

WHEALTH

Health – Your Ultimate Wealth



EDITORIAL

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The X'mas bells rang festivities and following it, tip-toed 2021.

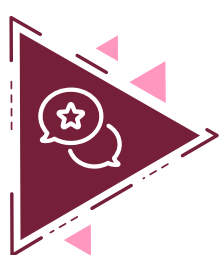
This new year was welcomed in a different way than the usual high noise celebrations, parties, outings and so on. However it still received its own respect, excitement and attention. The exuberance of being healthy and happy combined with renewed conscience about our diets, lifestyles and consciousness about preventive health measures has reached a new pinnacle.

Most of the resolutions for 2021 are skewed towards healthy lifestyles, diets and activities scouting for 'real' happiness. And one of the aspects of this is 'Health Check-up'. Regarded as 'a window to future health issues', annual health check-ups are

recommended right from the age of 30. In addition to insurance payments, car insurance, various AMCs etc., maintenance of your living self and loved ones is one of the prime responsibilities to be fulfilled in 2021.

Regular check-ups can help find potential health issues before they become a problem. Early detection gives you the best chance for getting the right treatment quickly, avoiding any complications. Hence, while shifting focus from 'illness' to 'wellness', annual health check-ups 'must be ticked' for every person's check-list for 2021.

Whealth wishes all of you a very happy, healthy and progressive new year ahead.



TRENDING THIS MONTH

Listen to your health reports

Most of us, who love thyself, do not miss Annual Health Check-ups (AHCs).

But others should remember that health screenings are important for people of all ages, tests may vary based on age. All above age of 30 should undertake some basic health checks to detect aberrations in body functions, so that they can be treated early. This prevents further complications arising out of it.

With wide variety of test packages available today with reputed hospitals and pathological laboratories, it is often a difficult task to select packages. Whichever package you chose, there are a few common tests that help map your body functions and it is important to know their interpretations.

Listing below some interpretation of much skewed test values for some common tests.



1 CBC or Complete Blood Count



A complete blood count (CBC) is a blood test used to evaluate your overall health and detect a wide range of disorders, including anemia, infection and leukemia. It tests:

- ▶ Red blood cells and their capacity to carry oxygen
- ▶ White blood cells, which fight infection (Leukocyte count)
- ▶ Hemoglobin, the oxygen-carrying protein in red blood cells
- ▶ Hematocrit, the proportion of red blood cells to the fluid component, or plasma, in your blood
- ▶ Platelets, which help with blood clotting

In case of deficiency, increase the intake of leafy vegetables, olive oil, tomatoes, nuts, milk, papaya, pumpkin, fruits, meats, cereals, citrus, Bell pepper etc

Test	Low count indicates	High count indicates
▶ Hemoglobin	Anemia (Symptoms like fatigue & trouble breathing)	Polycythemia
▶ Red Blood Cell Count	Vitamin B6, B12 or folate deficiency, Malnutrition	Low oxygen levels in the blood (Lung issue)
▶ White Blood Cell count	Low bone marrow production	Infection
▶ Absolute Monocyte Counts	Low bone marrow production	Viral infection, mumps, measles
▶ Mean Corpuscular Volume	Iron deficiency , which can be caused by poor dietary intake of iron, menstrual bleeding, or gastrointestinal bleeding.	Vitamin B12 deficiency. A deficiency in folic acid, another type of B vitamin. Liver disease.
▶ Platelet Count	Thrombocytopenia (may cause severe bleeding)	Thrombocytosis (Rare)

Normal Level
Hb 12-16 g/dL (women)
or
Hb 13.5-17.5 g/dL (men)

Mild anemia
Hb 10-12 g/dL (women)
or
Hb 10-13.5 g/dL (men)

Moderate anemia
Hb 8 - <10 g/dL (women and men)
Severe anemia
Hb <8 g/dL (women and men)

2 Blood Sugar Test



Blood sugar testing is important to detect &/or monitor diabetes. High levels indicate diabetes or reduced ability of body to produce insulin, a hormone that helps carry sugar from the bloodstream into the cells. Low levels indicate hypoglycemia that is characterized by excessive sweating, tiredness, dizziness, feeling shaky, palpitation etc.

Sugar testing can be done through different tests.

- ▶ **Random blood sugar test:** Blood sample is taken anytime of the day
- ▶ **Fasting blood sugar test:** A blood sample will be taken after an overnight fast
- ▶ **Postprandial test:** A blood sample will be taken 2 hours after food
- ▶ **Glucose tolerance test:** After fasting sugar test, specified amount of liquid glucose is to be taken. Blood sugar levels are tested periodically for the next two hours

In diabetic patients with high sugar level, urine test is recommended to check sugar in urine*

The diet recommended to avoid high sugar levels &/or diabetics is low sugar intake, raw, cooked, or roasted vegetables, green vegetables, low calorie high fiber food, proteins.

	A1C Test	Fasting blood sugar test	Glucose Tolerance test
DIABETES	6.5% or above	126 mg/dL or above	200 mg/dL or above
PREDIABETES	5.7 - 6.4%	100-125 mg/dL	140-199 mg/dL
NORMAL	Below 5.7%	99 mg/dL or below	140 mg/dL or below

* The levels differ as per age, sex, comorbid conditions etc. The table is indicative and does not specify diagnosis. Consult doctor for further information.



Lipid profile or Cholesterol Test

3

This is a blood test that can measure the amount of cholesterol and triglycerides in your blood.

A cholesterol test can help determine your risk of the buildup of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body. High cholesterol

levels point to a significant risk factor for cardiac conditions like heart attack.

Four types of cholesterol (fats) are tested. HDL (High Density Lipids), LDL (Low Density Lipids), VLDL (Very Low Density Lipids) & Triglycerides.

Cholesterol levels for adults, ages 20 and over

AMOUNT (mg/dL)	TOTAL	LDL	HDL	TRIGLYCERIDES
Ideal	<200	<100	>60	<150
Borderline	200-239	130-159	Women: 40-59 Men: 50-59	150-199
Too high or low	>240	High: 160-189 Very high: >190	Women: <40 Men: <50	High: 200-400 Very high: >500

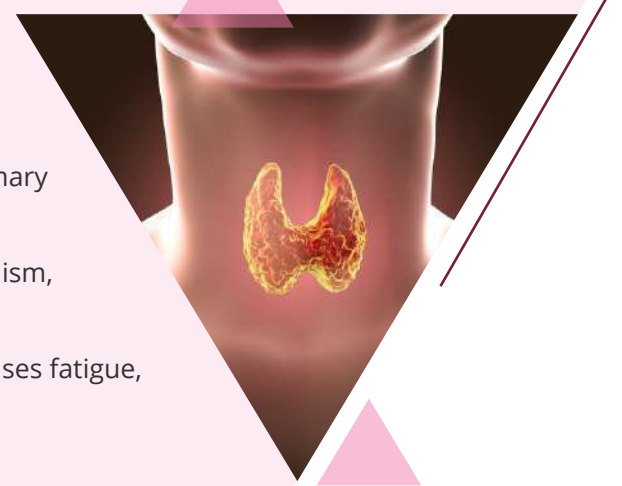
Source: Mayo clinic & US National Library of Medicine

4 Thyroid Profile

Screening for thyroid dysfunction and detecting mild (subclinical), as well as overt, primary hypo- or hyperthyroidism.

A low TSH (Thyroid Stimulating Hormone) and high T4 generally indicates hyperthyroidism, characterised by unintentional weight loss and a rapid or irregular heartbeat.

A high TSH and low T4 indicates primary hypothyroidism (due to a thyroid disease) causes fatigue, constipation, weight gain & muscle weakness.



Kidney profile

5

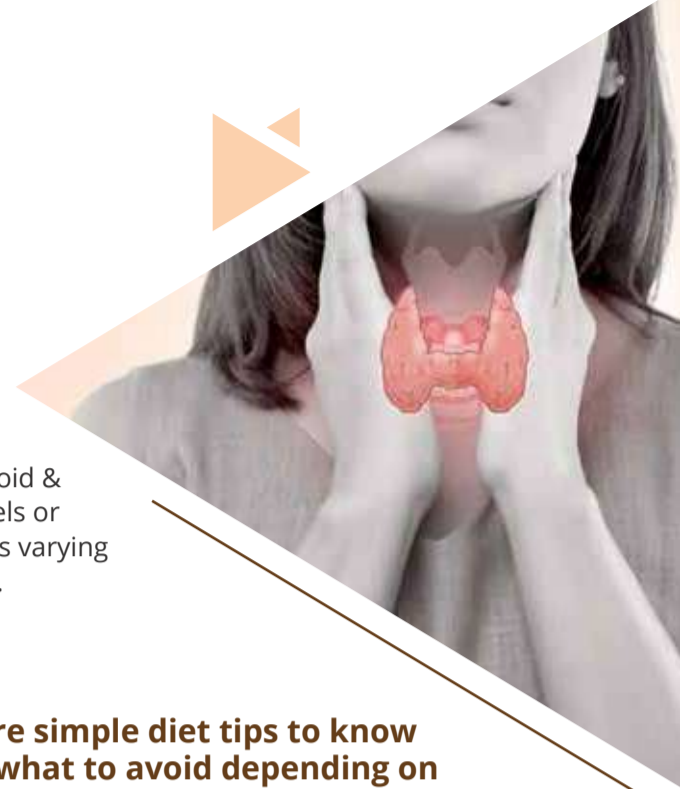


This includes a group of tests designed for complete kidney evaluation. Kidney function tests check the breakdown products of normal body functions. The tests measure levels of various substances, including several minerals, electrolytes, proteins, and glucose (sugar), in the blood to determine the current health of your kidneys.

Food for kidney patients include Red bell peppers, Cabbage, Cauliflower, Garlic, Onions, Apples, Cranberries & Blueberries.



HEALTH@HOME Stress & Thyroid



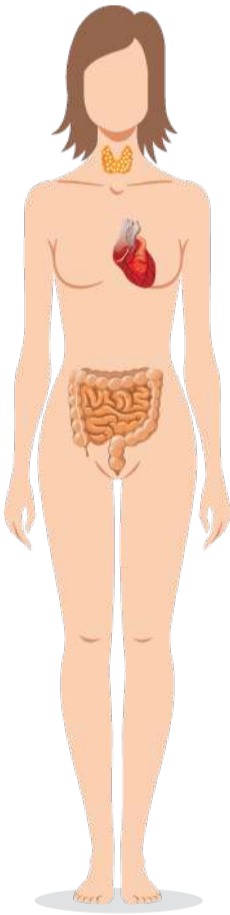
Thyroid, a small gland in body, works as the regulatory centre and manages body's metabolism. The regulation of energy generation for cells happens through adequate production of regulatory hormones T3 & T4. High levels increases body's temperature, **metabolism**, and heart rate & low levels slow down the processes

Low hormone levels or Hypothyroid & High hormone levels or Hyperthyroid elicits varying responses in body.

HYPO Thyroidism

- ▶ Dry, Coarse Hair
- ▶ Loss of Eyebrow Hair
- ▶ Puffy Face
- ▶ Enlarge Thyroid (Goiter)
- ▶ Slow Heartbeat
- ▶ Constipation
- ▶ Weight Gain
- ▶ Brittle Nails

- ▶ Arthritis
- ▶ Cold Intolerance
- ▶ Depression
- ▶ Dry Skin
- ▶ Fatigue
- ▶ Forgetfulness
- ▶ Infertility
- ▶ Muscle Aches
- ▶ Heavy Menstrual Period



HYPER Thyroidism

- ▶ Hair Loss
- ▶ Bulging Eyes
- ▶ Enlarge Thyroid (Goiter)
- ▶ Sweating
- ▶ Rapid Heartbeat
- ▶ Weight Loss
- ▶ Frequent Bowel Movements
- ▶ Warm, Moist Palms
- ▶ Tremor of Fingers
- ▶ Soft Nails

- ▶ Difficulty Sleeping
- ▶ Heat Intolerance
- ▶ Infertility
- ▶ Irritability
- ▶ Muscle Weakness
- ▶ Nervousness
- ▶ Scant Menstrual Period

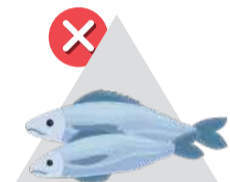
Given below are simple diet tips to know what to eat & what to avoid depending on your thyroid levels.

HYPERTHYROIDISM

The best thyroid diet to reduce the levels of thyroid



Avocados



Fish/shell fish



Broccoli



Dairy products



Turmeric



Chocolate

AGE & STRESS are two conditions that reduce levels of T3 & T4.

HYPOTHYROIDISM

The best thyroid diet for healthy thyroid levels



Skinless Chicken



Dairy Products



Fish



Eggs



Mushrooms



Cauliflower



Sweet Potatoes



Peanuts



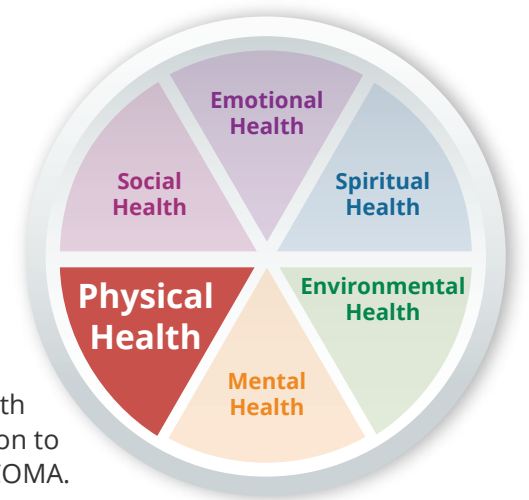
Cabbage



Spinach



WHEEL OF WELLNESS



Mr. Srinivas, a retired officer is a very social person, interested in making conversation. But of late he stopped saying hello to people he used to regularly greet during his morning walk. Strange as they felt.

Shyama, an alert dedicated housewife had taken up the responsibility of dropping her son to the school. Being a safe two-wheeler rider, it was a surprise when she hit twice on the vehicle next to her.

Later it was revealed that both had lost their peripheral vision to an eye disease called GLAUCOMA.

Glaucoma is a condition that damages the optic nerve, the health of which is vital for good vision. This damage is often caused by an abnormally high pressure in your eye. Glaucoma is one of the leading causes of blindness for people over the age of 60.



NORMAL VISION

IMPAIRED VISION FROM GLAUCOMA

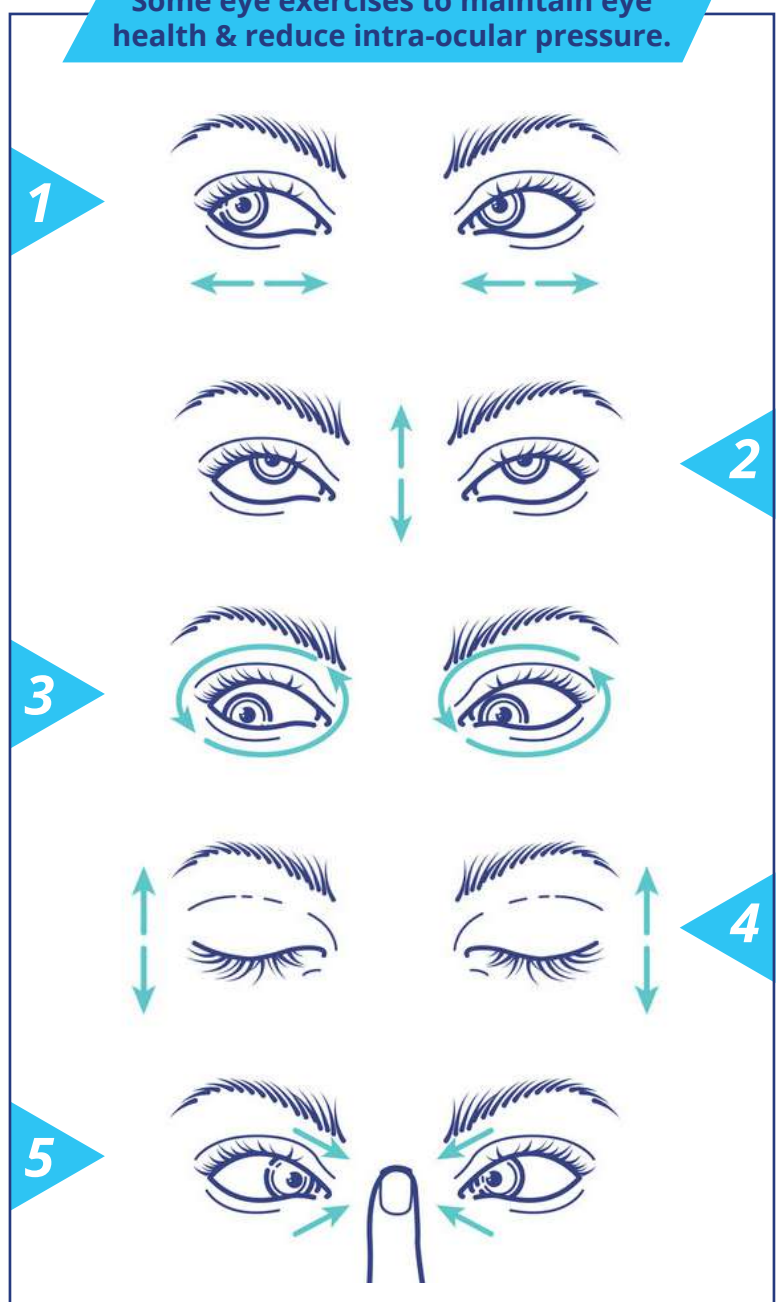
Who should be tested for Glaucoma?

Since Glaucoma is progressive and damages vision, it is advisable to check eyes periodically after age of 40 & above 60 years of age and for high blood pressure patients annually.

Early signs that you should look for

- ▶ Blurred vision, mainly peripheral vision
- ▶ Headache
- ▶ Watery eyes
- ▶ Redness in the eye
- ▶ Pain in eyes and in eyebrows
- ▶ Appearance of rainbow around light source
- ▶ Tiredness in eyes

Some eye exercises to maintain eye health & reduce intra-ocular pressure.



FUN THERAPY





THE HEALTHY INDIAN THALI

Thali, the word itself is so unique just like the country that it represents – India.

With our proud heritage of variety of food, that changes its taste and ingredients as per the region and availability of produce in the area. One thing remains common amongst thalis from different region – Nutritious value of complete meal.

Thali means 'round plate'. Every region has a list of 8 to 10 or more food items that become a part of thali served mainly in temples, for festivals and at weddings.

The close look at regional thalis reveal that all Indian thalis consist of :

- ▶ **A grain** : Rice or rotis or bhakari made with wheat, jowar, bajra, millet etc
- ▶ **Lentils** : Dal or sambhar

- ▶ **Vegetables** : A seasonal preparation
- ▶ **Chutneys** : A condiment made with fruit, herbs, spices & sometimes vegetables & fish
- ▶ **Raita** : Curds usually mixed with some kind of vegetables & salads
- ▶ **Pickles** : Most commonly made from raw mango, chilly or regionally available vegetables
- ▶ **Fried** : Papadum or any other deep fried savory snack made with rice or lentils.
- ▶ **Appetiser or digesting liquids** : Butter milk or rasam or sol kadhi

From a nutritional point of view, Indian thali is a balanced meal providing carbs, protein, vitamins, minerals, and fiber. Dairy, which also plays an important role in Indian cuisine, is used in the form of ghee, curds, or buttermilk.

Another aspect of complete food as per Ayurveda is Shad rasa or 6 different tastes

1 Madhura



Sweet (grains, fruits like mango, banana, litchi, grapes, dates, natural sugar, jaggery)

2 Amla



Salt (sea salt, rock salt, seafood, seaweed, leafy greens like spinach)

3 Lavana



Sour (citrus fruits, tamarind, kokum, fermented foods, pickles, raw mango)

4 Katu



Pungent (peppers, onion, garlic, ginger)

5 Tikta



Bitter (bitter gourd, neem/Indian lilac, coffee, chocolate, fenugreek)

6 Kashaya:



Astringent (most vegetables, fruits like pineapple, jamun, pomegranate, jackfruit, raw banana, colocasia)

In this column of The Healthy Indian Thali, we will take you through Indian states and their traditional food.

First in the series is

Gujarati Thali

The Gujarati Thali comprises of various dishes like ringana methi nu shak (eggplant cooked with fenugreek leaves), khatti mithi daal (sweet and sour lentil), undhiyu (mixed vegetable prepared with spinach paste), bhindi sambhariya (ladyfingers curry), aloo rasila (potato and tomato thin curry), steamed basmati rice, badshahi khichdi, chapati, methi na thepla and bhakhri with kachumber salad along with various types of chutneys & buttermilk.



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