

HEALTH BEATS

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New Year Special Edition

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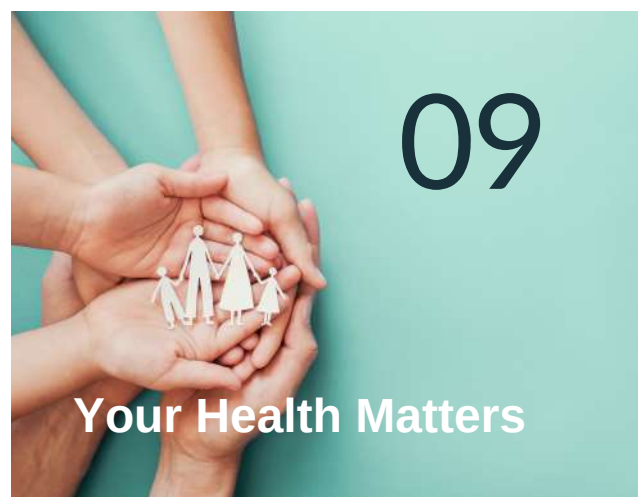
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Your Health Matters

WORLD AIDS DAY

1 DEC



Each year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. Each World AIDS Day focuses on a specific theme, which this year will be Equalize. UNAIDS is urging each of us to address the inequalities which are holding back progress in ending AIDS. This year's theme joins a growing list of challenges that World AIDS Day has alerted people to globally.

Founded in 1988, World AIDS Day was the first ever international day for global health. Every year, United Nations agencies, governments and civil society join together to campaign around specific themes related to HIV.

Awareness-raising activities take place around the globe.

Many people wear a red ribbon, the universal symbol of awareness of, support for and solidarity with people living with HIV.

People living with HIV make their voice heard on issues important in their lives.

Groups of people living with HIV and other civil society organizations involved in the AIDS response mobilize in support of the communities they serve and to raise funds.

What is AIDS?

AIDS or Acquired Immune Deficiency Syndrome is a disease caused by the HIV virus. In this condition, a person's immune system becomes too weak to fight any kind of infection or disease. AIDS is usually the last stage of HIV infection; a stage where the body can no longer defend itself and thus spawns various diseases. AIDS, when untreated, leads to death.

AIDS is an advanced HIV infection or late-stage HIV. Someone with AIDS may develop a wide range of health conditions like – pneumonia, thrush, fungal infections, TB, toxoplasmosis.

There is also an increased risk of developing a medical illness like cancer and brain illnesses.

CD4 count refers to the number of T-lymphocytes in a cubic millimeter of blood. A person may be referred to as "AIDS-affected" when the CD4 count drops below 200 cells per cubic millimeter of blood.

Symptoms of AIDS

As AIDS is a virus infection, the symptoms related to acute HIV infection can be similar to flu or other viral illnesses, like –

- Fever
- Muscle & Joint Pain
- Chills
- Headaches
- Sore throat
- Night Sweats
- Red rashes
- Mouth sores
- Tiredness
- Swollen lymph glands
- Weakness
- Weight Loss
- Diarrhoea



Symptoms of late-stage HIV infection may include –

- Blurred vision
- Persistent or Chronic Diarrhea
- Dry cough
- Fever of above 37 degrees Centigrade (100 degrees Fahrenheit)
- Night Sweats
- Permanent tiredness
- Shortness of breath
- Swollen glands lasting for weeks
- Weight loss
- White spots on the tongue or mouth

Cure for AIDS

- There is no specific or perfect cure for AIDS, but with proper diagnosis, treatment and support, one can fight it and live a relatively healthy and happy life. One needs to take treatment correctly and deal with any possible side-effects.
- Medicines are used to stop the virus from multiplying. One major treatment for HIV/AIDS is called antiretroviral therapy (ART).

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

December 3



International Day of Persons with Disabilities (December 3) is an international observance promoted by the United Nations since 1992. It has been observed with varying degrees of success around the planet. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. It was originally called "International Day of Disabled Persons" until 2007. Each year the day focuses on a different issue.

What are the 3 types of disability?

There are many different types of disabilities such as

- Intellectual,
- Physical,
- Sensory,
- Mental illness.
-

Why should we respect disabled?

They can create beliefs, influence feelings and decisions, impact people's daily lives, and even influence social policy. Using respectful, positive terminology shows people with disabilities that they have a role in the community like everyone else.



THE FIFA WORLD CUP

The FIFA World Cup is a professional association football tournament held between national football teams. Organised by FIFA, the tournament, held every four years, was first played in 1930 in Uruguay, and has been contested by 32-teams since the 1998 event. The tournament is contested with eight round-robin groups followed by a knockout round for 16 teams. The defending champions are the French national football team, who defeated Croatia 4–2 in the 2018 FIFA World Cup final. This year event has started from 20th November in Qatar. It is the first World Cup tournament to be held in the Arab country. So we thought this would be the best time to highlight few benefits of playing this game.

FOOTBALL PLAY BENEFITS :

1. Improves Aerobic Capacity

Running at any intensity for 90 minutes requires a high level of stamina. Therefore, football players often have a tremendous amount of aerobic capacity being able to go from walking to sprinting and have a fast recovery to do it again, and again, and again.

2. Improves Cardiovascular Health

This is probably one of the best benefits of playing Football. The average player runs about 8 to 11 kilometers in a full game. The constant walking, jogging and running help keep the player's heart rate up, providing an excellent cardiovascular exercise. This constant movement helps players strengthen their hearts, resist plaque build-up in the coronary arteries, reduce their blood pressure and burn excess calories.





3. Lowers Body Fat and Improves Muscle Tone

Football is a great sport for burning fat because it works the muscles and your heart in different ways. Football builds more muscle mass and burns more fat by recruiting both slow-twitch and fast-twitch muscle fibers. As a general workout, football playing burns more calories than typical workouts because players are forced to switch between using the aerobic and anaerobic energy pathways.

4. Builds Muscle Strength

Lower body strength is required for kicking, jumping, twisting and turning. It also forms the foundation for explosive speed. Upper body strength is required for shielding the ball, holding off opponents, throw-ins and also contributes to overall power and explosiveness. Regular football playing builds strength by using the whole body.

5. Increases Bone Strength

In general, bone density decreases as people get older. The repeated weight-bearing loads on the body during a football match are an excellent way to increase the strength of our skeletal frame. Maintaining fitness through football throughout a lifetime is a great way to keep bones strong.

Lemon-Coriander Drizzle Christmas Cake

**CHRISTMAS
SPECIAL**

The beautiful infusion of citrusy lemon and warm coriander seeds lifts your Christmas cake recipe game to new heights just as it lifts your spirits!

Ingredients

- 3 cups Durum Wheat Semolina Flour
- 1 tbsp Coriander Seeds, Crushed
- 1tsp Baking Powder
- 2 cups Caster Sugar
- ½ cup Granulated Sugar
- 4 tbsp Melted Butter, Unsalted
- Zest and Juice of 2 Lemons
- 1 cup Whole Milk
- 3 Eggs



Instructions

Step 1: Preheat the oven to 350°F. Then, lightly grease a 9×5 non-stick loaf pan and line it with parchment paper.

Step 2: In an electric stand mixer, beat the butter and caster sugar together. Add one egg at a time until you get a light and fluffy mixture.

Step 3: Now, gently fold in the lemon zest, durum wheat semolina flour, and baking powder. Next, slowly add the milk until the batter has a dropping consistency.

Step 4: Spoon the batter into the loaf pan and bake for 60 minutes. Do a cake test at the end by inserting a toothpick into the center, and pull it out. The toothpick should come out clean except for a few crumbs.

Step 5: Now it's time to make the coriander syrup! Heat a small pan over low heat.

Step 6: Add granulated sugar, coriander seeds, and lemon juice. Simmer for 10 minutes until you have a 2 string consistency and strain.

Step 7: When the cake is done, take it out of the oven, and drizzle the syrup on top. Let it cool. Then transfer to a plate, add some sugar crystals and the remaining lemon zest on top.

Step 8: You're done! Enjoy this ultra-easy Christmas cake with a hot cup of cocoa or tea, or by itself!



YEAR END MOTIVATION

TOPIC OF THE MONTH - EDITORIAL CHOICE

By - Dr. Pushpa Pandey
HWM Editorial Head



Health Matters - Vol I

Not how long, but how well you have lived is the main thing

Human life is a gift of God. It's responsibility of everyone to take care of this gift and preserve it with utmost care. We all wish to be happy. In that race we never realize that we are loosing something. Ask the value of health to a person who is in ICU, to a person who is suffering from cancer; how much they long to life. Once we lose our health we start understanding the value of it. Later we simply regret that why we didn't care for it on time.

We will be just discussing some of the important points in which manner we lose our health and later we are left with nothing rather than regrets.

Every year before the year ends we take certain resolutions that next year onwards "I will get up early, I will loose weight, I will shun unhealthy food, I will go for a walk or I will stop non-veg, I will quit alcohol, smoking or quit drugs etc". We try to follow for few days but we end up feeling that whatever resolutions were taken we are unable to follow. We fall back to the same way of life.



The most important factor of sickness is our food habits. Food habits are most responsible for our sickness. You are very much fond of all the pizza, burgers and fast foods. We feel very proud by taking all kinds of fast food. By that we show that we belong to Elite class. We spend 300 to 400 for single coffee in cafes but we never take a full papaya or 4- 5 mangoes together for snacks because fruits are not shown as a standard of life. Not only that even we go on munching very often and that too in the name of energy. Popping up chocolates, ice creams, wafers, some kind of biscuits, cakes, cookies and in snacks burgers, muffins, donuts and variety of deserts. There are also varieties of ice creams which are consumed after dinner. In short irregular habit of food over eating of food and often eating leads to a very unhealthy stomach. Eating without hunger, gulping down the food in hurry, eating excess and not doing physical work also leads to sickness.

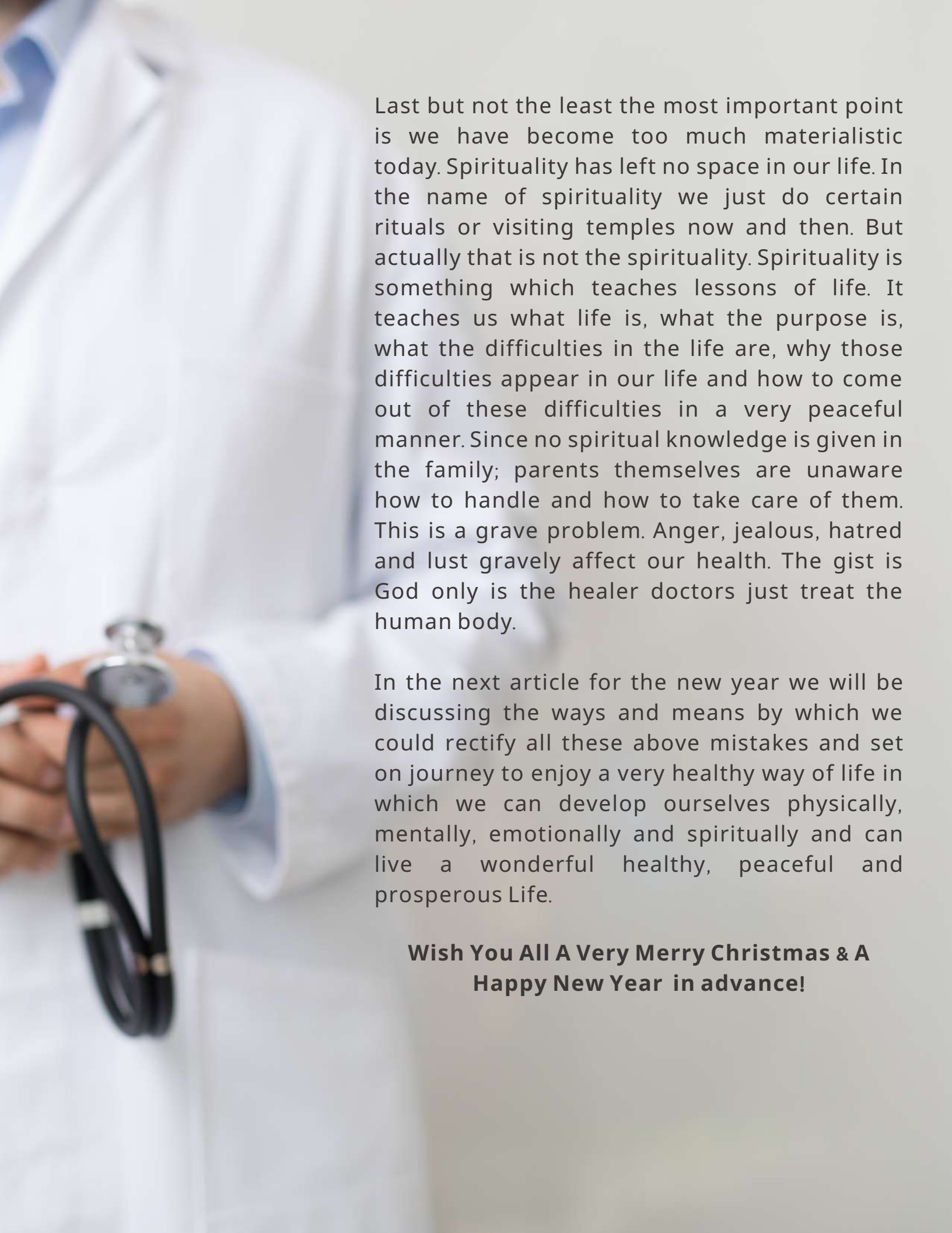
God has made a wonderful night for human being to relax. God is the only source of energy. In order to regain the energy for the next day deep sleep is most important. Those who don't get proper sleep are liable to get different diseases. Early to bed early to rise is a maxim which is really very true to itself but it is very difficult to follow in modern life. So second reason of unhealthy life is irregularity of sleep. In olden days people used to sleep quite early and to get up early in the morning. In those days there were very few diseases and which were easily cured. In this technological world people in corporate offices, in factories, in industries everywhere have become target oriented. Long hours of working takes away the complete physical, mental and emotional energy. Moreover standard of life also has increase. Everyone wishes to earn more money in order to live a very classy or high standard life. It results into extra hours of working or exhausting one self. In such a situation one doesn't get time to follow a particular healthy routine of sleeping. They go to sleep very late as well as they get up very late.

In this case one doesn't get a sound sleep and proper connection of the soul with the God. The charging of the body doesn't take place properly and a person doesn't get up fresh in the morning. This is another major cause of sickness and diseases. "Cut your coat according to cloth" used to be a maximum which was used for giving a suggestion to everyone to bear the expenses as per the earning. Today 80% people take everything on loan right from their house, bike, car, refrigerators and even the small small things in their houses. This extra burden makes them to earn extra. For earning extra they have to put an extra hours from their relaxed time which really more burdensome. This further drains them emotionally. In this case people don't get sufficient time to spend quality time with their loved ones. This brings a big gap in their relations. This is an unsaid psychological problem for every family.



There is no harmony in a family, in society, nation and the world at large. In order to fulfill luxurious life both parents remain busy. They pacify their children by giving costly gifts. They celebrate the occasions on large scale. They also try to make them happy by taking them to costly places. In this case the child also takes extra advantage and becomes adamant. They know how to bully the parents. They are scared of losing their children. This is how they surrender for their demands. If not then children of such families fall in bad company in search of emotional support. This is also a cause of sickness.

Apart from this wrong sitting postures while working or watching TV, wearing wrong types of clothes, not getting proper sunlight on body and not getting pure air to breathe are also some of the causes of our poor health. No time limitations for mobile uses increasing posture problems, eye problems, mental problems in kids, sleeping disorders etc.



Last but not the least the most important point is we have become too much materialistic today. Spirituality has left no space in our life. In the name of spirituality we just do certain rituals or visiting temples now and then. But actually that is not the spirituality. Spirituality is something which teaches lessons of life. It teaches us what life is, what the purpose is, what the difficulties in the life are, why those difficulties appear in our life and how to come out of these difficulties in a very peaceful manner. Since no spiritual knowledge is given in the family; parents themselves are unaware how to handle and how to take care of them. This is a grave problem. Anger, jealous, hatred and lust gravely affect our health. The gist is God only is the healer doctors just treat the human body.

In the next article for the new year we will be discussing the ways and means by which we could rectify all these above mistakes and set on journey to enjoy a very healthy way of life in which we can develop ourselves physically, mentally, emotionally and spiritually and can live a wonderful healthy, peaceful and prosperous Life.

**Wish You All A Very Merry Christmas & A
Happy New Year in advance!**



Merry Christmas
— & —

HAPPY NEW YEAR