

Healthy Life

NEWS BULLETIN

Quarterly Newsletter from Healthy Life Diabetes Clinic

Issue No. 10 Apr-Jun '08



THE DRINK-O-METER

- How much damage is rum, beer and wine doing to your waistline
a) 95 calories in a peg, 200 calories in a bottle and 200 calories in a glass
b) 49 calories in a peg, 67 calories in a bottle and 136 calories in a glass
c) 105 calories in a peg, 150 calories in a bottle and 160 calories in a glass
- Think you can gulp as many or more drinks than men? Guess your safety zone:
a) men can enjoy 14 standard drinks a week, whereas women only half
b) limits do not apply when drinking
c) men and women are equals even in drinking
- One drink a day is not good for all. Health benefits of alcohol consumption apply mainly to people of ages:
a) 25 years and above
b) 16 years and above
c) 45 years and above
- One drink equals:
a) a small glass of wine + ½ pint beer + 25ml spirits + 50ml liqueur or aperitif
b) a small glass of wine or ½ pint beer or 25ml spirits or 50ml liqueur / aperitif
c) an amount that by body can handle
- Is a beer belly caused by drinking beer?
a) yes, beer is the cause of belly fat
b) it's the beer and the fries together
c) it's the wonder of over eating
- When is drinking really social?
a) Local standard time after 9pm
b) British standard time, between 4 and 6pm
c) anytime is social time
- Diabetics can take alcohol:
a) anytime
b) when blood sugars are well maintained
c) without food
- The part of your body that helps remove toxins due to alcohol consumption is:
a) the stomach
b) the kidneys
c) the liver
- Which drink is rich in antioxidants?
a) red wine
b) champagne
c) vodka
- Driving under the influence of alcohol is dangerous because:
a) your doctors have told you so
b) the system functions at a much lower rate than normal and the response time is slowed down
c) you are hyperactive and your system is intoxicated

ANSWERS
1.c, 2.a, 3.c, 4.a, 5.c, 6.b, 7.b, 8.c, 9.b, 10.b

OPEN DAY AT HEALTHY LIFE

For an action packed Physical Fitness programme of a lifetime



M. Hassen Khalid, the physical fitness and martial arts expert; popularly known as The Grand Master, has introduced a novel and effective form of exercise-Fei Quando

Isometrics, otherwise referred to as "Heats". Heats is a relaxing form of resistance therapeutic exercises which is ideal for all ages, explained Mr. Khalid.

Heats (Yoga and Isometrics), are good for blood circulation, for streamlining and developing the entire body as well as maintaining

appropriate body weight. Another proven fact is that it helps maintain blood sugar levels in Diabetics and reduces high blood pressure.

Understanding the importance of these exercises for all Diabetics, whether young or old, Mr. Khalid together with Healthy Life has organized a Free class where all can participate and know the difference for themselves-it cannot be explained but only experienced.

So, be there on 10th May from 10 am onwards, to tailor make your fitness program under expert supervision.

All are welcome-
Be what size or age!

Special Highlights

Blood sugar testing

Heats (Yoga + Isometrics combined) for Diabetics

Tai Chi & Martial Arts for health

Exercising the right way

On 10th May 2008
From 10 am onwards

Celebrating your good health this season

HEALTHY LIFE TEAM

Consultant Endocrinologist
Dr. Niroshini Yahampath
Dr. Sisira Siribadhana

Consultant Physician/Diabetologist
Dr. Kayathri Periasamy

Consultant Physicians
Dr. Chandima De Mel
Dr. Chintaka De Silva
Dr. Manordi Saranapala
Dr. C. Thurairajah (Consultant Sports Medicine)

Martial Arts Specialist & Yoga Therapist (Grand Master)
Mr. Hassen Khalid

Consultant Eye surgeons
Dr. Nalin Rajakaruna
Prof. E. Benitta Stephen
Dr. Amila De Alwis

Consultant Obstetrician / Gynaecologist
Dr. H. S. Dodampahala
Dr. Sudheera N. Uduwela (Urogyn)

Consultant Nephrologist
Dr. Romesh Gunerathne

Consultant Paediatrician
Dr. R. Ajanthan
Dr. T. Rohitha S. Senevirathne

Consultant Cardiologist
Dr. Vasantha Hettiarachchi

Consultant Cardiothoracic Surgeon
Dr. Lahie

Consultant Surgeon
Dr. M.M. Faiz

Consultant Dental Surgeon
Dr. J. Dhanusha

Consultant Dermatologist
Dr. Nayana Perera

Consultant ENT Surgeon
Dr. V. Kulasekaram

Consultant Clinical Psychologist
Dr. Buddhika Malligahewa

Consultant Dietitian
Ms. S. Ramya Dhevi
(Editor - News Letter)

Physiotherapist
Mr. Kumar De Silva

Medical Officers
Dr. S. Thivanka

Healthy Life
Life could be sweeter
Clinic

The easy way to Channel
your Doctors



STRESS BUSTERS & 15 WAYS TO BLISS

Whether you're fretting over that pile of monthly bills or anticipating an exciting change like the birth of a new nephew, the million things you've got going on can leave you all feeling like big balls of stress—and that can wreak serious havoc on your health

1. Drink Tea

Black tea has been shown to have an effect on stress hormone levels in the body. Researchers in England have found that people who drink black tea de-stress more quickly than those drinking a fake tea substitute.

2. Go Nuts

Next time you feel a bit cracked up, forgo the junk food and snack on some nuts instead. Nuts are typically high in tryptophan and magnesium, two key nutrients that support serotonin production. And almonds are especially high in stress-busting B vitamins, zinc, vitamin E and antioxidants.

3. Rub Your Ears

"According to Ayurveda, there are marma points—like acupuncture points—in the ears that correspond to the various parts of the body. Simply rub the circumference of each ear—right hand on right ear and left hand on left ear—to instantly ease tension.

4. Take a Whiff

Proven stress-reducing aromas include lavender, lemon balm, chamomile and geranium. Carol Duncan, a registered aroma therapist, says to place a few drops of essential oils on cotton balls and place them a few inches from fans or heater vents or underneath your car seat. "Each time air passes over the cotton ball, the essential oils are reintroduced to the area," she explains.

5. Pop a Vitamin C Pill

Researchers at the University of Alabama say that vitamin C reduces the levels of stress hormones in the blood. Studies suggest that 1,000 mg of vitamin C is most helpful.



6. Be Mindful

For one minute, pay attention to what's happening inside and around you, listening to your heartbeat or your breathing.

7. Eat Berries

Blueberries, blackberries and other berries contain some of nature's most powerful antioxidants and are jam-packed with vitamin C, making them potent stress-busters. Stress causes the body to release free radicals—highly unstable oxygen molecules that can damage normal cells—and antioxidants help to neutralize those harmful molecules.

8. Strike a Yoga Pose

"When we get stressed, we tend to tense up and cave our chest in. She recommends folding your hands as if in prayer behind your back, then pulling your shoulders back, tilting your head back and breathing deeply.

9. Stretch for Balance

Another move that is to sit in a chair with your left foot on the floor. Put your right ankle on your left knee and lean forward with a stretch. Hold it as far as you can go, then bend forward a bit more. Repeat on the other side. This opens up your hips and balances that tensed up muscle feeling.

10. Take 10

10 jumping jacks, push-ups or anything that gets the blood flowing through the body! This helps to release endorphins, which are a natural stress reliever.

11. Reframe Your Thoughts

"Reframing simply means putting a different context around the situation," says Jay Winner, M.D., author of *Take the Stress Out of Your Life*. Winner suggests thinking of time spent in a long line as a break from a busy day—a chance to relax your mind or meet someone new like the person standing next to you. A positive spin can counteract the stress-induced physiological changes that wreak havoc on your body.

MEAL SKIPPERS BEWARE!



The next time you skip a meal without a thought, it could be time to worry about a new eating disorder—Stressorexia.

According to Adrian Lord, consultant psychiatrist at the Cygnet Hospital, UK, stressorexia is not yet a scientific diagnosis, but it's a trend in women in their late 20's to 40s who are unwilling or unable to lighten their workload.

End result? They become drained, stop eating properly and can experience dramatic weight loss. Trying to do it all by juggling their family life, profession and wanting to look good all the while the high stress levels take their toll, suppressing their appetite and bringing irritability in tow.

12. Crave Complex Carbs

Complex carbohydrates boost serotonin levels and keep a heightened sense of calm and relaxation for a longer period of time. Target carbs include whole-grain foods and cereals—such as whole-grain breads, oats and brown rice—as well as legumes such as peas, beans and lentils.

13. Laugh Out Loud

According to a University of California, Irvine study, even the expectation of a laugh boosts stress-busting hormones and increases hormones that induce relaxation—an effect that can last for up to 24 hours. Read a comic strip or check out the joke of the day.

14. Take a Deep Belly Breath

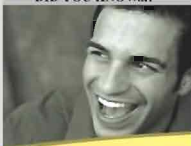
"Abdominal breathing increases the amount of oxygen in your blood, triggering the brain to decrease the concentration of stress hormones," explains Bruce S. Rabin, MD, PhD, head of the Healthy Lifestyle Program at the University of Pittsburgh Medical Centre.

15. Be in the Moment

Focus on what's right in front of you, using your senses to connect with the environment. Dr. Winner suggests, for example, taking 10 seconds to smell the aroma of the food you're eating and savor its taste. "Take a few steps and let go of thoughts, feeling the ground massaging your feet with each step," he adds.

Article Featured on www.womansday.com, by: Kris Wetherbee

DID YOU KNOW...?



The old adage, an apple a day, has more to it than just being another old wives tale. Extracts from apples, oranges and bananas could actually be the secret to staying off Alzheimer's and Parkinson's. According to Chang Y Lee, a researcher at Cornell University, US, antioxidants in the fruits reduce the damage the illnesses do to neurons, nerve cells in the brain and spine, and slash the risk of neurodegenerative disorders. High on the list of fruits that can work this is - unpeeled apples, followed by bananas and oranges. All good reason to swap the cheesecake and fudges for a daily helping of fresh fruit.

 **Getz**
p h a r m a

A member of the Getz Group - USA



Large Belly Crisis

People with larger stomachs in their 40s are more likely to have dementia when they reach their 70s, according to a new study.

The study involved 6,583 people age 40 to 45 in northern California who had their abdominal fat measured. An average of 36 years later, 16 percent of the participants had been diagnosed with dementia. The study found that those with the highest amount of abdominal fat were nearly three times more likely to develop dementia than those with the lowest amount of abdominal fat.

A large belly in mid-life has also been shown to increase the risk of diabetes, stroke, and coronary heart disease, but this is the first time researchers have demonstrated that it also increases risk of dementia. Further research needs to be done to determine what the mechanisms are that link abdominal obesity and dementia.



As with all observational studies, it is possible that the association of abdominal obesity and dementia is not driven by the abdominal obesity, but rather by a complex set of health-related behaviors, for which abdominal obesity is but one part.

This research was published in the March 26, 2008, online issue of *Neurology*, the medical journal of the American Academy of Neurology.

Giving people a say in life.....

Article Compiled by Mrs. Narayani Sathasivam, Speech Therapist



Motor vehicle accidents that affect a person's swallowing, speech, memory, reading and writing.

People are often left in the dark when it comes to seeking help to assist with their communication problem. It doesn't

Imagine, not being able to say what you wanted to say at the moment you wanted to say it. Or having trouble understanding what others are saying to you. It would be a world of gibberish.

Communicating is the process of being able to understand and being understood—something we all take for granted. Being able to speak, understand language, use our voice, hear, read and write are all parts of being able to communicate with others.

So what can go wrong? People can have conditions that affect one or more of the parts of communicating and it changes the way they live and interact

with others. Each of them will suffer frustration, anger, embarrassment or grief from time to time as they try to communicate their needs, ideas and opinions. Communication problems come from every part of our society. They include:

- Children who are late to develop speech and language eg. A two old who has not started to talk
- School aged children who have difficulty reading, writing and understanding what the teacher says
- People with hearing impairments
- People who stutter
- Those who have strokes

have to be!

A speech therapist can help.

A speech therapist is trained professionally to advise, assess and work with people who have a communication problem and help them to function at their optimum. A speech therapist knows that people with a communication disability are often isolated in society, and their needs are frequently not recognized. Their role is to give these people a say in life. They work with individuals and their families to help them communicate more effectively and get on the path back to recovery.

Strength Training for all

What it means?

Strength training is based on the principles of progressive resistance training which uses free and/or fixed weights with the aim of increasing strength. A participant in resistance training exercises his/her muscles against a resistance which is progressively increased as strength improves.



Why Strength Training?

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health.

In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a

profound impact on a person's mental and emotional health.

Benefits of Strength Training

- Arthritis
- Diabetes
- Osteoporosis
- Obesity
- Back pain
- Depression
- Restoration of Balance and Reduction of Falls
- Strengthening of Bone
- Sleep Improvement
- Healthy Heart Tissue

Research and Background About Strength Training

Scientific research has shown that exercise can slow the physiological aging clock. While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits—it maintains the heart and lungs and increases cardiovascular fitness and endurance—it does not make your muscles strong. Strength training does.

Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density.

The journey of a thousand miles begins with a single step. Exercise works the same way. Taking that first step can be hard. Remember -- it's never too late. You can always improve your level of fitness.



FOR

ALCOHOLIC & DIABETIC NEUROPATHIES

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