

NotSoSweet

Fat mass index, not body mass index, is linked to a higher risk of cardiovascular events in people with diabetes, says a study. The research showed that people with Type-2 Diabetes and higher fat mass were at increased risk of major cardiovascular events compared to people with lower fat mass



SECRETS FOR GREAT GLOW

Dull skin is part and parcel of our hectic lifestyles. DR SATISH BHATIA shares tips that may help you to regain your natural glow

Everyone loves a healthy glow but owing to a hectic lifestyle, pollution and improper skincare regime we often end up with our skin looking dull and worn out. To restore your natural glow, it is essential to follow a skincare routine you can rely on. If you are battling an oily shine or puffy eyes or excessive dryness here are a few tips that can help you restoring your skin's health.

An oily shine
A natural glow is what we want, but a greasy sheen is what many of us end up with, especially on a long, warm day. Adding layers of makeup is of little help. Instead to fix this issue, what you need is an oily skin cleanser like Cetaphil Oily Skin Cleanser that will wash out the excess oil without stripping your skin of natural oils.

Puffy eyes
Tried and puffy-eyes can make you look dull and exhausted. If you haven't slept the whole night or have been staring at the screen for long hours with little hydration and no rest it can lead to excessive puffiness. The best remedy is to apply cool cucumber slices on your eyes for five to 10 minutes when needed & immediately apply an under eye product that contains Vitamin C.

Parched skin
When the skin is already dry, the last thing



you want to do is moisturise it as a quick fix. Swap in a moisturiser, that'll get rid of dirt, oil & makeup while actually putting some of hydration that's been lost, back into your skin. Apply a good moisturiser in the morning and at night.

Daily Vitamins
While a few skincare products help you rescue from skin damage, your food and vitamin intake play a pivotal in maintaining your skin's well-being. Ensure your vitamin levels do not indicate a deficiency, have the right supplement under the guidance of your doctor.

Allergic reaction
For sensitive skin it is essential to take extra care and use products that are trusted. For a while, avoid using excessive make-up and go natural for a couple of days. Avoid using paraben products, sulfates, and lanolin. Opt for products like Cetaphil Skin Cleanser followed by the Cetaphil Moisturising Lotion or Cream that soothes & reduces the inflammation.

The writer is Dermatologist and Cutaneous Surgeon of DermDestination

India is home to more than 4 million Alzheimer's patients and is expected to reach 7.5 million by 2030. Doctors tell you how to reduce this progressive brain disorder

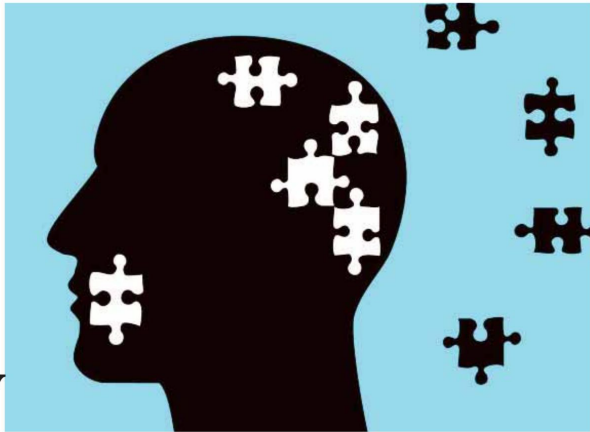
DON'T WASTE AWAY

Alzheimer's disease, a form of dementia, is still one of the lesser known problems in India. According to estimates, the number of patients with dementia in India is about 4 million and around the world, there will be approximately 131.5 million people with the condition by 2050. There is a need to raise awareness on the fact that Alzheimer's is an irreversible condition and people who suffer may be unable to carry out even the most basic daily activities over time. It is, therefore,

important to undertake some preventive measures right from a young age to reduce the risk of Alzheimer's later in life. **Adequate physical activity** Any form of physical activity is not only beneficial for a healthy heart but also for better brain function. This is because physical activity boosts circulation and therefore maintains oxygen supply to the brain. This increases alertness and keeps the brain cells healthy for a longer time.

Control your blood pressure Hypertension or high blood pressure is a major risk factor for not only heart problems but also certain neurological conditions, including Alzheimer's. It is therefore important to reduce the consumption of salt and maintain a balance. **Healthy eating and a balanced diet** Certain types of foods can increase the risk of Alzheimer's disease while a balanced diet is good for the brain. Make sure your diet is rich in fruits and vegetables,

whole grains, and omega-3 fatty acids. These will keep your weight in check and reduce associated risk factors that lead to Alzheimer's over time. **Watch out for depression** Research indicates that people with untreated depression have a huge risk of acquiring Alzheimer's disease. This becomes more important in the elderly as the symptoms may be difficult to identify. The writer is Dr Prashant Kumar Dash, Director-Medical Services at Medlife.com



Say no to infections

Monsoon season is always beautiful, but it also brings humid and dry weather. Which has an adverse impact on our skin. However, the humidity and the moisture in the atmosphere after the monsoon can lead to skin related issues like rashes, pimples, eczema and so on. Our skin naturally has several very small microorganisms. The local skin temperature and environmental humidity are most conducive for the growth of microorganisms in this humid climate. People who are suffering from diseases which lower the immunity, there is a higher risk of infection when the humidity in the atmosphere rises, particularly in the changing weather. Therefore it is essential to take care of our skin health this season too. Inflammation of skin folds can be caused by skin-on-skin scraping which can increase due to moisture. Such inflammation is both more in obese adults as well as children. Also, such swelling can also occur in natural body folds.

During the humid and adverse weather, it becomes imperative to take care of the skin. This can result in all sorts of skin problems, ranging from irritation and rashes to ringworm. If an infection is severe and causes itching or pain, consult a doctor without delay.

In this season, it is quite common for clothes and shoes to get wet and humid. Wet clothes and shoes become a hotbed for germs especially when a person is out for some work and is caught in the rain, wet with sweat and stays in the wet clothes and shoes. Synthetic clothes have chemicals and the wet clothes tend to rub against the body causing allergies on the skin. These allergies can give rise to fungal infections especially in the body folds such as inside of the elbows, back of the knees and others.

This humid climate also translates to sweaty feet and wet sticky shoes. The roads are full of dirty water and muck and it enters the footwear easily. People wear their wet shoes for hours and the result is unclean, smelly feet that are the perfect candidate for skin allergies to develop. Chemicals such as bonding agents, glue, adhesives and treatment agents are present in the rubber or plastic shoes which react with water and cause contact dermatitis, which is a kind of painful and uncomfortable allergy.

Synthetic clothes have chemicals. When these become wet they tend to rub against the body causing allergies and give rise to fungal infections

- People with diabetes are more susceptible to skin allergies and infections during monsoon especially the nail infection and therefore they should take extra care.
- If you see the onset of any kind of skin allergies then visit a dermatologist instead of visiting a salon.
- Wear loose fitting, comfortable clothing.
- Practice good personal hygiene. Keep yourself and the clothes clean.

- Don't stay wet for too long.
- Opt for simple and airy footwear during this humid climate. This will help keep the feet dry.
- Skin infections can be contagious sometimes. Keep your towels and other personal belongings separate from others.
- If you are going to swim then post swimming, take a bath with a disinfectant and use a fungal powder at your underarms, in the groin area and in the gap between the fingers and toes.
- Do not scratch the skin.
- Keep pets out of the bedroom to prevent eczema.
- Use dust and mite proof covers on mattress and pillows.
- Keep yourself hydrated at all times. Drinking purified water at regular intervals.

SUMMER COOLERS

SWEET POTATO. A sweet potato is a sweet and starchy root vegetable. It is a great source of fibre, vitamins and minerals. They are also rich in antioxidants which help promote good health. Sweet potatoes also contain significant amount of magnesium which help to reduce stress and anxiety. They are also known for their anti-inflammatory properties which help reduce inflammation on the body. Sweet potatoes can help in controlling blood pressure because they are rich in both magnesium and potassium. They also contain a lot of vitamin A it is good for our vision. It is also believed that sweet potatoes are memory enhancing food.



Show them you care



Providing care to people with Alzheimer's can be challenging. Though only basic assistance is required in the early stages, with time, the care needs to be intensified. One of the most cited difficulties that caregivers face is the behavioural changes. Caring for people with this condition needs patience, time, flexibility, and understanding. **Make a schedule.** It is important to establish a routine. Schedule tasks like bathing or medical appointments when the person is alert and fresh. For days that are difficult, allow for some flexibility. It is always good to organise activities anticipating possible delays. Allow time for breaks during tasks. **Involve them.** Try to help them to certain tasks with least amount of assistance. This will help them improve coordination and cognition. For instance, they could carry out basic activities such as changing clothes or eating their meals themselves but under supervision. **Make communication simple:** People with Alzheimer's need time to comprehend and

understand. Break down your instructions in simple and clear language. They understand clear and one-step communication. **Remove distractions:** It is important to help people with Alzheimer's to focus on the task at hand. Imagine a small child who is easily distracted. Turn off the television or remove other distractions as it will help them focus and remember better. **Create a safe environment:** People with Alzheimer's lack a clear sense of judgment or problem-solving skills. This can even increase the risk of falls and injury. Ensure that safety measures are put in place around the house. Alzheimer's progresses differently in every individual and therefore adapting is key. Tailoring caregiving according to their needs and being patient can help caregivers deal better with the challenges. The writer is Dr Vishal Sehgal, Medical Director, Portea Medical

Age not a factor

Alzheimer's is no more an old man's disease. Case reports indicate a decreasing onset of age. In spite of being home to more than 4 million patients, Alzheimer's in India is still neither formally diagnosed nor treated. Most of us consider loss of memory as a natural sign of ageing and don't associate it with a probable degenerative disorder. But what if the first signs of dementia start showing at a much younger age? Missing these signs can prove fatal. A proper awareness of the warning signs of the disease, necessary tests to confirm diagnosis and appropriate interventions to mitigate the condition if confirmed of the disease can help in tackling Alzheimer's efficiently. **Cause:** While concrete evidence is scarce to explain the reason behind early onset of Alzheimer's disease, people with a parent or grandparent who also developed the disease early were found to have increased risks. Therefore, those with a family history of the disease are recommended to undergo a genetic counselling for an early diagnosis. **Diagnosis:** Visible changes show in the body almost a decade after the actual damage to the brain has happened. While these symptoms may vary from person to person, recurrence of some commonly found signs can signal the early incidence of the disease. Once signs of mental decline are noticed in an individual, academic protocols will suggest him/her to undergo a series of cognitive tests, followed by testing the blood, urine and spinal fluid. A CT and MRI scan will confirm the incidence of Alzheimer's and the extent of the damage caused to the brain. **Treatment:** It is classified as one among the many incurable diseases. However, medical circles have seen positive results on patients who were introduced to the many available treatment options at an early stage. The writer is Dr Vijay Janagama, Director, New Initiatives, Suvita Holistic Healthcare



Early signs

It could be a warning sign of the disease. **■ Sudden vision problems** like difficulty to identify colours, shapes and distances between objects could indicate neural dysfunction. The writer is Dr Vijay Janagama

completely forgotten making your favourite recipe, then it isn't common. **■ Inability to perform an otherwise familiar task** is deemed to be another sign. For instance, it is natural for someone to seek help while cooking a new dish but if you have

DadiKa Kehna

Do you have a baby at home who is teething? If yes, you will know that a teething baby is not a happy one. ROSHANI DEVI shares home remedies that can soothe the pain and keep the little one smiling



We all love the toothless smile of a baby. It means that he is happy and healthy. But teething can be a trying time since the little one is in pain and hence crying looking for some relief. There are several home remedies that one can follow. Cold is a popular, and simple remedy. One can freeze a number of items for the baby to chew on like a teether. Many parents use a washcloth. Put it under water, squeeze out excess water and keep it in the freezer for 20-30 minutes. Put this on the gums of the baby to soothe the pain. One can give a frozen pop as well. Use ginger. It has anti-inflammatory properties that helps to relieve the pain by soothing the nerve endings in the gums. Rub a slice of peeled ginger over the baby's gums for a couple of minutes. Sometimes the simplest solution works. Rub and massage the baby's gums with a firm touch from your index finger. If they don't have two many teeth let them gnaw on the finger! A warm bath will help your baby to relax. It will take the baby's mind off the pain since there is a change of scene.

TIPTOP

The recent vaping related deaths in the US have once again put a question mark over the possible toxicity of chemicals present in an e-cigarette. While the investigation into those deaths have still not been conclusive and point to the possibility of spurious products, we must refrain from looking at e-cigarettes as a safe alternative. Dr Dharminder Nagar, MD Paras Healthcare said: "There have been long-standing doubts over what manufacturers and some health experts call "relative safety" of e-cigarettes over tobacco cigarettes. We do not have sufficient research to understand the long-term health effects of e-cigarettes. There is no 'good smoke' and all forms of smoke are bad. The major difference between con-

ventional and e-cigarettes is that the latter do not contain tobacco." However, tobacco is not the only culprit in cigarette smoke; there is an entire array of other chemicals that are also present in e-cigarettes. This approach to present e-cigarettes as a "safer" option is flawed. People continue vaping believing it to be less harmful. The presence of nicotine makes e-cigarettes equally addictive. Youngsters who have never smoked may fall for this form of smoking believing it to be safe. We welcome the Government's expected move to ban e-cigarettes. According to a draft ordinance, the storage of e-cigarettes will also be punishable with imprisonment up to six months or fine up to ₹50,000 or both.

SLIMLINE

Researchers, including one of Indian origin, have found a certain protein that is more prevalent in older people and which prevent fractured bones from healing. According to the study published in the Journal of Clinical Investigation Insight, the research team confirmed that older people have more Apolipoprotein E or ApoE than younger people. This discovery will lead to new treatments to help people heal after injuries or surgeries. "When we decreased the

protein level, ageing was reversed. Not only there was more bone and healing happened faster, but it was also structurally more sound," said study senior author Gurpreet Bhatt, Assistant Professor at the Duke University. They found that 75-85-year-olds had twice as much ApoE in their bloodstreams as 35-45-year-olds, then found the same was true for 24-month-old mice versus 4-month-old mice, which approximate the same human age ranges. — IANS

STUDYCENTRE

Encouraging physical activity and improving diet in children is crucial to cut deaths from cardiovascular diseases, a new study suggests. "Atherosclerosis - clogged arteries - starts in childhood and is more likely with a sedentary lifestyle and unhealthy diet," said study lead author Karine Turke. "Exposure to these behaviours throughout life increases the risk of heart attacks and strokes, so prevention should begin in childhood," Turke said. Cardiovascular disease is the world's number one killer, causing 17.9 million deaths a year. The median age was 13 years and 51 per cent were male. The median time spent doing mild, moderate and vigorous physical activity over a week was 40 and 60 minutes, respectively. The median sitting time was 360 minutes a week. "Physical activity is well below the level recommended by the WHO, which is 300 minutes per week for children and adolescents," said Turke. Regarding food, 53 per cent had consumed leafy vegetables the previous day, 69 per cent fruit, 91 per cent carbohydrates like rice or pasta, 70 per cent yoghurt, 79 per cent meat, 42 per cent soft drinks, 39 per cent chocolate, 39 per cent powdered beverage mixes, 42 per cent sausages and 49 per cent candy, including chocolate or any other sweets. "Many diets are processed foods, which are easier for parents to prepare than cooking from fresh ingredients," said Turke. — IANS

