due to hormonal influences, leading to transient enlargement of the breasts, and is a very common occurrence. It becomes an issue when this enlargement is excessive or fails to regress with time. The emotional

impact of this during the formative years can have long-lasting effects on the emotional and social development of the individual. Male breast development occurs in a fashion similar to female breast development. In the female, at puberty, complex hormonal interplay occurs, resulting in growth and maturation of the adult female breast.

Male Breasts

Gynaecomastia can occur during three phases of life. The first occurs shortly after birth, in both males and females. This is caused by the high levels of predominantly feminine hormones, estradiol and progesterone, produced by the mother during pregnancy, which stimulates newborn breast tissue. It can persist for several weeks after birth.

Puberty is the second phase in which gynaecomastia can occur. This is again due to the imbalance of hormones. It may be due to decreased production of androgens (male hormones) or change in its ratio with respect to female hormones.

The third age range in which gynaecomastia is frequently seen is during old age (>60 years). Although the exact mechanism by which this can occur is not fully clear, it is suspected to result from reduced male hormones, associated with aging and other factors.

In early foetal life (in the mother's womb), epithelial cells (cells on the skin) that are destined to become the areola, also form the ducts. As the influence of the mother's hormones on the baby reduces, the breast development ceases. During puberty, this process of multiplication and tissue replication restarts when the hormonal balance is altered. There may even be pain and tenderness, sometimes leading to medical consultation. Evaluation is needed to rule out other conditions that can result in hormonal imbalance having an effect on the breast. Though it is reasonable to simply observe patients until the age of 16 or 18, when social behaviours can get negatively impacted by the condition, surgical



When a male breast is seen under a microscope, it contains what we call 'a benign proliferation of glandular male breast tissue'. It actually means that the tissue is very similar to the female breast structurally, but of course, is different functionally. It means that it serves no function in males and is a vestigial and purposeless tissue

correction may be recommended.

In some men, the issue persists even after the hormones have settled down. Most come for consultation only when they are financially independent, or, as with Indians, when they are seeking alliances for marriage, or are in a relationship.

Causes

The causes of gynaecomastia can be broadly classified into two categories: primary and secondary.

Primary or idiopathic or physiological is the commoner type. It is seen in up to 90% of newborns due to the transfer of

hormones from the mother. Newborn gynaecomastia usually resolves spontaneously within four weeks of birth. Children with symptoms that persist after their first birthday should be examined further; they may be at risk of persistent pubertal gynaecomastia. It is, however, important to rule out other causes while confronted with adolescent gynaecomastia.

Secondary or non-physiological gynaecomastia occurs due to a plethora of etiologies and requires thorough clinical and laboratory assessment.

Grading and Types of Gynaecomastia

If there is one factor that determines the kind of surgery and the outcome, it is the grade of gynaecomastia. Though there are many different methods of grading, the most commonly followed is Simon's grading described in 1973. He classified gynaecomastia into three grades, depending on the amount of breast tissue and loose skin on the breast.

Grade I: Small enlargement without skin excess

Grade IIa: Moderate enlargement without skin excess

Grade IIb: Moderate enlargement with minor skin excess

Grade III: Marked enlargement with a lot of excess skin, resembling a female breast

An addition I would like to suggest to these gradings is the skin tone factor. To put it simply, while skin excess is the loose skin on top of the breast tissue, skin tone is the inherent capacity of the skin to shrink and contract after surgery. While skin excess has a linear progression from grades 1 to 3, skin tone can be independent of it.

The revised grading could be something like this:

- Grade IT:** Small enlargement, no skin excess, normal skin tone
Grade 1L: Small enlargement, no skin excess, poor skin tone
Grade IIAI: Moderate enlargement, no skin excess, normal skin tone
Grade IIAL: Moderate enlargement, no skin excess, poor skin tone
Grade IIBI: Moderate enlargement, minimal skin excess, normal skin tone
Grade IIBL: Moderate enlargement, minimal skin excess, poor skin tone
Grade IIIT: Marked enlargement, lot of excess skin, normal skin tone
Grade IIIL: Marked enlargement, lot of excess skin, poor skin tone

The 'L' here would indicate laxity, meaning poor skin tone. This revised grading would also predict the eventual surgical results in terms of skin reshaping in a more accurate way. Once documented, it can serve as a reminder about the patient's original skin tone before the surgery and during follow-up.

This is very important and is often understated. When two patients with grade IIA come for surgery and get operated by the same technique under the same surgeon, the results may be different. The reason being the difference in skin tone between the two. Such a difference in results follows other surgeries like liposuction too. The lack of skin tone makes a visible difference in the results after any procedure. Patients with loose skin may need other non-surgical procedures and very rarely surgery to tighten the skin. This can happen even in Grade IIA gynaecomastia.



Gynaecomastia normally can occur during three phases of life. The first occurs shortly after birth in both males and females. Puberty is the second situation in which gynaecomastia can occur physiologically. This again is due to the imbalance of hormones. The third age range in which gynaecomastia is frequently seen is during old age (>60 years)

Treatment

Patients with gynaecomastia want treatment mostly for cosmetic reasons – to look better and achieve a positive outlook. Pain is more common in patients with gynaecomastia that is rapidly progressive or of recent onset, and very rarely the precursor for surgery. For patients with secondary gynaecomastia, treatment is directed toward improving the underlying illness or discontinuing the use of the culprit medication. Watchful waiting, with regular follow-up is appropriate for

those with physiologic gynaecomastia, who are untroubled by symptoms and have no features to suggest underlying disease. The wait and watch policy is needed when someone even with large breasts is untroubled by it psychologically. Sometimes, breasts that are not all that big during puberty, may also need to be operated upon. This scenario is a recurring one, where a teenager comes across as mildly depressed due to his gynaecomastia, though clinically it may just be grade 1. There is a strong correlation between the size of one's gynaecomastia and how much it affects the person. There is clear merit in operating on such patients to better their psychological outlook, if nothing else.

Medications are more effective if used after symptoms are first noted, whereas surgery can be performed at any time with similar results. The more delayed, the bigger it is in size, the firmer the gland is, the less chances of it improving significantly with medication.

New-onset gynaecomastia (<6 months of duration) often reduces in teenagers, with only follow-up necessary. This is truer if the gland is small, like in grade 1. There are also adults who are not unduly bothered by

it, and live all their life with the issue. In such cases, reassurance is sufficient, except in cases of cosmetic concern. However, if gynaecomastia persists for more than one year, instances of complete reduction are very low and close to nil. This is due to the predominance of dense fibrous tissue which is never going to reduce on its

own. If gynaecomastia persists and is associated with severe pain, tenderness and psychological distress, medical and surgical treatment are indicated.

Treatment also depends on the cause and the extent to which the individual is affected. If gynaecomastia is drug-induced, symptoms may regress when

the relevant medication is stopped or changed. Gynaecomastia due to systemic illnesses often regresses with the treatment of these disorders (for example, the treatment of hyperthyroidism, or surgical removal of testicular, adrenal, or other causative tumours may lead to spontaneous reduction).

Surgery

'He has breasts, just take them out, doc,' said a patient's father to me during his 22-year-old son's consultation. That was his first sentence, even before I had explained anything about the procedure or even diagnosis to him. As I explained to them later, there is more to it than just taking it out.

The first surgical treatment of gynaecomastia is credited to Paulus Aegineta (625–690 AD), a Byzantine Greek physician who performed surgery through a cut below the breast. Webster, in 1946, described a semicircular intra-areolar incision. Current surgical techniques favour standard liposuction/suction-assisted lipectomy (SAL) and ultrasound-assisted liposuction (UAL), with a combination of removal of breast tissue, with the advantage of tackling both, the fat in the chest, along with the breast tissue.

The patients are given general anesthesia. First, we start with liposuction through a small incision at the lower part of the areola, and infiltrations of wetting solution. Liposuction is performed with a suction machine. The machine creates negative pressure and pulls out the liquified fat through the cannula. This is facilitated by the to and fro movement of the cannula used by the surgeon. The surgeon's experience comes in handy for a smooth, even and symmetric liposuction. Overdoing or under-doing it



may affect the final shape.

The focus is also on reducing the fat folds over the chest and smoothening out the whole of the chest wall in accordance with the final shape. The liposuction also helps in the creation of a bloodless dissecting field and isolates the gland to a great extent, making dissection simpler. The amount of fat aspirated is recorded and compared to the opposite side. This amount may not necessarily be the same from the two sides. In fact, it is rarely the same. The liposuction proceeds through the gland, onto the lateral areas. Once the liposuction is completed, the gland dissection is begun.

Next, an inferior peri-areolar incision is made, and dissection proceeds 360 degrees. The initial plane of dissection is along the subcutaneous (the fat

layer under the skin) plane. A surgical procedure follows, after which the remaining tissue is inserted back through the incision and sutured to the pectoralis major muscle with absorbable 3-0 sutures all around. As the vascularity of the glandular tissue is intact, the healing is usually smooth.

Following the surgery, a compression dressing is done with elastic bandages, which are removed after two days. Following this, a compression vest is advised for six weeks.

The surgery is done on a daycare basis.

Gynaecomastia is a common problem in Indian men. The treatment is straight forward and augments not only their physical appearance, but also their psychosocial outlook.

All about Peyronie's disease

Dr Bivek Kumar, Urology and Andrology, Apollo Spectra Hospital, Bengaluru, talks about Peyronie's disease which affects the penis, and the treatment options for curing this condition

Peyronie's disease (PD) is an acquired, localised fibrotic disorder of the tunica albuginea, resulting in deformity of the penis, hardness, pain, and erectile dysfunction. It is a psychologically and physically disabling disorder, leading to a lower quality of life. Diagnosis is based on examination and ultrasound to confirm the fibrotic plaque. Since the introduction of PDE5i, the incidence of PD has increased by 5% in men. Treatment can be medical or surgical, depending upon the severity of the disease. Surgical management is considered for patients who have penile deformity compromising sexual function, and whose condition has persisted for more than 12 months, and is refractory to medical therapy.

Pathogenesis

The cause is multifactorial, with an interplay between genetic predisposition, trauma, and tissue ischemia. The basic issue is formation of fibrous plaque(s) which contains excessive collagen, fragmented elastic fibres, calcification and fibroblastic proliferation, which changes the anatomy of the penis. These plaques cause focal inelasticity and affect erectile function, which in turn is due to repeated minor, and usually unrecognised, blunt trauma to the penis during intercourse due to improper wound healing.

Risk Factors

A family history of such diseases increases the chances of developing PD, or with other associated diseases

such as Dupuytren's contracture. Other causes maybe genital and/or perineal injuries, radical prostatectomy, plantar fascial contracture, Paget disease and gout. Hypertension, smoking, hyperlipidemia, and diabetes have been proposed as risk factors, but they are more likely related to underlying erectile dysfunction. The disease state is divided into an acute (or inflammatory) phase and a chronic phase. The active phase is characterised by changes in penile curvature or deformity, and pain, while stable disease is characterised by an absence of pain and non-progression of deformity.

Clinical Manifestations

Common complaints are of penile pain, nodule/plaque, indentation, curvature, deformity, or shortening

during erection, as well as sexual dysfunction. Deformities are variable and may present as curvature, indentation, palpable plaque or nodule, hourglass narrowing, penile shortening (with or without curvature), or in combination. The condition is present more prominently during erection, which leads to decreased quality of life, erectile dysfunction, and depression, which lead to relationship issues.

Diagnosis And Assessment

A thorough clinical examination is mandated, with a proper history of the complaints, with duration. Classic symptoms of the disease are: Penile nodules (plaques), curvature, and/or pain. It is important to define the psychological effect of PD on the patient and his partner, as well as the extent of associated erectile dysfunction. Factors which determine the severity are:

- penile length
- plaque size
- penile curvature

An evaluation of the penis curvature on erection is important to determine the condition. An ultrasound has the highest sensitivity for plaques, and a duplex scan can assess the blood flow. Diagnosis may not always be straightforward and a few key differential diagnoses should always be kept in mind.

Treatment

Options for the treatment are medical or surgical, and depend upon the degree of the disease as well as the extent of the symptoms that the individual suffers:

Improvement or resolution of penile deformity should be the benchmark at which the therapies should be measured. I believe that intervention during the active phase is beneficial. Thus, early diagnosis and consideration of treatment is important. A few medical therapies which are beneficial are:

- Intralesional injections
- Pentoxifylline



Surgical management is indicated for patients whose PD has persisted for more than 12 months, and is associated with a penile deformity compromising sexual function. It is important to delay surgery until the disease has been stable for at least three months, because surgical results can be compromised by active disease

- Anti-inflammatory
- Vitamin E
- Interferon alfa-2b

Other Treatments

Like penile traction, iontophoresis, extracorporeal shockwave therapy (ESWT), and radiation therapy have not shown any conclusive results.

Surgical Management

Surgical management is indicated for patients whose PD has persisted for more than 12 months and is associated with a penile deformity,

compromising sexual function. It is important to delay surgery until the disease has been stable for at least three months, because surgical results can be compromised by active disease. Simultaneous implantation of a penile prosthesis is indicated in men with PD and erectile dysfunction (ED), who are unresponsive to oral agents or intracavernous injection therapy. The choice of a surgical approach is always case specific and disease specific. Factors to consider for the best surgical choice are the length of the penis, configuration (eg, hourglass, curved) and severity of the deformity, erectile capacity, and patient expectations.

Surgical options include:

- Tunical shortening (eg, plication)
- Tunical lengthening (eg, grafting)
- Implantation of penile prostheses (with adjunct procedures to allow for resolution)

Patient Counselling: A thorough preoperative discussion is essential and should review preparation, complications, and realistic long-term outcomes associated with the planned surgery. Patients are informed of the risks of temporary or permanent penile hypoesthesia or anesthesia, future plaque formation, recurrent curvature,

and risk of de novo or worsened ED. Patients with ED or with significant risk factors for future ED, should be counseled regarding the placement of a penile prosthesis at the time of surgery.

Surgical Consideration: The tunica is typically the target in PD surgery, with either plication of the side opposite the plaque, or incision/grafting the same side as the plaque.

Techniques

Complementary techniques employed in the surgical management of PD include plication, grafting, or placement of a penile prosthesis. Tailored approaches are often required to manage the variety of plaque-induced penile deformities associated with Peyronie's plaques. Each of the techniques can be performed with or without plaque incision, which facilitates tunica mobility.

The most common plication techniques are:

Grafting: Men with PD who have a short penis, extensive plaque, or severe (>60°) or complex deformities, will require a grafting procedure.

Graft materials include:

Penile prosthesis. Autologous tissue like saphenous vein, fascia lata, rectus fascia, tunica vaginalis, dermis, buccal mucosa. Allograft or xenograft materials, synthetic grafts.

Care

The patient may shower but should keep the dressing dry, which can be accomplished by wearing a condom or a plastic bag. Resume activities as tolerated. They should also avoid heavy lifting and soaking of wound for four weeks.

Return to work in a few days, depending upon speed of recovery.

Sexual activity: The patient is instructed not to engage in sexual intercourse or masturbation for four



Classic symptoms of the disease are: Penile nodules (plaques), curvature, and/or pain. It is important to define the psychological effect of PD on the patient and partner, as well as the extent of associated erectile dysfunction

to eight weeks, depending on the surgery.

Outcomes

With an appropriately chosen technique, taking into consideration patient-specific characteristics, reconstruction for PD achieves satisfactory results in a majority of men. Long-term satisfaction, with return to sexual activity, is high. While some degree of penile shortening occurs in all patients, few have difficulty with penetration. Residual curvature rates vary from 7% to 21%, and may be due to suture absorption, slippage, or breakage.



Osteoporosis: Not Just A Women's Disease

Amol Naikawadi, Preventive Healthcare Specialist, Indus Health Plus, talks about osteoporosis in men and its causes and remedies

Osteoporosis is a bone-thinning condition that eventually makes the bone weak, lose their strength, and makes them break more easily than normal bones. It affects millions of older women and men. Also, even though women are about twice as prone to fall and break a bone, osteoporosis still represents a considerable risk for men, particularly as they progress into their 80's and 90's.

Osteoporosis has often been considered a women's disease, which has deflected the focus of men from a devastating disease that they also are susceptible to. Even though it is true that older men get about half as many fractures as older women, men are more likely to suffer a permanent disability and twice as likely to die within a year as women, according the Centre for Disease Control.

What causes osteoporosis?

All through our life expectancy, our bones change continually: old bone is

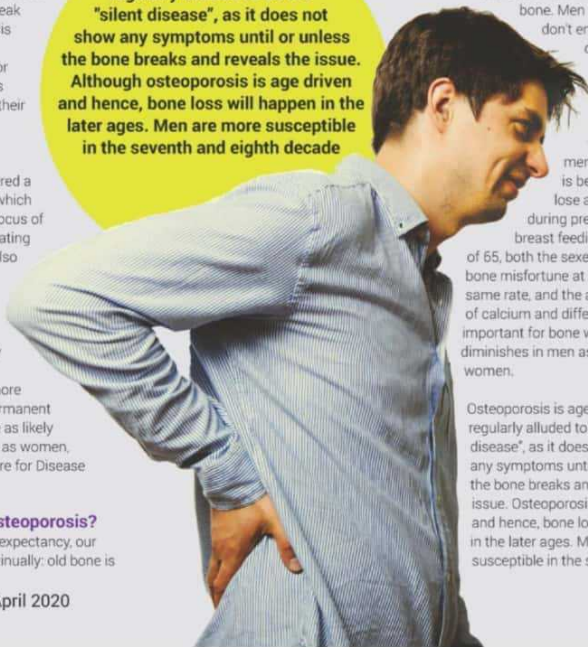
expelled and supplanted by new bone. During one's youth, the body delivers more bone than is evaluated, and our bones develop and become thick, and the

skeleton gets bigger and stronger.

The growth and density of the bone peaks during the third decade of life. For both men and women, bone density decreases very slowly because the rate of removal of bone material exceeds

the rate of formation of new bone. Men in their 50's don't encounter the quick loss of bone that women regularly experience following menopause. This is because women lose a lot of calcium during pregnancy and breast feeding. By the age of 65, both the sexes experience bone misfortune at about the same rate, and the assimilation of calcium and different minerals important for bone wellbeing diminishes in men as well as women.

Osteoporosis is age-related and is regularly alluded to as the "silent disease", as it does not show any symptoms until or unless the bone breaks and reveals the issue. Although osteoporosis is age driven and hence, bone loss will happen in the later ages. Men are more susceptible in the seventh and eighth decade



Osteoporosis is age-related and is regularly alluded to as the "silent disease", as it does not show any symptoms until or unless the bone breaks and reveals the issue. Osteoporosis is age driven and hence, bone loss will happen in the later ages. Men are more susceptible in the seventh and



eighth decade. Any osteoporosis seen in the earlier ages is most likely due to an underlying serious condition like cancer or renal failure. However, there are some other factors that we can control, which may contribute to a greater bone loss than the one that would happen naturally.

There is limited research done on osteoporosis in men with respect to women, but it is suggested that everyone should take a few preventive measures to keep the strength of their bones intact.

- Maintain a healthy diet that includes enough vitamin D, good fats, (vitamin D is a fat-soluble vitamin)



and calcium in your diet. Although calcium and vitamin D are available

as supplements, recent research suggests gaining minerals and vitamins through food provides for better assimilation.

- Regular exercise and weightlifting. Such activities may include brisk walking, jogging, and outdoor sports. Body weight exercises such as push-ups, pull-ups and lunges should be performed at least twice weekly for specific strength training of the large muscles.
- Be active throughout the day. A sedentary lifestyle is the enemy of fitness, and that includes bone fitness.
- Quit smoking and avoid excess consumption of alcohol.
- Regular screening for bone density.



For a Thicker Beard

If you want to grow a beard but find that your facial hair growth is scanty, and not bushy enough, there are reasons for it. **Dr B. L. Jangid**, Dermatologist and hair transplant surgeon at Skin Qure Clinic, New Delhi, explains why

Whether the hair on your face grows slowly, or doesn't grow thickly enough for you to have a full beard, there are probable reasons, and fortunately enough, solutions to those issues as well.

Reasons why it happens

There can be several reasons behind you not being able to grow a dense beard like many other people around you. It is important to maintain a good

and healthy lifestyle for getting the sort of beard you have been dreaming of all this long.

GENETICS: Genetics plays a crucial role in deciding the kind of beard you will be blessed with. If your father hasn't had much of a beard throughout his life, there may be a possibility that you too will have the same problem.

HORMONES: You might find some

facial hair growing when puberty hits you. But it can soon stop growing due to hormones that depend on testosterone.

STRESS: Stress is among the major reasons why you might be unable to grow a proper beard like anyone else. If you are going through a period of high stress, you might notice your facial hair growth slowing down or some areas becoming patchy in severe cases.

DIET: Consumption of excessive junk food can take a serious toll on your hair growth. Often, people who regularly consume junk food or processed meats might experience slow growth of a beard. The healthier you are, more is the possibility of growing a denser and attractive beard in no time.

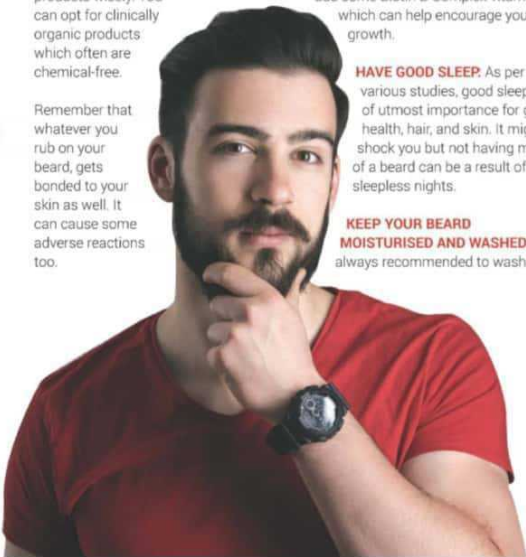
VARIOUS HEALTH CONDITIONS: A lot of health conditions can directly affect your beard's growth. Alopecia is an autoimmune disorder where your immune system starts to attack your hair growth. You might end up losing your hair, and not being able to grow it back easily. Hypothyroidism is another medical condition that can slow down your hair growth, just like anaemia.

Important tips you should follow

Mentioned below are some key tips that you can consider for getting a denser beard.

PRODUCTS: Always be careful with chemical products that can clog your facial pores, restricting the proper growth of a beard. Thus, choose your products wisely. You can opt for clinically organic products which often are chemical-free.

Remember that whatever you rub on your beard, gets bonded to your skin as well. It can cause some adverse reactions too.



Some men don't often shampoo their beard, which is an unhygienic factor, along with being bad for your beard. If you find it confusing, get some time out and try consulting an experienced and a good dermatologist regarding products for a healthier beard.

MAINTAIN A GOOD DIET: A good and healthy diet is not only beneficial for your overall health but also plays a crucial role in having healthy skin. There is nothing like a special diet for improving your beard growth; you can add some Biotin B Complex vitamins which can help encourage your hair growth.

HAVE GOOD SLEEP: As per various studies, good sleep is of utmost importance for good health, hair, and skin. It might shock you but not having much of a beard can be a result of sleepless nights.

KEEP YOUR BEARD MOISTURISED AND WASHED: it is always recommended to wash your

beard thoroughly and apply some moisturiser on it after every wash. It will keep it softer and nourished.

BE ACTIVE: Exercise is very important for your health as it helps to improve the blood flow, which in turn helps stimulate the growth of hair follicles. Physical activities like weightlifting and strength training also temporarily boost testosterone, helping your beard grow in a proper manner.

Treatment for a healthy beard

The above-mentioned tips can work for you, depending upon the condition of your skin and hair. If these tips don't bring a fruitful result, you can consult an experienced dermatologist or hair transplant surgeon. They can effectively guide or suggest suitable treatments for your current condition. Treatment can be done through medications or therapies like PRP, Meso treatment, and in severe cases, a beard transplant can also be considered.



Nasal Prosthesis



Before Treatment



After Treatment

World's Best Custom Eye Prosthesis



Before Treatment



3D Custom Eye Prosthesis



After Treatment

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Our bodies are actually in a state of constant flux, with new cells and changes in its structure being generated continuously! If you changed your point of view about your body and stopped judging it, could it generate something different? Yes, says **Dr Glenna Rice**, Physical Therapist, Access Consciousness Facilitator, Access Body Class Facilitator, Creator of Energetic Manual Therapy (EMT)

What If You
Woke Up With

A NEW BODY EVERY DAY?

Most people see their bodies as a fairly permanent structure. They will allow for growing as children, aging as an adult, some weight loss or gain over the years and a few diseases; but that is about it.

But, are you aware of how much change your body is generating every day? What might surprise you is that our bodies are actually in a state of constant flux, with new cells and changes in its structure being generated continuously!

Let's take a look inside your body

- Your hair is three to six years old, depending on how long it grows.
- Your liver is about five months old.
- Your red blood cells are only four months old.
- Your skin is a few weeks old.
- Your intestinal tract is like that of a newborn baby, only a few days old, with new cells generating daily.

So, how do we create our body?

An incredible amount of the daily creation of our body is from our points of view, projections, expectations, separation and judgments of our bodies. If you are projecting that your body is getting old, ugly, sick or fat, then that is the "invocation," the "spell" you are using to create it. We are much more powerful than we know, and our bodies are very adept at creating themselves continuously from our stupid, erroneous and judgmental points of views.

How many times a day do you judge your body? More than a thousand or less? For most people, they think or



even say aloud hundreds of judgments about their body each and every day.

It is the judgment, spoken or unspoken, that you are using to let the body know how it should create for you every day. And although your body needs to constantly change, or else it would die, what it ends up doing is constantly change into the same fixed points of view you have based on the judgments and projections and expectations you are giving it.

It creates the same thing every day, with a little aging and disease attached. We just regenerate what we have from judgment. What if we could generate something new and different with our bodies? What could be possible with our bodies we have never considered?

Here's what you can hear in any coffee shop or telephone call on a normal day:

"I didn't get any sleep." "I am so tired." "My body hurts." "My stomach hurts." "My back is killing me." "I'm getting old." "I'm starting to look like my mother!" This is how we are telling our bodies over and over what to do for us. What your body hears is, "Be tired." "Get old." "Start hurting." "Make more disease here." "Age like your mother."

What if there is a different possibility? What if you asked your body a question? "What would it take for us to feel amazing today, body?" "What fun could we have?" "What magic can you generate for me today?" "What joy of embodiment could you gift me today?" "Body, what would you like to look like?" "Hey body! I'm so grateful for you!"

And one of my favourites, "How does it get even better than this?" Ask this question for everything that shows up in your body, whether it is a fabulous day or a funky one.

If you changed your point of view about your body and stopped judging it, could it generate something different? Yes. My point of view, and also my awareness after working with thousands of bodies around the world is exactly that.

The body is already generating brand new every day! So, what if we started asking it a question? What if we contributed something besides judgment to assist it in changing? What if we nurtured its generation each day?

Doesn't the body just do what it's going to do and we have to deal with it?

Does it seem like the body just does what it does, and you are just the effect of what it chooses? What if you actually have more effect on what your body creates than you think? If you were willing to be totally aware of your body at its most subtle levels... which is possible when you open up a communication with your body... wouldn't it let you know when it liked what you were doing, or disliked what you were doing to it?

And what if what we've been calling sickness, fatigue, or pain was simply your body giving you a message of what isn't working for it? Often, we misinterpret the energy of our body changing as something being wrong or a pain or a problem. When you feel something in your body, you can ask it,

"Body, are you changing?" If it feels light to you, if you get a yes, then ask how you can contribute.

You are not helpless with your body; you are the most powerful creator of it. What would you like to choose?

Action steps to take today to open a dialogue with your body:

Ask your body what foods it would like to eat: Before ingesting anything into your body, put the food or medicine or supplement out in front of you. Ask your body if it wants to ingest the thing

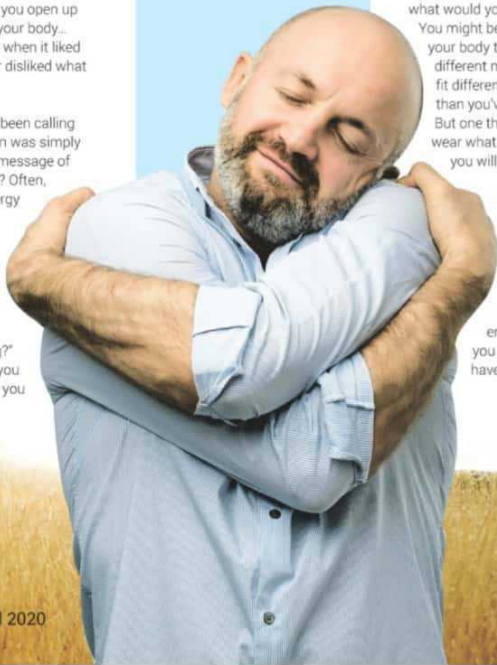
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you are holding. If it sways towards the food or drink, that is a "YES" if it sways backwards, away from it, that is a "NO!"

Ask your body to show you what it would like to look like: Each body is created differently. And the idea YOU have about what you want your body to look like may be quite different than what it desires. Start asking and be aware of where your body brings your attention to. This may take days or even weeks, but your body will begin to 'show' you what it wants to look like. Sometimes it will be someone on television, or in the park, or on a billboard ad, but you will notice that your body is drawn towards what IT wants to look like. Then ask your body to show you what it requires to change, so it's more liked.

Ask your body what it would like to wear: Instead of just putting clothes on in the morning, ask first! "Body, what would you like to wear today?" You might be surprised! Be willing for your body to start asking you for different materials, or clothes that fit differently or are a different style than you've been accustomed to. But one thing is for sure, when you wear what your body wants to wear, you will look and feel amazing!

If your body is changing all the time, what can you be that would allow it to change into something that would work greater for both of you? A joy of embodiment is possible; you only have to choose to have it!



World's Best Custom Ear Prosthesis



Before Treatment



3D Ear Prosthesis



Post Treatment

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MAGAZINE KING

Adolescent Health

Dr Prathima Reddy, Director, Senior Obstetrician and Gynaecologist - Fortis La Femme Hospital, Richmond Road, Bengaluru, talks about the hidden dangers of the adolescent phase and why these young pre-teens and teenagers are vulnerable in more ways than one

Adolescence is perhaps one of the most complex stages in human development. It is a time when there is rapid physical, social, emotional and sexual development. The World Health Organization defines adolescents as those people between 10 and 19 years.

India is home to 253 million adolescents, accounting for 20.9% of the country's population. Almost 72% of the adolescent population resides in rural areas.

These growing years can affect him/her and the family, if not handled properly. So, what are the problems that can particularly affect an adolescent?

Nutrition

Adolescents have increased nutritional demands as they go through a growth spurt in this period. If these demands of the body are not met, they can suffer from malnutrition, anaemia and vitamin deficiencies. This can lead to chronic disease and under-performance in school.

On the other hand, obesity is also becoming a growing problem in the Indian adolescent, as in the West. A study in Chennai showed that 90% eat food or snacks while watching TV, 82% buy food products and snacks based on advertisements, and 59% skipped outdoor activities for the screen. Increasing consumption of

"junk food", lack of exercise, television viewing in childhood and adolescence, is associated with obesity, poor fitness, smoking, and raised cholesterol in adulthood.

Mental Health

Enormous changes, physical and emotional, that take place in this phase of life, can place a huge burden on an adolescent's mental health. It is one of the most neglected issues among adolescents. Mortality and morbidity due to mental disorders in adolescents has increased in recent years. A study from Goa, among 16–24-year-olds, shows that 3.9% of youths reported suicidal behaviour, with females four times more prone than males.

This suicidal behaviour is independently associated with factors such as absenteeism, independent decision-making, premarital sex, sexual abuse, physical abuse from parents, and mental disorders. In India, suicide among adolescents is higher than in any other age group.

Psychiatric disorders among children and adolescents is very common and range between 6.5 – 23%. Unfortunately, it is under-reported and hence, largely goes unrecognised and untreated.

Young people can also experience exam stress, anxiety, eating disorders, anger issues, low body image issues and issues of bullying at school.

Substance Abuse

Substance abuse among adolescents is a serious issue and more often than not, is not accorded the importance and recognition that it deserves. Peer pressure, experimenting with new things, wanting to do the "in thing" and being "cool" and not being aware of the long-term consequences of substance abuse, are some of the contributing factors in this age group.

Evidence from studies says that in the age group 15–19, about 11% of adolescent boys and 1% of adolescent girls had consumed alcohol and 3% consume it daily. About 29% boys and 4% girls use some kind of tobacco. The average age of tobacco use initiation was the earliest at 12.3 years, and alcohol usage at 13.6 years among adolescents. (National Family Health Survey (NFHS)–3 data). About 11% of cannabis users were introduced to it before the age of 15.

Sexual Abuse

Sexual abuse is a major but under-reported problem faced by both, girls and boys. Most cases go unreported as the victim is silent for fear of social stigma. This affects the health, both physical and mental, of the child, and can manifest itself as poor performance in school, absenteeism, poor self-image, sudden change in interpersonal relationships, and irrational and violent behaviour.

Sexual Health

Sex education is still a taboo topic in many parts of our country. The NFHS stated that only 15% of boys and girls in the age group of 15–24 years had ever received sex education. Because of inadequate knowledge, they are at risk of unprotected sex, unintended pregnancies, and sexually transmitted diseases.

Conclusion

The adolescent and teenage years can be challenging times, both for the adolescent and the parents. Talking about the physical and mental changes that occur during adolescent and teenage years can be a good start. Good communication and bonding with your child can help him/her confide in you. Supervising and involving yourself in their activities will help promote a safe environment and build a rapport with their friends. Being aware of the behavioural changes in your child can help pick up problems and address them. Listening, rather than giving advice, is a powerful tool that can help build and mend bridges. So, good luck, enjoy the growing years!



MAGAZINE KING

Make your skin more 'sustainable!'

Dr Pallavi Sule, a Mumbai based Dermatologist and Aesthetic Physician, highlights how one can use organic and environment friendly beauty products and thereby make the skin sustainable

The latest trend in skincare is moving towards renewable, sustainable and bio-based products. This is beneficial to both, the consumer and the environment. Hence, the 'green cosmetics movement' which includes products that are derived from bio-based oleo chemicals, renewable plant sources and bacteria, makes the product a sustainable cosmetic, which is environment friendly, and in the long term, good for human health as well.

How to make your beauty regimen greener and environment friendly

Plastic is the main ingredient in your beauty regime. If one looks carefully into the packaging of all the beauty and skincare products you own, it is predominantly

plastic. Plastic pollution is currently a major environmental concern. Tonnes of plastic waste is accumulating every year in the oceans; hence, now is the time to bring about the change....go green!

There are a few ways in which you can incorporate green practices in your skincare regimen

1. Replacing the plastic packaging with biodegradable, sustainable ones like recycled paper.
2. Bamboo and corn are also great options for packaging; using metal (aluminium) for the lipstick cases.
3. Few brands use minimal packaging in glass or aluminium bottles, especially for shampoos, conditioners and shower gels.
4. Use of re-fillable packaging for products like compact, eye shadows, concealer, foundation etc. should be encouraged. These easy-to-adopt ecofriendly practices will help us serve the environment.

Apart from the plastic packaging, a few ingredients used in the skincare products also cause environmental damage. The micro beads which we love to scrub our face with, present in the facewash, are non-biodegradable. We



Try buying products packed in recycled plastic and paper. Reuse and refill the cosmetic products

can see the bigger plastic bits floating in water but the micro beads are invisible and can cause irreversible harm to the oceans and aquatic life. The government has banned micro beads, helping us cut down plastic pollution.

Things to keep in mind while buying beauty products:

- 1) Try buying products packed in recycled plastic and paper. Reuse and refill the cosmetic products.

- 2) Avoid tiny bottles stacked up in the bathroom just because they look cute, as that also will amount to plastic waste.

- 3) One might think that wet wipes are environment friendly. These wipes, which might seem okay to flush down the toilet, are a major cause for sewage blockages. Also, a vast majority of wet wipes are made of microplastic fibres, which are extremely harmful for the oceans. Hence, it is a good idea to switch to biodegradable, recyclable, organic, plant-based wet wipes.

- 4) Cotton pads are not biodegradable. This is due to the bleaching and the mixing process used to manufacture them. The easy substitute to this is a muslin cloth.

Conclusion:

The need of the hour is sustainable beauty regimens and skincare. The use of natural, organic and plant-based sources for formulations of skincare products helps our health in the long run as they are non-toxic for us and the environment. This will reduce the incidence of diseases and environmental damage. Natural products are devoid of harmful chemical formulations, thereby reducing chances of allergic reactions.





My skin is changing! What are my options?

Dr Yash Mehta, Facial Plastic Surgeon, Founder of Aesthetic & Cosmetic Surgery Clinic, talks about skincare that can delay the signs of ageing

Signs of ageing can start to become apparent on the surface of the skin at around 25 years of age. Enlarged skin pores, uneven skin tone, wrinkles, loss of volume, and loss of elasticity – all become concerns as we begin to age.

We will explore the options now available to combat signs of ageing and to maintain a youthful appearance.

Skincare:



Skincare is all about treatment and prevention. Getting started on the right skincare regimen at an early age can significantly delay the signs of ageing.

Skincare has developed greatly in terms of quality, accessibility, and giving birth to cosmeceuticals – a combination of

pharmaceutical and cosmetic products. These are highly specialised products and are usually available at doctors' clinics.

A skincare regime must be developed keeping your lifestyle and skin concerns in mind. As a facial plastic surgeon, I always perform a complete skin evaluation for my patients, understand their concerns, and then together with them, develop their skincare routine.

Pore enlargement, wrinkles etc. can all be dealt with by the right topical applications.

Peels:

There is a wide variety of peels available in the market. Some are just used for refreshing the skin and there are others that are targeted for specific outcomes.

I have seen spectacular results in dealing with hyper-pigmentation using peels. There are also peels available that target dark circles under the eyes.



Remember that when you are doing a peel, there are usually restrictions associated, such as limited sun exposure etc. Be sure to ask your doctor about such restrictions before you apply a peel.

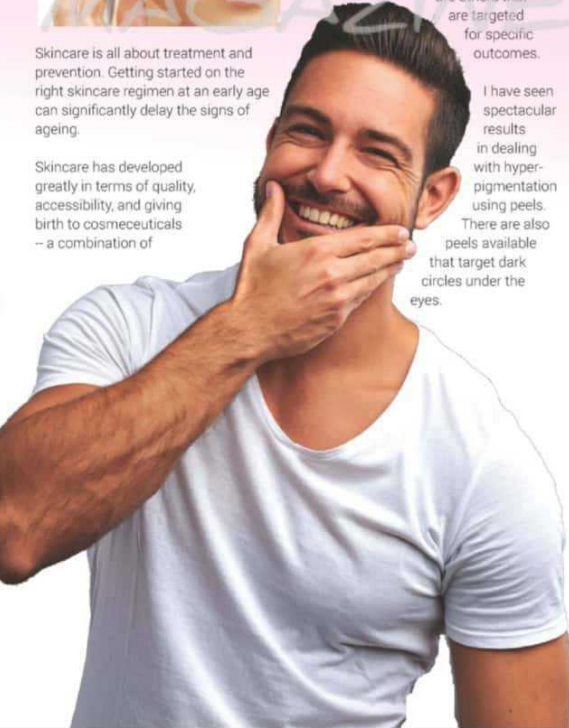


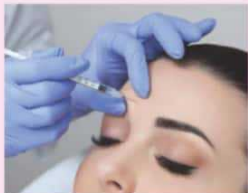
Fat Grafting:

As we age, our skin tends to lose volume, especially our facial skin. This results in sagging skin. Visible places of volume loss are the undereye region, the area around the nose, referred to as nasolabial folds, and the jaw line.

One way to combat this is by fat grafting. It is a method in which we extract fat from the abdomen or the thigh, refine it, and then inject into the targeted area of the face.

Unlike what you think, the procedure is relatively painless and can be completed within two hours at a clinic!



Injectables:

It is important to understand exactly what injectables are before deciding if you need them.

Botox:

First, Botox is a brand name! The active compound used is onabotulinumtoxin A. It is a neurotoxic protein that when injected, temporarily reduces the underlying muscle activity.

Because of this reduction in muscle activity, severe to moderate frown lines, crow's feet and forehead lines can look visibly smoother.

The procedure is usually 10 minutes long and results can be seen in 48-72 hours.

Be sure to ask your doctor which brand of onabotulinumtoxin A is being considered for use.

Fillers:

Fillers are another widely used injectable in aesthetic medicine.

Fillers essentially act as place holders for depleted collagen and fat in the face. Fillers can be used to target undereye furrows, create a defined jaw line, and also deal with nasolabial folds.



The lion's share of fillers used are hyaluronic acid (HA) fillers. Hyaluronic acid is a naturally occurring sugar found in the body. There are different type of HA fillers available and each can target a different area

The lion's share of fillers used are hyaluronic acid (HA) fillers. Hyaluronic acid is a naturally occurring sugar found in the body. There are different type of HA fillers available, and each can target a different area



Remember that not all fillers are created equal and because your friend got a certain type of filler doesn't mean that you should too.

While I recommend using HA fillers, which HA filler I am going to use is dependent on the patient's skin and also on the desired outcome. Again, placing fillers is a 10-minute-long procedure and results show almost immediately.

Surgeries:

Facial plastic surgeries are wide-ranging. The most common of them are rhinoplasty (commonly known as a nose job), blepharoplasty (dealing with excess skin, either in the upper or lower

eyelid), and the coveted buccal fat pad removal.

As we age, our upper eyelid tends to sag. People often mistake this for droopy eyebrows and get Botox. As a result, you get a raised eyebrow and the droopy eyelid stays as it is. The excess skin from the eyelid needs to be surgically removed. This procedure is usually done in a clinic, under local anaesthesia.

As discussed earlier, we tend to lose fat under the eyes; this can be fixed with fillers if it is at an early stage. However, if there is an excess of skin sagging under the eyes, unfortunately, fillers will not to the trick. It must be surgically removed.

The thing to remember is that whether you need surgery or not is entirely dependent on your goal.



Top Fitness and Diet Trends of 2020

The approach to fitness has become wholesome, and everyone is experimenting with different workouts like kickboxing, dance, boxing, sports, martial arts, skipping, jogging and aqua yoga to stay fit. **Surela Chakraborty**, in conversation with a fitness expert and nutritionist from Skulpt, a popular gym at Kolkata, shares the top trends of 2020



The fitness industry has revolutionised the way people exercise today. If one might have observed, we just don't hit the gym to look good but feel good, inside out. Some of the fitness jargon that has made its way into our daily vocabulary is the very popular 'core' and 'form'. This is because the approach towards fitness has seen a sea change. As one enters the new decade and the year 2020, which is going to be an eventful year for those looking out to create a stronger body and mind, there are many fitness and diet trends to choose from.

The focus is also on creating a stronger mind which is stress-free. Thus, people are opting for meditation retreats, attending vipassana classes, and chanting shlokas to keep their minds fit and clear of distractions. Even workplaces are encouraging their employees to attend meditation sessions to destress and increase their productivity.

Scouring the internet would lead to a zillion fitness and diet trends that are creating a buzz this year. We bring you a selection.



Active recovery: This is a set of low-intensity exercises done just after an intense workout to help the muscles rest, than just stopping the workout suddenly. It involves stretching exercises which prevent the muscles from getting sore, and improve flexibility.

HIIT or High-Intensity Interval Training: It involves people doing high-intensity workouts, followed by short periods of rest. This helps to increase the heart rate and the reduction of fat mass in the body. It can be done

anywhere if one can pick it up correctly, and is not time consuming at all.

HIIT or High-Intensity Interval Training involves people doing high-intensity workouts, followed by short periods of rest. This helps in increasing the heart rate and the reduction of fat mass in the body. It can be done anywhere if one can pick it up correctly, and is not time consuming at all

More Stretching Exercises: A lot of stretching has been included while designing new exercises to increase flexibility and to loosen those muscle knots caused by long hours of sitting at the desk or performing regular chores.

Rowing: Rowing helps to provide the accurate stretch to tone the body and develop strength. It is increasingly popular, especially among those who love the outdoors. It can be done indoors with a rowing machine too.

Movement Quality Analysis: This helps people stay active and steer clear of injury. There has been a drastic change in fitness strategies to include





movements that help people reduce and prevent pain, and perform to the best of their ability. The use of body weight assessments, online applications and motion capture technologies, help fitness experts to draw up workout plans that suit everyone. Nowadays, more age-appropriate exercises are being designed for older adults so that they too can stay fit, active, and look evergreen.

Prosenjit Biswas, Fitness Manager, Skulpt, which is a popular gym based out of Kolkata, lists out the hottest fitness trends of the year:

Wearable Technology: Now, wearable technology has become the 'in thing' and has functional value by becoming the perfect partner for an individual's fitness journey, right from keeping a tab on the amount of calories burnt, tracking both steps and distance covered during the day, setting fitness goals, and keeping oneself motivated to reach them. The well-designed fitness applications in the smartwatches like the Apple Watch and the popular fitness band, Fitbit, has revolutionised the way people work out today.

Pilates: Fitness experts believe in delving deep into the core muscles while exercising. Joseph Pilates, who is the father of modern-day Pilates, described 'core' as a group of muscles of the abdomen, lower back and the hips, which need to be strong enough to ensure overall body stability and balance. This form of exercise uses springs, bands and a special machine called a reformer, and one's body weight to develop a stronger core, alleviate back pain, improve balance, flexibility, strength, and endurance.

Running Marathons: Marathons are now not limited to just winning gold in the Olympics. Today, commoners are on the roads, running marathons to destress, test one's endurance, and build stamina in a fun way.

Functional Training: These exercises help to train the muscles to do daily activities efficiently and safely. Functional exercises help the muscles to work together and train them to do daily tasks at home, work or in sports. The exercises simultaneously use muscles in the upper and lower body; for instance, squatting is a good example of a functional exercise commonly practised. Other examples of functional fitness would be the use of resistance bands or dumbbells at home, doing body weight movements such as planks, push-ups, and sit-ups.

Equipment-Free Workout: There are workouts which can effectively tone your body and provide strength

without equipment, like high-intensity interval training, Zumba, cycling, swimming, yoga, boot camps or just brisk walk.

Free Weight Workouts: Previously, these weights were used to build a muscular body that looked bulky. Now, the approach towards fitness has gone skin deep; free weights are used as workout tools, not just to burn fat or tone up sans the bulk but build overall muscle strength.

Saloni Surana, in-house nutritionist at Skulpt, explains why these diet trends are not mere fads:

Intermittent Fasting: This diet plan demands a person alternate between cycles of fasting and eating. Usually, the most common method is 16:8, which implies a person eat for eight hours, and the remaining 16 hours are spent fasting, except drinking water when thirsty. This helps to reduce inflammation in the body and cholesterol levels, control diabetes and fight against cancer, to name just a few.

Paleo Diet: This diet plan includes food that was eaten by the early humans during the Palaeolithic era. Thus, one can include only those foods like lean meats, fish, nuts, and seeds rich in omega-3, and unprocessed oils. However, it limits food items that were sourced from farming, like grains, dairy



products, and legumes. One should also avoid salt, refined sugar, potatoes, and processed food. This diet is suitable for those who want to lose weight or maintain a healthy weight and are looking for meal planning options.

Vegan Lifestyle: This plant-based diet plan helps a person to lose weight and maintain it, reduce cardiovascular risk and control diabetes. Vegans don't eat dairy products, eggs, and meat.

Gluten-free Diet: Many people voluntarily choose to stay away from gluten-rich foods like refined flours. Instead, they choose flours that have no gluten such as almond, oat and buckwheat flours and brown rice flour, etc. One can easily opt for fresh fruits, vegetables, dairy products, fish and lean meats, seeds, and nuts. This diet prevents bloating and constipation, improves the immune system, and helps reduce body fat.

DASH Diet: This diet plan is an acronym for Dietary Approaches to Stop Hypertension, and it implies a method of lifelong healthy eating that is formulated to prevent high blood pressure or hypertension. The Dash diet plan was developed to reduce blood pressure without medication, and it prescribes low-sodium intake. One can have foods rich in potassium, calcium, and magnesium that help lower blood pressure. This diet has indeed helped people reduce blood pressure remarkably in a matter of weeks. Following DASH diets also helps in reducing risks of osteoporosis, cancer, cardiovascular diseases, diabetes, and stroke.





Our feet play an important role in sending us signals and in the way we move and balance ourselves. A healthy trend in fitness these days is training without your shoes on. **Amrin Memon** and **Himay Chikani**, of AH Fitness, share the details

Training in Bare Feet

When it comes to training, most people overlook two of the most critical parts of the body – their feet. They train the upper and lower body, and core, giving no thought to strengthening their feet.

Our feet are undoubtedly important.

They are the first contact point when hitting the ground and the last contact point when leaving it. They play crucial roles in movement. Thus, it is easy to agree that a strong foot, and the whole ankle complex for that matter, has several performance implications. If you are unable to perform a majority

of your activities including strength training, walking, jogging etc. in either in bare feet or the most minimal shoes, your feet and ankles just aren't functioning the way they were meant to. When these muscles aren't activating properly, much of the stress is transferred to tendons, ligaments

and joints, and surrounding connective tissue, thus resulting in various injuries over time. Instability in feet and ankles also result in various postural issues that may go all the way up to the spine.

Our body is a constant feedback loop of information. With the foot as the only contact point between the body and the ground, much of this information enters our nervous system through the feet. If this information is tuned out or unable to be sensed by the nervous system, inaccurate movement patterns and delayed time to stabilisation (i.e. injury) are the results.

One of the primary causes for the inability to sense the essential proprioceptive information of human movement is footwear. If we throw on gardening gloves while typing, we will have no idea where our fingers are, how hard to push the keys, and how much force to apply. It is because there is no sensory feedback from the skin to the brain.

Similarly, thick, cushioned, supportive footwear completely tunes out the foot during dynamic movement. These cushioned shoes cause a lack of foot control and awareness, preventing us from properly distributing weight across the entire foot. Aside from cushy shoes and those with excessive heel lift, many shoes have a narrow toe box that prevents the toes from spreading like they normally would if we walked barefoot. The toes are meant to spread apart with each step. This restricted toe movement also reduces balance. Over time, the feet, ankles and toes become inhibited and gradually lose their ability to absorb force effectively. The toes, arches and lower leg muscles stop doing their job to support the foot.

Unfortunately, barefoot training has gone through some rough patches. First, it went through a fad with minimalist shoes. People abruptly went from wearing cushioned shoes to going barefoot (or barely there shoes) in the blink of an eye. An increase in stress fractures soon followed. Naturally, the pendulum swung back in the opposite direction, and overtly supportive and cushioned shoes came into existence. Now, even after a couple of years, the concept still seems to be misunderstood.

How to get started?

Test your feet

No matter what shoes you have on your feet, you have to learn how to use your own feet first. Simply transitioning to bare feet or minimalist shoes will not automatically strengthen the feet.



No matter what shoes you have on your feet, you have to learn how to use your own feet first. Simply transitioning to bare feet or minimalist shoes will not automatically strengthen the feet



Increase awareness of your feet.

1. Can you actively spread your toes?
2. Can you roll the ankle in and out by collapsing then activating the arch of your foot?
3. Can your toes bend upward and downward?

After years of wearing shoes for more than 12 hours a day, beginning to embrace barefoot training must happen gradually. The small intrinsic muscles in the feet are so weak, suddenly jumping from supportive cushioned shoes to no shoes may actually lead to injuries. The damage done by wearing supportive footwear must first be undone before training in bare feet. Simply walking around barefoot can begin to strengthen the small muscles in the foot, and is a good way to start. One can invest in a pair of minimalist shoes and start by wearing them for one or two hours a day, gradually adding an additional hour every month. The transition to barefoot training should happen over a course of a few months or even a couple of years.

Benefits of Training Barefoot**1. Better Proprioception**

Each foot is made up of 33 joints, 26 bones and more than 100 muscles, tendons and ligaments; and it is loaded inside and out with sensors that subconsciously interpret space, orientation and our movement in it.

Many shoes have a narrow toe box that prevents the toes from spreading like they normally would if we walked barefoot. The toes are meant to spread apart with each step. This restricted toe movement also reduces balance

This is what maintains our balance and stability. Barefoot training helps enhance this mind-body connection. It is one of the most effective ways to stimulate the small nerves found in the feet for proprioceptive training, and is widely used for rehabilitation as well as injury prevention.

2. More Power

All the force we generate to walk, run, jump, and deadlift comes from the ground. Our feet are the only part of our bodies that are in contact with the ground and transmit the force. If there is a cushion between the ground and the feet, the force output reduces. But if we are barefoot, the force isn't lost and instead can be incorporated into the lift.

3. Glute Activation

The big toe is directly related to glute activation. Training hip hinge movements like deadlifts and kettlebell swings barefoot can help create improved foot feel and can help target

the larger muscles in the hip that drive these movements.

4. Improved posture and overall mechanics

Our feet affect us much more than we realise. Numerous studies have consistently shown that the entire kinetic chain of movement from the feet up gets affected when the feet are not at their optimum best. Foot and ankle dysfunction often contributes to faulty hip and knee mechanics, which indirectly affects the spine. Poor spinal alignment is often the cause for low back pain, neck pain, shoulder injuries, as well as weakness of the upper extremities. Going barefoot strengthens the neuromuscular pathways of the foot and leg, thus improving the initial neural firing, which in turn helps the rest of the body movements.

5. Stronger Base

Our feet are intended to feel the ground and to withstand incredibly high forces, and should provide more in terms of shock absorption than perhaps any other body part. The balance and stability required while moving without shoes maintain this ability and strengthen the foot musculature over time.

Use caution

Don't go to extremes with training too soon. Certain movements like jump rope or plyometric exercises like box jumps, depth jumps etc. should be done with shoes, as they put a lot of stress on the foot's tendons and ligaments. These may, however, be attempted after a few years of training barefoot progressively. Going barefoot may also be counterproductive for movements like squats for people who have limited ankle flexibility, as it can compromise the form. Also walking around barefoot in the gym may pose other risks like getting stamped on or a weight dropping on the foot. Be careful of the floor conditions before kicking off those shoes.

Lastly, focus on moving properly, moving better, moving slower, and moving with more control.





MAGAZINE KING

Luxe Getaway

A session at Conrad Spa is all about relaxing in a luxurious setting that will ensure you can rejuvenate and detox. By **Bindu Gopal Rao**



Located on the third level of the plush Conrad Bengaluru, is a wellness floor that has a fitness centre and swimming pool, as well as a yoga pavilion. However, when you enter the spa, it is the unmistakable aroma of essential oils enveloping the space that catches one's attention.

I am welcomed at the reception by the Spa Manager, Mahesh, who takes me to the relaxation area — large comfortable seating in navy blue upholstery; curtains that separate the seats allow for privacy and calm. I am given a consultation form to fill, which asks questions on basic

health, kind of pressure, and even if I am comfortable with a massage in the chest area. I am impressed with the attention to detail and thoughtfulness, even as my therapist, Linda from Manipur, meets me with detox water. A mix of beetroot, ginger, lemongrass and Himalayan pink salt, this drink is aimed to cleanse the body.

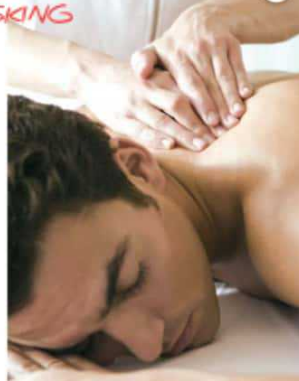
The décor is in muted tones of cream and beige, and the menu is like a book with various sections. Under the 'Essentially You' section, there are treatments that rejuvenate your mind and body with technologically advanced elements. 'Perfectly You' has a selection of treatments that combine time, technology and organic treatments perfectly. 'Beyond Perfection' has innovative treatments tailored to meet your requirements. The 'Conrad Bengaluru Signature Treatments' are a collection of treatments inspired by local techniques, culture and surroundings. The spa has a unique ice fountain that dispenses ice, which helps to close pores after a sauna session.

Mahesh asks me a few questions, and suggests I try the Swedish massage, based on my answers. With that sorted, Linda

shows me the treatment room, and once I have disrobed, she comes in and starts with a foot ritual. My feet are dipped in an urli with warm water into which Himalayan pink salt is added. She scrubs my feet and pats them dry, then asks me to lie face down on the massage table. A small pillow is placed below my legs, and I am covered with a thin cotton bedsheet. The spa bed itself is warm, as it is heated, and is very comforting. Using lavender oil, she starts with a back massage, applying the right pressure with her deft palms, and eases out all the stress and tension from my back. Then she massages each of my legs individually, and my hands as well.

When she is done, she covers me with a sheet and does a small dry massage. Once I am asked to turn over, I am given a head support, and an eye mask is placed on my eyes. Starting with the leg massage, Linda ensures that my thighs are relaxed and feel light. She then massages my hands, and removes the eye mask to massage my face and head. The pressure used throughout is uniform and firm, never once feeling too heavy, and ensures that I am at ease.

At the end of the session, she uses a warm towel to wipe my feet dry of any



trace of oil. I am taken to the steam room, and the shower thereafter. Once done, I feel relaxed and rejuvenated; this spa experience is certainly one not to be missed. A warm herbal tea at the end of the session is another highlight. So do not forget to make your appointment at Conrad Spa the next time you are in Bengaluru. It is exactly what you need.

Rates: Starting at Rs 2500 for 30 mins and Rs 3800 for 60 mins (exclusive of taxes)

Fact File

Address: 25/3 Kensington Road, Off M.G. Road, Ulsoor, Bengaluru – 560008
Timings: 9 am - Midnight
Contact: 080 2214 4444
Website: www.conradbengaluru.com



Pollution from your Gizmos

Let's fight E-pollution before it causes irreparable health damage

Electromagnetic fields from your mobile phones and laptops produce non-ionising radiation, which gives rise to electromagnetic pollution, also named as e-pollution or electrosmog. If you think your mobiles and laptops are the only source of e-pollution, you are clearly ignoring the electrosmog emanating from the sources which one has no control over. Sources like mobile towers in the vicinity, high tension wire lines, server rooms in your offices, Smart TVs, Wi-Fi routers, IoT devices and boosters, even your neighbour's Wi-Fi, are exposing you to radiation at all times. Research shows that prolonged exposure to electromagnetic radiation causes stress in humans, lowering their immunity, and making them susceptible to various diseases ranging from higher fatigue, poor sleep quality, issues in reproductive health and even cancer in extreme cases.

The World Health Organisation (WHO) has declared mobile phone radiation as a possible carcinogen of level 2b. This is the same category

which contains exhaust fumes, lead, asbestos and other deadly substances!

To address this concern of electrosmog,

Synergy Environics Limited, pioneers in the field of radiation protection, have launched Enviroglobe - India's first radiation protection solution for healthier homes and workplaces.

It protects an area of 300 sqft (10 ft radius) from the ill-effects of radiation. One needs to charge it with sunlight for about 15 minutes, once a week.

It can be used in living and work spaces, and can also be a great travel companion. A tested and certified solution, Enviroglobe has received the "CE Marking" which declares that the product is compliant with all applicable European safety directives and regulations. It also has been certified as a green/eco-friendly product by the Singapore Green Building Council (SGBC).

A revolutionary proprietary technology, the globe consists of a combination of inert materials used to generate 'random' waveforms at



Proteins in your Water

higher natural frequencies, which 'carry' the radiation from the wireless devices, making them compatible to the human body. It simply changes the nature of radiation, making it harmless to the human body, ensuring no impact on the signal strength of your devices.

Post implementation of our solutions, we have found an improvement of up to 8% in the heart rate of the occupants of the building. Pulse/heart rate is the indicator of stress level of the human body; consequent effects are enhanced productivity and better health of the employees. In cases of factories and manufacturing units, there have been fewer instances of machinery breakdowns and a reduction of mishaps in accident-prone zones directly affected by negative radiation.

Keeping in mind today's lifestyles, this palm-sized, globe-shaped device is a perfect gift for the ones you care for. Manufactured in association with Jindal Steel's luxury home décor brand, Artt d'inox, EnviroGlobe has been created using high quality premium grade stainless-steel shell and has been awarded for its design and aesthetics. Made to last for a minimum of five years, bearing in mind the regular wear and tear, it is advisable not to expose it to rain, snow and other similar extreme conditions.

Our mission is to enable a greater sense of well-being in people at home and at work, and effectively reach more people globally by the ongoing creation of technologies that protect against the toxic effects of radiation.

Priced at INR 4,499, EnviroGlobe is available at the Environics website, various leading e-commerce platforms like Amazon, Flipkart, First Cry - online stores, leading mobile and health stores.

Aquatein - India's first protein water brand comes in different flavours and is made from whey protein

Be a part of the new revolution in protein consumption. Aquatein Protein Water. It is your protein fix that doesn't need any add-ons-direct consumption, with 20 times the protein absorption and hydration.

Aquatein comes in two variants to accommodate different requirements -one, with 10 g of protein and 3 g BCAA; the other, Aquatein Pro, with 21 g of protein and 6 g BCAA.

It is available in four delicious flavours -green apple, orange, mixed berry and strawberry.

Made of whey isolate in its purest form, infused in water, Aquatein is a great pick for those with an on-the-go lifestyle or dislike a heavy stomach that results from ingesting a protein shake, bar or other additional protein alternatives. The fact that it has no carbs, sugar or fat ensures that no empty calories are consumed.

Aquatein is available in packs of four, eight and 24. Also on offer are monthly subscriptions and bulk orders of upto 96 bottles. It is currently available for purchase on the website as well as on amazon.in. If you are in for a revolutionary new way to get your dose of protein, grab a starter pack of four!



Responsible E-Waste Disposal

India accounts for 4% of the global e-waste generated annually. The country needs a responsible disposal and management system of e-waste for sustainable consumption



Global e-waste generated annually is becoming a major health hazard, and India accounts for 4% of it. Consumer Voice, a leading voluntary body has strongly argued for responsible management and disposal of loads of electronic waste to ensure their sustainable consumption.

Electronic waste, abbreviated as 'e-waste', is a term used to describe old, end-of-life electronic appliances such as computers, laptops, TVs, radios and refrigerators, which have been discarded by users. E-waste is a cocktail of toxins like mercury, lead, cadmium, arsenic, and beryllium or brominated flame retardants that are hazardous to human health and the environment, if not recycled using state-of-the-art technology.

Consumer Voice, a voluntary organisation that works under the

Ministry of Consumer Affairs to safeguard the health of consumers, underscored this fact on World Consumer Rights Day, which is observed annually on March 15. The theme for this year was 'The Sustainable Consumer'.

On the occasion, Consumer Voice organised an expert session, focussing on e-waste disposal and management, in association with Toxics Link, an organisation working towards awareness of e-waste and chemical toxics for environmental justice and freedom from toxins.

Mr Ashim Sanyal, COO, Consumer VOICE, said, "Sustainability is the major concern around the word that needs to

be addressed. In India, there is a huge need for responsible disposal of waste, as well as awareness about it."

Mumbai topped the list as it generated an estimated 1,20,000 tonnes of e-waste annually, followed by Delhi and Bengaluru, with 98,000 tonnes and 92,000 tonnes, respectively. Around 70% of heavy metals found in landfills are accounted for by e-waste.

The report points out that since 2018, India has generated more than two million tonnes of e-waste annually, and it also imports huge amounts of e-waste from other countries.



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