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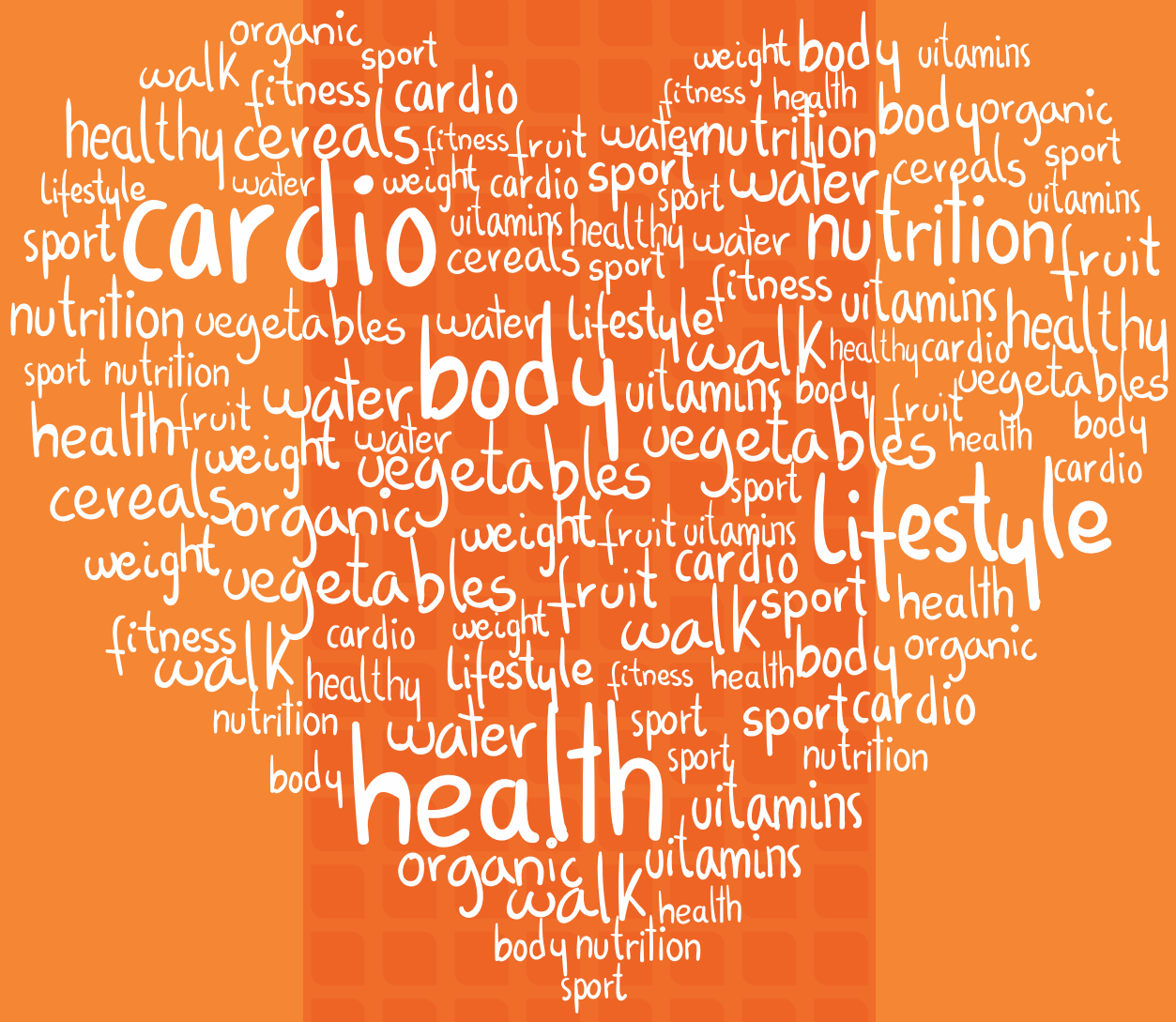
JAYPEE HOSPITAL
LIFE FIRST

JAYPEE HEALTH SMART

An extra mile to connect with the community



Could you have a heart attack and not know it?

Here's a surprising fact: nearly half of people who have a heart attack don't realize it at the time. These so-called silent heart attacks are only diagnosed after the event, when a recording of the heart's electrical activity (an electrocardiogram or ECG) or another test reveals evidence of damage to the heart.

One explanation for this phenomenon may be a higher-than-average tolerance for pain. Some people mistake their symptoms as indigestion or muscle pain, while others may feel pain, but in parts of their upper body other than the center of the chest.

Different sensations?

Many people don't realize that during a heart attack, the classic symptom of chest pain happens only about half of the time. People sometimes describe heart attack symptoms as chest discomfort or pressure, while others say they feel an intense, crushing sensation or a deep ache similar to a toothache.

Certain people are less sensitive to pain than others, or they may deny their pain and "tough it out" because they don't want to appear to be weak. Not everyone has a good sense of their own pain tolerance, however, a host of other factors (such as your emotional state) can affect pain perception. Of note: people with diabetes may be less sensitive to pain because the disease can deaden nerves (a condition known as diabetic neuropathy), theoretically raising their risk for a silent heart attack.

Where it may hurt

During a heart attack, the location of the pain can also vary quite a bit from person to person. It may occur in the arm, shoulder, neck, jaw, or elsewhere in the upper half of the body. Other nonclassic symptoms people often don't attribute to a heart attack include nausea, vomiting, and weakness.

There's no question that women are more likely to experience non-classic heart attack symptoms, but it's important to remember that men can have those symptoms, too.

Heart attack symptoms

Although the most common sign of a heart attack in both men and women is the classic one — discomfort in the center of the chest that spreads through the upper body — this symptom doesn't always occur. Some people experience non-classic symptoms, and these may be slightly more frequent in women and in older people.

Classic symptoms	Non-classic symptoms
• Pressure, aching, or tightness in the center of the chest • Pain or discomfort that radiates to the upper body, especially shoulders or neck and arms • Sweating	• Shortness of breath • Weakness • Nausea or vomiting • Dizziness • Back or jaw pain • Unexplained

Reduce your risk of heart attack

Don't smoke

One of the best ways to protect yourself against a heart attack is by not smoking. The benefits of quitting show up after only a few months.

Maintain a healthy weight

Being overweight increases your risk of high blood pressure, high cholesterol levels, cardiovascular disease and diabetes - risk factor of heart attack

Limit fats and cholesterol

Choose fat-free or low-fat dairy products. Limit saturated fats and avoid trans fats. Instead of butter, margarine and shortening, use monounsaturated oils (olive, canola and peanut) and polyunsaturated oils (corn, safflower, sesame, sunflower and soy).

Eat fish that has omega-3s

Eat fish that has omega-3 fatty acids, such as salmon and trout.

Eat plenty of fruits and vegetables

Eat at least three servings of fruits and at least four servings of vegetables daily.

Dr. Manoj Luthra
Director (Adult Cardiac Surgery)
& CEO
MS, MCh (Cardiac Surgery)
Jaypee Hospital, Noida

"If you exercise regularly, you may lower your risk of a heart attack and stroke. If you are middle-aged or older and haven't been exercising regularly or have a chronic health problem, work with your doctor to develop an exercise program. To condition your heart safely Start at a comfortable level of exertion and schedule regular exercise."

3 Reasons You Crave Sweet or Salty Foods

Why it's important to listen to your body

Does chocolate start calling your name around 2 p.m.? Does that bag of potato chips start talking to you an hour after dinner?
The reasons we crave sugar and salt are partly physiological, partly psychological and partly because of the environment in which we live.

The human body functions a bit like a car – you put fuel in the tank, and then you drive. If the body doesn't get the fuel it needs, then strong physical cravings can manifest.
What kind of fuel does your body need? A balanced intake throughout the day of high-fiber carbohydrates, lean protein and heart-healthy fats.
Consider three factors that can contribute to cravings:

You're starving yourself

Think you're being "good" by having coffee for breakfast and a garden salad for lunch? Truly, you're setting yourself up for failure in the afternoon and evening. If you go too long without eating, your body will crave the fastest fuel it can think of — refined grains and simple sugars. Cramming them into your body late in the day means the calories will get stored as fat.
Another popular trap: Skipping meals or waiting too long between meals. This leads to significant hunger, which makes you crave anything sweet or salty you can get your hands on.
An all-or-nothing mentality — forbidding all foods with sugar or salt —can backfire too.
Some research suggests that eliminating sweet and salty foods makes you crave them less. But eventually, most people tend to give in and resume eating the foods they've restricted and that often leads to binging.

You don't realize how addictive sugar and salt can be

Why do we crave sugar and salt, in particular? For one thing, they taste good. Manufacturers conduct research to determine which food components will tempt consumers' taste buds the most. Our brains are wired to enjoy things which make us happy. Sugar, in particular, releases brain chemicals that make us feel good. This leaves us wanting to experience that good feeling over and over again, day after day. Sweet and salty foods and beverages are incredibly addictive that's why many processed foods are loaded with them. They trigger the release of dopamine, a brain chemical that motivates us to engage in rewarding behaviors.
Over time, our tolerance for sweet and salty foods builds up, and we need more to reward ourselves. We're basically feeding our taste buds and this creates a vicious cycle, because our taste buds typically crave what we feed them.

You're not listening to your body

Before you indulge, check your fatigue level. Research shows that when you're tired, you're more likely to turn to whatever you crave to get more energy or to wake up. Perhaps you find yourself bingeing on salty snacks. The next time it happens, pay attention to your stress level. Stress may impair your adrenal glands' ability to regulate sodium, which may lead to salt cravings. Take thirst into account, too. Some research suggests that mistaking dehydration for hunger may trigger cravings as well.
Finally, if you have diabetes, you probably know you get more hungry than other people. Excessive hunger can mean your blood sugar is too high or too low. If you find yourself craving sweets, check your blood sugar first. If it's over 200, try exercising, drinking lots of water or if your doctor prescribes it, take insulin. If your blood sugar is less than 70, eat 15 grams of carbohydrate to bring it up.
Understanding that starving yourself can boomerang, that sugar and salt can be addictive, and that your body may be trying to tell you something can help you reduce cravings and embrace a more balanced diet.

Dr. Sanjay Khanna
Senior Consultant & Coordinator
Gasteroentrology
Jaypee Hospital, Noida

"Developing a habit of healthy and clean eating with consistency can help you get rid of sugar and salt addiction. Start by reducing the quantity of your daily intake and progressing slowly to bring it down in normal limits. There are a number of diets which can ensure to curb the urge of sugar and salt intake if followed properly. The key to begin with is to start understanding nutrition labels which mention all percentage content of salt and sugar and you may get surprised to know about your daily intake!"

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Are you out in the sun for long hours?

Know all about sunburn

If your are out in the sun for long hours, whatever be the reason, you may need to be cautious this season ! Read what you might not be aware of regarding sunburns and how it can impact your daily life.

Dr. Sakshi Srivastava
Consultant
Dermatology
Jaypee Hospital, Noida

"Sunglasses protect your eyes from damage from ultraviolet (UV) light. Long-term exposure to UV light increases your chances of cataract. Choose sunglasses that Provide maximum protection from UV light. Choose lenses that block 99 to 100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) light".

Sunburn - red, painful skin that feels hot to the touch - usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources.

Intense, repeated sun exposure that results in sunburn increases your risk of other skin damages and certain diseases. These include dry or wrinkled skin, dark spots, rough spots, and skin cancers, such as melanoma. This is especially important when you're outdoors, even on cool or cloudy days.

Signs and symptoms of sunburn usually appear within a few hours after sun exposure. But it may take a day or longer to know the full extent of your sunburn. Any exposed part of your body — including your earlobes, scalp and lips — can burn. Even covered areas can burn if, for example, your clothing has a loose weave that allows ultraviolet (UV) light through. Your eyes, which are extremely sensitive to the sun's UV light, also can burn. When there is sunburn, your skin may become pink or there may be redness in the burned area. It becomes tender & warm and may also swell & Itch.

How to prevent sunburn

Use these methods to prevent sunburn, even on cool, cloudy or hazy days. And be extra careful around water, snow, ice and sand because they reflect the sun's rays. In addition, UV light is more intense at high altitudes.

- **Avoid sun exposure between 10 a.m. to 4 p.m. -** The sun's rays are strongest during these hours, so try to schedule outdoor activities for other times. If you're unable to do that, limit the length of time you're in the sun. Seek shade when possible.
- **Cover up -** Wear tightly woven clothing that covers you, including your arms and legs.
- **Use sunscreen frequently and generously -** No matter what your skin type is, use a broad-spectrum sunscreen with an SPF of 15 or greater. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or greater. Apply sunscreen generously, and reapply it every two hours — or more often if you're swimming or perspiring.
- **Wear sunglasses when outdoors -** You offer your eyes the best protection outdoors by choosing the highest UV protection-rated sunglasses.

Some home remedies for sunburn -

- **Take a pain reliever -** Over-the-counter pain relievers, such as ibuprofen and naproxen, may help control pain until redness and soreness subsides.
- **Cool the skin -** Apply to the affected skin a cool compress - such as a towel dampened with cool tap water.
- Apply moisturizer, aloe vera lotion or gel, or hydrocortisone cream to the affected skin. If blisters form, don't break them.
- **Drink plenty of fluids, especially water -** Drinking water helps your body recover faster.
- **Treat peeling skin gently -** While your skin is peeling, continue to use moisturizing cream.
- Protect your sunburn afrom further sun exposure.
- Avoid applying "-caine" products, such as benzocaine. Such creams may irritate the skin or cause an allergic reaction.