

An extra mile to connect with the community





Heart Healthy Diet

A healthy heart starts with eating right food, optimum calorie intake and bringing necessary lifestyle changes-

Burn the calories you consume - An average adult male needs approx. 2500 KCal & female needs approx. 2000KCal per day. You may need to cut down on your calorie intake upto 1400-1600 Kcal/day.



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Another way of doing it is adding physical activity to burn more calories rather than reducing intake.

Eat the right food - One must make sure the food we eat makes a balanced diet-

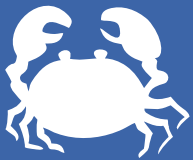
- ▲ **Fruits & Vegetables** - The American Heart Association recommends that an adult on an average should consume approx 4-5 cups of fruits and vegetables per day. Today fruits & vegetables are classified based on their colours. One should try to use most of the colours everyday (Rainbow Day - Yellow Banana, Orange Carrot, Green Beans, Red Tomatoes, Purple Grapes etc).
- ▲ **Whole Grains** - This is an important part of dietary intake as it contains additional proteins, fibres & nutrients. Wholegrains best for use are brown rice, corn, popcorn, whole wheat, barley, rye. Refined grains are milled into powder like wheat flour, white bread and white rice. Prefer whole grains over refined ones because the processed grains lose its Vit. B, iron and dietary fibre and these are essential nutrients for heart, especially the dietary fibre that lowers the blood cholesterol and reduces the chances of heart disease, stroke and obesity.
- ▲ **Nuts & Legumes** - They are great source of soluble and insoluble fibre along with proteins from plant source. It is recommended that atleast 50% of the grains in diet should come from whole grain and one should take about 25 gm of fibre from natural sources each day. Legumes can help to improve cholesterol levels by providing alternate source of proteins to animal protein without saturated fat.

Good sources of protein in this category are Soya bean, kidney bean, moong dal, chick peas, black gram etc.

- ▲ **Dietary Fibre** - Fibres are certain parts of plants which human body cannot digest. They are either soluble or insoluble fibres and help reduce the bad (LDL) cholesterol in blood. Oats are good source of soluble fibres and wheat, rye, rice and other grains are insoluble fibres. Both forms also help in reducing the risk of heart disease.
- ▲ **Low fat Dairy** - Prefer fat free (skimmed) or low fat (1%) dairy products.
- ▲ **Poultry & Fish** - There has been a recent change related to dietary cholesterol. Eggs are not held as a great taboo and one can eat upto 1 egg a day. According to American Heart Association, chicken should preferably be consumed after removing skin. Prefer grilled or baked instead of fried along with low sodium and low fat seasonings. Non vegetarians should try to make a balance by starting vegetarian diet once in a week and slowly building up the habit. Products like tofu, soya, beans, whole grains can help bring the shift from non-veg dietary habits to vegetarian diet. On the other hand, fish is a good source of protein and omega 3 fatty acids which can reduce triglycerides & lower risk of heart disease. One can consume fish twice a week, preferably tuna, salmon & shrimps.
- ▲ **Healthy Cooking Oils** - The saturated & trans fats (common in processed food & hydrogenated oil) are unhealthy & increase risk of heart disease and stroke. Red meat, butter & cheese etc are rich in saturated fats and should be taken in limited quantity. Prefer healthy vegetable oils which are low in saturated fats like sunflower oil, canola, olive, peanut & soyabean oil. Rice bran, sesame and avocado oil are new additions. Avoid taking butter, dalda & margarine. These types of saturated fats with high trans fat increase the risk of heart disease and stroke. Apart from choosing cooking oil, we should also consider the cooking method in order to derive the highest benefits. Each oil has a smoke point and if it is heated above that the oil loses its structure and anti-oxidant property. For high temperature cooking like frying, sunflower, soyabean, rice bran or peanut oil is better. Olive oil can be used for medium temperature cooking. Extra virgin olive oil and flaxseed oil should not be used as cooking oil, rather it can be used as salad dressing.

Reading Food Nutrition Labels - Some important points while reading the labels -

- ▲ First look at the serving size & check total calories per serving
- ▲ Limit total saturated fat intake to less than 11-13 gm/day, little or zero trans fat and 1500 mg of sodium in a day.
- ▲ % Daily Value for saturated fat and sodium should be less than 5% and % Daily Value for fibre and other good nutrients should more than 20%



Be
Careful
Not
Fearful

With the advent of new technologies and surgical techniques, we have now entered a phase of organ preservation of cancer affected patients, provided they get diagnosed and treated at the right time. Still, patients come for treatment at advanced stages because of lack of awareness on cancer prevention. If we have to win over cancer, we have to change this scenario effectively.



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Below are 7 tips to keep cancer at bay -

1. Don't use tobacco

Avoiding tobacco or deciding to stop using it is one of the most important health decisions you can make. It's also an important part of cancer prevention. Using any type of tobacco puts you on a collision course with cancer. Smoking has been linked to various types of cancer - including cancer of the lung, bladder, cervix and kidney - and chewing tobacco has been linked to cancer of the oral cavity and pancreas. Even if you don't use tobacco, exposure to secondhand smoke may increase your risk of lung cancer.

2. Eat a healthy diet

Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it may help reduce your risk. Consider these guidelines:

Eat plenty of fruits and vegetables & Limit fat. Eat lighter and leaner by choosing fewer high-fat foods, particularly those from animal sources.

If you choose to drink alcohol, do so only in moderation. The risk of various types of cancers increases with the amount of alcohol you drink and the length of time you've been drinking regularly.

3. Maintaining a healthy weight

It lowers the risk of various types of cancer, including

cancer of the breast, prostate, lung, colon and kidney. Physical activity counts too. In addition to helping you control your weight, physical activity on its own may lower the risk of breast cancer and colon cancer.

4. Protect yourself from the sun

Skin cancer is one of the most common kinds of cancer - and one of the most preventable. Try these tips:

- ▲ Avoid midday sun. Stay out of the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.

- ▲ Stay in the shade. When you're outdoors, stay in the shade as much as possible. Sunglasses and a broad-rimmed hat help too. Cover exposed areas. Wear tightly woven, loosefitting clothing that covers as much of your skin as possible. Opt for bright or dark colors, which reflect more ultraviolet radiation than pastels or bleached cotton.

- ▲ Don't skip on sunscreen. Use generous amounts of sunscreen when you're outdoors and reapply often.

5. Get immunized

Cancer prevention includes protection from certain viral infections.

- ▲ Hepatitis B. Hepatitis B can increase the risk of developing liver cancer. The hepatitis B vaccine is routinely given to infants. It's also recommended for certain high-risk adults - such as adults who are sexually active but not in a mutually monogamous relationship.

- ▲ Human papillomavirus (HPV). HPV is a sexually transmitted virus that can lead to cervical cancer. The HPV vaccine is available to both men and women age 46 or younger who didn't have the vaccine as an adolescent.

6. Avoid risky behaviors

- ▲ Another effective cancer prevention tactic is to avoid risky behaviors that can lead to infections that, in turn, may increase the risk of cancer. For example:

- ▲ Practice safe sex & limit your number of sexual partners. The more sexual partners you have in your lifetime, the more likely you are to contract a sexually transmitted infection — such as HIV or HPV. People who have HIV or AIDS have a higher risk of cancer of the anus, cervix, lung and immune system. HPV is most often associated with cervical cancer, but it may also increase the risk of cancer of the anus, penis, throat, vulva and vagina.

- ▲ Don't share needles. Sharing needles with an infected drug user can lead to HIV, as well as hepatitis B and hepatitis C, which can increase the risk of liver cancer.

7. Take early detection seriously

Regular self-exams and professional screening for various types of cancers — such as cancer of the skin, colon, prostate, cervix and breast — can increase your chances of discovering cancer early, when treatment is most likely to be successful.



Arthroscopy - Helping People Return to Sports Again !

Although arthroscopic surgery has received a lot of public attention because it is used to treat well-known athletes, it is an extremely valuable tool for all orthopaedic patients and is generally easier on the patient than "open" surgery.



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Arthroscopy is a procedure that orthopaedic surgeons use to inspect, diagnose, and repair problems inside a joint.

The term literally means "to look within the joint." During shoulder arthroscopy, your surgeon inserts a small camera, called an arthroscope, into your shoulder joint. The camera displays pictures on a television screen, and your surgeon uses these images to guide miniature surgical instruments. Surgeon uses very small incisions (cuts), rather than the larger incision needed for standard, open surgery. This results in less pain for patients, and shortens the time it takes to recover and return to favourite activities.

Your doctor may recommend shoulder arthroscopy if you have a painful condition that does not respond to nonsurgical treatment. Nonsurgical treatment includes rest, physical therapy, and medications or injections that can reduce inflammation.

Injury, overuse, and age-related wear and tear are responsible for most shoulder problems. Shoulder arthroscopy may relieve painful symptoms of many problems that damage the rotator cuff tendons, labrum, articular cartilage, and other soft tissues surrounding the joint.

- ▲ Common arthroscopic procedures include:
- ▲ Rotator cuff repair
- ▲ Bone spur removal

- ▲ Removal or repair of the labrum/Recurrent Dislocation of Shoulder.
- ▲ Repair of ligaments
- ▲ Removal of inflamed tissue or loose cartilage
- ▲ Frozen shoulder.
- ▲ Sub Acromial Decompression.
- ▲ AC Joint Repair.

Recovery

It is not unusual for patients to go back to work or school or resume daily activities within a few days. Athletes and others who are in good physical condition may in some cases return to athletic activities within a few weeks. Remember, though, that people who have arthroscopy can have many different diagnoses and preexisting conditions, so each patient's arthroscopic surgery is unique to that person. Recovery time will reflect that individuality.

SPECIAL OFFERS

Essential Heart

Check - up Package - Rs. 999

(Cardiologist Consultation, ECG, Lipid Profile, FBS, 2D Echo)

Bone Health

Check - up Package - Rs. 1499

(Orthopaedic Consultation, Vitamin D3, S. Calcium, S. Phosphorus, ALP, S. Uric Acid, RBS, TSH, DEXA Scan (Spine & Femur) X-Ray Knee Both - AP/Lateral)

Diabetes Profile

Package - Rs. 1999

(FBS, PPBS, HBA1c, Lipid Profile, Serum Creatinine, Urine R/M, ECG & Endocrinologist/Diabetologist Consultation)

Kidney Screening

Package - Rs. 1999

(FBS, PPBS, HBA1c, Lipid Profile, KFT, Urine R/M & Nephrologist Consultation)

Prostate Screening

Package - Rs. 2999

(Urine R/M, USG (KUB), Uroflowmetry, Serum PSA, RBS, Mini KFT & Urologist Consultation)