

# HEALTH BEATS

M A G A Z I N E

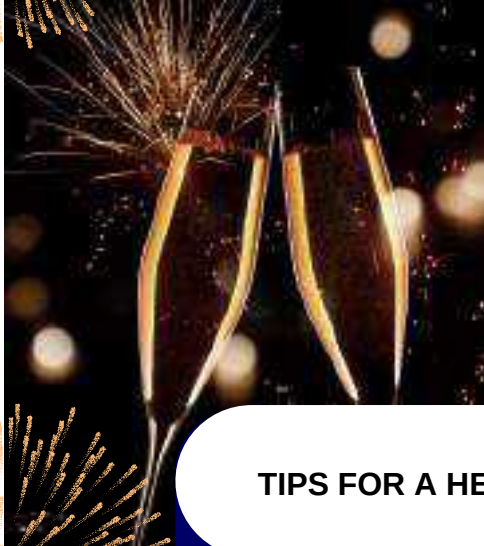
POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



January Edition 2024

*Wishing you a*

# HAPPY NEW YEAR



## TIPS FOR A HEALTHY START TO THE YEAR



**Balanced Nutrition:** Prioritize whole foods, fruits, vegetables, lean proteins, and whole grains for a well-rounded diet.

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**Stay Hydrated:** Drink an adequate amount of water throughout the day to support bodily functions and maintain good hydration.

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**Regular Exercise:** Incorporate physical activity into your routine, aiming for at least 150 minutes of moderate-intensity exercise per week.

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**Adequate Sleep:** Ensure you get 7-9 hours of quality sleep each night to support mental and physical health.

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**Stress Management:** Practice stress-reducing activities such as meditation, deep breathing, or yoga to maintain mental well-being.

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**Limit Screen Time:** Cut down on excessive screen time and give your eyes and mind regular breaks.

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**Social Connection:** Foster relationships with friends and family, as social connections contribute to emotional health.

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**Regular Health Check-ups:** Schedule regular health check-ups and screenings to catch potential issues early and maintain preventive care.

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**Mindful Eating:** Pay attention to portion sizes and eat mindfully, savoring each bite, which can help in weight management.

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**Set Realistic Goals:** Establish achievable health goals, and make gradual changes for long-term success



# CERVICAL HEALTH AWARENESS MONTH IS JANUARY

"CERVICAL HEALTH CHAMPIONS: JANUARY - RAISE YOUR VOICE, RAISE AWARENESS!"

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## Cervical Cancer Arises In The Cervix Of The Uterus (Womb)

### Cervical Cancer Tends To Occur During Midlife

- Most frequently diagnosed between - Age of 35 to 44
- Rarely affects women under age 20
- More than 15 percent of diagnoses are made in women older than 65

### How Can You Get Cervical Cancer?

- Human papillomavirus (HPV) infection
- Having many sexual partners
- Smoking
- Birth control pills (oral contraceptives) used over the long term
- Engaging in early sexual contact

### Most Common Signs And Symptoms

- Abnormal vaginal bleeding
- Increased vaginal discharge
- Bleeding after going through menopause
- Pain during sex
- Pelvic pain



### Points To Remember:

- Just because we have been through menopause, does not mean we can stop regular cervical screening
- Regular screening for cervical cancer is recommended for women aged 21- 65 with a Pap test
- Treatment options for cervical cancer include - Radiation therapy, Surgery, Chemotherapy
- The prognosis and survival rate of cervical cancer depends on the stage and type of cervical cancer and tumor size







"Hoisting Health, Celebrating Wellness: Happy Republic Day!"

# 75th Republic Day

Republic Day celebrations indirectly contribute to health and wellness through physical activities like parades, fostering mental well-being with cultural events, promoting community engagement for social health, encouraging nutritious eating, and instilling a sense of patriotism that positively impacts overall well-being. The occasion provides an opportunity to celebrate both national unity and individual health.

- 1. Outdoor Activities and Physical Exercise:** Republic Day celebrations often involve outdoor events such as parades, flag hoisting ceremonies, and community gatherings. Participating in these activities can encourage people to engage in physical exercise, whether it's walking to the event venue, standing during the flag hoisting, or taking part in sports activities organized for the occasion. Physical exercise is known to have numerous health benefits, including cardiovascular health, weight management, and stress reduction.
- 2. Community Bonding and Social Support:** Republic Day fosters a sense of community and national pride. Engaging in communal activities can strengthen social bonds and provide a support system. Social connections have been linked to better mental health, reduced stress levels, and an overall sense of well-being. Attending public celebrations, interacting with neighbors, and participating in group activities can contribute to a positive mental state.
- 3. Cultural Programs and Mental Stimulation:** Many Republic Day events include cultural programs showcasing diverse talents. Attending such programs exposes individuals to various forms of art, music, and dance, providing mental stimulation. Mental engagement is crucial for cognitive health and can help prevent conditions like cognitive decline and dementia.
- 4. Patriotic Spirit and Emotional Well-Being:** Celebrating Republic Day instills a sense of patriotism and pride in one's country. Expressing love for one's nation can have positive effects on emotional well-being, fostering a sense of belonging and purpose. Emotional well-being is closely linked to physical health, and a positive mindset can contribute to better overall health.
- 5. Healthy Food Choices:** During Republic Day celebrations, people often come together for feasts and gatherings. Choosing to include nutritious and balanced meals in these celebrations contributes to better health. Opting for traditional, locally sourced foods can enhance the nutritional value of the meals and promote a healthier lifestyle.



# THYROID



Thyroid Function Tests Are A Series Of Blood Tests Used To Measure How Well Your Thyroid Gland Is Working.

## WHY IT IS IMPORTANT :



The thyroid is a small gland located in the lower front part of your neck. It's responsible for helping to regulate many of the body's processes, such as metabolism, energy generation, and mood.



**T3, T4, and TSH** The T3 test checks for levels of the hormone triiodothyronine. It's usually ordered if T4 tests and TSH tests suggest hyperthyroidism.

Free T3 and free T4 is a better assessment than simple T3 and T4 as per lab test procedure. Health

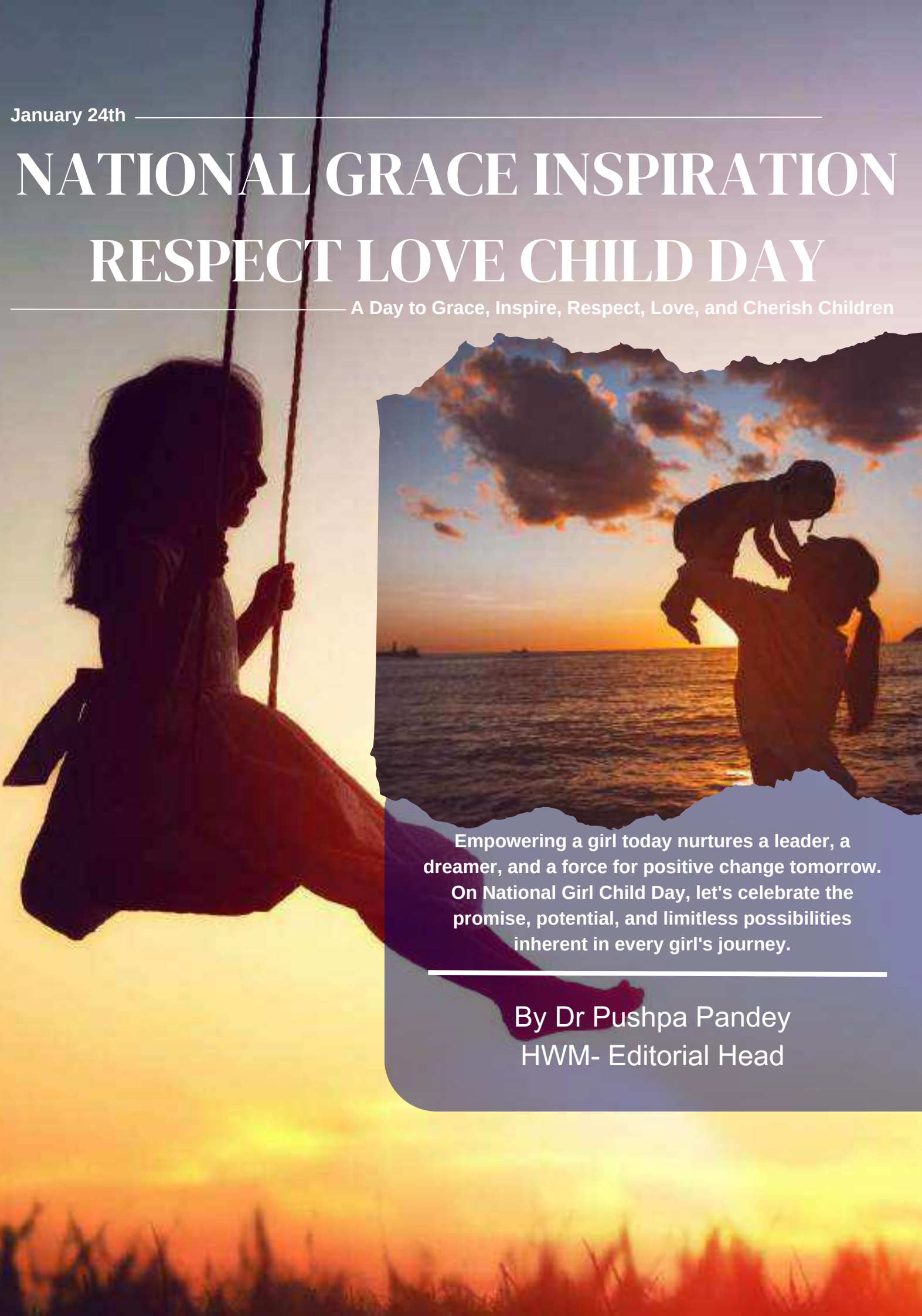


January 24th

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# NATIONAL GRACE INSPIRATION RESPECT LOVE CHILD DAY

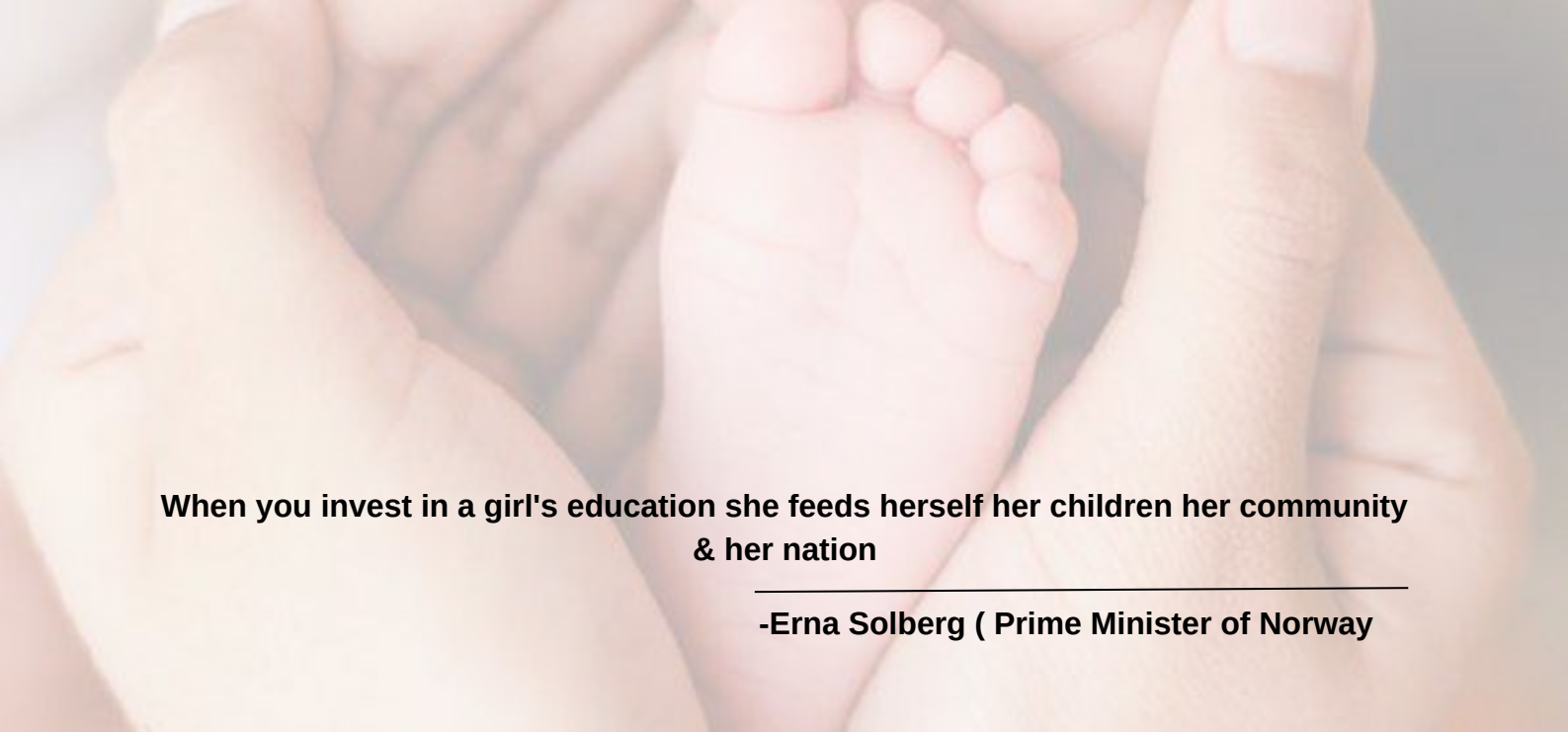
A Day to Grace, Inspire, Respect, Love, and Cherish Children



Empowering a girl today nurtures a leader, a dreamer, and a force for positive change tomorrow. On National Girl Child Day, let's celebrate the promise, potential, and limitless possibilities inherent in every girl's journey.

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By Dr Pushpa Pandey  
HWM- Editorial Head



**When you invest in a girl's education she feeds herself her children her community & her nation**

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**-Erna Solberg ( Prime Minister of Norway**

"National Grace, Inspiration, Respect, Love Child Day" is celebrated on January 24th. This might be a conceptual idea or a specific initiative you are proposing.

If it's a new initiative, you can create and promote it. Consider associating the day with promoting grace, inspiration, respect, and love for children. Utilize social media and local communities to spread awareness and celebrate the positive qualities associated with this envisioned day.

Entry of a new born baby is always a matter of joy, happiness and celebration. It's a proud moment for the parents. Why not? After all it's a symbol of love which has taken human form. But what, when it is only for a baby boy? Yes, in many parts of the world great discrimination takes place. There are so many stories we hear, so many families break, couples split, daughter – in – laws are humiliated and insulted

As we are aware that girls are more emotional, honest, hardworking and sincere. They are sensitive and responsible for their families and towards their own aims and aspirations. As a baby-charming, as a sister, loving, as a wife, caretaker, as a business women, financier, and as a mother, idol of sacrifice. A girl child is the pillar for her family who provides all kind of support i.e. emotional or financial.

Today world has started realizing the value of girl child but in India still only one in three girls, completes school education appropriately. Hence there is the need of the hour to change the mindset towards the girl child.

Indian Government also trying it best to raise the standard of the girl child in the society. Even United Nation resolution has declared 11th October as the 'International Day of the Girl Child' in 2011. The theme for 2020 was 'My Voice, Our Equal Future'.

So as we, at Health Wealth Management are very much concern about the health of the girls/females Keeping this in mind it was decided to keep this month magazine informative for females regarding few health issues like Thyroid, Cervical Cancer with all details and Discounted Test Packages





# First Four Words You See Are Your Focus For 2024.

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