



Volume: 3
Read the previous edition of
R Healthbeat on
www.reliancegeneral.co.in

What are our readers say about R HealthBeat

Various health related topics are presented in simple language without diluting the scientific content. The topics are chosen taking contemporary issues into consideration and are presented by eminent professionals from their respective fields. The magazine gives you top down view of various health related issues such as highlighting importance of mother's milk, monsoon ailments, fitness and nutritional aspect for enhancement of health and use of modern technology in health care. On a lighter note a section on leisure is included which would be of special interest to travellers and those interested in adventure sports.

I feel the magazine will certainly be useful to population at large as well as health care professionals. I take this opportunity to congratulate the Editorial team of R Health Beat for bringing out such a magazine which gives useful tips and scientific information about promoting holistic healthcare. I wish the Editorial team All the best in all their future endeavours.

Dr. Uday B. Nadkarni

Consultant pediatrician,
Hinduja Healthcare, Fortis Group of hospitals
Sunrise Hospital
Mumbai

"Great initiative from Reliance General Insurance , the magazine is very informative and enriching . Wishing all the best to Health Team"

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R HealthBeat

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for more articles and updates on Healthy living and Wellness.
You could also write to us at rcarehealth@rcap.co.in
with your comments and suggestions or for charting out an exclusive
Wellness programme for you.

Editorial Team

Editor-in-chief
Rakesh Jain

Project Head
Anand Singhi
Dr. Saif Gondekar

Concept
Dr. Nagarjun Mishra
Chetan Thadeshwar
Roma Mishra

Content
Dr. Prashant Gaurav
Dr. Mahesh Yelapure
Dr. Saumya Kumar Misra
Priyanka Baid

Creative & Design
Unnati Pange
Amar Shrivastav

Did you know?

Proper monitoring of nutrition is essential not just for diabetics and hypertensives, but for every person.

Foods that contain less than 20 calories and 5 grams or less of carbohydrate per serving are considered 'free foods' since one serving won't boost the blood sugar significantly

Knowing how to read food labels also assures you that you are getting more value for your money and protects you from incorrect claims on the product packs.

Understand the food labels

Labels are designed so that consumers are provided with useful information about the product and how this would fit into their daily diets. The following are a big help:

Sugar

- **Sugar-free:** Contains less than 0.5 grams of sweet per serving.
- **Reduced sugar:** Contains at least 25% less sugar as compared to the regular food.
- The term "sugars" refers to added sugars, as well as natural sugars coming mostly from fruit and dairy products -- so if the food in question is not fruit or dairy, then it is safe to assume most of the sugar has been added during manufacturing.

Every foods that say "no sugar" or "reduced sugar" can be high in carbs. Therefore it's important to check the nutrition labels

Fat

- **Fat-free:** Contains less than 0.5 grams of total fat per serving.
- **Low fat:** Contains 3 grams less grams of total fat per serving.
- **Reduced fat:** Contains at least 25% less fat than the regular food product
- **Saturated fat:** Contains less than 0.5 grams of total fat per serving.

Some fats, poly and mono-unsaturated, when consumed in moderation, helps to lower cholesterol levels and protects against heart diseases

Cholesterol

- **Reduced cholesterol:** Contains less than 25% cholesterol than the regular food
- **Cholesterol free:** Contains less than 2 mg of cholesterol per serving
- **Low cholesterol :** Contains 20 mg or less cholesterol per serving Saturated fat from your diet has the highest effect on raising blood cholesterol which increases risk of heart disease

Saturated fat from your diet has the highest effect on raising blood cholesterol which increases risk of heart disease.

Fiber

- **High fiber:** Contains atleast 5 grams of fiber per serving
- **Whole grains:** Contain good amount of fiber and help you get 25 to 35 grams per day

Eat right - The 5 Mantras...

- Pay attention to serving sizes
- Consider your daily calorie goals
- Go easy on sodium & cholesterol
- Hydrogenated fats are a big NO
- "Free" is not necessarily healthy



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Letter from the Editor

Letter from the Editor

Dear Readers,

A warm welcome to yet another issue of R HealthBeat...

As the months draw closer to a year end, we move a step closer to publish our anniversary edition next year. This journey has been extremely wonderful and we have enjoyed this all the way.

The 4th volume of R HealthBeat focuses on how we could take small steps in ensuring positive health in the New Year. With 14th November being the World Diabetes Day, we have also tried to help Diabetics lead a sweet life.

On recommendation of our readers, we have introduced an Ask your Doctor column, where our panel experts answer your queries.

Many sugar free foods are fairly high in calories, and food labels confuse us. The Did You Know section guides you to read food labels and select food products best suited for you and your family.

Yoga has seen many variations since people in the west realized it's potential. Fitness Today section familiarizes you to YaP –a concept that combines the eastern philosophy of Yoga & ancient oriental principles of Physiotherapy.

The Technology section explores non-invasive devices that help monitor your key diagnostic parameters.

The Diet & Nutrition column this time has some tasty recipes from Smitha Duggar, a Master Chef India contestant from Season 1.

One of the best things about New Year resolutions is that they are super fun to make but extremely difficult to sustain. We all start off with the same usual commitments of joining a gym, not watching TV and so on. Try out some interesting resolutions from Leisure section this year.

We thank you for your continued patronage for this initiative and welcome your feedback. Wishing you the best of health always!

Regards
Rakesh Jain
CEO
Reliance General Insurance



The 4th volume of R HealthBeat focuses on how we could take small steps in ensuring positive health in the New Year. With 14th November being the World Diabetes Day, we have also tried to help Diabetics lead a sweet life.

Ice vs Heat- What's better for your pain?

Some of the easy, natural and affordable ways to relieve pain are Ice and Heat. But which is better for your problem? Some recommendations from our experts:

Arthritis

Problem:
Worn- away Cartilage in joints (Knee, Shoulder, Elbow, Fingers, etc)
Solution:
Relax tight muscles and chronically stiff joints using moist heat.

Headache

Problem:
Etiology can be either the muscles in the neck or nerves or blood Vessels in the head
Solution:
a) Use ice to numb throbbing head pain
b) For painful neck spasm use moist heat

Tendinitis

Problem:
Acute irritation in tendons attached to joints like the shoulder, elbow, knee, wrist, heel, etc. after activity
Solution:
Use Ice to ease up inflammation and numb the pain

WHY ICE FOR INJURIES < 6 WEEKS OLD?

Ice numbs pain, relieves inflammation and limits bruising by constricting blood vessels and is preferred for acute injuries.

Gout flare -ups

Problem:
Chronic, inflammatory arthritis (big toe, instep, ankle, heel, knee, wrist, finger, elbow, ect)
Solution:
Use ice to calm flare-up and numb the pain

Sprains

Problem:
Injured tendons or pulled muscles in the thigh, back, calf, ect.
Solution:
a) Inflammation (redness, swelling and or tenderness) will ease on using Ice
b) After inflammation resolves use heat to ease stiffness

Tendinosis

Problem:
Chronic irritation and stiffness in tendons attached to joints
Solution:
After inflammation resolves use heat to relieve stiffness

WHY HEAT FOR ARTHRITIS & INJURIES > 6 WEEKS OLD ??

Heat relaxes tight muscles and relieves aching joints by increasing blood flow and is used for chronic injuries.



Ask Your Doctor

Our experts answers your concerns on the rising epidemic disease 'Diabetes'

1. At what frequency should I get my HBA1C checked?

HbA1c is a test which gives the average of your blood glucose values over the previous 8 to 12 weeks. HbA1c should be checked at least once every six months. Some patients may need more frequent testing (eg. during pregnancy).

2. What are the key signs and symptoms that I need to be aware of?

The main symptoms of diabetes are excessive thirst, frequent urination, increased appetite, unexplained weight loss, tiredness, slow healing of wounds, repeated urinary tract infections and in men erectile problems.

3. What are the other important health checkups that I need to undergo?

It is highly recommended that patients with diabetes undergo periodical check-up to look for complications of diabetes.

Annually -

- Eye examination with dilated pupil to look for retinopathy
- Foot examination - nerve test, blood flow and any lesions in the foot
- ECG (or) Tread mill test depending on the symptoms
- Kidney test - Blood Creatinine, Urine protein

These may need to be done more frequently depending on the findings from these tests. For example, somebody with retinal changes may need to be reviewed after 3 or 6 months depending on the findings.

4. What is the difference between type 1 & type 2 diabetes?

Type 1 diabetes is where there is no insulin in the body. This is generally due to immune-mediated disease affecting the pancreas (the organ that produces insulin). Type 2 diabetes is where there is some insulin production but not sufficient to keep the blood glucose under control or the action of insulin is inefficient (called insulin resistance).

5. Does Pranayam & Bittergourd juice help in control my blood-glucose levels?

People have been using various methods to control the blood glucose like above. These may help depending on



the type of diabetes, the person's blood glucose levels, etc. But strong evidence (through research studies) for these therapies is awaited. Pranayam has certainly been shown to be quite useful in some of the diseases and if performed correctly this could potentially be beneficial.

Have a question about Diabetes ? Do write to us at rcarehealth@rcap.co.in and get your queries answered.

Our 'Ask your Doctor' in the next edition will help answer your questions about Cancer ,whether you are newly diagnosed, in treatment or years beyond treatment. Send your questions to rcarehealth@rcap.co.in and get your answers published in the next edition.



Author
Dr. N. K. Narayanan

M.B.,B.S., M.R.C.P., (General Medicine, UK),
S.C.E., (Endocrinology & Diabetes, UK),
M.R.C.P., (Endocrinology & Diabetes, UK)

Aerial silk- The newest form to up your challenges

A length of material (polyester or nylon) which is rigged from the ceiling is strong enough to help one climb, perform tricks and stunts.

A weight manager

Not only tones your muscles but also burns my calories of around 300-400 calories per hour. Work on it real hard to improve your muscle mass.

A fitness pal

A vertical form of exercise that helps you tone, tighten and recruit every muscle in your body. One learns to defy gravity as he/she flips, turns in those gorgeous silk ribbons. It affects almost every part of the body-the wrists, forearms, triceps and shoulders enabling one to achieve a great workout.

It is also an amazing workout for your back, abdominals, strengthening the core and improving your overall flexibility as it forces you to use you own body weight to pull yourself up against the fabric.

A guide to improve my mental health

- Uplifts your mood
- Effective in reducing stress levels
- Increases oxygen supply to the brain due to the involvement of deep breathing.
- Improves resilience and helps you inculcate the sense of optimism

A rejuvenating form of art that also improves the psychological side of oneself as it helps him to face the fear of heights, being upside down. One should definitely give a try to this unique and challenging form of exercise.

Please note:

This form of art is not suitable for pregnant women or people with low blood pressure, as turning upside down might cause dizziness. It is also not recommended for individuals with shoulder injuries.

Where in India?

Mumbai- Inhale studio

An amazing workout for your back, abdominals, strengthening the core and improving your overall flexibility as it forces you to use you own body weight to pull yourself up against the fabric.



YaP

Yoga & Physiotherapy

YaP™ is a novel concept that combines the Eastern philosophy of Yoga and ancient Oriental principles of balancing vital energy, with the Western technology of Physiotherapy using Bio-Energy Stimulation. It accelerates the recovery of damaged tissue at the cellular level providing pain relief as also overall wellness.

Apart from pain relief, benefits include faster recovery from muscle, joint, tendon and ligament injuries, increased metabolism and mobility and aid in the treatment of sleep disorders and chronic fatigue.

The YaP™ Advantage

Invented by a reputed Belgian physical therapist, a proprietary micro-current stimulation device safely and gently stimulates the YO-MO points of traditional Chinese therapy for balancing the flow of vital energy (Ch'i) in energy meridians (pathways or channels) to treat various organ systems and rid the body of disease. These meridians are carefully traced for each individual, and assessed and stimulated by trained physiotherapists with micro-current and physical stimulation for providing the most effective results.

Favored by some of the most renowned professional athletes and reputed physiotherapists worldwide, this proprietary micro-current stimulation device raises the level of adenosine triphosphate (ATP) – regarded as the universal 'energy currency' of living cells and essential for all physiological processes which use energy – which, in turn, results in quicker relief from pain and rapid recovery from injuries. The micro-current makes it possible to reactivate damaged cells by using the organ's own frequency as a sort of reminder to help specific cells return to normal so that the organ functions better.

Scientific studies have shown that the flow of micro-currents has a direct co-relation with a rise in the level of adenosine triphosphate. In 1982, seminal research conducted by Ngok Cheng et al. demonstrated that direct electric currents lead to a substantial increase in ATP concentrations in the tissue¹. The researchers stated that the effect on ATP production could be explained by proton movements on the basis of the chemiosmotic theory of Dr. Peter Mitchell².

To sustain the benefits of the therapy, the YaP™ program has carefully selected Yoga postures or asanas depending on the individual's need and ability. Yoga offers the dual benefit of strengthening and adding flexibility to the entire body musculature as well as specific asanas that have been proven to work against as well as prevent many common ailments.

Where in India?

Present across VLCC's 167 slimming, beauty and fitness centres in the country.



A novel concept that combines the Eastern philosophy of Yoga and ancient Oriental principles of balancing vital energy, with the Western technology of Physiotherapy using Bio-Energy Stimulation.

Wellness & Technology

Technology in Healthcare

Save yourself from the PINPRICK with the help of these non-invasive devices!!!

EZ SCAN

Surprising as it may seem, we now have the devices that use sweat gland function to detect the blood sugar level of patient. Electrodes are placed on their hands and feet which gives the recording of an individual's height and weight. The result is captured within three minutes.



SCOUT DS

The patient places a forearm on the device which shines light into the skin. A small amount of light that reflects back is analyzed by the spectrometer and measured for differences from the original light. These differences help determine if the patient has pre or Type 2 Diabetes. The results are reported in under four minutes. At this stage, the process is still just a screening. Additional, more precise testing will be needed.

GLUCOTRACK

You just clip the Gluco Track sensor onto your earlobe and within a minute, it sends your Blood Glucose data through a headphone-style cord to a smart phone-sized handheld controller. And that's where the glucose reading is displayed or even verbally announced. It features an easy-to-use touch screen, uses a built-in lithium-ion rechargeable battery and includes a USB port for data downloading. The device both displays and speaks out loud the results of a blood glucose reading, and has memory capacity large enough for 1,000 readings per user.



AGE READER

A non-invasive equipment that diagnoses the risk of diabetes and its cardiovascular, nephrological and neurological complications by measuring accumulation of Advanced Glycation End products (AGEs) by means of fluorescence techniques (skin auto fluorescence (skin AF)). AGEs play a key role in the pathogenesis of many age-related diseases, such as diabetes, cardiovascular disease and renal failure.



Mobile applications

iTriage

Get the medical information whenever and wherever you need it!

iTriage helps you answer the questions "How is my medical health?" or "Where should I go for treatment?". You can search symptoms, learn about potential causes, medical conditions, procedures, drugs. View your personal health record which is stored with Microsoft HealthVault.

Availability: Download the free app on iOS & Android



Ask a Doctor

Your personal health coach 24*7

This app is brought to you by Healthcare Magic which helps you to write your health query, attach a picture or your latest lab reports and post to over 15,000 doctors across the globe. Over 100+ doctors are present online at any given point of time. Also get your health queries resolved by more than 50+ super specialists.

All Reliance HealthGain customers can gain can use the link below to gain an access to the online solutions www.healthcaremagic.com/reliancegeneral

Availability: Download the free app on iOS & Android

Quit Now

Quit smoking got easier with this tool!

QuitNow! focuses on the feelings of anxiety and being overwhelmed that you may experience when you quit smoking. Real-time statistics break down the process into manageable pieces. You'll see how long it's been (in minutes, hours, and days) since you last smoked, as well as how it's positively impacted your health and your wallet. Also get to join the Quit Now! Chat room where you come across people quitting smoking like you!

Availability: Download the free app on iOS, Android, Windows & Blackberry



Sugarfree Low Calorie Carrot Cake

It is important for a diabetic to consume a diet low in sugars as well as fat. This carrot cake recipe is low on sugar and calories but high on the taste quotient. ENJOY!!

Ingredients

Flour.....2 cups
Grated carrot.....1/2 cup
Dates chopped finely.....1 1/4 cup
Raisins.....1 cup
Apple puree.....1/4 cup
Oil.....1/4 cup
Chopped nuts.....1/2 cup
Each of cinnamon, nutmeg, clove powder.....1 tsp
Baking powder2 tsp
Soda.....3/4 tsp
Water1 1/3 cup

Frosting - Ingredients

- ▶ 1 cup of hung curd
- ▶ 1/4 cup orange juice
- ▶ 1 tsp vanilla essence
- ▶ 2 tsp sugar free

Method

Mix everything well and decorate your cake in a special way.

Procedure

- ▶ Boil together the carrots, dates, raisins, apple puree, spice powders and simmer for 5 minutes.
- ▶ Cool and add the oil and nuts and mix well.
- ▶ Shift together the flour and the baking powder and the soda.
- ▶ Mix the dry and wet ingredients till well mixed.
- ▶ Spoon into a 8×8 inch non stick pan.
- ▶ Bake in a pre heated 170* oven for 45 to 50 minutes.
- ▶ Cool completely before frosting



Minty Magic

A tall cool tasty drink which really hits the spot when one is thirsty...and is very very healthy.

Ingredients

- ▶ 2 tsp Tea leaves
- ▶ 1/2 cup fresh mint leaves
- ▶ 1/2 cup orange juice
- ▶ 4 tsp honey
- ▶ 2 cups soda
- ▶ 1 cup hot water
- ▶ 2 table spoon lemon juice

Method

- ▶ Steep the tea leaves in the hot water for 5 minutes and strain it cool.
- ▶ Tear the mint leaves roughly and add.
- ▶ Mix in the orange juice, honey and the lemon juice.
- ▶ Half fill 2 tall glasses with ice and pour in the mix.
- ▶ Top with the soda and serve with a straw.



Skintastic...

Get to know the toxic chemicals your body is absorbing

We absorb upto 60 % of what we put up on our skin.

Childrens body absorbs 40-50% more than adults. They are at a higher risk for diseases later in life when exposed to toxins.

Health issues linked to toxic chemicals in the body:

- Skin allergies
- Cancer
- Infertility
- Birth defects
- Reproductive problems
- Learning disabilities

Shampoo

Average number of chemicals: 15
Most worrying: Sodium Lauryl Sulphate
Tetrasodium and propylene Glycol.
Possible side-effects: Irritation; possible eye damage.

Eye Shadow

Chemicals: 26
Most worrying: Polyethylene Terephthalate.
Possible side- effects:Linked to cancer;
Infertility, hormonal disruptions and
damage to the body's organs.

Lipstick

Chemicals: 33
Most worrying: Polymethyl methacrylate.
Possible side-effects: Allergies; links to
cancer.

Nail Varnish

Chemicals: 31
Most worrying: Phthalates.
Possible side- effects: Linked to fertility issue
and problems in developing babies.

Bodylotion

Chemicals:32
Most Worrying: Methylparaben,
Propylparaben, Polyethylene glycol,
which is also found in oven cleaners.
Possible side- effects: Rashes;
Irritations; hormonal disruption.

Hairspray

Average number of chemicals: 11
Most worrying : Octinoxate, Isphthalates.
Possible side-effects: Allergies;Irritation to eyes,
nose and throat; hormone disruption, linked to
change in cell structure.

Blusher

Chemicals: 16
Most Worrying: Ethylparabens,
Menthylparaben,Propylparaben.
Possible side- effects: Rashes; Irritation; hormonal
disruptions.

Foundation

Chemicals: 24
Most Worrying: Polymethyl Methacrylate.
Possible side - effects: Allergies; disrupts
immune system; links to cancer.

Deodorant

Chemicals: 15
Most Worrying : Isopropyl Myristate,
"Parfum".
Possible side-effects:
Irritation of skin, eyes and lungs; headaches;
dizziness; respiratory problems.

Perfume

Chemicals: 250
Most worrying: Benzaldehyde,
Possible side-effects: Irritation to mouth,
throat and eyes; nausea; linked to kidney
damage.

I Will...Revitalize your life with these 6 extraordinary New Year resolutions

No matter how manageable it may seem, we tend to break the resolutions we make. We are going to list down some simple and interesting resolutions for YOU!!

So Go On ! Set a Goal ! Make a resolution and stick with it !

- I will not fall into the trap of postponing my happiness by saving everything special "for best".
- I will Kidzone myself ...Ditch the play station and start playing scrabble with my kids.
- I will stop using my cellphone as an alarm clock. I will sleep that extra hour being uninterrupted by social media notifications.
- I will stop moaning about things i don't like and do something about them.
- I will stop posting Facebook statuses which no one cares about .
- I will nurture my inner child and will learn that thing which I never learned so far.

We want to hear more about the extraordinary resolutions you or people you know have made. If you have an unusual one planned for 2014, why did you decide on it? Or if is a resolution from the past, did it last – or even change your life? SMS your reply at

Top 5 entries stand a chance to win gift vouchers worth Rs 5000. Hurry up! Entries valid till 20 December 2014.

