

LET'S TALK HEALTH

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The only noise during Diwali should be that of laughter.
Apollo family wishes you
A HAPPY & NOISE-FREE DIWALI!



EDITOR'S NOTE

The festive season is here again, and this time it's the festival of lights. Light symbolizes hope and enlightenment, and we wish the same for you and your family.

This issue, we bring to you a number of articles which will help keep various gastric problems at bay. Our articles 'Busting Sugar Free Myths' and 'The Sweet Tooth' talk of two different aspects of the sweet indulgence that increases during Diwali. The article 'Diwali Safety' talks about the precautions which one should take before indulging in the festive fun.

We Wish You a Safe and Happy Diwali!

Neeraj Garg

CEO, Apollo Health & Lifestyle Ltd.

GOODBYE TO GASTRIC PROBLEMS THIS FESTIVE SEASON - Brought to you by Apollo Clinics



Variety of cuisines and lot of fun can often lead up to gastric problems like heart burn, bloating, GERD etc. Some basic tips can actually help in avoiding these problems and allow you to enjoy the festivities completely and freely.

GERD Management

- Quit smoking
- Avoid alcohol
- Avoid spicy food and chocolates
- Reduce intake of caffeinated drinks and citrus juices
- Eat small frequent meals
- Eat two hours before sleeping
- Raise the head of the bed by six inches

Heart Burn Management

Trigger Foods

Avoid eating the following foods on an empty stomach:

- Tomatoes and tomato based products like ketchup, tomato puree and salsa, pizza with tomato sauce

- Chillies, capsicum, radish
- Fruits containing citric acid like oranges, lime, lemons, mosambi, grapefruit
- Pudina (mint) candies or gums with peppermint
- Onions and garlic
- Chocolates(methyxanthine in chocolate relaxes the smooth muscle around the sphincter)

[Read on to know more...](#)

DIWALI SAFETY - Brought to you by Apollo Clinics

Diwali is the time for family get-togethers, lots of good food, new clothes, lights, firecrackers and a lot of merry making in general. Even a small negligence on your part can lead to an unfortunate accident and harm you or your loved ones. We give you some tips to remember before losing yourself in the festive celebrations.



[Read on to know more...](#)



GET FIT IN 20 MINUTES - Brought to you by Apollo Clinics

20 minutes of regular exercise is all what it takes for a healthy life and a fit body. Weight is gained by way of increased body fat deposit. Weight gain occurs when you regularly eat more calories than you burn through normal bodily functions and physical activity.

For a healthy adult to maintain an ideal weight doing his/her daily activities, caloric intake should be 22 calories/kg. Therefore, ideally a 68-kilo man would need about 1500 kilo calories in a day to avoid gaining weight. On the other hand, growing up children would need more calories!

Walking, jogging, dancing, swimming and cycling are all such exercises which if done at least 20 minutes every day will not only prevent weight gain but also energise you for the rest of the day.

[To know how to lose weight through regular household chores, read more...](#)

BLOATING DURING PERIODS - Brought to you by Apollo Cradle

The red letter days and few days before that are known to trouble the ladies enough. Bloating, diarrhoea, constipation, abdominal cramps, body aches, mood swings are all a part of this phase that every woman goes through every month. After all, the body is preparing busily for the important task of shedding the lining of the womb! When any of these symptoms turn excessive



is when you should reach out to a doctor, otherwise none of those are a cause of worry.

[Read on to know more...](#)



BUSTING SUGAR-FREE MYTHS - Brought to you by Apollo Sugar

We all might not need artificial sweeteners, but we all have definitely heard about it and even used it perhaps on more than one occasion. With so many new brands foraying into the business, Saccharine is not alone in the market any more as a substitute for sugar. But are they really safe?

[Read on to know more...](#)

COLONOSCOPY - Brought to you by Apollo Day Surgery

Colonoscopy is a screening procedure that enables the examiner to look inside the large intestine (rectum and colon) for polyps, abnormal areas, tumours or cancer. A colonoscope which a thin, tube-like instrument with a light and a lens for viewing, is inserted through the rectum into the colon. The apparatus also has a tool to remove polyps or tissue samples, which are checked under a microscope for signs of cancer or other disease.

This procedure is always conducted on a doctor's advice. Usually, patients are admitted a day ahead for such procedures, but the unique design and special care for day surgery at Apollo Clinics & Apollo Day Surgery makes it possible for the patient to undergo this test in a single day without any hassles, which also implies that you can join your family for dinner the same day.



[To know more about it, read on...](#)



IBS AND GERD - Brought to you by Apollo Clinics

Irritable Bowel Syndrome (IBS)

Do you often have abdominal pain or discomfort? Irritable bowel syndrome (IBS) is a common disorder leading to abdominal pain or discomfort.

What to watch out for?

- ✓ Pain
- ✓ Constipation
- ✓ Diarrhoea

Gastro- Oesophageal Reflex Disease

The most common GERD symptom is heartburn. Also called acid indigestion, it is described as a burning chest pain moving up to the neck or throat, behind the breast bone and it can prolong as long as two hours.

Cause

GERD occurs due to laxity of the sphincter muscle (that contracts to close an opening) at the junction of the stomach and food pipe (oesophagus). Unhealthy lifestyle habits like being overweight, overeating, alcohol consumption, smoking, having food that is too spicy, excessive intake of chocolates etc. also contribute to GERD.

[To know more about the cause and how to manage, Read more...](#)



APOLLO FAMILY CARE PROGRAMME

The Apollo Hospitals Group has been serving the cause of good health for over 30 years now. Making world-class healthcare accessible and affordable so as to touch a billion lives is the singular mission that drives every member of the Apollo family. We at Apollo Health and Lifestyle Ltd. are taking another firm step in realizing this mission with the introduction of a card less loyalty program - **Apollo Family Care** - where we believe that **Good health is wealth**.

The **Apollo Family Care programme** rewards you for every health care movement you take in life for staying healthy. With just your mobile number and Unique Health ID you can access the seamless benefits we offer through this programme.

[To know your food more, read more...](#)