

# HEALTH BEATS

Powered by Health Wealth Management Pvt Ltd



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# WORLD ENVIRONMENT DAY

5 JUNE

Every year, World Environment Day is observed on June 5. This day is celebrated to encourage awareness and environmental protection. The celebration of this day provides us with an opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprises, and communities in preserving and enhancing the environment.

The day was first observed in 1974. Every World Environment Day is hosted by a different country, in which official celebrations take place. The day is celebrated by engaging governments, businesses, celebrities and citizens to focus their efforts on a pressing environmental issue.

See below details, for how & what we can learn from this celebration every year.

- Many Species. One Planet. One Future', was the theme of 2010.
- The world environment day of 2011 was hosted by India and the theme was Forests—Nature At Your Service.
- World Environment Day 2012's theme was Green Economy.
- 2013 was themed on the footprint of food, under the slogan “Think, Eat, Save”. The UN reminded us that one third of all food produced fails to make it from farm to table, which means 1.3 billion tonnes of food, worth 1,000 billion dollars, are wasted. This amount would be enough to feed the 870 million people suffering from hunger around the world, as well as reduce CO2 emissions significantly.
- 2014 was dedicated to the sea, under the theme “Raise your Voice not the Sea Level!” in order to raise awareness on the problems island nations are facing due to rising sea levels.

# MEN'S HEALTH WEEK

13 TO 19 JUNE



The main aim of observing Men's Health Week is to seek attention and awareness toward the well-being of men across the world. This year Men's Health Week is being celebrated from 13 to 19 June 2022.



# MEN'S HEALTH –

"Why should women have all the care"

Men are notorious for avoiding the doctor and ignoring unusual symptoms. This may help explain why women tend to live longer. Don't let complacency take a toll on your health.

Schedule yearly checkups with your doctor and keep these appointments. Your doctor can help monitor your weight, blood pressure, and the level of cholesterol in your blood. Excess weight, high blood pressure, and high blood cholesterol are risk factors for cardiovascular disease. Your doctor can recommend lifestyle changes, medications, or other treatments to help get your weight, blood pressure, and blood cholesterol under control.

## **Eat natural foods :**

Packaged and processed foods are often full of sugar, salt, unhealthy fats, artificial additives, and calories. Limit the fake stuff and eat a wide variety of :

- fresh fruits and vegetables
- whole-grain products, such as brown rice and whole-grain breads
- fiber-rich foods, such as beans and leafy greens
- lean cuts of meat and poultry, such as skinless chicken breast and lean ground beef
- fish, such as salmon

## **Here Are 9 Things You Need to Get Checked :**

You don't need statistics to tell you that men are more likely to avoid the doctor than women.

Here are the checkups you should be making time for now, so that you can have more time, period.

### **Every Year :**

1. Blood Sugar Check
2. Skin Check
3. PSA Test

### **Every 3 Years :**

4. Colonoscopy

### **Every 4 Years :**

5. Blood Pressure and Cholesterol Check

### **Every Chance You Get :**

6. Echocardiogram
7. Liver Enzyme Test
8. TSH Test
9. Lung Screenings

## Get moving :

Heart disease is the leading cause of death among men. Regular exercise is one of the best ways to prevent heart disease and keep you strong. It can also help you improve and maintain your overall physical and mental well health.

Try to get at least 150 minutes of moderate-intensity aerobic exercise, or 75 minutes of vigorous aerobic exercise, every week. For example, schedule five 30-minute long sessions of aerobic exercise in your weekly calendar. Aerobic exercise includes activities such as walking, jogging, swimming, basketball, tennis, and other sports.



## Get your vitamins :

Most people can get the vitamins and minerals needed for optimum health by eating a well-balanced diet. It's important to eat wide variety of vitamin- and mineral-rich foods, such as fresh fruits, veggies, and whole grains. Many of those foods also provide heart-healthy fiber and natural antioxidant compounds that can help lower your risk of certain diseases.



Some people may also benefit from taking a daily multivitamin or other supplements. For example, your doctor may encourage you to supplement your diet with fish oil capsules containing omega-3 fatty acids and vitamin D3. Ask your doctor about the potential benefits and risks of adding a multivitamin or other supplements to your daily routine.



## Break unhealthy habits

Smoking is one of the worst things you can do for your health. Secondhand smoke is also very dangerous. Smoking and secondhand smoke exposure can also cause other health conditions, such as chronic obstructive pulmonary disease (COPD), emphysema, and heart disease. They also raise your risk of developing many types of cancer.

Other health-damaging behaviors include excessive alcohol consumption and recreational or habitual drug use. If you consume alcohol, do so in moderation. For example, men should consume no more than two drinks per day, or the equivalent of 24 ounces of beer, 10 ounces of wine, or 3 ounces of spirits.

Some men also use anabolic steroids to increase muscle mass. This can lead to serious health consequences. Possible outcomes include sterility, heart disease, skin disease, and behavioral problems.

If you smoke, drink too much, or use illicit drugs, your doctor can help you develop a plan to quit. They may recommend medication, therapy, or other treatments or strategies.





## World Blood Donation Day

World Blood Donor Day is observed every year on **14 June** to spread awareness about the need for safe blood and blood products for transfusion. The day honours the crucial contribution that voluntary, unpaid blood donors make to national health systems.

Blood and blood-related products are significant needs for many patients like women suffering from bleeding associated with pregnancy and childbirth, children suffering from anaemia due to malaria and malnutrition, victims of trauma, emergencies, disasters and accidents, and people with blood and bone marrow disorders, inherited disorders of haemoglobin and immune-deficiency conditions. The day marks an opportunity to call to action governments and national health authorities to provide adequate resources to manage access to blood and the transfusion of those who require it.

### **World Blood Donor Day 2022 Theme:**

The slogan for the World Blood Donor Day 2022 is “Donating blood is an act of solidarity. Join the effort and save lives”. The theme is decided by WHO to highlight the roles that voluntary blood donations play in saving lives and enhancing solidarity within communities.

### **History of World Blood Donor Day:**

World Blood Donor Day marks the birth anniversary of Karl Landsteiner who was born on 14 June 1868. He was awarded the Nobel Prize for his immense contribution to health science by discovering the ABO blood group system. In 2004, WHO celebrated World Blood Donor Day for the first time to encourage all nations to recognise blood donors for their selfless efforts in saving people’s lives.

### **Significance of World Blood Donor Day:**

This year, Mexico is the host country for the global event. They will hold the event through their National Blood Centre on 14 June 2022. World Blood Donor Day is an initiative taken by the World Health Organisation (WHO) to support national blood transfusion services, and blood donor organisations in strengthening and expanding their voluntary blood donor programmes by reinforcing the national and local campaigns.

INTERNATIONAL

# YOGA

DAY 21 JUNE

## 9 BENEFITS OF YOGA

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.



DAILY 15-30 YOGA CAN CHANGE YOUR LIFE



# SWIMMING BENEFITS IN YOUR BODY

Swimming is the most popular activity across the world.

Lets find the benefits associated with it and reason :

- works your whole body : you use most of your muscle groups to move your body through the water, regardless of the stroke you choose.
- Works your inside too: your circulatory system is receiving a solid workout with your muscles. Swimming strengthens your heart and lungs.
- People with asthma : is a excellent sport for those with asthma because of the humid air of the indoor pool.
- Torch calories : it is an effective calories burner. Swimming is laps at a slow or moderate pace burns about 423 calories per hour for a 160 pound person.
- Improve your sleep: Swimming has the potential to improve your sleep quality. Participant with insomnia reported an improvement in both their quality of life and their sleep.
- Boost Your mood: After participating in 12 week aquatic programme, a group of dementia patients reported an improvement in mood.
- Help manage stress: In study of 101 adults, 44 said they were slightly unhappy and stressed out by their fast paced lives. After swimming the number of participant dropped to 8.
- Safe during pregnancy, but only after personal doctor approval and advice .
- It is also consider as a affordable workout .

# LIVE LIMITLESS

EDITOR'S CHOICE  
TOPIC OF THE MONTH

LGBTQ+

PRIDE

MONTH

BY DR PUSHPA PANDEY  
EDITORIAL HEAD HWM

## Live Limitless

"God's creation is unique. There is no match for His creation"

We all are same in society, but we create differences due to our own thoughts. Some are very rich some are very poor; some are very intelligent whereas others may be having low mental ability. Some are very sensitive some may be very rude. For all such differences, only, we are responsible. We create great personalities as well as the demons in our society. It all depends on the thinking of the people, social pattern and cultural behavior of a particular society.

We have seen these kinds of differences right from the creation of Universe. We say that time is divided into four Yugas i.e., Satyuga, Treta, Dwapar and Kalyug. In all the above we find both types of personalities. In Dwapar Yug we find the reference of Vrihanala where Arjun had lived a life of eunuch in the court of King Virat during the Agayatwas period. During the same period, we find the due respect to Shikhandi when Pitamah Bhishm says he won't fight with a lady as she was androgynous. This led the beginning of the end of Mahabharat.

In the olden days all types of people were respected, were given due respect and place in society. They weren't noticed much. Today in this scientific age people have become more sensitive more aware about themselves and others as well.

Today we find variety of people in our society for example complete men and women, transgenders, lesbians, gays and others those who are unable to judge themselves i.e., we can say a boy in the girl's body and a girl in a boy's body. Gender confusion, so difficult to understand their proper status as a boy or a girl.

Around the world, lesbian, gay, bisexual, transgender, and intersex (LGBT) people face lots of discrimination in almost all aspects of their lives. They don't get easy access to employment, proper education, and even proper health care. They become soft target for any kind of humiliation and are attacked in many ways because of their gender expression or perceived sexual orientation.

Many countries have given a respectable place in society so that they could live an honorable life like others. Governments have brought amendments so that they can marry anyone without the restriction of gender and sexual orientation. Today medical researchers have successfully proved that genders can be changed if anyone wishes so. In this way all such people would be able to live their lives freely.

All are equal that is why everyone has full right to live respectable life, should be treated equally like others. Let's all come together and take a pledge to respect such people in our society. We should take care that they are not being ill-treated or humiliated. They should not be considered as different persons.

Government has started a scheme under which all the transgenders can get a job and can work on various respectable posts. The month of June is celebrated to spread awareness of the LGBTQ + community which is considered as the Breaking the Barriers in society. These people are gradually being given freedom to live their lives in a respectful way in this society. The countries and societies should accept their status and should treat such people as equal as us.





Karnataka is the first state which has given the one percent reservation in the Government jobs for transgenders.

There are several notable outspoken homosexual athletes, i.e., John Curry, Billie Jean King, and Jason Collins. In the 1980s, Tom Waddell, an Olympic athlete, hosted the first Gay Games in San Francisco. Since then, many homosexual sporting organizations have been founded. They have held many sporting events that featured homosexual athletes.

6 September 2018, the Supreme Court issued its verdict. The Court unanimously ruled that Section 377 is unconstitutional as it infringed on the fundamental rights of autonomy, intimacy, and identity, thus legalizing homosexuality in India. The Court explicitly overturned its 2013 judgment. Hence, Indian article allows all transgender, lesbians, gays and those who are conscious about the gender to live a respectable and honorable life in society. This has given a boost to live a very healthy and satisfactory life.

Many Indian celebrities have openly declared their LGBTQ+ status. They feel proud about it. Some of them take it as status symbol. Some of them are Rohit Bal, Karan Johar, Parvej Sharma, Gauri Sawant, Apurva Asrani, Imam Siddiqui, Atri Kar etc. The report shows that 3% of the Indian Population identified as homosexual (Including Gay and Lesbian), 9% identify as bisexual, 1% identified as pansexual and 2% identified as asexual.

Let's come together and welcome each and every one with open heart and mind and give them ample and healthy space in our human world so that all could live a lovely, cool and comfortable life.