



# YOGA **40 Plus women**

Dr. Ratnabali Chakravorty

Menopause indicates final cessation of menstruation. It also means end of the reproductive life. Thus a woman thinks that she is no more contributing to the society and has become a less important member of the family. Some of the women undergoes psychological changes. However it is just the reverse. After 40 years of age the woman is much relieved of the family responsibilities and now can contribute to the society with all her experience and prudence which she has gained while treading through the rough road of life. In fact the woman becomes more powerful. In certain tribes in India & Africa after menopause there is celebration to hand over the power of the tribe to a recently menopausal woman.

Only three known species go through menopause: killer whales, short-finned pilot whales, and humans. Two years ago, scientists suggested that whales do this to focus their attention on the survival of their families rather than on birthing more offspring. The Killer Whale is the nick name of Orca whales. On many Arctic and Antarctic expedition cruises they are often spotted because they live in every ocean on the planet. Adventurers and scientists have been observing these creatures, for many years.

However, new evidence has just been confirmed that helps showcase the hierarchy of their pods. Unlike many animal species that demote elderly members over time into serving more of a background or caregiver role, orca whales appear to embrace the wisdom that comes with

age. In fact, research that took 35 years of data into account has conclusively proven that post-menopausal female orca whales serve a vital function as pod leaders. Aging gracefully isn't always easy, especially when the uncomfortable symptoms of menopause set in. India has traditionally ignored women's health issues including menopause but now exciting changes are taking place. The average age of menopause in India is 47.5 years, just slightly lower than the average age of 51 for North American and European women.

Age of forty is a very important landmark in a woman's life because this is the age when hormones start declining gradually and result in changes in all organs and systems of her body. Moreover changes due to ageing already start playing to intensify the problems. Though the effects of these changes will come to the surface after menopause, those can be prevented or postponed if we take measures specially life style management from the age 40 onwards.

Menopause indicates not only the loss of fertility but also an increased risk for various mid-life diseases and problems as follows ...

Hot flashes, night sweats, palpitation, breathlessness. Insomnia, irritability, Depression, Anxiety, Loss of self confidence, Forgetfulness, Loss of libido, Urinary problems, Dryness of vagina, Itching. Aches & Pains all over body (sarcopenia), Joint pains, Osteoarthritis, Osteopenia & Osteoporosis, Loss of balance, Increased chances of Falls & fractures.



Cardio vascular problems ( Heart attack & Stroke) which is accentuated by high blood pressure & diabetes mellitus and dyslipidaemia ( altered lipid profile in blood ). Many of these diseases can be prevented by timely intervention of lifestyle modification, hormone therapy, or other supplementations such as calcium, Vitamin D3 and micronutrients. Of these YOGA (literally means “yoking”, or “joining together”) is the prime one that should be followed by every one.

Global statistics reveal that more than 100 million people worldwide suffer from osteoarthritis. Also more than 50% women aged above 65 yrs suffer from osteoarthritis around the world. Osteoporosis is a serious risk for Indian women. Osteopenia, or low bone mineral density usually means a greater chance of developing osteoporosis. Approximately 35-40% of Indian women aged 40-65 yrs suffer from osteopenia. Indian women tend to have low bone density due to a lack of both sufficient calcium intake and adequate exercise. Cardiovascular disease is quickly becoming one of the leading causes of death in women and Indian women are no exception. Higher LDL cholesterol and triglyceride levels, high blood pressure, type 2 diabetes and obesity rates among menopausal Indian women (and women of all ages) translate into increased risks for heart attacks and strokes. Between hot flashes, night sweats, heightened anxiety and mood swings, depression, and painful menstruation and irregular painful intercourse, menopause can be a nearly universal source of stress for 40 plus women.

Yoga popularity has grown tremendously in the past several years. In addition to relieving stress, practicing targeted postures can help relieve many symptoms of menopause, including anxiety, irritability, insomnia, hot flashes and also decreases the occurrence of hypertension, diabetes, arthritis etc.

One of the first teachers of medicine was Thaddeus of Florence (1223-1303), who's highly prized professional services were in great demand. He translated Aristotle and wrote a work, Della conservazione della salute ( How to stay healthy ). It recommended daily exercises to stay in good health.

## Recipe Eggless Cake

### Ingredient

2 cup – White Flour ,  
1 cup – Low Fat Yoghurt,  
1/2cup – Rice Bran Oil,  
1 level spoon – Methanol Sodha,  
1/2tsp –  
Cinnamon Powder Freshly Ground ,  
1/2cup –  
chopped nuts, anjeer, walnuts, almonds etc

### Method

Mix mitha sodha with yoghurt well,  
it will foam+oil mix+sugar  
mix+fold flour salved  
with cinnamon adding little by  
little slowly +add nuts,  
add the mixture in greased pan,  
bake for 40-45min at180degree.

Its ready.





Dr. Seema Sharma

## Walk through Menopause with Positive Mindset

**M**enopause as considered the end of child bearing phase of a woman, changes her lifestyle in many ways. It is a consequence of continuous hormonal changes which may last for years and may shake the morale of woman no matter how strong she is. The reduction in estrogen hormone at menopause causes symptoms such as hot flushes, night sweats, mood fluctuations and vaginal dryness. These symptoms have significant physical and emotional consequences and are experienced by most of the ladies. Simple diet and lifestyle changes can relieve symptoms, and some women may need medications and also hormonal support i.e. the well-known hormone therapy (HT).

Although, this phase of life in women brings with it a fair share of discomfort and bothersome symptoms, yet if she consider, it is a stage when she has already gained maturity, experience, confidence, wisdom and the children may be old enough to live on their own, therefore, menopause would become a perfect time to regain the freedom and focus on her personal growth.

It has been found through many researches that women who have a positive attitude towards menopause are likely to experience fewer

symptoms such as hot flushes, depression or mood swings. An easy way to have positive thoughts every day is to feel good about yourself and to practice gratitude. For this purpose you can use a diary and pen down every day a few things you are grateful for. Think about them at night and hold on to those thoughts for a while and do the same next morning, now you will feel the difference throughout the entire day.

Another way is to recognize your feelings and have good thoughts about your body. Work on your fitness and setting realistic goals, regular exercise, meditation and right diet can help you maintain a healthy weight, relieve stress and improve your quality of life. Many activities of your interest, such as dancing and gardening, also can improve your health. Whatever you choose, take time to warm up and cool down safely. Regular exercise also has a protective effect against cancers and apart from strengthening your bones it boosts your mood. Adding the right foods to your diet as you approach menopause can also reduce menopause symptoms. Eat more of plant origin oestrogen (phytoestrogen) containing foods like soya milk and soya flour, linseeds, tofu, tempeh and miso, pumpkins seeds, sesame seeds, sunflower seeds, celery, rhubarb and green



beans as they are oestrogenic compounds and by acting in a similar way to oestrogen, they may help in keeping hormones a little more in balance.

Next step is to set a positive mindset and get clear about what you want your next chapter of life should look like. Free-write about what experiences fulfil you, what relationships you enjoy cultivating, and what makes you feel most alive. Use this writing to fine-tune where you will put more of your energy going forward. You are in charge of this phase of your life, and getting clearer about what you want will bring you more contentment moving ahead.

Today's woman must consider menopause as a new beginning, new phase of life when the responsibilities of child bearing and rearing and also office duties are over, and should live it to the fullest.



🗨️  
**Whatever may be  
 your body  
 blood group  
 but mind and  
 heart should  
 always be  
 'B-Positive'** 🗨️

# OBESITY

## AND ITS IMPLICATIONS IN FEMALES



**Ruchika Garg**

### Obesity and Type 2 Diabetes Mellitus

The risk of diabetes mellitus (DM) increases with the degree and duration of being overweight or obese and with a more central or visceral distribution of body fat. Increased visceral fat enhances the degree of insulin resistance associated with obesity. Insulin resistance and increased visceral fat are the hallmarks of metabolic syndrome, an assembly of risk factors for developing diabetes and cardiovascular disease

In morbidly obese patients (BMI >40 or >35 with major comorbidities), weight loss

surgery can be considered if conservative measures fail.. Studies on bariatric surgery have found that there is complete resolution of diabetes in 78% of patients and improvement in diabetic control in more than 86% of patients. These patients had improvements in insulin levels, fasting glucose levels, and glycosylated hemoglobin levels.

### Obesity and Coronary Artery Disease

Abdominal obesity may be more harmful in women than BMI or weight alone. Waist

circumference is an independent risk factor for developing CAD in both normal-weight women and overweight women. Abdominal obesity was more predictive of myocardial infarction than was BMI alone

Obesity at age 23 increases the risk of low back pain onset for women within 10 years. The increased burden of obesity is more obvious as women age, with significantly more obese women over the age of 40 reporting low back pain and lumbosacral radicular symptoms. These symptoms increase further in obese women over the age of 54. This data supports the theory that obesity over time contributes to low back pain and that weight loss may help prevent the onset of low back pain in obese women

Obesity leads to an excess load on the Knee joint, increased cartilage turnover, increased collagen type 2 degradation products, and increased risk of degenerative meniscal lesions leading to Osteoarthritis of Knee.

### Obesity and Infertility (Including Polycystic Ovary Syndrome)

Obese girls frequently experience the onset of puberty at a younger age than their normal-weight peers. Obesity negatively affects contraception. Older studies have shown that hormonal contraception methods are less effective in obese women. Obesity was associated with reduced fecundity for all weight-adjusted groups of women and persisted for



**OBESITY is KILLING THE WORLD**



women with regular cycles. In addition, obesity may alter the quality of oocytes and embryos.

Some studies demonstrate increased *female sexual dysfunction* in obese patients, whether caused by the physical or psychological impacts of obesity on female sexuality.

30% to 47% of overweight and obese women have irregular menses. PCOS frequently causes menstrual irregularity and is very common among obese women.

Prepregnancy obesity contributes to the development of many pregnancy complications including **pregnancy-induced hypertension, preeclampsia, gestational diabetes, c-section,** and neonatal death. Performing a cesarean section is more difficult in obese women. higher cesarean section rate.

Rates of fetal anomalies are increased in obese mothers as well, including neural tube defects spina bifida , cardiovascular anomalies.

### Breastfeeding

Maternal obesity is associated with a decreased intention to breastfeed, decreased initiation of breastfeeding, and decreased duration of breastfeeding.

Obesity and Cancer. **Endometrial carcinoma** is strongly related to obesity.

Studies have shown both increased incidence and mortality from **cervical cancer** among obese women. This relationship may be because of decreased screening compliance among obese women.

Obesity likely plays a more prominent role in the development of cervical adenocarcinoma than squamous cell carcinoma secondary to the role of additional estrogenic hormones.

### BREAST CANCER

There is a well-established link between obesity and postmenopausal breast cancer. It is hypothesized that this is because of an increase in the serum concentration of bioavailable estradiol.

### Conclusion:

Obesity is becoming more prevalent and has wide-ranging effects on a variety of women's health issues. Let us fight against this epidemic.

The prevalence of obesity is rising. The World Health Organization estimates that more than 1 billion people are overweight, with 300 million meeting the criteria for obesity. Twenty-six percent of nonpregnant women ages 20 to 39 are overweight and 29% are obese.

# SKIN CARE AT MENOPAUSE



Dr. Savita Tyagi

Menopause is a stage when estrogen hormone is very low which in turn leads to some changes in skin-

- Decrease in collagen level
- Loss of subcutaneous fat
- Dryness of skin

All these factors leads to sagging of skin especially around neck, jaw lines and cheeks and fine lines and wrinkles.

## Clean up –

- 1** a. Face should be cleaned with cream base face wash not with foam or gel to hydrate skin. Gel and foam will stripe moisture.  
b. After menopause skin gets drier because oil glands are not as active, try to give skin more moisture with a heavier cream.  
c. And put on moisturiser while skin is still damp.

## Wrinkles

- 2** a. Wrinkles are caused by sun exposure over the years as well as hormonal changes at menopause which further changes skin quality and make wrinkles worst.  
b. **SPF Protection-** Although wrinkles are related to exposer of skin to sun. Skin will need sun protection with SPF 30 or higher. One has to apply it daily  
c. **Moisturize-**Wrinkles are more visible when skin is dry, so use moisturiser on face, jawline and neck every day, and one should use skin care product designed to help fight fine lines and sagging.



## Exfoliate-

- 3** Age spots on face, hands and chest can look more obvious around menopause. Prevent them with exfoliating product that shed dead skin cells, which can be dull and flaky.

**4 Skin -lightening products**  
can help fade spot Toners also help  
even out skin colour

**5 Back of hands**  
also loss collagen tissue fat and moisture, that  
can make veins more obvious. To reduce the  
look of wrinkles , one should use moisturiser  
,protect from sun and wear gloves when doing  
house or yard work.



**7 Stock up soy-**  
Soy is rich in isoflavones, plant based  
compounds, that seem to act like estrogen in  
body, isoflavones may help age related  
changes like thinning of skin. Experts believe  
about 50 mg of isoflavones-may help  
menopausal women

**6 Eat Antioxidant -**  
protect skin from free radicles and  
make skin healthy from inside.

**9 Work out-**  
Exercise not only tone muscles but it also  
relieves stress and boosts circulation. The extra  
oxygen and blood flow can help skin look  
brighter and healthier

**8 Look for balance-**  
stress can make your skin drier and more  
sensitive, it can also trigger conditions like  
psoriasis, so one should try yoga, meditation  
and other stress-reduction techniques to relax  
menopausal women.

**10 Sleep-**  
Getting enough sleep helps skin  
look fresh, it helps prevent dark  
circles under eyes and it also gives  
rest to your body.

**11 Chance to recharge-**  
Lack of sleep can change hormone  
levels and metabolism in many of  
the same ways that ageing does.  
So 7 to 8 hrs sleep per day should  
be there.







# Top 10 Cancer Causing Foods

Dr Pushpa Sethi

## Foods to Cut Your Cancer Risk to Half

You know the seriousness of cancer. You know the toll it takes mentally, emotionally, financially, spiritually, and physically. It causes stress in your own mind and body as well as in your relationships with friends and family.

Cancer treatments can make it hard to do the things you've always done as a human being, a parent, or an employee.

What if you were told that there was something you could do right now to cut your cancer risk in half?

If you knew there was a way to prevent cancer from ever invading your life and turning it upside down... would you do it?

People talk a lot about “cures” in the health industry but there's a saying you probably heard from your grandparents that makes a lot more sense...

“An ounce of prevention is worth a pound of cure.”

In this article we will talk about the foods that fight cancer and lower your cancer risk. We will talk about known, scientifically proven, cancer causing foods that actively increase the chance of getting cancer.

There are cases where it strikes quickly but it is more common when cancerous tumours manifest after years of specific habits. Good

examples of this are smoking, exposure to radiation (i.e. from cellphones), and overexposure to ultraviolet rays, which result in lung cancer, brain cancer, and skin cancer, respectively.

Experts estimate that more than half the cases of cancer are preventable with lifestyle changes.

The top 5 most-diagnosed cancers in men: lung, prostate, colon/colorectal, stomach, and liver.<sup>[1]</sup>

The top 5 most-diagnosed cancers in women: breast, colon/colorectal, lung, cervix, and stomach.

You will note that several of the most common (and aggressive) cancers have to do with your gastrointestinal system. The function of your body that processes the food you eat, distributes it around your body as needed, and does its best to dump the leftover toxins. The food and beverages you consume, the fuel your body uses to fight disease, is critical to your overall wellbeing.

Some foods are worse for you than others and are increasing your risk of many conditions and diseases. While cancer is one of the worst, regularly eating the cancer causing foods in our top ten list can also lead to heart disease, diabetes, chronic inflammation, and so much more.

### 1. Genetically Modified Foods

**(GMOs):** The rapidly growing industry of genetically modified crops are infiltrating our food supply at an alarming rate. More than 90% of our wheat, corn and soy are now genetically modified. Look for GMO-free labels whenever possible or buy organic (which always means a product is not genetically modified).

**2. Microwave Popcorn:** From the chemically-lined bag to the actual contents, microwave popcorn is at the centre of lung cancer debates around the world. Also the fumes released from artificial butter flavoring contain diacetyl, which is toxic to humans. Make your own organic popcorn the old-fashioned way – it tastes better, doesn't release toxic fumes, and is a healthier choice for you.

**3) Canned Goods:** Most cans are lined with a product called bisphenol-A (BPA), which has been shown to genetically alter the brain cells of rats. Help protect your DNA by sticking to fresh or frozen vegetables that have no added ingredients. These are better for you and available year-round.

**4) Grilled Red Meat:** While grilled food can taste delicious, scientists have

have discovered that preparing meats in this way, releases a carcinogen called heterocyclic aromatic amines. When you grill red meat to the point of well-done, it changes the chemical and molecular structure of the meat. It is better to bake, broil, or prepare meat on a skillet than on the grill.

**5) Refined Sugar:** The biggest cancer causing food (by far) is high-fructose corn syrup (HFCS) and other refined sugars. Refined sugars (and foods made with them) are the source of major insulin spikes and feed the growth of cancer cells. A healthier option is organic honey, coconut sugar, or maple sugar.

**6) Salted, Pickled, and Smoked Foods:** These products typically contain preservatives, such as nitrates, which are intended to prolong shelf life. The additives used in processed foods can accumulate in your body over time. Eventually, such toxins cause damage at the cellular level and lead to diseases like cancer. (Note: By pickled foods we don't mean the fermented foods you make at home.)

**7) Soda and Carbonated Beverages:** Sodas have been at the centre of the health debate for two decades as a major cancer causing food. Filled with high-fructose corn syrup (HFCS), dyes, and a host of other chemicals, they are very bad for every aspect of your health. Adding “diet” to the label means you're also likely consuming aspartame – which is no better than rat poison to human cells.

**8) White Flour:** When flour is refined, all nutritional value is removed. Then it's bleached with chlorine gas to make it more appealing to consumers. The glycemic

index for white flour is very high – meaning it spikes your insulin levels without providing nutritional fuel.

**9) Farmed Fish:** Commercial fish farming involves raising an incredible number of fish in a crowded environment. More than 60% of the salmon consumed in the United States comes from a farming operation where they are treated with antibiotics, pesticides, and other carcinogenic chemicals to try and control the bacterial, viral, and parasitic outbreaks that result from cramming so many fish in a small space.

**10) Hydrogenated Oils:** Vegetable oils are chemically extracted from the source, chemically treated, and more chemicals are added to change the smell and taste. They're packed with unhealthy omega-6 fats and have been proven to alter the structure of our cell membranes.

## 4 Steps to Help Prevent Cancer

Instead of consuming food products that manufacturers claim is “good for you” – follow these four anti-cancer diet tips to prevent cancer the easy way:

1. Eat organic whenever possible.
2. Choose raw or clean frozen if availability of fresh product isn't good in your area.
3. Fill half your plate each meal with non-starchy vegetables. If you eat animal products, make sure they're pastured and grass-fed meats and dairy goods (including eggs). Use only high quality oils such as coconut oil, olive oil, desi ghee, or grass-fed butter.



*These  
Foods Cause  
**CANCER**  
And We Eat  
Them  
Every  
Day*

4. Cut back drastically on grains and sugars.

Eliminating these foods will lower your cancer risk, you're going to feel (and look) better from the inside out. Now that you know what the top cancer causing foods are, what are you going to do about their presence in your kitchen and your daily eating.



**Dr. Piyush Malhotra**

**N**othing brightens up a day like humor and, as they say, laughter is the best medicine. Humor is infectious, breaks barriers and spreads happiness. Shared laughter often generates a feeling of companionship. A dose of a healthy delightful laughter not only uplifts your mental state, it has also been known to have health benefits. Sure, it's fun to share a good laugh. But did you know it can actually improve your health? It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

# LAUGH OUT LOUD





## Benefits of a Good Laugh

1

Benefits of a good laugh and a positive sense of humor include:

2

Relaxation of muscles leading to the lowering of stress,

3

Lowering of pain and other physical discomforts

4

Prevention of heart diseases

5

Enhancement of mood and flexibility of attitude

6

Supporting relationships through bad phases

7

Increase of team morale and adjustments

8

Lowering of interpersonal conflicts

9

A good sense of humor generates from an intelligent mind, an individualistic outlook to life and an ability to laugh at one's self.

The ability to laugh, play, and have fun with others not only makes life more enjoyable but also helps you solve problems, connect with others, and be more creative. People who incorporate humor and play into their daily lives find that it renews them and all of their relationships.

Life brings challenges that can either get the best of you or become playthings for your imagination. When you “become the problem” and take yourself too seriously, it can be hard to think outside the box and find new solutions. But when you play with the problem, you can often transform it into an opportunity for creative learning.



Dr. Anju Soni

# COGNITIVE DISORDERS IN MENOPAUSE

**C**ognitive disorders are a category of mental health disorders that primarily affect memory, learning, attention, comprehension, pacephoto, judgement, reasoning, problem solving, gradually progressing to behaviour / personality changes, level of independence, occupation and day to day activities. Risk of cognitive disorders doubles every 5 years after age 65 with prevalence of 7% at 65 years, 20% after 80 years and 90% age 90 years of age. Forgetfulness or memory loss is the first indicator of cognitive disorders loss with more than 1/3<sup>rd</sup> of midlife women being affected whereas cognitive disorder are seen in only 1:1000 women at 50 years of age. Age related memory loss and cognitive disorders have a significant overlap. Occasional inability to recall names of persons or objects, payment of bills, appointments, forgetting day on dates or use of words, loss of articles, non-recognition of faces are a normal feature of aging /stress /anxiety/depression/sleep disturbances but



when this progresses to forgetting names or faces of close friends/loved ones; frequent inability to name objects, getting lost in information locations, repetitive speaking. Or asking questions, short term memory loss, frequent inability to pay bills, misplacing things often loosing track of date/time/year it should start rising bills in the minds of relatives /physicians so that proper therapeutic steps could be taken to prevent progress of disease process and adequate rehabilitative measures started.

Diseases has two stages :-**Mild Cognitive Inability**:- Cognitive disorders without affecting independence occupation and day to day activities. Major Cognitive Disorders earlier called dementia which associated with behaviour or personality changes like aggression/impulsiveness/paranoid/ & affecting day to day activities, occupation a personal hygienic. It has four major causes.

**Alzheimer's disease** (50-75%) due to deposition after proteins in neurofibrillary tangles and amyloid plaque formation and progressive gradual loss of cognitive function associated with delusions hallucenahow/paranoia & loss of personal hygiene. Associated with defect in cholinergic transmission & so cholinesterase inhibitors and NMDA antagonist may help.

**Vascular dementia** (20-30%) due to formation of multiple infarcts/single large infarct/small vessel, disease usually following a stroke /ruptured aneurysm. It has abrupt onset, rapid, progress, plateaus and frequent exacerbations.

**Heavy Bodies** (10-20%) Oriad of cognitive disturbance, visual hallucinations & Parkinsonism (tremors) rightly, bradykinesia, postural instability)

**Fronto-temporal** (10-15%):-Personality changes behavioural changes seen early. Death in 2-5yrs.



## Management

**1**

Early diagnosis of symptoms both by family & physician.

**2**

Rule out other causes of memory loss like renal ,liver or thyroid disorders, anxiety, stress, depression or sleep disturbances ,alcohol , tobacco , smoking or drug abuse ,head injury, tumours, blood clots or infection and use of drugs like antipsychotics, antidepressants, antihistamine, analgesics , sleeping pills, steroid or statins s, muscle relaxants.

**3**

Diet in B1,B12 folic acid, omega 3 fatty acids and low in saturated fat and sugars.

**4**

Engage in Yoga, dance, music or other relaxation activities is prevent anxiety, stress and depression. Regular physical exercise.

**5**

Engage in brain centrvce activities like reading, writing, memorising poems/ solving crosswords/Sudoku's/ puzzles/ participating in group sports/ or engaging in new hobbies learning.

**6**

Drugs – Anticholinesterase inhibitor, NMDA , antagonist antidepressant , antipsychotics , benzodiazepines & cardiovascular medication under expert suspension.

**7**

So far no role of MHT has been proven.



**Dr. Vaidehi Marathe**

# HOT FLASHES IN MENOPAUSE

Menopause is a fact of life. Two of the most common complaints about menopause are hot flashes and night sweats affecting three-quarters of all women in perimenopause. Hot flashes may last 6 months to 5 years, rarely may linger for 10 years or longer.

## What is a hot flash?

A hot flash is a feeling of intense heat, not caused by external sources, appearing suddenly, or women may feel them coming on. Women may experience:

- Tingling in your fingers your heart beating faster than usual
- Your heart beating faster than usual
- Your skin feeling warm, suddenly
- Your face getting red or flushed
- Sweating, especially in the upper body

## How long do hot flashes last?

Hot flashes often come on suddenly. Some pass after a few seconds, but may go on for more than 10 minutes. On average for about four minutes. The frequency also varies from a few hot flashes per week to several an hour.

## What causes hot flashes?

There is clear evidence that hot flashes result from hormonal changes in the body. Obesity, Diabetes and metabolic syndrome are the risk factors.

## Hot flash triggers

- Alcohol
- Caffeine
- Spicy foods
- Heat
- Stress / Anxiety
- Tight clothing
- Smoking or being exposed to cigarette smoke.

Women are advised to keep a journal about the symptoms and write down what they were doing, eating, drinking, feeling, or wearing when each hot flash began. After several weeks, they may begin to see a pattern that can help avoid specific triggers.

## Preventing hot flashes

It is possible to reduce the frequency if triggers are identified. The goal of treatment is usually to lessen the severity and frequency of your hot flashes. Lifestyle changes, hormone replacement

therapy, prescription medications, or alternative therapies are the options for treatment.

## Quick relief methods

- Sipping ice water at the start of a hot flash
- wearing cotton night clothes and using cotton bed linens
- keeping a cold pack on your bedside table
- Use fans during the day.
- Wear lightweight, looser-fitting clothes made with natural fibers such as cotton.
- Try deep, slow abdominal breathing (6 to 8 breaths per minute). Practice deep breathing for 15 minutes in the morning, 15 minutes in the evening, and when a hot flash starts.

## MANAGEMENT

### SUPPLEMENTS - Herbs and essential oils

#### Black cohosh

- Avoid in [liver disorder](#).
- Red clover- This could increase the chance of bleeding.

#### Dong quai

- This interacts with the blood thinner warfarin

- Evening primrose oil -This may affect blood thinners and some psychiatric medications.
- Soy - can cause mild stomach aches, constipation, and diarrhea. Women with a history of estrogen related cancer in their family may avoid.

### **MEDICATION**

Some women can wait out hot flashes without treatment. If they're bothersome or causing trouble for you, talk to your doctor about taking hormone replacement therapy, or HRT, for a limited time, typically less than 5 years. This prevents hot flashes for many women. Plus, it can help other symptoms of menopause, including vaginal dryness and mood disorders.

When you stop taking HRT, the hot flashes may come back. Some

short-term HRT can make you more likely to have blood clots, breast and endometrial cancers, and gallbladder inflammation.

If HRT isn't right for you, other treatments like Low-dose anti depression drugs , Clonidine, a blood pressure medication, Gabapentin, an anti-seizure drug etc may offer relief. B complex vitamins, vitamin E, and ibuprofen may help, too.

It's important to talk to your doctor before you take any new medication or supplements, including over-the-counter products.

### **Alternative therapies**

- Acupuncture may be helpful, without the side effects of medication.

### **Meditation**

- can also be very successful in helping manage stress levels. Taking stress management training has other benefits in health and quality of life.

### **Lifestyle changes**

Lifestyle choices can make as much of an impact as any medication or supplement.

Eat a well-balanced diet and control portion size. A healthy diet should include several serves of fruit and vegetables per day, whole grain fibers, fish twice weekly and low total fat. Salt and alcohol consumption should be limited.

Exercise regularly. Optimal exercise is at least 150 minutes of moderate intensity per week.

**Stop** Alcohol and smoking, and stay away from second hand smoke.





## कितना सुखद है प्यारी बेटियों का आना !

कितना सुखद है प्यारी बेटियों का आना  
चहकते बतियाते मधुर पल बिताना  
कभी दोस्त कभी Critic कभी Admirer बन  
माँ को अपने दिल की बात पहुँचाना,  
जानती है माँ की हर अदा, हर हाव-भाव  
मुड जो है बदलते कभी खुश तो कभी बिदकते ।  
समझती है सब कुछ नहीं इन्हें पड़ता बताना,  
देती ह खुशियाँ अनगिनत क्या इन्हें गिनना ।

सजाती सँवारती अपनी माँ को  
माँ क्या पहने, क्या ना पहने इनसे पहले तय करना  
रहता है ख्याल कि खुद से पहले माँ को स्मार्ट बनाना ।  
रोंक-ए-घर, इनसे ही है यह जमाना,  
सुन कर ये बेटियो ज्यादा मत इठलाना,  
लिखने को बहुत कुछ है आधा है यह तराना ।  
भावनाओ का सागर है माँ बेटी का रिश्ता  
समझा नहीं पाये जिसको मानव या कोई फरिश्ता ।



Prerna Soni



# डॉक्टर और Robot

ये सन् 1975 की बात है  
वो बचपन की आजाद दिन - रातें याद हैं,  
मित्र मण्डली के संग बिताई शामें याद हैं,  
हम तब भी डॉक्टर - डॉक्टर खेला करते थे,  
हम आज भी डॉक्टर - डॉक्टर खेल रहे हैं।  
हम तब भी इस खास खेल में पारंगत थे,  
हम आज भी इसमें उतने ही पारंगत हैं।

परन्तु  
1975 से 2018 तक बहुत कुछ बदल गया  
इस खेल का खाका क्या से क्या हो गया  
डॉक्टर का व्यवसाय वही पाक रहा  
लेकिन लोगों का नजरिया बदल गया  
तब डॉक्टर अपनी काबिलियत से पहचाना जाता था  
आज वह Strategy व Marketing से जाना जाता है।  
तब मरीज उसके पास विश्वास लेकर आता था  
आज वह Google से Information लेकर आता है।

लेकिन मित्रों,  
खेल का प्रारूप चाहे बदल गया हो  
आज भी डॉक्टर का हुनर बरकरार है  
Surgery चाहे Robot द्वारा होती हो  
इलाज अभी भी डॉक्टर के हाथ का चमत्कार है।  
क्यों न  
चिकित्सा की कला को विकृत होने से बचाए  
इसे फिर से ईमानदार बनाए, साथ ही मजेदार भी।  
चिकित्सकों को अपना दोस्त बनाए, मरीजों को  
हमदर्द भी।  
इसमें कुछ जान डालें, कुछ दिल के जज्बात भी।

क्योंकि,  
एक सदी के भीतर, शायद सन् 3000 तक  
सोचिए इस खेल का प्रारूप क्या होगा  
स्वचालित Robot डॉक्टर बन जाएंगे



शायद मरीज भी त्वड़वज ही होगा  
बीमारी का निदान ARTIFICIAL INTELLIGENCE  
करेगी  
हमारा वंशज कोई GENETICALLY  
ENGINEERED CLONE होगा।

तो आइए,  
जब तक सम्भव है, बहती गंगा में हाथ धो लें  
नब्ज पकड़ कर धड़कन पहचानते रहे  
अपनी मेहनत की कमाई पर इतराते रहें  
और इससे पहले कि नोट भी रोबोट बन जाए इस  
असाधारण खेल को निष्ठावान व जीवंत बनाए हंससे  
हंसाए और डॉक्टर - डॉक्टर खेलते जाए।



- डॉ. रानू पाटनी

# MOTHER

## An EPITOME of love and SACRIFICE

Victor Hugo in his book 'Ninety Three' wrote about a French lady with two children. Because of the French Revolution they had to leave home and faced harsh conditions. They often lay down at night on an empty stomach. The going was tough, with winter approaching and half starved, death seemed to lurk around.

One day as the three trudged around looking for some morsel of food to satiate their growing hunger, they saw two soldiers coming down the road. The three quickly took refuge behind a bush. As the captain and the sergeant were walking down the road in deep conversation, they noticed a bush shaking when there was no wind blowing.

The captain asked the soldier to take a look and to their surprise they found the three frail lives shivering with fright. The captain taking pity, asked the soldier to give them a loaf of bread. The children's eyes lit up with joy. The mother taking the loaf divided it in two and gave to each child. The captain seeing this commented, 'is the woman not hungry?' to which the soldier's reply was, " No, it's because she is a mother."

This touching story sends warm vibrations to our hearts. The mother and child relation, whether as a kid or a grown-up begins from the very moment the child is conceived. As the baby grows in the womb, this develops into a sacred bond, lasting till death-does part them. Studies have been made regarding this psychological characteristics which have been related to pre-natal and early childhood. This shows that these early periods nurtured by the mother play an important role in the formation if the character of an individual.

As a Jewish saying goes "God could not be present every where so he created mothers." These are the super-heroes without any honour- badges pinned on them. Mother are multi taskers, juggling a number of jobs at a

time. In most families the mother – the woman, manages the daily house chores like cleaning, laundry, child-rearing, managing the household budget and the meals along with a stable job to add to the family comforts. She seldom gets a holiday from the chores specially the cooking, for nobody can go without food even for a day. May be once in a while the family goes out to dine but that is only one meal of the day.

The dynamic lady of substance, whether from the lowest strata of society to the elite socialite or a professional needs to be appreciated for her energy and sacrifices for the near and dear once. Think of a world without these ladies, firstly we wouldn't have been on this earth, without the mothers bringing us into this world with those painful moments of labour which could also be crucial moments for them- fighting between life and death. Secondly we would be devoid of a lot of basic human experiences of love, cuddles, security, self sacrifice, tenderness which go hand in-hand to make a strong and healthy individual both physically and



**Neha Soni**

psychologically.

I wind up thoughts by requesting every member of human society to love and respect the girl child who will bloom into a woman, graduating to motherhood.

**“WE ARE HERE TO HEAL  
NOT TO HARM,  
TO LOVE NOT HATE, TO  
CREATE NOT DESTROY.  
WE ARE ALL ONE”**