

Health Beats

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VALENTINE DAY SPECIAL

Feb 2023 Edition

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CANCER



More than one-third of cancer cases can be prevented. Another third can be cured if detected early and treated properly.

By implementing resource-appropriate strategies on prevention, early detection and treatment, we can save millions of lives every year. Today, we know more about cancer than ever before.

Screening means checking your body for cancer before you have symptoms. Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk.

- **Breast Cancer**

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

- **Cervical Cancer**

The Pap test can find abnormal cells in the cervix which may turn into cancer. The HPV test looks for the virus (human papillomavirus) that can cause these cell changes. Pap tests also can find cervical cancer early, when the chance of being cured is very high.

- **Colorectal (Colon) Cancer**

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

- **Lung Cancer**

The USPSTF recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have a history of heavy smoking, and smoke now or have quit within the past 15 years, and are between 50 and 80 years old.

Through investing in research and innovation, we have witnessed extraordinary breakthroughs in medicine, diagnostics, and scientific knowledge. The more we know, the more progress we can make in reducing risk factors, increasing prevention and improving cancer diagnosis, prevention, treatment, and care.



Toothache

Toothaches are no fun, and some people will no doubt be surprised to learn that National Toothache Day even exists. Don't be alarmed, though. This day is certainly not about celebrating the dreaded toothache. No way!

Instead, National Toothache Day is actually more about education and awareness. It's about helping people learn how to prevent toothaches from happening to begin with and how best to make them go away—and quickly!

History of National Toothache Day

It is important that people learn how to take care of their teeth. This is not only to get rid of nasty aches but also stop them from coming back or turning into something more serious. National Toothache Day is a great opportunity to promote and celebrate oral health & share knowledge.

Spread the Word about National Toothache Day

Use this day as an opportunity to remind friends, family or coworkers to be sure that they are taking care of their own oral health. Perhaps this would be a good time for teachers to invite a local dentist or dental hygienist to visit the classroom and give the kids pointers on how to take care of their teeth and gums.

Begin Healthier Habits

Instead of taking that bag of sticky sweet candy to work to eat as a snack and share, consider bringing a bag of apples or some baby carrots that are much healthier for the body as well as for the teeth. If it is absolutely necessary to eat something sweet, keep a toothbrush and paste handy so it's possible to brush right away afterwards.



Healthy Relationship with Chocolate

A strained relationship with chocolate can be harmful in a number of ways. But nutrition experts explain how making up with chocolate can benefit your taste buds and your health.

A key to reversing the negative effects of chocolate cravings is to stop making it taboo. You don't have to feel guilty about craving food, whether it's chocolate or broccoli. In fact, labeling any food as completely off-limits usually results in increased cravings for that food and guilt when you eventually do eat it, the experts say.

- Instead, try setting some terms for your relationship with chocolate. Savor it and enjoy it with purpose and intention, without guilt.
- Don't sit in front of the TV with your hand in a bottomless bowl of chocolate candies. Instead, be mindful of when and why you are eating it. For instance, if you enjoy a square of dark chocolate every day, and you have weekend plans at a restaurant with a world-famous chocolate dessert, you might want to skip your daily treat so you can indulge on the weekend.

A healthy relationship with chocolate helps you enjoy it in moderation and without guilt, rather than cycling between trying to completely avoid it and then overdoing it.

A healthy relationship with all foods is important for your mind and body. But beginning or creating a balanced relationship with dark chocolate, in particular, may significantly impact your overall health.

- Dark chocolate contains powerful antioxidants. Among the most beneficial is a flavonol called epicatechin. Flavonols are compounds found in plants that fight inflammation and protect against cell damage caused by free radicals.

These are just a few of the ways research has shown that dark chocolate can benefit you:

1. Increases heart health
2. Balances the immune system
3. Combats diabetes
4. Improves brain function
5. Boosts athletic performance
6. Reduces stress

With its health-boosting compounds and micronutrients, you should consider letting dark chocolate into your life, if it's not a part of it already (it is important to note that dark chocolate contains caffeine, which some people may be sensitive to).



Here are some facts about dark chocolate's health benefits:

- The higher the cocoa content, the more beneficial flavonols the chocolate contains. Most of the benefits seen in research are associated with chocolate that has at least a 70% cacao content.
- Researchers have not come up with a hard and fast recommendation of how much dark chocolate should be consumed to achieve these health benefits. Experts recommend minimally processed dark chocolate with at least 70 percent cacao content, and maybe have an ounce as an occasional treat.
- You should always check the label to be aware of the calorie, fat and sugar content, which could potentially affect the overall health benefit.
- For some people, chocolate can trigger acid reflux or migraines.

In the end, indulging in an occasional chocolate treat shouldn't be fraught with stress or guilt, whether it is antioxidant-rich dark chocolate or white chocolate, which has very little nutritional benefit. As in most healthy relationships, the key is to maintain a positive and balanced outlook.

Dark chocolate has many health benefits and can definitely be enjoyed as part of a balanced diet. There are many healthy ways to incorporate chocolate into your lifestyle, so find what works for you.

If you need some additional help or have trouble controlling what you eat, consider seeking help from a registered dietitian, nutritionist, or another qualified health professional

- The health sector has been allocated ₹89,155 crore in the Union Budget 2023-24, a hike of around 13 per cent as against ₹79,145 crore allocated in 2022-23, with the government also announcing a mission to eliminate sickle cell anemia by 2047.

"A mission to eliminate sickle cell anemia by 2047 will be launched. It will entail awareness creation, universal screening of 7 crore people in the age group of 0-40 years in affected tribal areas, and counseling through collaborative efforts of central ministries and state governments," she said.

The finance minister said facilities in select Indian Council of Medical Research (ICMR) laboratories will be made available for research by public and private medical college faculty members and private sector research and development teams for encouraging collaborative research and innovation.



Editors Choice – Topic Of The Month

Love In The Air..

Valentine Day Special

By Dr Pushpa Pandey
HWM- Editorial Head

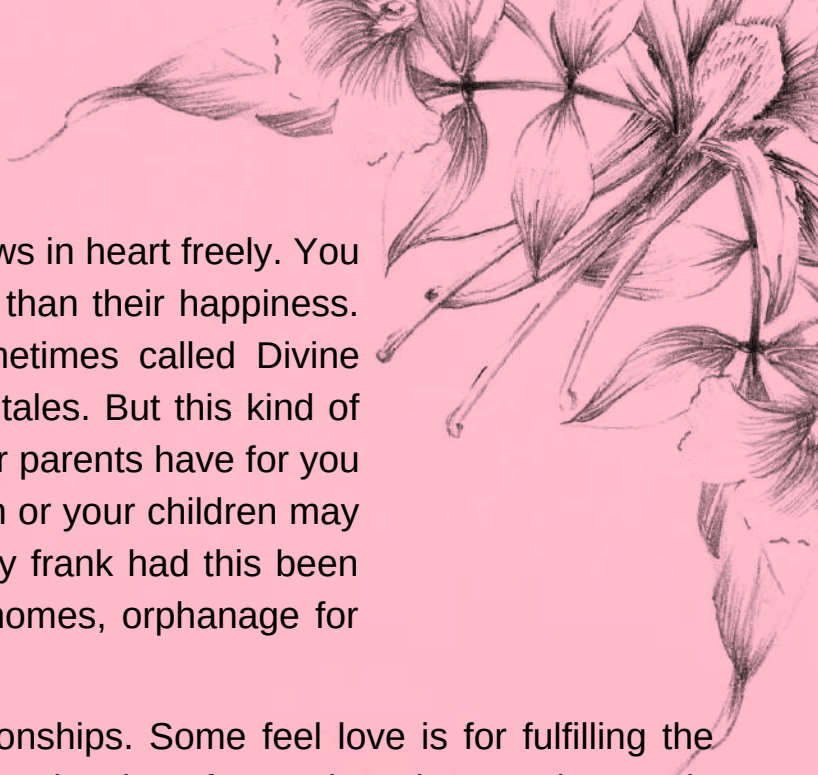


Love In The Air..

"Love is the delicious substance that nourishes our soul"
-Herold W.Baker

This world is made of molecules of love. It's nothing but a vibration which passes through one soul to another unknowingly. One doesn't realize when such feelings are developed. By the time you feel you have already fallen in love. Your thoughts, your behavior, your talks, your pattern of life starts changing. You don't know what to do or what not! If ever you have gone through or going through such a phase surely you are a wonderful soul. Lucky are those who have ever been touched by such soft, cozy, very personal and hilarious moments in their lives. It's not possible for everyone to fall in love. As love is very selfless, flawless, spontaneous and it knows only to give, serve and sacrifice everything. One remains happy seeing the happiness of the loved ones. In rare dreams also you never expect anything in return. This is the scale by which you can judge yourself. This is the only parameter by which we can check our level of love.

Now we say that we too love everyone, my parents, brothers, our spouse, children and relatives. We claim that we love them selflessly. Just check yourself with the scale mentioned above. There are always tiffs, misunderstandings, blames in every relation. Why so? It's just because we expect more than giving. There is always a hidden self under the cover of so-called love. If that self is not fulfilled the true color comes on the surface. Here everyone wants something or other from every relation. Till that is fulfilled things go well and we feel that the love is prevailing. But the moment when we see that our self is either neglected or overlooked, the so-called love disappears. This kind of love is conditional love. It's a give and take relationship. When the worldly relation runs only in taking and giving nothing is a completely selfish affair. Give and take is business. As we pay and buy things from shop in our daily life also we deal with our people in the same manner.



Unconditional love is without strings. It flows in heart freely. You simply love them and want nothing more than their happiness. It's boundless. This type of love is sometimes called Divine love. It's only found in dreams or in fairy tales. But this kind of love may brings to your mind the love your parents have for you or the love you have for your own children or your children may have for you in later stage. But to be very frank had this been so simple we would never had old age homes, orphanage for destitute houses.

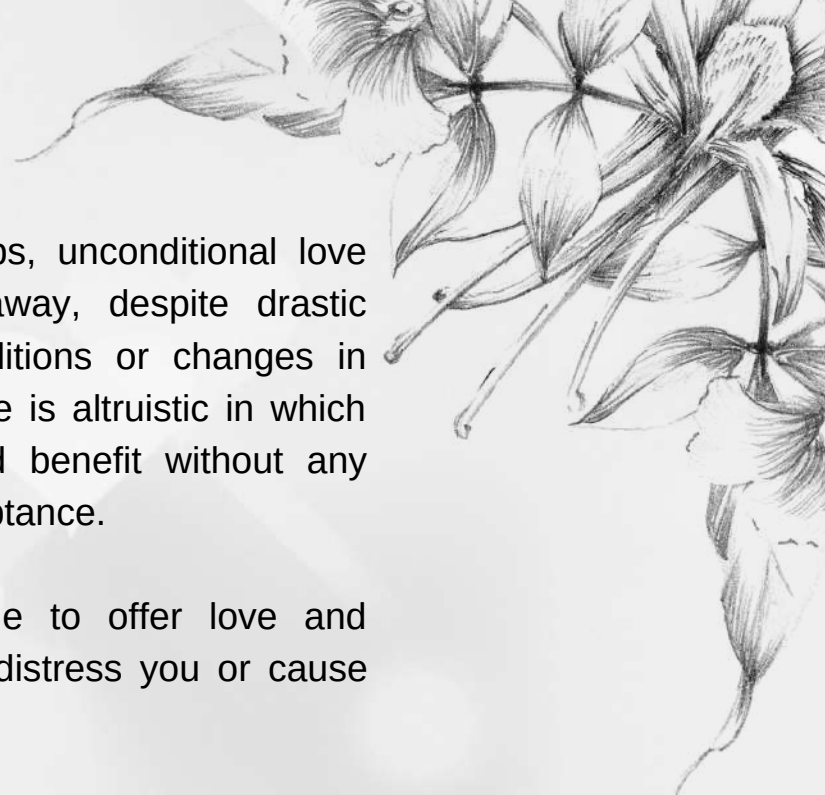
Many look for this love in romantic relationships. Some feel love is for fulfilling the physical desires. That is actually only lust and a sign of mental weakness. That's only a need of the body. As you feel hungry and you eat food in restaurants to satisfy yourself but you don't love the chef .You doesn't go and praise him by kissing his hands who prepared such a sumptuous delicacy which you enjoyed. But the same you do even if the simplest food is cooked by someone whom you loved a lot.

Love is devotional. Love happens, it's not done. It can't be created in mind. It's a matter of the heart but of course, the mind is ruled by the heart in higher stages. Mind becomes unstable as the intensity of love grows. Some lose concentration, some feel lazy, and some become dreamy. World seems different for them. They remain in their own imaginative world. Unconditional love is a selfless act. You're not in it for yourself.

It may overlap with other types of love in some ways or other.

It benefits emotional health. It explores the brain regions activated by feelings of unconditional love. Loving someone unconditionally produces positive feelings.

Research shows that unconditional love can make a difference in the emotional well-being of a person. The children who receive higher levels of parental unconditional love and affection are likely to have greater resilience in adulthood. They also tend to experience very less mental health problems. It reduces the lifelong health problems of children. Love gives a feeling of security. Feeling of self - worth, independence, attachment and confidence develops if someone's love is there in your life.



When it comes to romantic relationships, unconditional love could mean that love doesn't fade away, despite drastic challenges like life-altering health conditions or changes in physical appearance or personality. Love is altruistic in which we just offer love for the support and benefit without any potential benefits from it. It involves acceptance.

So, you forgive mistakes and continue to offer love and acceptance, even though their choices distress you or cause harm.

You can't love someone unconditionally unless your love remains unchanged despite their follies and actions. You can, however, love someone unconditionally without having a relationship with them.

There is a great difference between offering love and forgiveness and continuing to accept harmful actions. It's also important to understand you can love someone unconditionally without staying with them.

To be clearer here's what unconditional love does not mean ignoring relationship issues. Conflict and difference are normal in relationships. Unconditional love doesn't mean you avoid this conflict or look away from problematic behavior. If not you can walk away still holding forgiveness and love in your heart.

Attempting to meet all your partner's needs can seem like one way of expressing unconditional love, but this can actually create an unhealthy dynamic in your relationship. No one person can provide another person with everything they need.

A sense of safety is a basic human need.

But unconditional love doesn't mean tolerating abusive behavior and staying in an unhealthy situation. Better move away and let it go.

Unconditional love might sound like a dream come true. But while love is one thing, a relationship is quite another.

Valentine's Day is on 14 Feb. Hope everyone's heart blooms like red balloons for their loved ones unconditionally not for the day rather throughout the life.

"Intense love doesn't expect anything; it just gives and gives."