

M A G A Z I N E HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



SUPERMOM



INSPIRATION



DETERMINATION



**INSPIRATIONAL
WONDER WOMAN**

May Edition 2023

INTERNATIONAL NO DIET DAY

6th May

"BE KIND TO YOUR BODY, SAY NO TO DIETS!"

International No Diet Day is an annual celebration that takes place on May 6th to promote body acceptance, raise awareness about the dangers of diet culture, and encourage people to adopt healthy habits without obsessing over their weight or appearance. Here are some small but important points to keep in mind on this day:

- **Diets don't work:** Research has consistently shown that diets are not an effective long-term solution for weight loss or overall health. Most people who go on a diet regain the weight they lost and may even end up weighing more than before. Instead of going on a restrictive diet, focus on making sustainable lifestyle changes that promote health and wellness.
- **Your worth is not determined by your weight:** Society often equates thinness with beauty, success, and happiness. However, your weight does not define you as a person. Everyone deserves to be treated with dignity and respect, regardless of their size or appearance.
- **Health is about more than just your weight:** While maintaining a healthy weight is important for overall health, it's not the only factor to consider. Other lifestyle habits, such as getting enough sleep, managing stress, and staying physically active, also play a critical role in your well-being.
- **Eating should be enjoyable, not stressful:** Food is meant to nourish both your body and your soul. Don't let diet culture ruin the pleasure of eating by making you feel guilty or ashamed for indulging in your favourite foods. Instead, practice intuitive eating, which involves listening to your body's hunger and fullness cues and eating what makes you feel good.
- **You are not alone:** If you struggle with body image issues or disordered eating, know that you are not alone. Seek support from loved ones or a professional therapist who can help you develop a healthy relationship with food and your body.

On International No Diet Day, let's celebrate all bodies and focus on building a culture that promotes health and well-being without shame or stigma.

INTERNATIONAL NURSES DAY

12th May

"Nurses are the heart of healthcare."

- Donna WilkCardillo

International Nurses Day is celebrated on May 12th each year to honor the contributions that nurses make to healthcare worldwide. The day marks the birthday of Florence Nightingale, the founder of modern nursing, who was born on May 12, 1820.

The theme for International Nurses Day 2023 is "Nurses: A Voice to Lead - A Vision for Future Healthcare." This theme highlights the crucial role that nurses play in shaping the future of healthcare by advocating for their patients, promoting health and wellness, and working to improve the quality of care.

Nurses are an essential part of the healthcare system and work tirelessly to provide compassionate, evidence-based care to patients of all ages and backgrounds. They are responsible for a wide range of tasks, including administering medications, monitoring vital signs, performing medical procedures, and providing emotional support to patients and their families.



In addition to their clinical duties, nurses also play an important role in healthcare leadership and policy development. They use their expertise and knowledge to advocate for better healthcare policies and to promote the health and well-being of their communities.

International Nurses Day is an opportunity to recognize and celebrate the contributions of nurses to healthcare worldwide. It is also an opportunity to raise awareness of the challenges that nurses face, including long hours, high levels of stress, and limited resources.

Despite these challenges, nurses continue to work tirelessly to provide high-quality care to patients around the world. Their dedication and commitment to improving the health and well-being of individuals and communities make them an essential part of the healthcare system.

"To do what nobody else will do, in a way that nobody else can do, in spite of all we go through; that is what it is to be a nurse."

CHRONIC FATIGUE SYNDROME DAY

12th May

Chronic Fatigue Syndrome (CFS), also known as Myalgic Encephalomyelitis (ME), is a complex and debilitating illness that affects millions of people worldwide. CFS is characterized by a profound and persistent sense of fatigue that is not relieved by rest and is often accompanied by other symptoms such as muscle and joint pain, cognitive difficulties, sleep disturbances, and headaches.

Despite the significant impact that CFS can have on a person's quality of life, the condition remains poorly understood and often misdiagnosed. To raise awareness of CFS and the challenges that people with this condition face, International Chronic Fatigue Syndrome Day is observed on May 12th each year.

The cause of CFS is still unknown, but there are many theories that suggest it may be triggered by a viral infection, immune dysfunction, or neurological abnormalities. Diagnosis is often difficult, as there are no specific tests that can definitively identify the condition. Instead, doctors rely on a combination of symptoms and exclusion of other medical conditions to arrive at a diagnosis.

Treatment for CFS is focused on managing symptoms and improving quality of life. This may include medications to address pain, sleep disturbances, and other symptoms, as well as lifestyle modifications such as pacing activities and reducing stress. There is no cure for CFS, but with appropriate management, many people are able to achieve a better quality of life.



Living with CFS can be challenging, and many people with this condition face significant social and economic barriers as a result of their illness. On Chronic Fatigue Syndrome Day, it is important to recognize the struggles that people with CFS face and to work towards greater understanding and support for those living with this condition.

WORLD DIGESTIVE HEALTH DAY

29th May

"Take care of your gut, and your gut will take care of you."

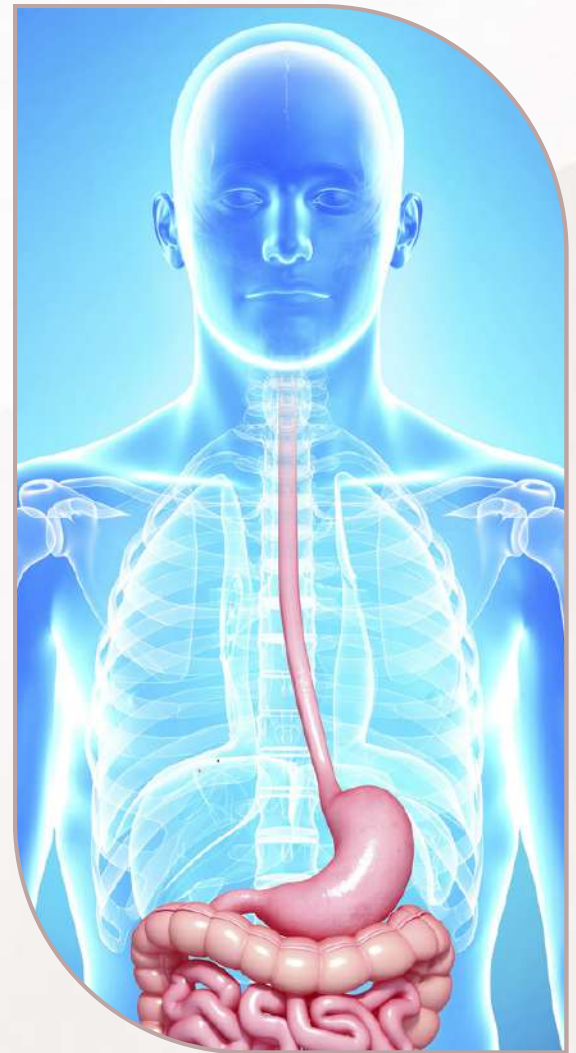
World Digestive Health Day is an important event in India, where digestive diseases are a significant public health concern. In India, digestive diseases are a leading cause of morbidity and mortality, affecting millions of people every year.

The most common digestive diseases in India include gastroesophageal reflux disease (GERD), peptic ulcer disease, inflammatory bowel disease (IBD), and liver disease. These conditions can cause significant health problems, including abdominal pain, diarrhoea, constipation, and malnutrition.

In India, the high prevalence of digestive diseases is linked to factors such as poor sanitation, inadequate hygiene, and unhealthy diets. These factors contribute to the spread of infections and the development of chronic conditions that affect the digestive system.

To address the growing burden of digestive diseases in India, healthcare professionals and policymakers are working to raise awareness about the importance of digestive health. They are promoting preventive measures, such as improving sanitation and hygiene, promoting healthy diets, and encouraging regular check-ups and screening tests.

There is also a growing emphasis on early detection and treatment of digestive diseases in India. Healthcare providers are using advanced diagnostic tools, such as endoscopy and imaging tests, to detect digestive problems early and provide timely treatment.



On World Digestive Health Day, healthcare professionals in India are working to raise awareness about the importance of digestive health and the steps that people can take to prevent and treat digestive diseases. By promoting digestive health, India can improve the health and well-being of millions of people and reduce the burden of digestive diseases on the healthcare system.

"Healthy Gut, Healthy Life."

HEAT ILLNESSES



WHAT TO LOOK FOR

WHAT TO DO

Sun Stroke

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink.

Heat Collapse

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place.
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

WHAT TO LOOK FOR

WHAT TO DO

Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place.
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if;

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems.

Sun Burn

- Painful , red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

Heat Rash

- Red clusters of small bisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash.

MOTHER'S DAY SPECIAL -

Moms On A Mission: Balancing Work & Life



A Real Time Experience
Sharing Interview

MOMS ON A MISSION : BALANCING WORK & LIFE



Ms Chanchal Bhatia
Business Sales Head - India
Health Wealth Management Pvt Ltd

" Aa Chal Ke Tujhe Leke Chalun , Ek Aise Gagan Ke Tale, Jahan Gum Bhi Na Ho, Aasoon Bhi Na Ho, Bus Pyaar Hi Pyaar Pale, Ek Aise Gagan Ke Tale. "

Such is the Mother and her feelings for her child. Happy Mother's Day to my Strick, Stubborn and Loving Mom. Thanks to her, I am enjoying the biggest privilege called human life on this earth.

Question 1

How do you balance your responsibilities as a working mother?

Answer

Prioritizing, Checking schedules as my day starts and most importantly the to do list most effectively enables me to balance the responsibilities as a working mother.

Question 2

What are some of the biggest challenges you face in trying to balance work and family life?

Answer

Constantly grappling with guilt. There was this constant and ceaseless feeling of guilt in my conscience all the time in initial days to choose career over child and family responsibility. It is a complex situation and challenging to cope with this guilt quotient

A woman with blonde hair is looking down at a young child. The child is wearing a yellow dress with white polka dots. The background is a soft, out-of-focus indoor setting.

Question 3

What do you enjoy most about being a working mother?

Answer

I love working and I am in my happy space when I am indulged in work. I am blessed that I am a mother who is working and can pass on the everyday learning and experience to her child when the time will come. I love the label working mother.

Question 4

How do you manage to stay productive and focused at work while still being present for your family?

Answer

Organizing my things well, delegating the work enables me to stay productive. More over I feel determination and endurance are the attributes for the focus at work while you are present for your family.

Question 5

How do you ensure that your children receive the love and attention they need despite your busy schedule?

Answer

When it comes to family time, it is family time, so after working hours, some time with child and husband and weekends and vacations are with family come may what.



Question 6

What advice would you give to other working mothers who are struggling to balance work and family life?

Answer

Being a Mother is hard, and compromising your career even harder. A woman should choose what makes her happy not what society tells her to. If staying at home and looking after children is your priority, then take that up with no guilt and shame. However, if both husband and wife contribute equally, you will see your balance bars emerging automatically. As a mother, I feel you should not impose your ambitions and dreams on your child. The child has its own future. Let the child explore what he or she wants to do.

Question 7

How has becoming a mother changed your perspective on work and career?

Answer

To become a mother was my choice and to go out and work is also my choice, so my perspective on work and career has certainly changed after being a mother. I have learnt time management, multi tasking, patience, stress management, team building, flexibility, clarity in decision-making, diplomacy, resilience after becoming a mother. These are the skills you learn as a mother and most of them you can even apply on your paid job.

Question 8

What do you think are some of the benefits of being a working mother?

Answer

While you are working you definitely are an independent, confident, self-reliant woman. Surely you have gained the financial independence for your self. While you are a mother and you are working, your children watch you handling situations and multi tasking. They watch you how you deal with people in your office, how you deal on call and how you dress-up and carry your self. When they start admiring you and appreciate you for what you do. You become a role model for your child. I feel these are some of the best benefits of a working mother.

Question 9

What role has your support system played in helping you balance your work and family responsibilities?

Answer

I am blessed i am in a joint family. They are my pillar of support, my very lovable Mother-In-law and super supportive husband and adorable and understanding child. They are extra ordinarily playing superb roles in my life, which is no doubt helping me balance my work and family responsibility.

Question 10

How do you make time for self-care and personal interests in the midst of your busy schedule?

Answer

You have to make time for your self. As you love your family so you give time. Similarly, I also love giving myself me time, love going out with friends for outings and dinner, so i pull that time out.



Editors Choice – Topic Of The Month

SILENT KILLERS

World No Tobacco Day

By Dr Pushpa Pandey
HWM- Editorial Head

HWM MAY EDITION 2023

“DON'T CRUSH THE GIFT OF GOD; PRESERVE IT WITH UNCONDITIONAL LOVE.”

Life is not a bed of roses. Everyone's life has certain blockages and hurdles. Life is full of uncertainty. This uncertainty leads a person from one part of life to other and forces person to take drastic steps for their upliftment.

Everyone doesn't have the courage to face the hurdles in life and they try to take the shortcut in order to survive. Sometimes they take the wrong steps in life to be happy and to avoid the situations which are really very difficult. Difficult ways call for us to have patience, to wait for good results, help others, to be social, show the kindness and also to be generous, which is very difficult to find in every person.

All the easy ways are to get away from the most important responsibilities, for instance leaving the family or take support of liquor, cigarettes, or even drugs. Sometimes the situation becomes so harsh or difficult for the person that he never turns back. They cannot think of anything other than taking the step of committing suicide. Every morning when you read the news you find some or other kind of suicide or cases that are only a result of their unsatisfied emotional intellect and social personal life.

HELP OTHERS





Human beings are fragile and many of them do not have courage to face the consequences of the difficulties in life. The easiest way is to just get addicted to certain things and that is how casually people take up smoking, which is one of the ways to get rid of the problems in their definition.



Amongst all the drugs and addiction, chewing tobacco is one of the silent and most dangerous drugs. Mouth, lungs, pharynx, abdomen is affected by these and overall, it limits blood circulation. Naturally, it has too much intoxication and it is very easily available everywhere in the market. Another reason why people get addicted is because it is very easy to just keep a piece of it in your mouth. It is just simple small leaves which are taken as one of the intoxicating substances. Experience of people say that consuming tobacco is one of the addictions and through this a person feels energetic, fresher and also feels a kind of rush in them.



Every year 31st May is celebrated as "No Tobacco Day". On this day people discourage others from consuming tobacco. Seminars are held, conferences are held and many such programs are held to make people aware of the ill effects of tobacco. The government has already banned use of tobacco in engineering colleges. In spite of all the regular habits, many who really wanted to stop were unable to shun it.

Some ways to get rid of it

- Heal from situations that trigger the usage of tobacco.
- Must see a counselor / doctor.
- Use some of the tested medications available.
- Set a quit date and build a strong network of support to not bounce back into the addiction.