

RNI NO. DLENGxxxxx

HEALTH & Life

Issue 1

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Make
Your life
Healthy





HANDS

VS

GERMS



KNOCK OUT DISEASE CAUSING GERMS
WASH YOUR HANDS

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DISCLAIMER

***THIS MAGAZINE IS COLLEGE PROJECT. IT IS FOR
INTERNAL CULATION ONLY.**

Tips for a Healthy life

How healthy life is yours? Do you drink at least 8-10 glasses of water a day?

Do you have a healthy lifestyle? Do you exercise regularly?

Life is beautiful and yourself down with most of time unnecessary health problem. Today, your vital organ maybe working well, but they may not be tomorrow. Don't take your health for granted. Take proper care of your body.

Only healthy eating and exorcise is not enough. You also have a positive attitude, a positive self-image, and healthy lifestyle for living a healthier life.

Some tips for a healthy life

Drink more water

As we all know 60% of our body made up of water. Water is essential for our bodies to function. Water needed to carry out body function, remove waste, and carry nutrients and oxygen around our body. Since we lose water daily through urine, perspiration and berating, we need to replenish our water intake.

How much water you need it depends on your age, weight, humidity, and your physical activity. You also take intake fluid too – fruits, soups, juices have high water content. How you know you need water. If you have dry lips, dry mouth, or little urination. You're probably not hydrated enough.

Go get some water first before you continue with this Blog!

Get healthy sleep

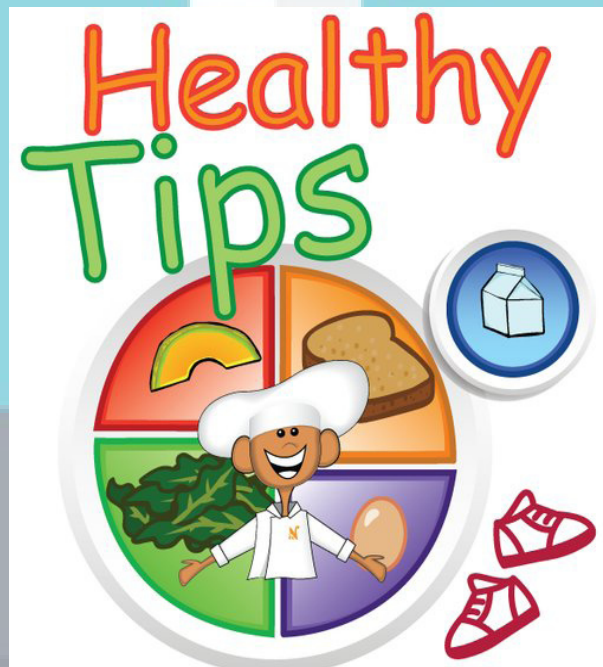
When you don't rest well, you compensate by eating more usually junk food. Get enough rest and you don't need to snack to stay awake. Also,

lack of sleep causes premature aging and you don't want that! Take healthy sleep for make your life healthy and have fresh morning.

Yoga & Meditation

Meditation quietens your mind and calms your soul. Meditations help you to calms your mind and you get less anger, hypertension and high blood pressure.

And, yoga is the best way which changes your life or gives you a healthy life. The word "yoga" literally means "union". Yoga gives you a these types of relief which made your life better and give you a healthy and fresh mood all the time.



Stress relief

Yoga minimizes the physical effects of stress on the your body. By encouraging relaxation, yoga will help lower the levels of the stress hormone cortisol in your body. Yoga is also known for easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.

Pain relief

Yoga is known to ease pain. Research shows that practicing yoga postures, meditation or a combination of the two, will reduce pain for people with conditions such as

cancer, multiple sclerosis, auto-immune diseases. As well as arthritis, back and neck pain, and other chronic conditions. In some cases it said that even emotional pain can be eased through the practice of yoga.

Improve breathing

When training in Yoga you are taught to take much slower, deeper breaths than you usually would to help improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to you.

Exercise

Movement is life. Research has shown that exercising daily brings marvelous satisfaction to our health including an increase in lifespan, lowering of risk of diseases, higher bone density and weight loss. You all enjoyed exercise also pick your exercises which you enjoyed it makes your life easy and healthy. We all have some favorite sport which we naturally want to do and enjoyed it a lot. Exercise isn't about suffering and pushing you, it's about being healthy and having fun at the same time. You make your exercises interesting by adding variation on it.

Eat lots of fruit and veg

It's recommended that we eat at least five portions of a variety of fruit and veg every day. It's easier than it sounds.

Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

Unsweetened 100% juice and smoothies a maximum of one. For example, if you juice and a smoothie only counts as one.

Cut down on sugar

Saturated fat in our

We all need some, but it's important to pay attention to the type of fat we're eating. There are two types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of heart disease. The average man should have no more than 30g of saturated fat a day, and the average woman should have less than 20g. Cut down on:

- sugary fizzy drinks
- alcoholic drinks
- sugary breakfast cereals

Don't skip breakfast

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that people who regularly eat breakfast are less likely to be overweight. Breakfast has also been shown to have positive effects on children's mental performance and increase their concentration throughout the morning. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. A wholegrain, lower-sugar cereal with fruit sliced over the top is a tasty and nutritious breakfast.



fruit juice, vegetable can only ever count as portion of your 5 A DAY. have two glasses of fruit in one day, that still counts as one portion.

saturated fat and

diet

fat in our diet, but it's important to the amount and type. There are two main types of fat: saturated and unsaturated. Saturated fat can increase the amount of cholesterol in the blood, which increases the risk of developing heart disease. The average man should have no more than 30g of saturated fat a day, and the average woman should have no more than 20g a day, and children

DENTAL HYGIENE AND TEETH HEALTH

Keeping your teeth clean and healthy is an important daily commitment. Research suggests that gum disease and other dental hygiene problems can increase your likelihood of developing heart disease (Humphrey et al., 2008). But you and your dental hygienist can work together to maintain your dental health and prevent cavities, gum disease, and a range of associated ailments.

YOUR DENTAL HYGIENIST

In most cases, when you visit your dentist you will first be treated by a dental hygienist before the dentist performs your tooth exam. The dental hygienist is responsible for examining your oral health, cleaning and scaling (scraping off plaque and tartar) your teeth, and helping you to develop good dental hygiene habits. It is generally suggested that you should visit your hygienist for a cleaning at least once every six months.

WHAT YOU CAN DO

Once the dental hygienist has cleaned and scaled your teeth, it is up to you to maintain a clean and healthy mouth. Your hygienist will also provide you with a suggested dental hygiene routine suitable for your unique situation. It is best to follow this plan as closely as possible but if you haven't been to the dentist recently, the practices described below are a good place to start protecting your teeth and gums from damaging plaque, tartar, and cavities.

TOOTH BRUSHING

The first step in good oral hygiene is tooth brushing. Though a brush cannot remove the hard calcified tartar (formed by plaque remaining on teeth over time, calcifying, and hardening onto teeth), it can help remove plaque which forms the basis for a whole range of dental disease.

Plaque is a build up of bacteria on the surface of the teeth. When these bacteria feed on the sugar that you consume, they produce byproducts that irritate gums potentially leading to gingivitis or the more advance periodontal disease and causing tooth decay that may result in cavities.

Tartar also contributes to these conditions, but if plaque is removed regularly, tartar will not have a chance to form at all.



BRUSHING TIPS

The best way to keep your teeth free of plaque is through good brushing habits. A good toothbrush should fit in your mouth comfortably when brushing both the cheek and tongue side of all of your teeth--smaller is often better. Softer bristles are usually preferred as they prevent gum abrasions, but be sure to replace the brush when the bristles begin to spread out forming a fan shape rather than the rectangular shape formed by a new brush.

Along with your soft, well fitting toothbrush, you will also need toothpaste. Most current research and dental professionals (Marinho et al., 2003; Twetman, 2009) recommend you use a fluoridated toothpaste to help prevent cavities and improve the strength of your tooth enamel. Dental professionals also advise the use of only a small pea-sized dab of toothpaste. Do not be fooled by the images in toothpaste commercials, especially when using fluoridated toothpaste, more is not better.

Once you have prepared your toothbrush with a small dab of toothpaste and a splash of water, you can begin brushing your teeth, one or two at a time with small circular movements.

1. In order to help clean along your gum line, place the brush at a 45 degree angle to the surface of your tooth and gently ease the bristles up to and under the gum line and wiggle them lightly.

2. As you work through the teeth, ensure that you are reaching all three main surfaces of each tooth: the cheek side, the tongue side, and the chewing surface.

3. To brush the tongue side of your front teeth, place the brush in a vertical position and brush up and down over the entire tongue side of the teeth.

Especially if you suffer from bad breath, you may also choose to gently brush the insides of your cheeks and the surface of your tongue.

Be careful that you are not rough when you brush. It is better to work gently and take longer than to scratch and injure your gums with aggressive scrubbing.

Brushing should take 2-3 minutes.

Brushing well is critical to dental health and should be performed at least once a day (before bed). Ideally you should brush your teeth both before bed and after breakfast and if you are wearing a dental appliance such as braces, brushing should take place after every meal.

ELECTRIC VS. MANUAL TOOTHBRUSHES

In recent years, electric toothbrushes have become more and more popular. There is however, little evidence that an electric toothbrush is any more effective than good brushing technique with a manual brush. In fact, most research has found no statistically significant difference between the two types of brush (Costa et al., 2010; Mantokoudis et al., 2001; Parizi et al., 2011). Thus, use of an electric brush is ultimately a personal decision and choosing not to invest in one will not doom you to reduced oral health. The key is to brush thoroughly regardless what kind of brush you use.



TOOTH FLOSSING

Much research has found that flossing alongside brushing is a far more effective system of plaque removal and cavity and gingivitis protection than brushing alone (Corby et al., 2008; Hujoel et al., 2006; Nickerson et al., 2012). Floss reaches between the teeth and removes the hard to reach plaque that is most responsible for cavity formation. Poor flossing technique, however, can damage gums causing bleeding and potential infection so it is important to floss correctly.

PARTNER WITH YOUR DENTAL HYGIENIST TO TAKE CARE OF YOUR TEETH

A dental hygienist is your partner in oral health. Working with your hygienist you can develop a plan to protect your teeth and gums from disease. But no matter your individual situation, the most important part of any dental hygiene plan is sticking to it! Brushing and flossing your teeth regularly and with good technique will keep your mouth plaque and tartar free and will save you from costly dental bills for cavity filling and from the lasting gum and jaw damage of periodontal disease.



HEALTHY LIFESTYLE

With good habits and daily physical activity you will be well on your way to a healthy lifestyle.

“All of us say we can reduce our weight easily but sometimes it is not so easy to do.”

Our busy lifestyle can be hard on our family health. Rushing to and from school and work can make it hard to find time to be physically active. We always get into the bad habit of eating unhealthy snacks our free time watching TV or in front of the computer.

How to lead a healthy lifestyle. There are five simple way for our family to lead a healthy life-style.

1. Do physical Exercise.

- Regular physical activity is important for the healthy growth, development and well being of children and young people.
- At least 60 minutes of physical activity everyday a person should do .It should include activities like strengthen muscles and bones on t least 3 days of the week.



2. Choose water as a drink.

- Water is the best way to satisfy your thirst.
- Drink water as much as you can. At least 8-10 glasses per day.



I try to start drinking water as soon as my feet hit the floor in the morning.

3. Prefer Fruits over juices.

- An Individual should eat whole fruits to eat rather than offering fruit juices that have a lot of sugar which gain weight.
- Eating fruits everyday helps children grows and develop boosts their vitality and can reduce the risk of many chronic diseases.
- It is mandatory to eat two serves of fruits every day.

4. Switch get active.

- Spending surfing online tends to kids
- Children active indoor alternatives more than TV.

5. Eat less lect health-

- Healthy and young daily nutri-
- Snacks such bles reduced whole grains choices.

- Avoid snacks

or saturated fats such as chips, cakes, chocolates, which cause children to put on their weight.

6. Portion distortion

Our food and drinks portion sizes have dramatically increased over the past 30 years. In the 1950's a chip packet was 28g from a take-away restaurant - today it's 154g – and that's not even the super-size, which is a whopping 196g!

Portion size increases doesn't only include the take-away portions, but packaging of goods in the supermarket, dinner plates and glasses in restaurants and even fridge sizes! Simple ways to cut your portions include:

Eat your main meals off a smaller plate – visually the plate looks full so you will be satisfied, but technically you'll be eating less.

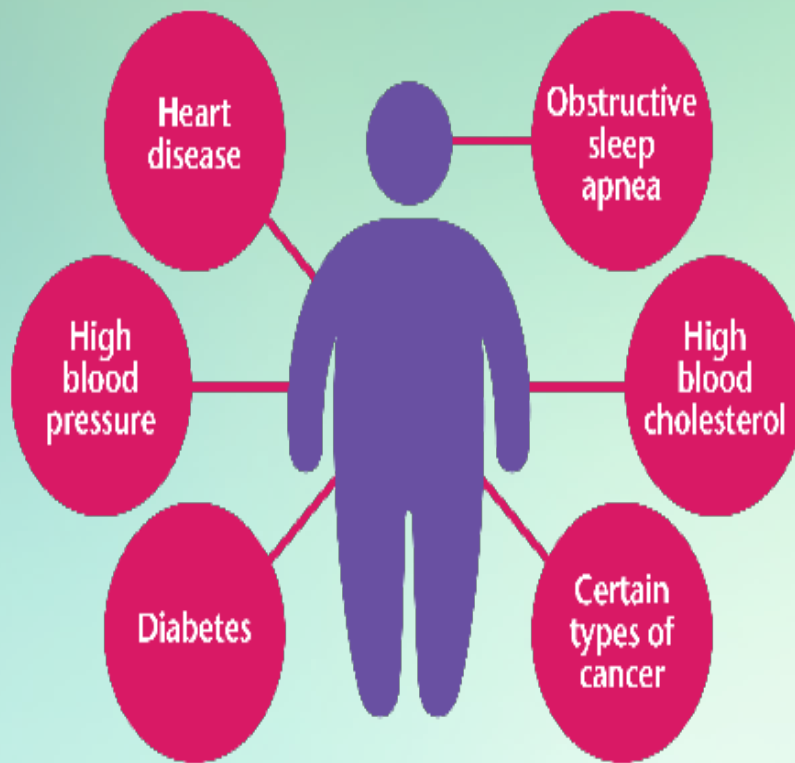
Dish up in the kitchen, rather than have the serving dishes at the dining table – it's much easier to have seconds when it's right in front of you.

Eat small regular meals (at least every four hours) so that you're never starving – if you get to this point of hunger, it's very difficult to stop before you overeat.

7. Colour me beautiful

Choosing whole foods and cooking from scratch is a much healthier way to eat than buying pre-packaged or ready-meals which are high in fat and salt but very low in nutrients. To make sure you're getting a variety of nutrients, vitamins and minerals into your body every day – a quick rule of thumb is to pick a variety of colours for your meals.

Your body will wear a frown if your meal is all brown.



off the screen and

time on watching TV or playing games is become overweight. should plan a range of and outdoor games as rather than spending one hour on watching

fast food and se- ier alternatives.

snacks help children people to meet their tional needs.

as fruits and vegeta-fat dairy products and are the healthiest

that are high in sugar

What is depression and what can I do about it?

Sadness, feeling down, having a loss of interest or pleasure in daily activities - these are symptoms familiar to all of us. But, if they persist and affect our life substantially, it may be depression.

According to the Centers for Disease Control and Prevention (CDC), 7.6 percent of people over the age of 12 have depression in any 2-week period. This is substantial and shows the scale of the issue. According to the World Health Organization (WHO), depression is the most common illness worldwide and the leading cause of disability. They estimate that 350 million people are affected by depression, globally

Fast facts on depression:

- Depression seems to be more common among women than men.
- Symptoms include lack of joy and reduced interest in things that used to bring a person happiness on his face.
- Life events, such as bereavement, produce mood changes that can usually be distinguished from the features of depression.
- The causes of depression are not fully understood but are likely to be a complex combination of genetic, biological, environmental, and psychosocial factors.

Tests

Depression is a mood disorder characterized by persistently low mood and a feeling of sadness and loss of interest. It is a persistent problem, not a passing one, lasting on average 6 to 8 months.

Diagnosis starts with a consultation from a mental health expert.

Diagnosis of depression starts with a consultation with a doctor or mental health specialist. It is important to seek the help of a health professional to rule out different causes of depression,

ensure an accurate differential diagnosis, and secure safe and effective treatment.

As for most visits to the doctor, there may be a physical examination to check for physical causes and coexisting conditions. Questions will also be asked - "taking a history" - to establish the symptoms, their time course, and so on.

Some questionnaires help doctors to assess the severity of depression.

The Hamilton depression rating scale, for example, has 21 questions, with resulting scores describing the severity of the condition. The Hamilton scale is one of the most widely used assessment instruments in the world for clinicians rating depression.

What does not class as depression?

Depression is different from the fluctuations in mood that people experience as a part of normal life. Temporary emotional responses to the challenges of everyday life do not constitute depression.

Likewise, even the feeling of grief resulting from the death of someone close is not itself depression if it does not persist. Depression can, however, be related to bereavement - when depression follows a loss, psychologists call it a "complicated bereavement."

Signs and symptoms

- depressed mood
- reduced interest or pleasure in activities previously enjoyed, loss of sexual desire
- unintentional weight loss (without dieting) or low appetite





Depression begins with disappointment. When disappointment festers in our soul, it leads to discouragement.



Treatment

Surveys have shown that up to half of Americans with depression don't get medical help for their condition. Left untreated, major depression can set off a chain of social, emotional and health consequences that add to patients' overall stress. According to the Mayo Clinic, these include alcohol or drug abuse, anxiety, social isolation and relationship conflicts, work or school difficulties, or suicide. Depression treatment may involve psychotherapy, medications, or a combination of the two.

Medication: Prescription drugs, called antidepressants, help alter mood by affecting naturally occurring brain chemicals.

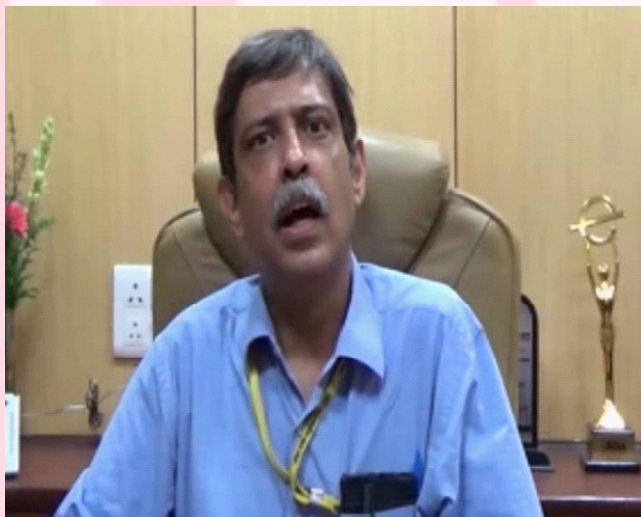
Psychotherapy: Also known as talk therapy or counseling, this treatment has been shown to help some patients with depression.

Less common treatments: For patients with severe depression who have not responded to any medication or psychotherapy, doctors may consider transcranial magnetic stimulation (TMS), according to the Mayo Clinic. The brain areas that are thought to be involved in mood regulation and depression.



EXPERT ADVICE

Specialist in Diabetes



(Dr. Nikhil Tandon)

What Is Diabetes?

Diabetes means that the amount of glucose (sugar) in your blood is too high. That's why people sometimes call diabetes "sugar" or "sweet blood." Your blood always has some glucose in it because your body needs glucose for energy, but too much of it in the blood isn't good for your health.

Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

There are two main types of diabetes:

Type 1 diabetes, previously called juvenile diabetes, is usually first diagnosed in children, teenagers, or young adults. People with type 1 diabetes make no insulin and must take insulin every day.

Type 2 diabetes, previously called adult-onset diabetes, is the most common form of diabetes. With type 2 diabetes, the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes. Being overweight and living a sedentary lifestyle increases the chances of developing type 2 diabetes.

Am I At Risk For Diabetes?

Are age 45 or older

Are overweight

Are African American, Hispanic, Asian American or Pacific Islander, or American Indian

Have a parent, brother, or sister with diabetes

Have high blood pressure

Are physically active less than three times a week

How Do I Know If I Have Diabetes?

You may have one or more of the warning signs listed on the next page, or you may have no signs at all. Talk to your health care provider about getting a blood test to check your glucose levels to know if you have diabetes or pre-diabetes (a condition where blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes).

The signs of Type 2 diabetes are:

- o Being very thirsty
- o Urinating often (especially at night)
- o Feeling very hungry or tired
- o Losing weight without trying
- o Having sores that heal slowly
- o Having dry, itchy skin
- o Having blurry eyesight

What Can I Do To Control Or Prevent Diabetes?

Managing diabetes requires effort every day to eat healthy foods, be physically active, take diabetes medicine as prescribed, and test blood glucose levels. You can take steps to prevent or slow down other health problems diabetes can cause over the years by keeping your blood glucose, blood pressure, and cholesterol under control. If you have diabetes, work with your health care provider to create a plan for managing your health.

What Should My Blood Sugar Be When I Wake Up (fasting) And Before Meals? What About After?

For most people with diabetes, the American Diabetes Association recommends a fasting or before-meals blood glucose (or blood sugar) goal of 70–130 mg/dl. One to two hours after eating, a postprandial blood sugar reading at or under 180 mg/dl is recommended.

How Can I Get Motivated To Take Care Of Myself?

Taking care of diabetes and getting through your daily to-do list along with your other responsibilities is demanding. It's easy to understand why motivation waxes and wanes. BJ Fogg, director of the Persuasive Technology Lab at Stanford University and a leading expert on human behavior change, offers some tips to help get started.



(Dr. Piyusha Kulshrestha)

An interview with the leading oncologist Dr. Piyusha Kulshrestha specializing in the treatment of malignant diseases of the breast

In Russia, about 57,000 women are annually diagnosed with “breast cancer.” Recovery percentage is only 57%. What’s going on in India?

In India, the percentage of recovery is very high - more than 90% of the women who have breast cancer will recover because the disease is diagnosed in its earliest stages - first or second. Recovery rate in Israel is among the highest in the world.

You treat breast cancer at all stages. Is there any chance of curing patients in the fourth stage of the disease?

The fourth stage is characterized by the fact that the tumor is beyond the breast and has penetrated into the lymph nodes and other organs. Under these circumstances, the disease becomes chronic when recovery does not occur.

You are in charge of the treatment of breast cancer diagnosed in young women. What is the level of morbidity in the world?

I want to note that the level of morbidity among young women is low. Breast cancer is mainly common in the older generation of women between 50 - 60 years of age. Breast cancer under the age of 40 is mostly genetic, which is about in 7% of all the patients.

What kind of therapy do you administer during pregnancy?

After the third trimester, the implementation of the program of treatment is not difficult, as the team has gained extensive experience and has developed effective protocols. Patients receiving chemotherapy that is safe for the fetus undergo surgery during pregnancy. At the same time a woman carries out a new life in her and resists the disease, it is a very difficult time for a woman to be in this situation. Some treatment protocols require the introduction of an artificial organism that induces a state of menopause.

Is there any difference in the treatment of women under 40 and that of the older generations?

Certainly. We involve a multidisciplinary team specializing in oncology for young women. This means that we create all the conditions in order to preserve the woman’s ability to bear children: before chemotherapy, we carry out the procedure of egg collection and store them by cryopreservation. In case of women diagnosed with breast cancer during pregnancy, we involve a multidisciplinary team to keep the pregnancy while continuing therapy.

What is the most accurate diagnostic protocol for the early detection of breast cancer?

The combination of a digital mammography with ultrasound is the most accurate and informative survey instrument. The quality of mammography in Israel meets very high standards. More than 85% of breast cancer is diagnosed through this kind of research.

How can a women prevent the development of breast cancer?

Women should be checked regularly. Every woman over 25 years should be screened annually by a specialist in the field of breast surgery. From the age of 50 and up it is necessary to undergo mammography every two years. This applies to those women as well who do not have a history of breast cancer. Women with a family history or the presence of BRCA mutations are recommended to undergo more frequent examinations. For example, if you know that your mother has breast cancer that was discovered at age 32, then you should begin preventive examinations from the age of 22; ten years before the cancer was diagnosed in your mother. Women who have a family history of BRCA mutation carriers undergo a regular MRI examination.

HYGIENIC

“Businesses must evolve over time, and as more inform those that pro-act to new advances



“Hygienic eating habits promote life.”

“Eat hygienic, be nutrition healthy.”



“A healthy or hygienic food for a wealthy mood.”

'S UNHYGIENIC

Information on food safety becomes available to the public,
are going to be in a better position.”

Eat junk foods only for
taste not for slim waist.



Don't regret but just
notice where you ate.



Avoid
unhygienic food
for your health.



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