

# HEALTHY LIFESTYLE

(Contribution by Medicine Deptt.)

## **Q. Do I need to follow a healthy lifestyle if I'm not sick?**

A. A healthy lifestyle is not mere absence of disease or infirmity. It is about reaching your potential for looking and feeling great . Being healthy is a lot more than being “not sick”. Its about waking up feeling good and being full of energy all day long. It is getting the best from your body and mind. It is about getting your tissues and cells to function at their best and thereby you get wonderful results that you can feel.

You will feel it in your physique as well as your mind and emotions. When your body is healthy, everything goes better.

## **Q. Is it something I can put off till later? How early is soon enough? How late is too late?**

A. It is never too late to start but the sooner the better.

We face an unprecedented epidemic of diseases of civilization – Asthma, Arthritis, Alzheimer's, Attention Deficit Disorder, Arteriosclerosis, Diabetes, Hypertension, Cancers... it is estimated that cancer now will be diagnosed in one in three people in their lifetime. Many of these diseases were almost unheard of a few generations ago. By moving to healthier options we can create a healthier body. Then, instead of being focused on treating the symptoms of diseases, we can create real health.

## **Q. Does it take a lot to time?**

A. The time taken is about the same as an unhealthy lifestyle. You will spend some more time growing your sprouted seeds, and making dressings and juices. But you will get it all back in extra energy and vitality that same day. Most countries in the world record 2-4 hours per day of TV watching per adult. Thus most people can easily make some time to create a healthy lifestyle.

## **Q. I don't have time for this. Can I just continue with my ordinary lifestyle?**

A. That can cost you a lot to time lost to lack of energy or down time with sickness or reduced number of years in your lifetime. Take the time to create healthy lifestyles and eat healthy food. It is a investment.

## **Q. What is the simplest way to get started?**

A. : Make half your plate green uncooked food, like leaves of all descriptions. Add rainbow coloured uncooked foods like peppers, shredded carrots, tomato etc. Make a fresh dressing.

Get a juicer and make green juices from Cucumber and celery with added cabbage leaves and ginger or other herbs for taste.

Eat fresh ripe fruit.

**Q. My folks don't want to do this and say that I am crazy to eat this kind of food. What can I do?**

A. While social pressure can be a real factor, we all have to decide what is best for ourselves. Even if sometimes that makes others uncomfortable. 99% of the time others will come to respect your decision and your determination. Usually you will end up helping them to improve their health. The result you get will speak volumes to them. Let them move at their own pace towards a healthier way of life.

**Q. What is the best way to ensure that I keep to a healthier lifestyle?**

A. Spend lots of time in the fresh fruit and vegetable section of your supermarket. Avoid processed and heavily salted foods and snacks. If you live with others who do not wish to follow a healthier lifestyle, then create your own storage space for your healthier food.

Get exercising; being active makes it easier to do all the other healthy habits. Thirty minutes of brisk walk three times a week is enough to set you on the road to a healthier you and keep diseases at a bay.

**Q. What can exercise do for me?**

A. Making exercise a regular part of your daily routine will have a positive impact on your health and your quality of life as you get older. Staying physically active and exercising regularly can improve mood and relieve depression, and prevent or delay some types of cancer, heart disease, and diabetes. Long-term regular exercise can even improve health for some older people who already have diseases and disabilities. Being physically active can also help you stay strong and fit enough to keep doing the things you like to do and stay independent as you get older. For example, improving endurance can make it easier to work in the garden. Increasing muscle strength can make it easier to lift a grandchild or climb stairs. Improving balance helps prevent falls, and being more flexible can help you reach for items on kitchen shelves.

**Q. What is the difference between exercise and physical activity?**

A. Exercise is a form of physical activity that is planned, structured, and repetitive like weight training, tai chi or an aerobics class. Physical activities are activities that get

your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as your age. Combining both can get you more for your buck – maximize return from the time put in.

**Q. How much should the average adult exercise every day?**

A. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Want to aim even higher? You can achieve more health benefits if you ramp up your exercise to 300 minutes a week. For aerobic activity or 75 minutes a week or vigorous aerobic activity. You also can do a combination of moderate and vigorous activity.

# DIARROHEA

(Contribution by Paeds Deptt.)

## **Q. What is diarrhea?**

A. Diarrhea is the passage of watery stools. This means body fluids and salts can be quickly lost from the body. The child becomes dry (dehydrated) and this is very dangerous and may kill the child.

## **Q. Why is diarrhea dangerous?**

A. When a person gets diarrhea, the body begins to lose a lot of water and salts – both of which are necessary for life. If the water and salts are not replaced fast, the body starts to “dry up” or get dehydrated. Severe dehydration can cause death.

## **Q. What is dehydration?**

A. Dehydration is the loss of water and body salts through diarrhea.

The human body needs water to maintain enough blood and other fluids to function properly. If your body loses substantially more fluids than you are drinking, you become dehydrated.

You may lose fluids in a variety of ways:

- When urinating
- When you vomit or have diarrhea
- When sweating
- From the lungs during normal breathing.

Along with the fluids, your body also loses electrolytes, which are salts normally found in blood, other fluids, and cells.

## **Q. How does dehydration occur?**

A. The usual causes of dehydration are a lot of diarrhea and vomiting. Dehydration can also occur if you do not eat or drink much during an illness or if you do not drink enough during or after strenuous exercise. Medications that cause fluids loss to control excess body fluid (diuretics) are a common long-term cause.

Although anyone can become dehydrated, those who become dehydrated the most easily are:

- Babies under 1 year old

- The elderly
- Anyone who has a fever
- People in hot climates.

**Q. What are the symptoms of dehydration?**

A. Early features are difficult to detect but include dryness of mouth and thirst.

**Q. How is dehydration treated?**

A. If you are mildly dehydrated, you need to drink enough liquid to replace the fluids you have lost. Also, you need to replace the electrolytes (Salts) you have lost. Drinking sips of water slowly, alongwith eating the diet which is high in salt, will replace fluids and salts you have lost.

Non prescription medicines are available that help replenish fluids and electrolytes. You can also replace both fluids and electrolytes by drinking sports drinks or an oral rehydration solution (ORS).

**Q. How long will the effects of dehydration last?**

A. If dehydration is not treated, it can cause death. If it is treated in time.

**Q. How do I use an ORS package?**

A. Packets of oral rehydration salts are widely available. To use one of these packets, mix the contents with 1 quart or liter of drinking water. If drinking water is not available, or if you are not sure the water is drinkable, boil the water for at least 10 minutes.

**Q. How do I prepare an ORS solution at home?**

A. If ORS packets are not available, mix an oral rehydration solution using one of the following recipes; depending on ingredients and container availability :

Recipe for making a 1 litre ORS solution using Sugar, Salt and Water

1. Clean Water – 1 litre
2. Sugar – Six teaspoons
3. Salt – Half teaspoon
4. Stir the mixture till the sugar dissolve.

Drink sips of the ORS every 5 minutes until urination becomes normal. (4-5 times)

Adults and large children should drink at least 3 quarts or liters of ORS a day until they are well.

If you are vomiting, continue to try to drink the ORS.

Someone with symptoms of severe dehydration needs to go to an emergency room or other health care facility to get intravenous fluids. If able to drink, he or she should also drink the ORS.

**Q. Can the solution be made with dirty water?**

A. The benefits of fluid replacement in diarrhea far outweigh the risks of using contaminated water to make oral rehydration solution. In situations where it is difficult to boil water, mothers are advised to use the cleanest water possible.

**Q. Can the ORS solution be stored?**

A. Generally a made-up solution should be covered and not kept for more than 24 hours.

**Q. What should be done if the child vomits?**

A. Vomiting does not usually prevent the therapy from being successful. Mothers must be taught to persist in giving ORS solution, even though this required time and patience. They should give regular, small sips of fluid. Giving ORT reduces nausea and vomiting and restores the appetite.

**Q. What sort of foods are good during diarrhea?**

A. Foods high in potassium are important to restore the body's essential stores depleted during diarrhea. Such foods include lentils, bananas, mangoes, pineapples, pawpaw, coconut milk and citrus fruits.

Certain foods should be avoided during diarrhea, for example those containing a lot of fibre such as coarse fruits and vegetables, whole grain cereals and spicy foods.

**Q. Apart from ORT, are there any other important aspects to the management of diarrhea?**

A. First of all, prevention including the following measures:

- Breastfeeding
- Environmental sanitation
- Personal hygiene
- Clean drinking water
- Clean preparation and storage of food
- Inspect and fly control

Secondly maintaining or increasing food and fluid intake during and after an attack of diarrhea.

### **Immunization Schedule**

Birth	- BCG, OPV, Hep-B
6 Weeks	- PENTAVALENT-1 /DPT 1, OPV 1,Hep-B
10 Weeks	- PENTAVALENT-2 /DPT 2, OPV 2,Hep-B
14 Weeks	- PENTAVALENT-3 /DPT 3, OPV 3,Hep-B
9 Month	- Measles
15 Month	- MMR
18-24 Month	- DTP & OPV 1 <sup>st</sup> booster
2 Year	- Typhoid
5 Year	- DPT& OPV 2 <sup>nd</sup> booster

### **Following are NOT contraindicated for administration of vaccines:**

1. Mild acute illness
2. Low grade fever
3. Mild diarrhea
4. Pre maturity
5. Malnutrition

# COMMON ORTHOPEDIC INJURIES

(Contribution by Orthopedic Deptt.)

## **Q. What is the difference between a sprain and a strain?**

A. A strain occurs when a muscle or tendon is stretched or torn. A sprain occurs when a ligament is stretched or torn. Strain are often the result of overuse or improper use of a muscle, while sprain typically occur when a joint is subjected to excessive force or unnatural movements (e.g. sudden twists, turns, or stops). Sprain can be categorized by degree of severity : A first-degree sprain stretches the ligament but does not tear it. Symptoms include mild pain with normal movement. A second-degree sprain is characterized by a partially torn ligament, significant pain and swelling, restricted movement, and mild to moderate joint instability. In a third-degree sprain, the ligament is completely torn with mild to severe pain, swelling, and significant joint instability.

## **Q. What is sciatica?**

A. In the low back, nerves join to form the sciatic nerve, which runs down into the leg and controls the leg muscles. Sciatica is a condition that may cause radiating pain, numbness, tingling, and/or muscle weakness in the leg but originates from nerve root impingement in the lower back. Nerve impingement is most often caused by a herniated disk or spinal stenosis.

## **Q. What is spinal stenosis?**

A. Stenosis refers to a narrowing of the spinal canal, usually in the lower back (lumber) region. This narrowing is often a result of the normal degenerative aging process. It occurs as the disks of cartilage that separate the spine's vertebrae lose water and the space between the vertebrae become smaller, causing friction between the bones. The loss of water in the disks makes them less flexible and unable to act as shock absorbers in the spine. Daily wear and tear on the spine becomes more significant without these shock absorbers. As the disks degenerate, vertebrae may shift, causing the spinal canal to narrow. In some cases, the nerves that travel through the spinal column to the legs become squeezed. This can cause back and leg pain, and even leg weakness. Arthritis and fall also contribute to the narrowing of spinal canal, compressing the nerves and nerve roots and causing pain and discomfort.

## **Q. What is degenerative disk disease?**

A. Degenerative disk disease is a general term applied to back pain that has lasted for more than three months. It is caused by degenerative changes in the intervertebral disks in the spine and can occur anywhere in the spine : low back (lumbar), mid-back (thoracic), or neck (cervical). Under the age of 30, these disks are normally soft, and they act as cushions for the vertebrae. With age, the material in these lumbar disks becomes less flexible and the disks begin to erode, losing some of their height. As their thickness decreases, their ability to act as a cushion lessens. The less dense cushion now alters the position of the vertebrae and the ligaments that connect them. In some cases, the loss of density can even cause the vertebra to shift their positions. Heredity and physical fitness may also play a part in the process.

**Q. What is a torn rotator cuff?**

A. The rotator cuff is a group of tendons and their related muscles that help keep the shoulder and upper arm bone securely placed in to the socket of the shoulder blade. The rotator cuff stabilizes the shoulder joint and helps you to move your arm in place.

**Q. What is frozen shoulder?**

A. Frozen shoulder (adhesive capsulitis) is a condition in which the tissues around the shoulder joint stiffen, scar tissue forms, and shoulder movement become difficult and painful. It can develop when you stop using the joint normally because of pain, other injury, or a chronic health condition, such as diabetes. Any shoulder problem can lead to frozen shoulder if you do not work to maintain its full range of motion.

**Q. What is a separated shoulder?**

A. A shoulder separation (acromioclavicular joint injury) occurs when the outer end of the collarbone separates from the end of the shoulder blade because of torn ligaments. This injury occurs most often from a blow to the shoulder or a fall on a shoulder or outstretched hand or arm.

**Q. What is dislocated shoulder?**

A. A shoulder dislocation (shoulder instability) occurs when the upper end of the arm bone ball pops out of the shoulder joint socket. This injury may be caused by a direct blow to the shoulder, a fall on an outstretched hand or arm, or an exaggerated overhead throwing motion.

**Q. What is arthritis?**

A. The most common form arthritis, osteoarthritis, can affect any joint in the body, but most often afflicts the knees, hips, and fingers. Most people will develop osteoarthritis from the normal wear and tear on the joints through the years. Joints contain cartilage,

a slippery material that cushions the ends of the bones and facilitates movement. Over time, or if the joint has been injured, the cartilage wears away and the bones of the joint start rubbing