



Confederation of Indian Industry

CII IWN Handbook



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About CII

The Confederation of Indian Industry (CII) is a non-government, not-for-profit, industry-led and industry-managed organization that works to create and sustain an environment conducive to the development of India, partnering industry, Government, and civil society, through advisory and consultative processes.

CII, has over 7100 members, from the private as well as public sectors, including SMEs and MNCs, and an indirect membership of over 90,000 enterprises from around 257 national and regional sectoral industry bodies.

CII charts change by working closely with Government on policy issues, interfacing with thought leaders, and enhancing efficiency, competitiveness and business opportunities for industry through a range of specialized services and strategic global linkages. It also provides a platform for consensus-building and networking on key issues.

Extending its agenda beyond business, CII assists industry to identify and execute corporate citizenship programmes. Partnerships with civil society organizations carry forward corporate initiatives for integrated and inclusive development across diverse domains including affirmative action, healthcare, education, livelihood, diversity management, skill

development, empowerment of women, and water, to name a few.

The CII Theme for 2013 -14 is **Accelerating Economic Growth through Innovation, Transformation, Inclusion and Governance**. Towards this, CII advocacy will accord top priority to stepping up the growth trajectory of the nation, while retaining a strong focus on accountability, transparency and measurement in the corporate and social eco-system, building a knowledge economy, and broad-basing development to help deliver the fruits of progress to all.

With 63 offices, including 10 Centres of Excellence, in India, and 7 overseas offices in Australia, China, Egypt, France, Singapore, UK, and USA, as well as institutional partnerships with 224 counterpart organizations in 90 countries, CII serves as a reference point for Indian industry and the international business community.

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About IWN

CII has launched the Indian Women Network (IWN) for Career Women – who are ambitious, dynamic & focused.

This is helpful to many working women who would like to know how to enrich & pursue higher education, knowledge, skills & opportunities. The IWN is an engaging and effective networking model that will work towards enabling women, help themselves to overcome career related fears - through continuous learning, sharing & mentoring to help become better professionals & achievers in their respective fields of expertise. IWN also recognizes the national importance of nurturing women's health & well being in a holistic manner to help bring about a "good work-life balance", contributing to social inclusiveness, economic growth & development of the country.

How is IWN different?

- IWN will cater to final year graduation students, junior level, middle management and senior management professionals, women entrepreneurs either through an individual or organizational membership structure.
- It is a positive environment of likeminded Career Women & Entrepreneurs that will provide Learning & guiding students and junior management, encouraging & mentoring the middle management, conduct knowledge enhancing programs, impart training / skills, mentorship & opportunity packed networking to overcome challenges, provide solutions and grow to greater heights.

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A Good Health Handbook

Over the centuries the cause of disease has changed. Today, modern lifestyle is the major cause of illness. The solution is to modify lifestyle and follow a few simple rules of good health. If the price of poor lifestyle is chronic disease, the benefit will be abundant health. Keep your approach Preventive, for best results.

Annual Medical Check: Most modern ailments such as blood pressure, diabetes, cholesterol etc. are all silent. A medical check up helps you identify current health status. All ailments if detected early, can be controlled, but if left unknown/untreated, can result in chronic diseases.

Moderate and Regular Exercise: Obesity increases risk of blood pressure, diabetes, arthritis and other ailments. Eating the right food along with daily exercise will keep the body healthy and fit and reduce risk of chronic ailments. Exercise daily, for 30-60 minutes and as per age and capacity. Walking, swimming will strengthen stamina, heart and lungs, free hand exercises will benefit the muscles and strength, joints and mobility. Yoga is an excellent exercise regime. Younger women can go in for more robust exercises. Some weight training is good for all age groups of women.

Eat the Right Food: Eat the right food, in the right quantity, at the right time and you

will have a balanced diet and weight. Too much of sugar, salt, fat, commercial foods and too much food will lead to obesity and later, Diabetes, Hypertension, Heart attacks, Cancers. Eat, balanced, high fibre diet of white meat, lentils and grains, fruits and vegetables and dairy products of low fat milk etc. A large breakfast, a moderate lunch and a light dinner provides the right quantity of food at the right time.

Manage your Stress, Work Life balance and Sleep: The mind needs calmness for optimum function. Mental tension and stress causes a whole range of psychosomatic ailments including headaches, insomnia, asthma, ulcers, blood pressure, sexual dysfunction etc. Create a balance work, home and daily routine. Calm your personality to become proactive and problem solving. Change what you can, accept what you can't. Meditation and relaxation and sleep are an antidote for stress.

Avoid Smoking, Alcohol and Paan: These are substances that can give pleasure, but quickly cause addiction and a host of serious illnesses. The major cause of cancer is smoking. Other causes include an inappropriate diet, excessive alcohol intake, environmental pollution and occupational hazards including dust, radiation, chemicals etc. Manage alcohol to not more than one drink, not daily and quit smoking completely.

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OFFICE or HOME? Strike a balance

Preparing food, taking care of family, cleaning up the house, meeting deadlines at office – these are part of a never-ending list that most working, married women deal with on a daily basis.

You can do it, if you learn to plan ahead and prioritise. Most importantly, understand that you can't please everyone at all times.

- **Planning** – Plan the meals for an entire week and stock your kitchen with the essentials. You can avoid the early morning confusion of what to pack for your child's lunch. Decide what you would be wearing to work every day and keep them ironed.
- **Prioritise** – If your child is unwell, you can

take work from home option or ask your colleagues to help. And if there are official deadlines to be met, you can ask your husband to take care of the household.

- **Put your foot down** – You need to tell the family that you can't prepare lavish dinners every night and occasionally, involve them in your tasks. It's ok for your husband to take care of the kids one day or cook a meal. So that they will know how much effort goes into their favourite *kadai paneer*.
- **Take care of yourself** – If you are unwell or moody, that would affect the entire household. Eat well and take rest.



Eat Right, Stay Fit

Whether it is about cutting down on a few kilos or being healthy, the first step is to eat right! Fresh fruits and vegetables form the essential elements of a well-balanced diet, while it is imperative to cut down on deep-fried or processed foods with high amount of sugar or salt.

- Vegetables contain Folic acid, Vitamins K and C, Magnesium – these prevent blockage of artery walls, reduce risk of heart diseases and hypertension. Have a daily serving – either raw, boiled or slightly sautéed.
 - Whole grains such as brown rice, whole oatmeal, cereals and brown bread are sources of complex carbohydrates. These unpolished cereals are low in fat and high in fibre.
 - Avoid anything white – white bread, white rice – that increase triglyceride levels contributing to heart diseases.
 - Low-fat dairy products – milk, curd and yoghurt. Calcium in these slows down the fat-making process and increases bone strength.
 - Eggs and lean meats - protein-packed foods help in building muscle and burning fat. Avoid red meat.
 - Fish – sardines and mackerel contain Omega- 3 fats that improve brain functioning and beauty. Vitamin D3 in them strengthens bones preventing or delaying osteoporosis.
 - Not all fat is bad - good fat (unsaturated) – vegetable oils, nuts and seeds. Munch on a handful of nuts (have nutrients, vitamins and minerals) – helps to soothe pre-menstrual syndromes and improve stamina.
 - Eat at regular intervals and never starve.
- Detox diets that boost health and beauty have become the latest fad. Diets such as orange and lemonade eliminate toxins from the body cleaning your system which means you will have a clear skin. However, don't follow these diets for many days, as you may be deprived of other essential nutrients.

Start Exercising Now!



Keeping away osteoporosis in older women, alleviating pain and discomfort during periods are all the benefits of regular exercising. But choose an exercise regime that you are comfortable with and start slowly:

- **Knee push-ups** – Better than the regular push-ups, women can opt for knee push-ups – with toe, knee and palm on the ground. Do set of 20 repetitions each day to improve the strength of your wrists, arms and hands.
- **Step-up** – Place one foot firmly on a step or bench and then push the body up till that foot is straight. Lower the body back with both feet touching the ground. Repeat the exercise with the other foot. Helps in making your legs leaner and stronger.





- **Opposite arm and leg fit** – Go down on all-fours with arms under the shoulder and knees under the hips. Simultaneously lift your right arm and left leg till they are parallel to the ground. Repeat with the left arm and right leg. Do 20 repetitions.

- **Cardio** – Common and the most-effective form of weight loss exercise. Any exercise that increases your heart rate and keeps it elevated for a while is called as cardio exercise. Running on the treadmill and swimming in the pool are examples that one can try out.



- **Cycling** – Instead of taking the car or opting for public transport, ride your way to work or grocery shop. You save on fuel and also shed some kilos.



- **Walking** – Even 30 minutes of brisk walking every 4 to 5 days in a week can up your fitness quotient.

Say No To Smoking And Drinking



The adverse effects of drinking alcohol and smoking have been long debated upon. Apart from the health hazards such as liver and lung cancers, they also have negative impacts on the woman's reproductive health and on the unborn child.

Smoking Cigarettes/Hookah

From facing difficulty in conceiving to infant malformations, smoking cigarettes, tobacco or hookah drastically affects the reproductive health such as:

- Increases the risk of infertility.
- Studies show that smoking makes it difficult for women to become pregnant.
- Smoking during pregnancy can lead to:
 - ☛ Ectopic pregnancy
 - ☛ Placental abruption
 - ☛ Heightens the risk of miscarriage, small babies and premature birth.

- Babies of mothers who smoke have generally low birth weights - a major cause for neonatal deaths.

Quit smoking to protect yourself and the unborn from these hazards.

Alcohol Abuse

Alcohol is toxic to liver, heart and brain. Women are affected by lesser quantity of alcohol than men. This is due to lower concentration of alcohol metabolising enzymes in women.

- Heavy drinking during pregnancy can cause birth defects.
- Children of mothers who drink during pregnancy are at risk of many problems including small head size, learning disabilities and language delays.
- Stop drinking or drink in moderation to prevent these hazards.

Be Healed.... Without Medicines

Alternative medicine is any treatment practice that is not part of conventional medicine. Music, colour and hypnosis have all been in use to treat various illnesses of mind and body.

- **Music Therapy** – Is planned use of music to attain and maintain health. When listening to songs or instruments being played, our body is undergoing many changes. Getting ‘lost’ in the flow of music free of any worries, can do wonders to a person – similar to the effect meditation has on a person. The therapeutic application of music can help restore and maintain the overall wellbeing of a person.
- **Pranic Healing** – Negative attitude is a serious factor contributing to ailments. Pranic healing removes the negative thoughts from our mind and enhances the flow of fresh life. By flushing out the negativities, it revitalises the person – physically, mentally and spiritually.
- **Hypnosis** – Is believed to be the most expedient method of reaching a person’s sub-conscious mind. According to hypnosis, all ailments begin in the mind. Finding out and addressing the issue would be the most suitable way to cure the illness.
- **Reiki** – A natural healing system that is believed to be very useful, especially in dealing with pregnancy-related problems. Powerful positive energy is passed through the touch of hands on the problem areas of the body.
- **Naturopathy** – Does not treat just the symptoms, but addresses the cause for the disease. Along with herbal medicines, exercises and changes in lifestyle (including diet) are recommended.



Earn money, savings, investments

Economic independence begins with earning money, saving and investing it in the right places. The journey to building wealth for Indian women has just begun. Changing times have ensured that financial independence is now the essential mantra for every Indian woman.

But before one begins on the arduous journey of building wealth it is important to understand that though savings and investments are related they are two independent processes that one shouldn't confuse with.

Saving money vs Investing

There is a huge difference between saving money and investing.

- **Saving**- Saving is putting hard cash aside and parking it in extremely safe and liquid accounts.
- **Investing**- Investing is the process of using the excess saved money to buy an asset that in the long run may generate good returns. Investment could include anything from small businesses to stocks, mutual funds, shares, gold, real estate or even antiques.

How much should one save and how much to invest

The pertinent doubt on everyone's mind!

- Savings is the leader. It is the foundation to a secure, financial house and the capital on which your investments ride.



- There are two primary types of savings programs that one should adhere to
 - Savings that are sufficient to cover all your expenses even if you lose your job
 - Any investment that you would like to make in the future should be savings-driven and not investment-driven
- Four Tips To Saving and The Amount To Save
 - The income one wants annually from investments
 - How much of fluctuation you are willing to take
 - When would you need the money you have invested
 - How much of sacrifice you are willing to make NOW for those investments.
- Amount To Invest
 - The amount of money you would like to have for you to live the way you want

Speak Up For Your Rights



Women have several duties to perform whether it is in the house or at work. But what something she herself tends to overlook and what others conveniently forget about is Her Rights.

- **At work** - Sexual or verbal abuse at workplace is common. But few such instances reach the public and even those are quickly hushed down. The woman (victim in this case) also prefers to suffer in silence as she is not sure how many people would support her - including her own family.

This only works in favour of the abuser. If you are facing trouble in office, confide in a senior woman employee you can trust. Find out if there are more victims like you

(it is unlikely that you are the sole victim). Encourage them also to speak up and file a joint complaint to the management. This way you will not be isolated and the authorities would be forced to act. If they don't, look for legal options.

- **During travel** - Eve-teasing and fingering in jam-packed buses or trains. Be bold and ask the tormentor to move away. Get the help of fellow women passengers or call police.
- **Finally at home** - If your family doesn't acknowledge your rights, then how can you expect the world to? You are entitled for a break from household chores. Distribute the tasks among family members. Teach your girl child to be independent and voice concerns.



Low Back Pain

- Poor posture
- Overweight with a protruding belly

Ways to get relief when standing

- Get one foot supported higher than the other. When waiting for a bus, put one foot up on something and change from one foot to the other occasionally.
- In the workplace, put one foot on a ledge or stool underneath your work surface to relieve the pressure on your back, while standing.
- Another way to prevent back strain while standing is to have the working surface at the right level

Ways to get relief when sitting

- Choose the correct chair for your height
- Your feet should be supported on the floor comfortably.
- Your feet should not be dangling.
- Sit in a chair with proper support for the lower back and your curves.
- Choose a chair with armrests.
- Always ensure that you have a chair of correct height which supports your lower back.
- Reading stands, computer monitor, work station etc should be at such a height that you do not have to bend front or sideways to do your work.

With advanced technology and improvements in working methods, we really should expect fewer physical complaints, but this is not so. Newer modifications in our lifestyle with less emphasis on mobility have taken their toll.

Causes of back pain

- The most common cause of back pain remains wear and tear of the structures constituting the spine due to abnormal use of the back and poor posture.

Contraceptives - Some Quick Facts

Birth control measures have been debated and discussed for many years. With the help of advanced medical research, scientists have devised some safe periods and contraceptives to effectively prevent pregnancy.

Safe periods- Fertile period for a woman having regular menstrual periods is on the 14th day of the cycle if the cycle is of 28-30 days. The days prior to these are considered to be safe. To be additionally protected it is best if the woman takes recourse to contraceptives to prevent her from getting pregnant.

Contraceptives-

- Progestogen-only pills (POPs) or the mini-pill

Effectiveness- 99% safety with correct usage, should not be consumed when lactating

- Intrauterine copper device (IUD): copper containing sleeves that is inserted into the uterus

Effectiveness- 99% safety, *side effects*- heavy and long periods which is okay

- Male condoms

Effectiveness- 98% safety, protection from sexually transmitted diseases

- Female condoms- made of thin, transparent, plastic film that fits inside the vagina like a sheath

Effectiveness- 90% safety, protection against sexually transmitted diseases

- Male sterilization- 3 months delay in taking effect, no change in sexual performance
- Tubal ligation or female sterilization- fallopian tubes blocked, effective contraception followed in India
- Lactational amenorrhea method (LAM)- breastfeeding day and night of an infant who is less than 6 months, temporary contraceptive totally based on breastfeeding duration
- Emergency contraception (levonorgestrel 1.5 mg)- These pills are taken to prevent pregnancy upto 5 days after unprotected sex
- If you experience the following symptoms you should see a doctor immediately:
 - Severe abdominal pain.
 - Chest pain or shortness of breath.
 - Severe headache.
 - Eye problems like blurring of vision.
 - Severe leg or arm pain.
- Abortion and Contraceptive pills are totally different. Abortion pills taken to terminate the pregnancy. They are to be taken under supervision of a gynaecologist.
- Most women get their period within 7 days of expected date after taking their contraceptive pills.
- Your period may also be heavier or lighter than normal.
- If you do not get your period within 3 weeks or if you think you could be pregnant, get a pregnancy test done.



Pregnancy and Reproductive Health awareness in Indian women

Indian women though aware of many things that are associated with motherhood, there are still many who need to be made aware of responsibilities that go with it.

Seeking the right time- Working women may feel the need to opt for timed coital activity due to lack of time. In such cases knowledge of the female partner's menstrual cycle is very necessary. Seeking medical help is always effective. The human egg is wasted if it is not fertilized within 24 hours of its extrusion. Through ultrasonic methodologies the female's ovulation period is determined.

Gynaec's intervention- Educating the would-be

mother about the necessary lifestyle modifications which might be required. A girl who is sub optimal in her BMI score would be advised to boost up her diet and ensure that she has all nutrients in her diet. Periconceptional folic acid administration also helps in preventing foetal anomalies like neural tube defects. Control of thyroid dysfunction can ensure that the baby doesn't have a lower IQ at birth. Keeping blood sugars under control to prevent abnormalities associated with uncontrolled diabetes.

Missing the period- Missed period should be confirmed with a visit to the doctor to confirm the pregnancy is intrauterine and not in locations like fallopian tubes or ovaries. Series of blood and urine tests though expensive are necessary to detect chromosomal defects of the fetus.

Ideally the pregnant woman should be ready to deliver anytime after 37 weeks, provided all other health parameters are in place.

Breast feeding tips

- The baby should be put to the mother's breast immediately after birth, possibly within the first half hour of birth.
- The first weak milk or colostrum, is very rich in a lot of nutrients necessary for the baby.
- Pain of the mother decreases with baby sucking at the breasts.
- Mother should keep trying to feed even if unsuccessful the first few times.



- The mother should always sit and feed, this helps in contracting the stretched ligaments.
- Position the baby in such a way that it is turned completely towards the breast.
- Mother should maintain good eye contact with the baby while feeding for attachment.
- The feeding breast should always be supported with the mother's free hand.
- Baby should latch onto the areola, not just the nipple since the milk ducts are in the areola. Mother should offer the entire breast to the baby to prevent sore nipples.



Infertility Treatments

Studies show that about 20 to 30 per cent of Indian couples face some type of infertility-related problems. Contrary to popular belief, infertility is not a woman's problem alone. It could be caused due to problems with the woman or with the man or sometimes with both.

Modern lifestyle, drug and alcohol abuse, smoking and late marriages have all contributed to rising infertility cases.

- Failure to ovulate due to hormonal problems
- Poorly functioning fallopian tubes due to blockage, abdominal diseases
- Endometriosis – excessive growth in the lining of the uterus

Women who, are unable to conceive or carry a pregnancy to full term, can opt for assisted reproductive techniques -

- **In Vitro Fertilisation (IVF)** – The sperm is united with the egg in vitro (in a petri dish) to form an embryo, which is transferred to the uterus resulting in the formation of foetus.
- **Intra Uterine Insemination (IUI)** – Sperms are inserted directly into the woman's genital tract after washing the semen using a nutritive media.
- **Egg donation** – Eggs are extracted from a young voluntary donor and fertilised with the husband's sperms. The resultant embryo is then inserted into the womb of the recipient woman.
- **Surrogacy** – An advanced ART, wherein embryos created from the gametes obtained from the genetic parents are transferred into the uterus of the surrogate mother who will carry the pregnancy to full term.

Nutrition Ante and Postnatal

Pregnancy calls for a diet plan that ensures enough nutrition for both the mother and child.

During Pregnancy

Though new mothers are cajoled into eating anything and everything, the acceptable weight gain is only about 11 to 12 kg.

Calorie intake should increase more than normal daily intake:

- Nutritious food with high fibre content such as whole foods (oats, cereals, brown rice), fresh vegetables and fruits. High fibre would also keeps constipation away.
- For proteins, eat soy, dal, dairy products (milk, yogurt), sprouts and nuts. Servings of eggs, fish and lean meat.
- Minerals and vitamins - Iron, Zinc, Calcium, B-vitamins and Folic acid. Sources of Omega-3 fats – fish, flaxseeds, walnuts, dark green vegetables. Most of these can be acquired from a well-balanced diet. Doctor may prescribe supplements, additionally.
- Avoid artificial sweeteners and reduce intake of caffeine.
- Women with gestational diabetes, high blood pressure need to consult nutritionist before following a diet plan.

Post Pregnancy

Most mothers lose some weight during delivery and in the following weeks as they get rid of accumulated fluids. Women should only gradually lose fat during this period.

They need higher calorie during lactation, 600 kcal extra compared to 350 kcal during pregnancy.

- Follow a nutritious diet with vitamins, minerals and foods rich in Calcium.
- Along with fruits and leafy vegetables, eat whole foods, egg, fish and lean meat.
- Drink lots of fluids – orange juice for Vitamin C.





Blame It On The Hormones

PCOD, Menopause, UTI, Fibromyalgia

PCOD

A common endocrine disorder/imbalance of hormones that has been the root cause of infertility in India.

- **Causes** - Yet to be ascertained.
- **Symptoms**- Irregular/light/absent periods, excessive facial and body hair, hair loss, deepening voice, severe acne, oily skin, dandruff, infertility, depression, insulin resistance.
- **Treatment**- Weight loss, exercise, regularized diet, medication clomiphene, flutamide or spironolactone prescribed.

Menopause

- **Age** - 40 – 58 yrs.
- **Symptoms** - Irregular/no periods, vaginal dryness, Urinary incontinence, palpitation, weight gain, dry skin, frequent headaches, unexplained food cravings, hair loss, mood swings.
- **Effects** - Bone weakening or osteoporosis, CVD/heart diseases, sexual dysfunction, urogenital disease, weight gain, emotional turbulence.
- **Treatment** - Hormone replacement therapy, calcium supplements, regular exercises and lifestyle changes.

UTI

- Women's urinary tract is susceptible to infection very soon. The deeper the infection located the more serious the nature of the infection.

- UTIs effect both the lower and upper tracts of the urinary tract.

- **Symptoms** - Infection of the upper urinary tract affects the kidneys (pyelonephritis), which can cause fever, chills, nausea, vomiting, and other severe symptoms.

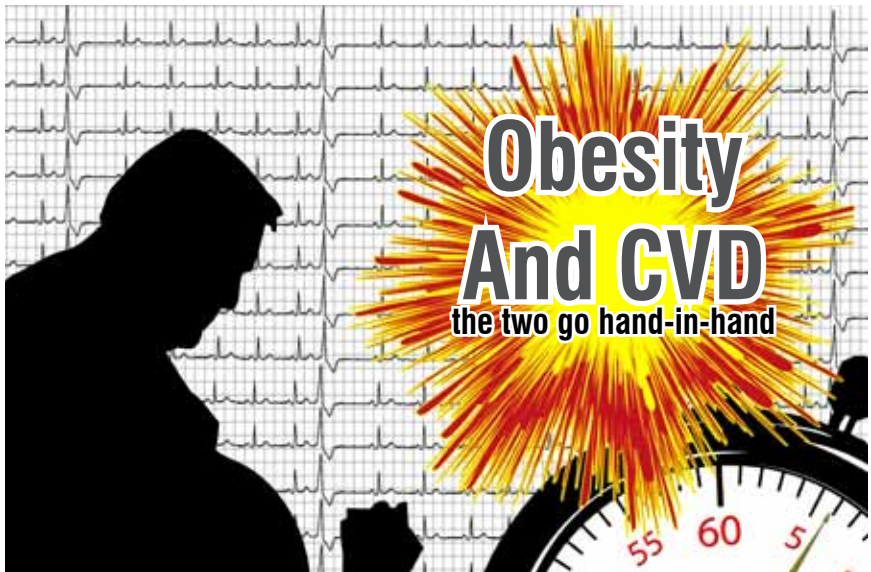
- **Causes** - Women who are sexually active with multiple partners, diaphragm users, during/after menopause when tissues of vagina, urethra and the base of the bladder become thinner, presence of kidney stones, medical conditions that cause incomplete urine passage.

- **Treatment** - Medication by a medical professional after a thorough evaluation, intake of plenty of fluids, reducing the consumption of coffee/tea/alcohol, quit smoking.

Fibromyalgia

A chronic rheumatic condition causing pain with stiffness and localized tenderness at specific points on the body.

- **Causes** - Not much is known regarding the why's of fibromyalgia but few of the possible ones could be: heredity, stress, sleep disturbance, injuries, infections, hormonal changes.
- **Symptoms** -Tender to touch, burning and muscle pain, fatigue, sleeplessness due to pain, morning stiffness, changes in bowel movement, headaches, dizziness, dry eyes, skin and mouth.
- **Treatment**- No cure but symptoms are treated through medication, exercises and therapy.



The rate of cardiac vascular disease among women in India is nearly as high as in men with obesity playing an important part.

- CVD risk factors are the same for both men and women but women experience increased risk factors after menopause.
- In India heart disease kills one in three women.
- Generally women are at a low risk of CVD but the risk increases if they smoke, are obese, have diabetes, or have a family history of CVD.
- Post menopause cholesterol and blood levels of women are higher than that of men.
- An obese woman has 45% increased risk of mortality due to CVD than a woman who is of normal weight.
- Abdominal obesity - Waist size more

than 31 inches is a strong precursor for increased CVD risk than a high BMI. Thumb rule of calculating obesity- waist girth 50% more than the height. A 1 cm increase in girth increases the CVD risk by 2%.

Tips for a healthy heart

- **Sweat it out** - Exercising facilitates weight loss, lowers blood pressure, increases good cholesterol, improves blood circulation and allows the heart to pump more efficiently
- **Proper rest** - Getting enough sleep keeps heart disease at bay
- **Reduce saturated and trans-fats, salt, sugar** but load up on veggies and fruits
- **Increase intake of omega 3 fatty acids** present in marine and plant oils
- **Make it a point to de-stress** or in short take it easy

Anxiety & Depression

Some Facts



Anxiety takes a toll on mothers with many of them acquiring super-sized responsibilities to get the best mom tag. And along with anxiety comes depression. These are twins that go hand in hand.

Signs of anxiety and depression

- Your body is the first thing that knows that you are anxious and reflects it. You have trouble sleeping, eating and concentrating.
- Anxiety becomes so overwhelming that it changes your daily activities, keeps you from going places and doing things you always do. This is depression taking anxiety's place.
- In such situations, mothers feel unable to cope, helpless in taking decisions and procrastinate a lot.

How to cope

- Get real- Separate the real risks from imaginary ones and tackle them
- If you cannot separate the real from the imaginary take the help of friends and family
- If things still do not look clear, take professional help
- Learn to relax
- Challenge all the negative thoughts running amok
- Change what you can accept the other situations

Treatment

One should visit a doctor if anxiety and panic overcomes normal day-to-day activities. Therapy or medication may be prescribed according to the condition of the patient.

Osteoporosis And Arthritis

Osteoporosis and arthritis are ailments of the musculoskeletal system that trouble most women, especially in the later years.

Osteoporosis

- Bone loss is progressive and bones break easily - may develop back pain due to softening of bones in the spine.
- Women are more vulnerable to osteoporosis in the older years due to the loss of hormone, oestrogen.
- Risk factors include women who had their wombs removed, early menopause, thin built with small physique, improper diet, sedentary lifestyle, smoking and drinking alcohol.
- Women should start building maximum bone mass from an early age (teenage) - balanced diet and weight-bearing exercises all help in improving bone and muscle strength.
- Once osteoporosis is diagnosed, treatment would be decided based on the severity of the disease.

Arthritis

- Pain and stiffness of the body that leads to trouble in moving around and doing everyday activities.



- Risk factors include obesity, ageing, dysfunction of the immune system and can also be caused due to injury or fracture.
- Osteoarthritis is the most common type of arthritis affecting the elderly.
- Pain killers and anti-inflammatory drugs give relief from symptoms. May also need the help of walking stick.
- Weight reduction, exercises and physiotherapy are also recommended.
- In severe cases, surgical options such as total knee replacement surgery are considered.



Cervical and Breast Cancers

The most widely prevalent cancers in Indian women

- **Detection**- Clinical, self-examination, mammography.
- **When to self-exam**- Menstruating women- 5 to 7 days after the onset of their periods, Menopausal women- a date every month, Pregnant women- a date every month. Time taken-20 minutes.
- **Treatment**- Surgery, chemotherapy, radiation, hormone therapy.

Cervical Cancer

- **Risk Factors**- HPV, Smoking, Chlamydia Infection, HIV, Diet, Birth Control Pills, Multiple pregnancies, Young age at first full-term pregnancy, Poverty, Family history of cervical cancer.
- **Symptoms**- Bleeding post coitus, Inter menstrual heavy bleeding, post menopausal vaginal discharge, pain in the rectum, pain while passing urine.

- **Detection**- Thorough screening beginning at age 30, Pap test combined with HPV test every 5 years that should continue till age 65.
- **Treatment**- Cryosurgery, laser surgery, hysterectomy, partial/full/oophorectomy.

Cancer related deaths in India are preventable provided there is early detection and public awareness created with regard to affordable Pap smear tests available in hospitals.

Cervical and Breast cancers are the two most common women related cancers in India. For the past 30 years there has been a regular campaign against cervical and breast cancers in India, but this has had little impact on the morbidity and mortality rates, with India ranking fourth worldwide.

Breast Cancer

- **Risk Factors** – Age over 18 yrs, family history, family menstrual history, obesity, multiple pregnancies, very young age at first full-term pregnancy, alcohol, diet and no. of unsuccessful pregnancies.
- **Symptoms**- Puckering, dimpling, retracted nipple, discharge, lump or knot.

HBP, Diabetes and Lipids - Facts To Know

Understanding your health nowadays is understanding the risk factors of your blood pressure (HBP), blood lipid panel numbers and the management of your sugar levels.

HBP Risk factors

- Age- Risk of HBP increases as women age more so after menopause
- Family history
- Obesity
- Staying inactive
- Usage of tobacco, alcohol and spurious drugs
- Excess salt
- Too little intake of potassium
- Too little vitamin D in diet
- Stress and
- Chronic conditions

Blood Lipid Panel

- If you are a diabetic then a healthy reading of LDL is 100mg/dl or less
- If you are diabetic and have a heart condition the desired numbers of LDL is 70mg/dl or less
- For HDL a healthy reading is 55mg/dl or more.
- For triglycerides a healthy reading is 150 mg/dl



Diabetes

Management of diabetes is possible by adopting a holistic approach.

- Medicine- Medications should always be used with lifestyle changes, keeping diet and exercise in mind to improve the symptoms of diabetes
- Insulin- Type 1 diabetics must use insulin to control their blood glucose levels while 40% of Type2 diabetics may require insulin. Other medications used to treat are- Sulfonylureas, meglitinides, biguanides, Thiazolidinedione and Alpha-glucosidase inhibitors
- Foods that can be taken with ease are- leafy vegetables, all vegetables excepting roots and tubers, juices without sugar, vegetable soups sans butter, salads and sprouts.



Postpartum Blues!

Postpartum depression

- Affects women more than men
- Also called post natal depression, it begins in the first few months after childbirth
- Symptoms include sadness, fatigue, changes in sleeping and eating patterns, reduced libido, crying episodes, anxiety, and irritability
- This kind of depression can also affect women who have suffered a miscarriage

Causes

- Assumed that postpartum depression is caused by a lack of vitamins
- more likely causes are the significant changes in a woman's hormones during pregnancy
- all mothers experience these hormonal

changes, yet only about 10–15% suffer PPD

- Profound lifestyle changes brought about by caring for the infant are also frequently claimed to cause PPD

Treatment

- Under “social risk factors”, treatment should be aimed at increased partner support, additional help with childcare, cognitive therapy
- Medical evaluation to rule out physiological problems
- Possible medication
- Support groups
- Home visits/Home visitors
- Healthy diet
- Consistent/healthy sleep patterns

Vaccinations Women and Child

Vaccinations in Children after Birth

- BCG vaccine – **Age**-Birth - Given as an intradermal injection prevents TB
- Oral polio vaccine– **Age**-Birth to 14 weeks- Given orally as several doses till the age of five, this prevents polio
- DPT vaccine – **Age**- 6 weeks to 14 weeks - Given as an intradermal injection, prevents three diseases (Diphtheria, Pertussis and Tetanus)
- Measles vaccine– **Age** – 9 to 12 months- The vaccine is given subcutaneously (just below the skin) as the baby completes nine months.
- Hepatitis B and HiB vaccines - **Age**-6 weeks to 14 weeks – 3 doses

Booster Doses

- DPT + Oral Polio – **Age**- 16 to 24 months
- DT – age - 5 years
- Tetanus toxoid – **Age**- 10 yrs and again at 16 yrs
- Vitamin A – **Age** - 9, 18, 24, 30 and 36 months

Vaccinations for Pregnant Women

- Tetanus toxoid – 1st dose – as early as possible
- 2nd dose – 1 month after the 1st dose
- Booster- If vaccinated earlier then within 3 years

A list of other vaccines as suggested by doctors that include:

- heamophilus influenza b,
- combination vaccines - pentavalent, hexavalent , typhoid conjugate vaccine , hpv , rotavirus infection (dehydration & diarrhoea) anti rabies vaccine , IPV, chicken pox

Adult Vaccinations

- Tetanus, Diphtheria Pertusis (Tdap) – Age- 19 to 64 yrs, 1 booster dose every 10 yrs
- HPV – Age – 19 to 49 yrs – Age – 19 to 49 yrs, females 3 doses
- MMR(measles, mumps, rubella) – Age- recommended 19 to 49 yrs
- Influenza – **Age**- 19 to 49 yrs - 1 dose
- Hepatitis A- **Age**- 19 to 64 yrs – 2 doses
- Hepatitis B - **Age**- 19 to 64 yrs – 3 doses
- Typhoid - **Age**- 19 to 64 yrs – 1 dose





How To Be A Smart Mum

The majority of Mothers come with the usual package – husband, in-laws, home, kids. And for some – a job as well. You learn to play multiple roles with ease, switching from executive to apron, all as part of life. Multitasking becomes the rule not exception. Planning, prioritising and time management become life mantras. With all support, the buck still stops with you. The cordless phone and the hands-free mobile were surely invented for the busy mom – balancing work deadlines with kids' exams, shopping while giving instructions to the help at home, telling the daughter you will be back from work in time to drop her for tennis, all the while

planning the menu for dinner.

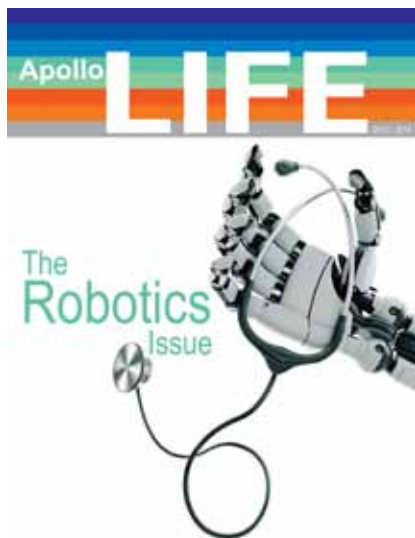
No wonder women complain of the glass ceiling at work. They choose to focus on work, home, relationships et al. Men are single minded. Like Arjun in Mahabharata, they can only see the eye of the bird. And the arrow of career success finds its mark. The rest of the clutter fades into the background, important, but clearly in second position.

All said, if you want to be efficient and effective, if you want a great career and good home life, if you want to nurture your kids but not neglect yourself – in short if you want it all, then you will have to learn to be a Smart mum.

The Ten Commandments to a Smart Mum

1. First of all, STOP WHINING!
2. Plan and prioritize your time and day. Be flexible. Don't pack in too much.
3. Decide what you would rather delegate - cooking yummy treats vs. spending time with the kids.
4. Be a calm and assertive Mum. Teach your kids how to stand up for themselves too.
5. Don't become the tuition teacher. But you have to be clued in to your child's studies. And life.
6. Your daughter should reduce her phone chatting. Maybe you should too.
7. In all your rush, don't forget -Reward in company, reprimand alone.
8. There will be many trying times - Use your Head. In joyful times – your Heart.
9. The biggest gift you can give your child – Security and Confidence.
10. Finally - Have fun with your child. Don't forget, you were a child too.

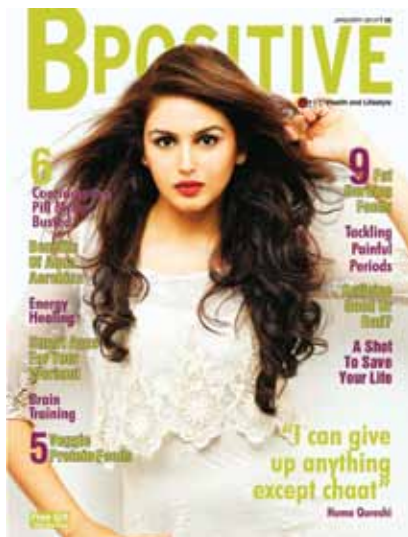




Apollo Life Magazine

Apollo Life magazine is a quarterly publication that extensively covers the various aspects of one common disease or health condition – from the cause, impact, types, FAQs, treatment to diet and exercise. Each issue dedicated to ailments such as Oncology, Diabetes or medical fields including Cosmetology, Paediatric and Orthopaedics.

All the articles are written by Apollo doctors and experts of the various fields.



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