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HEALTHLINE

Paramount's Monthly Magazine

“WORRYING DOES NOT
TAKE AWAY TOMORROW'S
TROUBLES. IT TAKES
AWAY TODAY'S PEACE.”

OUR
BODY'S
REACTION
TO ACUTE
STRESS

HEART
ATTACK
VS.
CARDIAC
ARREST

WOMEN AND
WEIGHT
TRAINING-
MYTHS AND
FACTS

DECLUTTER
YOUR
SPACE,
ATTRACT
POSITIVE
ENERGY

Heart attack – WHAT IS IT?

A **heart attack** (myocardial infarction) occurs when the blood flow to heart is blocked. The blockage is mostly due to a buildup of fat, cholesterol and other elements which form a plaque in the arteries (coronary arteries) which feed the heart. Blockage could also be due to a blood clot, air bubble, etc. A blocked artery prevents oxygen-laden blood from reaching a section of the heart.

HEART ATTACK OCCURS DUE TO A PROBLEM WITH CIRCULATION (due to blockage). 

Cardiac Arrest – WHAT IS IT?

Cardiac arrest occurs when the heart malfunctions and stops beating suddenly. Cardiac arrest is triggered by an electrical malfunction in the heart which causes irregular heartbeat (arrhythmia). This in turn disrupts the pumping action, stopping blood flow to the body.

CARDIAC ARREST IS DUE TO ELECTRICAL DISTURBANCE IN THE HEART 

SYMPTOMS OF HEART ATTACK

Symptoms of heart attack may be immediate and can include

- Intense: discomfort, pressure, tightness, pain or squeezing sensation in the chest, or other areas of upper body
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold sweat
- Light headedness or sudden dizziness
- Fatigue

Symptoms may vary from person to person. Warning signs and symptoms are very common in heart attacks – hours, days or sometimes, weeks in advance.

What has to be done: If you are the victim, alert the person nearest to you. If you are with someone who is facing the above symptoms, call for emergency medical services right away.

SYMPTOMS OF CARDIAC ARREST

Mostly cardiac arrest occurs without any warning. When a person experiences a cardiac arrest, within seconds he/she can become unresponsive, breathing stops and the person may be gasping. Death can occur within minutes if proper treatment is not given.

Some of the signs and symptoms include:

- Sudden collapse
- No pulse
- Loss of consciousness
- No breathing
- Other symptoms could be – discomfort in the chest, shortness of breath



Most heart attacks do not lead to cardiac arrest. However, when a cardiac arrest occurs, heart attack is a common cause.

What needs to be done: Cardiac arrest calls for immediate and correct treatment. If you are the victim, immediately alert the person nearest to you. If you are with a person who is experiencing any of the above symptoms, call emergency services immediately and ensure CPR is started right away.



Common risk factors which lead to heart attack and cardiac arrest include:



Preventative measures for heart attack and cardiac arrest:

Maintain a healthy weight	Manage stress	Avoid smoking	Exercise regularly
Keep a check on conditions that can lead to heart attack - high blood pressure, high cholesterol and diabetes.			
Consume a heart-healthy diet –			
• Increase intake of whole grains, legumes, fresh fruits and vegetables, foods rich in Omega 3 fatty acids, etc.		• limit unhealthy fats	
		• reduce sodium intake	



Every woman who works out regularly has ONE question that bothers her from time to time – “Will weight training make me look muscular and heavy? I want to work out properly but what if I start looking too muscular?”

Firstly, be informed that the statement “Women should avoid weight training as it will make them muscular and heavy” is a MYTH!

Let us look at this scientifically.

Our body produces many hormones for its smooth functioning, of which two important hormones are – testosterone and estrogen. Both genders produce both the hormones, however men produce more testosterone and women produce more estrogen.

Testosterone is the hormone that is responsible for muscle building and muscle gain. If the body does not produce more testosterone, one will not be able to build more muscle.

So the next time you hear a lady worrying about this, go ahead and give them the simple answer–“The female body does not naturally produce as much testosterone hormone as the male body, so there is no need to worry that you will develop muscles like men! Just exercise how much ever you want and can.”

Did you know?

'Flight' or 'Fight' response

Let us see how your body reacts to acute stressors:

What happens inside your body when you see a Tiger in front of you?

Within a fraction of a second.....

Brain - Blood rushes to the brain and the brain sets off an alarm inside your body

Sympathetic nervous system - signals the adrenal glands to release a hormone called Adrenalin which causes your body to respond in the following ways:



- **Lungs** - breathe more air for oxygen-rich blood to flow into the blood stream, causing your respiration rate to increase
- **Heart** - pumps blood faster to deliver more blood to the organs that need to act, causing the heart rate to increase
- **Arms and legs** - blood supply to muscles in the arms and legs increases to prepare you to run faster
- **Bloodstream** - glucose levels in the bloodstream increases to meet the increase in demand for energy

This entire process prepares you to react instantaneously, and you either fight or run (flight) away from the Tiger (Stressor). After responding to stress, your body returns back to its normal state within 30-60 minutes.

Tete-a-tete with the Experts

Declutter your space for more positive energy

You return to your house after a tired day to relax and rejuvenate, but when your house is full of clutter it doesn't feel calm, relaxing or peaceful. Isn't it?

Did you know? - Clearing the clutter from your space can really have a positive impact on your life and your well-being but getting it clean is (literally) a chore.

So here is a mini-guide to master the art of decluttering:

Let's first understand why it is worth investing your time to declutter your space:

- Decluttering gives you more space and makes your space look neater and welcoming
- Lesser the clutter around you, easier it is to clean, thereby saving time and energy
- Reducing your possessions will allow you to find things more quickly
- Living in a cluttered space can have a negative impact on the following:

a. Physical well-being -

Cluttered homes create an environment conducive to dust, dirt, pests, germs and mold to settle, which can be a disaster to your health, causing allergies, respiratory conditions, inflammation, oxidative stress, infections, and, eventually, chronic illness.

b. Mental well-being -

It can cause anxiety, impair your sleep, deplete your mental energy, reduce your focus, and increase your stress levels.

Now, let's learn how to declutter your space in 4 easy ways :

1. Set a target date on a paper to complete the decluttering of your space and put it up at a prominent place as a reminder. Schedule several clutter-clearing sessions of not more than 2 to 3 hours for each space. Break it down by rooms and closets. Start with a small room so you feel a sense of progress. In the room, begin with one closet, one corner, etc. at first.
2. Keep all these cleaning supplies handy before you begin your cleaning session-
 - trash bags of all sizes
 - empty boxes
 - bucket and mop
 - all-purpose cleansers / disinfectants
 - sponges/wipes/cleaning cloths
 - broom/dust pan/vacuum cleaner
 - step ladder

Also, wear disposable gloves, eye protection, and a dust mask to avoid

contact with allergens.

3. Follow these decluttering and home organization tips:

- Throw away old packaging boxes, broken items, expired items, empty used envelopes, bottles, all unused open items, dated electronic chargers and cords, items which have missing parts, unused things that are in doubles, triples and more, dried up glue, and other things that you categorize as trash.
 - Spend a few minutes pulling out clothes you haven't worn in a few months. If they're seasonal clothes, store them in a box. Throw away the ones you have absolutely no intention to wear.
 - Create some simple folders or files for your major bills and similar paperwork and stack them neatly in storage units.
 - If you don't have one spot for medicines and other essentials, create one now.
 - Consider having a little cubby or drawer to organize the things which are lying around. This could be where you place your remote control, stray pens, magazines, and anything else you occasionally use in that room.
 - You have to assign a designated place to store everything you own so you know what you have and where to find it. Create a pile of stuff that belongs to each room and place it in its designated place.
 - If you want to stay organized, then you should stick to using drawers, boxes, trays and other forms of organization systems to keep everything in your home neat.
4. Here is how you can discard stuff?
- Never keep items meant to be discarded, in your home to deliver later. Do it now.
 - Items that are unused and in a decent condition can be given away to a friend in need of them or sold.
 - Recycle and reuse. Items can also be modified or put to creative use.



Before




After

- Old but useful items can be given away to charity
- Items that are not worth giving to anyone can be discarded in the garbage bin or given away to garbage collectors, scrap dealers, etc.

Important points to make decluttering a lifestyle habit

- Set a major decluttering exercise every month.
- Give away old clothes and unimportant items regularly to avoid them from piling up.
- Ensure to keep the object at its designated place immediately after its use.
- Take the responsibility of your belongings at least, and ensure they are kept well-organized at all times. Utilize few hours in the weekend for organizing stuff that cannot be done on a weekday.
- Be more mindful of what you purchase and analyze its importance before spending your hard-earned money on it. Evaluate your reasons for buying things, if it is because of low moods, discounted prices, boredom, greed, etc.

 **Tip:** Put some interesting music during the decluttering exercise to add some fun!

Remember the golden rule, identify the possessions that actively bring you joy and worth, and get rid of the rest.

Dear Reader,

Here is a quick guide to understand the cashless hospitalisation process in 4 simple steps:

STEP 1

- Select the hospital from the network list available on Paramount website at <https://www.paramounttpa.com/Home/ProviderNetwork.aspx>
- **Planned hospitalisation:** Approach the hospital **2-4 working days prior to admission.**
- **Emergency hospitalisation:** Inform Paramount **within 48 hrs of hospitalisation.**
- Keep your TPA e-card and valid photo ID proof of the patient handy at the time of admission.



STEP 2

Hospital TPA helpdesk will forward the cashless request to Paramount for approval.



STEP 3

- On receiving the request, Paramount will register the claim for evaluation as per the policy coverage and medical admissibility.
- Paramount may approve the claim/ask for additional documents or information/deny the request, if the coverage is not established. Approval or denial letter will be emailed or faxed to the hospital.



STEP 4

AT THE TIME OF DISCHARGE:

- Upon final approval from Paramount, the hospital will discharge the patient after payment of non-medical items/expenses by the claimant.
 - In case the final bill amount exceeds the amount approved by Paramount, the claimant will have to pay the difference amount directly to the hospital.
 - In case of cashless benefit at a network hospital, the claimant will not get the original bill, discharge card, investigation reports, etc. since they are sent directly to Paramount.
- However, you may ask for copies. Kindly verify the final bill and duly sign it prior to discharge.



Note:

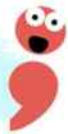
- Hospitals will collect security deposit which will be refunded after deduction of non-medical expenses, as per IRDA norms.
- The denial of authorization for cashless access does not imply denial of treatment and does not in any way prevent you from seeking necessary medical attention or hospitalization and claiming for reimbursement.

Take a Chill Pill



I recently decided to sell my vacuum cleaner.
All it was doing was gathering dust!

Did you hear about the semi-colon that broke the law?
He was given two consecutive sentences.



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