

Medical Messenger

Official Publication of KH Nursing Home



Summer Woes -Do's & Don'ts

Dr Subha Hariharan

Hello Patrons, A warm welcome to our second edition of "Medical Messenger".

As the summer sets in, here are the tips to stay cool, hydrated, healthy and fit during this season.

- Hydrating by drinking at least two to three litres of water daily.
- Try to include seasonal fruits such as Watermelons, Musk melons, Ice apples, Mangoes, Oranges, Grapes and Pineapples.
- Drink Tender coconut water on the go to prevent electrolytes/salt loss.
- Reduce the consumption of caffeine-based beverages such as Coffee, Fizzy drinks and Alcohol, which causes dehydration.
- Avoid tight-fitting and dark-coloured dresses during this season. Wear comfortable cotton or linen-based, light-coloured dresses.
- To prevent sunstroke in elderly people, avoid direct exposure to scorching heat from 12 noon to 4 pm.



Sources of foods and drinks that keep the body hydrated and those that produce dehydration should be avoided.



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Diabetes in Women

Dr K. Hariharan

Diabetes, a genetic disease, is equally prevalent in men and women.

But men tend to get micro and macrovascular complications such as nephropathy, neuropathy, and retinopathy early in life.

It is because the women are protected by oestrogen, which acts as a vasodilator.

But once women attain menopause, their protective guard is gone, and they succumb to all complications such as stroke, heart attack and peripheral vascular disease.

The abundance of food, addiction to electronic devices and lack of exercise in women lead to obesity, metabolic syndrome and early onset of all the above complications.

So, women should start vigorous lifestyle changes as early as 35 years, like exercise, dieting and reducing the use of gadgets.

In this way, they can control the intensity of diabetic complications when they attain menopause.



Women are equally prone to diabetes as men due to genetic and lifestyle factors, but hormonal changes such as menopause can increase their risk of complications.



On 7 April 2023–World Health Day–the World Health Organization will observe its 75th anniversary under the theme "Health For All."

World Health Day

World Health Day is celebrated annually on April 7th by the World Health Organization (WHO).

The occasion is especially significant as it marks the 75th anniversary of the organisation's founding in 1948.

The theme for this year's World Health Day is "Health For All," which aims to highlight the public health successes achieved in the last 70 years that have improved the quality of life for people worldwide.

The theme provides an opportunity to reflect on past achievements and identify areas for further improvement in the quest for universal access to quality healthcare.

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Foodie Facts: Trivia and Insights for the Curious Cook

Rasam: The ultimate elixir

Dr. Kripa Raghavan

The South Indian dish **Rasam** is not just a delicious mix of ingredients but boasts numerous health benefits.

Tamarind pulp, a primary ingredient, has been used in Indian cooking since ancient times and is known for its laxative properties and ability to relieve constipation and digestive issues.

Turmeric, another key ingredient, is an antioxidant with anti-inflammatory properties that reduces knee pain, eases rheumatoid arthritis symptoms and may reduce the risk of Alzheimer's disease.

Black pepper, an essential spice in Rasam, enhances turmeric absorption by 2000%, while coriander and cumin seeds aid digestion, reduce blood sugar and cholesterol, and promote weight loss.

Mustard seeds, another ingredient, are an excellent omega-3 fatty acids and minerals source.

Paruppu/Dhal, an integral part of Paruppu Rasam, is a good source of vegetarian protein, comprising 20 different amino acids, nine of which the body cannot produce.

Rasam is not just a flavourful soup but a treasure trove of health benefits. The right blend of spices and tamarind pulp used in Rasam makes it an excellent addition to our daily diet, keeping us healthy and disease-free. Overall, the complete protein blend in Rasam makes it a perfect and healthy dish for all ages.



The South Indian dish Rasam is not just a delicious mix of ingredients but also boasts numerous health benefits.



Fact of the month

Vitamin D3

The active form of **Vitamin D** is formed when our skin gets exposed to sunlight's ultraviolet B rays (UV – B rays).

When exposed to UVB radiation, a cholesterol derivative in the skin, 7-dehydrocholesterol, is converted into vitamin D3 (cholecalciferol).

The best time to expose ourselves to sunlight is around 10 am to 3 pm, when the sun is at its highest point in the sky for 10 minutes minimum to 30 minutes maximum.

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Free Camp Activities

Diabetic Counselling Camp

**Free
Diabetic Counseling
Camp**

Every Saturday
09:30 am – 12:30 pm

- Counselling on basics of diabetes and lifestyle
- Demo of Pen and its usage
- Counselling on diet and exercise
- Counselling on foot care
- Educating how to use rotation cards and glucometer
- Explaining how to use the onboarding kit containing Rotation Card, Blood Sugar Monitoring Dairy, Insupen Pro Booklet, Insulin Therapy

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Spirometry Asthma Detection Camp

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DR. K. HARIHARAN

FREE SPIROMETRY TEST

**ALLERGY & LUNG FUNCTION
DETECTION CAMP**

Every Month Last Wednesday
2.30 PM to 4 PM

Diabetes Health & Yoga Awareness Camp with SVD Foundation

We, the team at **KH Nursing Home** and SVD Foundation - NGO, are planning for a one-day summer yoga camp. Beneficiaries of this camp will be college students, homemakers, working professionals, house helpers and senior citizens.

The key highlights of this camp are

- Early detection & assessment of diabetes.
- Learning yoga asanas & Breathing exercises.
- Assessment of your blood sugar level by diagnostic lab tests.
- Consultation with Dr K Hariharan.

Interested members can contact us at

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