

R HealthBeat

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Quarterly Health Magazine-Vol. 2, May 2014

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A warm welcome to the 2nd edition of our Health & Wellness magazine - R HealthBeat.

We have received an overwhelming response since the launch of our first edition in February 2014 and on behalf of Reliance General Insurance, I am thankful to all the people who have put a tremendous effort to make this a huge success.

Our Edition for this quarter celebrates the spirit of womanhood and focuses on the many facets of a woman - graceful, elegant, adept at balancing work and home and a go-getter!

Prophylaxis has become the need of the hour. Therefore, we have put forth a list of medical tests which every woman should undergo at certain stages of life. Read our "Did You Know" section to know more!

When we think of obesity or being fat, we rarely think of children in that category thinking fat is cute. Dr. V. K. Gupta, developmental paediatrician, tells us about childhood obesity in our "Doctor's Corner".

Discipline in children can be nurtured with the help of good parenting skills - "Effective Parenting" talks more about this.

The craze for short, intense workout has seen a sudden rise and Pilates paves way to this need-"Fitness Today" reveals the story behind this.

New technologies are constantly in development to help people stay healthier, improve access and save lives. Women's safety and fitness has gained a momentum in the recent times and in our 'Technology in Healthcare' section you will come across a few useful apps which cater to this.

Drink to your health in more ways than one this summer with the cool and refreshing 'Watermelon Mint Cooler' in our Diet & Nutrition column.

Get those Health and Nutrition myths busted - "Our Leisure" section helps you with this!

We are happy to have you as a reader of R HealthBeat. Hope you enjoy reading this issue!

Wishing you the best of health always

Regards
Rakesh Jain
CEO
Reliance General Insurance



"Our Edition for this quarter celebrates the spirit of womanhood and focuses on the many facets of a woman"

R HealthBeat



Did you know?



Doctor's Corner



Fitness Today



Wellness & Technology



Diet & Nutrition



Leisure

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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.

Did you know?

Basic tests every woman should take



Pap smear

WHEN:

No symptoms to look out for, it is a test every woman above the age of 25 has to go in for. Women over 65, with normal tests for the last 10 years and those without a cervix (usually because of a hysterectomy), can forego this test.

WHY:

It's a preventive test that checks for cancerous processes in the female reproductive system.

HOW:

A simple procedure wherein, a nurse collects cells from the cervix and this is analyzed in a laboratory.

Breast examination

WHEN:

If you notice lumps or irregularities on your breast, go in for mammograms as this is the first symptom.

WHY:

It is an important test often ignored by young women. Women as young as 25, should go for this test.

HOW:

Self-administered test. Check for lumps, swellings or growths on breast. If any anomaly found, visit a doctor.

Vitamin D

WHEN:

Experiencing a bone pain, back pain or leg pain.

WHY:

It's an important test for young women. Vitamin D deficiency exists in around 80-90% of all young women and ideally, every woman of every age should get the test done. "Osteomalacia (weakening and softening of bones due to problems with bone formation or the bone building process) is common in youngsters. It is different from osteoporosis that affects older women."

HOW:

Blood test.

Thyroid

WHEN:

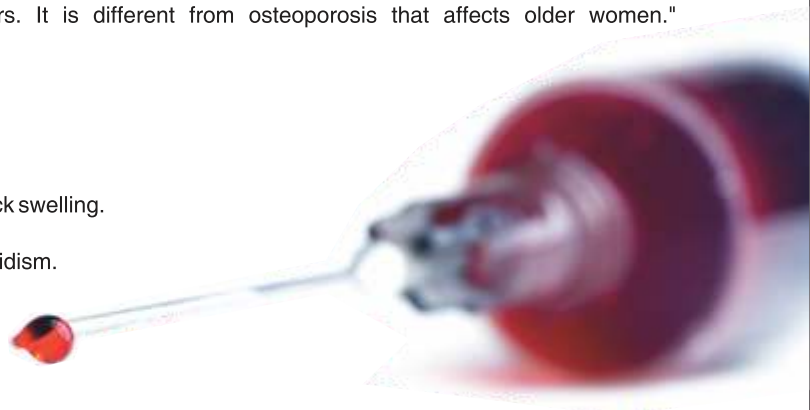
Suffering from weight gain, lethargy, irregular periods and neck swelling.

WHY:

It's an important test for detecting hyperthyroidism, hypothyroidism.

HOW:

Blood test.



Sugar

WHEN:

Feeling constantly thirsty, frequently needing to urinate, sudden increase in appetite, extreme fatigue, dizziness, blurred vision and nausea are all indicators.

WHY:

It's an important test that should be undergone by both obese as well as women who are struggling to lose a lot of weight. Young women are struggling to lose weight and obesity is also on the rise in the city and both these reasons are enough incentives to get regular sugar tests done by women above 20 years, sometimes even less.

HOW:

A simple finger prick is required for a blood sample. The results can be known in a matter of minutes.

Childhood Obesity – A 21st Century Plague

A common false notion prevalent in the Indian society is that a fat baby equates to a healthy baby. Obesity in children could be a subtype of malnutrition that is emerging in all socioeconomic groups. On one hand, a hefty approximate of about 55% of Indian pediatric population suffer from under nutrition, as against a large proportion of cases of over nutrition that go unidentified. Paediatricians, therefore, play an important role in the prevention and control of this emerging epidemic.

Various lifestyle diseases such as Diabetes Mellitus (DM), Coronary heart disease and Hyperlipidemias result from an interplay of a wide array of genetic and environmental factors. The latter, especially obesity, in many cases stems from childhood.

India, today has more diabetics as compared to other nations. If the current trend continues, Coronary Heart Disease (CHD) would soon be a leading cause of death in our country. As per International Diabetic Federation, India is second largest country suffering with DM after China.

CAUSES OF OBESITY:

Obesity is caused due to lack of physical activity, habitual overeating, genetic factors, constitutional imbalances and many more.

The most important indicator of adult obesity is adolescent weight and changes in Body Mass Index (BMI) during this time. If the child remains overweight till a late age, the chances of being an obese adult increases.

Most importantly, mothers believe that fat babies are healthy and thereby feed their children excessively.

COMPLICATIONS OF OBESITY:

Psychological: Excessive obesity can cause depression and neurosis

Metabolic: Diabetes is higher in obese children

Cardiovascular: Hypertension, atherosclerosis, coronary heart disease

Respiratory: Breathing difficulty, bronchitis.

CONTROL OF OBESITY:

"Prevention is better than cure" fits perfectly here. Studies show that prevention should begin in childhood (after the Age of 3 years but before adolescence)

Comprehensive treatment program for childhood obesity includes

- ▶ Behaviour modification
- ▶ Nutritional counselling, (lower fat intake, balanced varied diet, professionally supervised)
- ▶ Physical activity and exercise (aerobics, life style change i.e.; decrease sedentary behaviour, decrease TV watching)
- ▶ Parent participation and family based approach. Parents should encourage their children to play sports

Though there are a lot of recommended methods, the most effective strategy is an increase in physical activity accompanied by a decrease in sedentary habits. Reduction of the total amount of time spent on sedentary activities in a day to not more than 2 hours can help to serve the purpose.

In conclusion, in order to avoid an unhealthy adulthood, it is imperative to adopt a healthy lifestyle in childhood.

Body Mass Index(BMI) is an indicative tool that takes into consideration the person's height and weight. It is used to find out if a child or teen is underweight, overweight or obese.

Formula: $\text{Weight(kg)} / \text{Height(m)}^2$



About the author:

Dr. V. K. Gupta

Ex President - Indian Medical Association (Noida)

Effective Parenting

Being a parent is one of the most fulfilling experiences a person can have.

Parenting is an extremely rewarding, yet challenging role. No parent is gifted a "How to" guide book with sets of rules when they become one.

Much of our behavior comes from learned responses to simple signals, and is receptive to change. If methods of dealing with your child's temper tantrums, non-compliance, aggressive outbursts, are causing you more frustration and no change in your child's behavior; then something isn't working.

IDENTIFY PRECURSORS TO NEGATIVE BEHAVIOUR

Identifying the antecedents helps in tackling the behavior before it occurs. **EXPLAIN** your child what the goal should be. For example, if the goal is to have your child clean his room, an effective parent will not just tell to clean the room, but will describe the steps to clean the room so that the child comprehends what is asked of him. **ALWAYS ESTABLISH CLEAR EXPECTATIONS.**

REACTING VERSUS RESPONDING

Rather than reacting to situation, give time to think **WHY** Child reacted in such a way, looking upon the situation evaluate problem solving solutions and respond to it.

Responding to a situation, exactly detail what change is to be done. Always show a concern of helping hand to child so that he can be in a better position to work.

SET LIMITS AND PROVIDE EFFECTIVE CONSEQUENCES

Don't give speeches, be to the point. When there is a problem, describe it, express your feelings and invite your child to work on a solution together. Children who participate in decisions are more motivated to carry them out.

E.g. Draw up a list of privileges, like extra playground time that your child will be rewarded for 'acceptable' behavior; and take away the same privileges for 'unacceptable' behavior.

BE A GOOD ROLE MODEL

Children learn a great deal by watching you and they are great at imitating. Embody the traits you wish to cultivate in your child. **PRACTICE** what you **PREACH.**

CULTIVATE SPECIAL TIME FOR YOUR CHILD

Sharing your child daily chores that happened in school, it sense them with belonging.

Pondering children with their favorite food for Tiffin will connect them to parents and they appreciate the care given by parents.

For working parents who have demands on time, creating

a "special night" or activity each week will allow for quality time together.

MAKING PERSONAL TIME FOR YOURSELF

Take **TIME OUT** from parenting to do things that make you happy individually or as a couple.

A tired parent is a frustrated parent; and an ineffective one at that caring for one's own well-being is another important value to model for your child.

DISPLAY YOUR UNCONDITIONAL LOVE AND FOSTER SELF-ESTEEM

Develop a technique of Immediately praise- Acknowledge your child's efforts to change, no matter how small they may be. Physical form of punishment not be cultivated.

Remember: Your child looks upto you for love, support & guidance.

Do not let him down.!

*"It is easier to build strong children than to repair broken men."
-Frederick Douglass.*



About the author:

Dr. Samir H. Dalwai,

Member, Expert Panel, Maharashtra State Commission for the Protection of Child Rights. He is the Founder Director of the entrepreneurial New Horizons Child Development Centre



Pilates

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse".

People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

Benefits of Pilates

Indulge in a refreshing mind-body workout

In Pilates, the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce your stress levels.

Develop a strong core - flat abdominals and a strong back

Pilates exercises develop a strong "core," or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.

Gain long, lean muscles and flexibility

More conventional or traditional workouts are weight bearing

and tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

Create an evenly conditioned body, improve sports performance, and prevent injuries

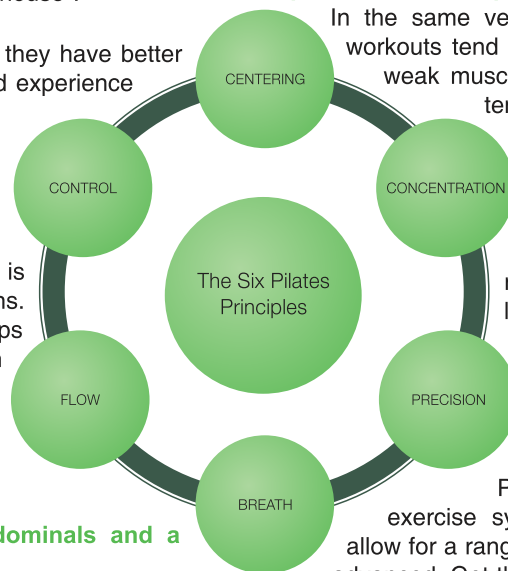
In the same vein, a lot of these same conventional workouts tend to work the same muscles. This leads weak muscles to get weaker and strong muscles tend to get stronger. The result is muscular imbalance - a primary cause of injury and chronic back pain.

It's gentle...

Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

But it's also challenging...

Pilates is also an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced. Get the workout that best suits you now, and increase the intensity as your body conditioning improves.



Where in India

Mumbai: The Pilates and Altitude Training Studio

Bangalore: The Zone-Mind and Body studio

Delhi: Pilates retreat

Pranayama

Do it the right way!!

“As physical heat is the hub of our life, so is pranayama to the hub of yoga.”

Pranayam defines the regulation of the in and out flow of this vital energy. It explains that the body, breath and the mind are intricately interwoven. When the air moves the mind moves and when the air is stilled the mind also could be stilled. Hence the various techniques employed in Pranayam are to stabilize the flow of air to achieve the balanced state of mind.

What is it and how does it work?

Pranayam appears to be a systematic exercise of respiration, which makes the lungs stronger, improves blood circulation, makes the man healthier and bestows upon him the boon of a long life. If this action of the respiratory system is done regularly and efficiently, lungs become stronger and blood becomes pure.

However, most of the people do not have the habit of breathing deeply with the result that only 25% of the lungs is brought into action and 75 percent remains idle. Like the honeycomb, lungs are made up of about 73 million cells, comparable to a sponge in their making. On normal breathing, only about 20 million pores in the lungs get oxygen, whereas remaining 53 million pores remain deprived of the benefit, with the result that they get contaminated by several diseases like tuberculosis, respiratory diseases and several ailments like coughing, bronchitis etc. Mental disturbances like excitement,

anxiety, fear, anger, disappointment, lust for sex (lasciviousness) and other mental perversions can be calmed down by regular practice of Pranayama. Besides, Pranayama practice improves the functions of the brain cells with the result that memory and the faculty of discrimination and observation improves, making it easy for the Sadhaka to perform concentration and meditation.

The importance of Pranayama has come to be recognised, for a healthy long life. Several diseases can be averted by regular practice of Pranayama. Hence, it is obvious that the knowledge of the science of Pranayama and its regular practice enables a man to lead a healthy and long life. It is for this reason that in several Hindu religious rites, Pranayama is found to have been introduced as an essential element.

There are some minor rules which will make the practice of pranayama more efficient:

- ▶ Pranayama should not be done directly after doing yoga postures. There should be a gap of at least 45 minutes.
- ▶ It should not be done in a smoky or dusty room.
- ▶ Persons doing pranayama should eat more fruits and drink milk and/or take some oil (like olive oil) to maintain the lubrication of the lungs.
- ▶ Pranayama should not be done if the a person is having a headache.

Yoga practices are for spiritual elevation and social change, not for escaping from the difficulties of life. They are the birthright of everyone, but should be taught by a competent, service minded teacher. It is not the same as aerobics, muscle training, athletics or such psychic practices as hypnosis, autogenes training, etc. Therefore it should be done seriously, regularly and sincerely with a clear idea of the goal of life.



Wireless Skip

Lose weight & tone up faster with the ropeless jump rope system!

Wireless Skip is an ideal companion for cardiovascular conditioning. It features a Digital Panel that measures the numbers of skips, effective workout time and calories burnt. It also allows you to preset the work out time as per your requirements and beeps you accordingly. Use the no rope wireless skip for exercising even in minimal space. With the No Rope technology prevents you from tripping and allows you to train like the professional no matter what your age or your fitness level.



Totally pocket friendly and trendy, carry it with you to have short workouts anywhere in your bedroom, your office, and even when on vacation.



Non-contact Infrared Thermometer

Measure temperature without the discomfort!

Non Contact Infrared Thermometer uses contact less temperature measurement and therefore the body temperature can be measured safely. It measures the temperature 2 to 3 cm away from the body which decreases the possible risk of infections that can be caused by thermometers.

Withings Scale

The smart body analyzer!

Simple, sleek, and with a better display, the Withings WiFi Body Scale keeps track of your weight, BMI, and body fat percentage by uploading your stats automatically via WiFi. Access your charts and graphs privately, and if you're really proud of your progress, tweet your weight automatically.



Mobile apps

VithU

Be aware! Be prepared!

Channel [V] has taken the initiative by developing a user-friendly App called VithU. With only 2 clicks of the power button, anybody facing danger can send out an SOS message to their guardian. The app sends a message to the contacts that you have provided as your designated receivers or guardians saying "I am in danger. I need help. Please follow my location." The receiver also gets a link to your location which is updated every 2 minutes. Apart from this, the app sends out general updates on the Crime Scene in India. There is a "Tips Feed" option the gives you safety tips in an emergency situation.



My Days

The smartest and simplest calendar for every woman!

Mydays is free, simple and easy to use period & ovulation calendar and prediction tool. One can enter additional daily notes and other useful information. For your daily temperatures you also get a nice chart to show to your doctor.

Einstein

Feed your brain with a personal coach!

If you want to stay young at heart, and sharp mentally, take a few minutes a day and train your brain with Einstein™ Brain Trainer HD! Albert Einstein and his cute little assistant Robo will support you in any aspect of the game. They will be at your side whenever you need them, explaining the different exercises and illustrating the scientific background of each exercise. They will motivate you to keep moving and to care about your mental fitness.





Watermelon Mint cooler

This fruity, minty drink is a favoured summer drink.. For a simple shortcut, purchase a seedless watermelon

Ingredients

Coarsely chopped seeded watermelon	3 cups
Sugar.....	3/4 cup
Lightly packed fresh mint leaves	1/2 cup
White grape juice	2 cups
Finely shredded lime peel.....	1 teaspoon
Fresh lime juice, chilled	3/4 cup
Club soda, chilled.....	4 cups
Fresh mint sprigs (optional)	

Directions

- ▶ Place watermelon in a blender or food processor. Cover and blend until smooth. Strain watermelon puree through a fine mesh sieve; discard pulp.
- ▶ In a large bowl combine sugar and mint. Using the back of a wooden spoon, lightly crush mint by pressing it against the side of the bowl. Add grape juice, lime peel, lime juice, and watermelon puree, stirring until sugar is dissolved. Stir in club soda. Serve in glasses over ice. If desired, garnish with mint sprigs. Serve immediately.

Makes 9 servings

Nutrition (Per serving)

- ▶ 121 kcal cal
- ▶ 31 mg sodium
- ▶ 31 g carb
- ▶ 1 g fiber
- ▶ 28 g sugar
- ▶ 1 g protein

Percent Daily Values are based on a 2,000 calorie diet

Maple Syrup

Powerhouse of antioxidants for your body

The next time you gorge on that French toast, waffles or pancakes, don't forget to take an extra helping of maple syrup, for that will sure boost your health

With notes of butter, vanilla, smoke, and coffee, pure tree-tapped maple syrup is more than just a sweetener. Its complex flavor pairs nicely with salty foods, tempers spicy ones, and adds a certain richness to everything it touches. And it's packed with antioxidants, anti-inflammatories, and nutrients, including zinc, which supports healthy immune function, and manganese, vital for bone health.

Given all these benefits, it's easy to see why the classic pancake topper is breaking away from the breakfast table.

Pure maple syrup tastes great, and it offers a myriad of health benefits. Here are just a few:

It's an antioxidant powerhouse

It is filled with anti-inflammatory and antioxidant compounds that may help prevent several chronic and inflammatory diseases like diabetes, cancer, osteoporosis, and Alzheimer's.

It settles digestion issues

Try swapping out sugar in baked-good recipes for maple syrup, and you may find that the usual gas and bloating you normally experience after consuming processed sweeteners is no longer an issue

It helps with muscle recovery

Real maple syrup is an excellent source of manganese, which helps repair muscle and cell damage; it also keeps bones strong and blood sugar levels normal.

It is filled with important nutrients

Maple syrup contains essential nutrients like zinc, iron, calcium, and potassium. Zinc not only supports reproductive health, but it also helps to keep your white blood cells up, which assist in the protection against colds and viruses.

Important

As sweet as all of this sounds, keep in mind that at the end of the day, maple syrup is still just liquid sugar. Too much sugar intake can increase your risk of obesity, diabetes, unhealthy blood levels of fat and cholesterol, and high blood pressure, so regardless of its health benefits, be sure to use maple syrup in moderation.



Woman is a multi-dimensional being.

She is the axis around which the family life revolves and she bears the responsibility of the care and well-being of the whole family

To fulfill all these roles and take care of personal health, we have compiled a list of certain health and nutritional myth busters!



Myth 1

A diet containing an adequate supply of fibre will help in preventing constipation, help control blood sugar level and lowers blood cholesterol level.

Truth

A low-fiber diet, inadequate fluids, and inactivity are three of the most common causes of constipation and diabetes and heart disorders.

Myth 4

In order to burn more fat, you should exercise on an empty stomach.

Truth

Eating before exercise gives you the energy to do more work and the potential to burn more calories. It takes calories to burn calories.

Myth 2

Since you need to cut about 500 calories from your diet each day to lose 1 lb. a week, then eating 1,000 fewer calories will result in twice the weight loss.

Truth

Avoid cutting too many calories or risk sabotaging weight loss.

Myth 5

For women, obesity and infertility go hand in hand.

Truth

Woman whose body mass index is greater than 25.0 and less than 18.5 may have trouble in conceiving. Obese, anorexic women are less likely to ovulate and more likely to suffer miscarriage than lean women of the same age.

Myth 3

Skipping meals is one of the best ways to lose weight.

Truth

Skipping meals deprives the body from basic nutritional requirements and is a sure shot way to gain weight.

Myth 6

Mammogram is a diagnostic test for cervical cancer.

Truth

Mammography is an important tool for detecting breast cancer early - when it's easiest to treat.

My to do list this vacation...

*“A vacation is having
nothing to do and
all day to do it in.”
- Robert Orben*



Each year children eagerly wait for summer vacations, but when it finally comes, it's all boring and redundant. After all, how much TV will you watch? Or how many computer games can you play? Besides, these activities are cliché. There is so much out there you can do. So, here we explore, the top 7 ideas that would make you wish, you had a longer summer vacation.

1. Deconstruct an appliance

Ok, kids, don't really bother to take you dad's new Apple Mac, and keep the iPads, and iPods last in your list, they can get you trouble. What you can do is take the old gadgets around the house that are no longer in use. For example, take the old VCR, or an obsolete Record Player, unscrew its parts, and try rebuilding and restoring it. Using screwdrivers, tape, and many other small tools can be fun. Make the most of it; and don't forget to learn as well as play.

2. Break all the recipe rules

Eating the same old stuff can be boring, so why not use a bit of your gut feeling, and some unique ingredients to make something mouth watering. Add every new color and flavor to the recipe, name your recipes, and who knows, you end up discovering the master chef in you.

3. Take some Yoga Classes

Utilizing sometime meditating, and in yoga is good for both the body and mind. It's not all that boring. Bringing your thoughts in control can actually prepare you for whatever lies ahead of your summer vacation.

4. Go Camping

Camping is always fun, but it lasts a few days, and, going outside town may not always be an option. So, taking out all the travel preparations from it, you can and plan some fun in your own backyard or terrace. Put up tents, get your sleeping bags, call your friends, arrange for some good snacks, and you're ready for camping. Keep awake all night, tell each other stories, make your meals, and you'll never want the fun to end.

5. Create a Short Documentary

Thanks to online platforms like YouTube, anyone can now create a documentary, upload it and invite friends for views. You could even build a team for the documentary. Some of you could write the screenplay and scripts, while others can direct and act in the videos. You could take a few days to the entire holidays working on this project. Who knows when your video goes viral; it might just stir the world around.

6. Support a cause

While all around the year, the only way we support causes is by liking their Facebook Pages, summer vacations are a good for real time participation. Search more on the causes on the internet, maybe interact with a few people, and devote some free time working for them. You can volunteer for a number of non-profit engagements. It will surely make a difference.

7. Explore your own town

While growing up in the town you were born in, acquaints you well with all that is known, but why not explore places that still remain undercover? And trust me there's plenty of such places around, you haven't known or explored. Get a bunch of friends, take your bicycles, and get to a new place every week, or every few days. Take pictures, and flaunt them to your co-students, and co-workers, once you're back after the vacations.



Volume: 1

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

What are our readers say about R HealthBeat:

...After this successful launch (R HealthBeat) Mr. Rakesh Jain-CEO needs to be congratulated on this special achievement and spearheading the company to greater heights under his dynamic leadership.

-Mr. Jogesh Shah-CEO, Check Mate Inc

...The magazine is informative and its reading is interesting. Articles of renowned professionals in the field of Health affords lot of inputs to its reader. It not only gives information about the Health and wellness but it also gives information about the ambitious plans of Reliance General Insurance. Through this magazine, I could get the glimpse of the most dedicated, energetic and beaming personality of Mr. Rakesh Jain-CEO. He will add laurels to the growth and health of the Company in the time to come, with his sincerity, capability and dedication

-Mr. S.L Kataria-Director, Tropical Insurance Consultants Pvt Ltd



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