

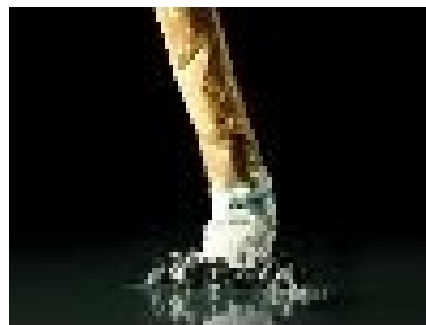


## Howden India – Health Newsletter Volume 2.0

Hypoglycemia: Plan to  
treat low blood sugar



Tip for good health



Operation weight loss



Women: Strength training  
is for you, too



Mind-body connection:  
Get your Zen on



# Hypoglycemia: Make a plan to treat low blood sugar

With diabetes, attention usually is focused on keeping blood sugar down. But, it's also important to know how to raise blood sugar levels that drop too low - a condition called hypoglycemia. Several things may lead to hypoglycemia, including:

- Irregular meal or snack times
- Not eating enough
- Diabetes medicines, including insulin
- Increased physical activity
- Drinking alcohol - the liver has a harder time helping raise blood sugar when it's breaking down alcohol



## Know when you're low

Hypoglycemia can come on quickly. Symptoms may include:

- Dizziness or lightheadedness
- Shakiness
- Confusion
- Difficulty speaking
- Weakness
- Anxiety
- Sleepiness
- Sweating
- Nervousness
- Hunger

These symptoms can be a first sign of diabetes too, if not already diagnosed. Long-term effects of repeated episodes of hypoglycemia can include cognitive impairment and early death.

## A quick fix

It's important to talk with your doctor about how to treat hypoglycemia. Generally, if you think your blood sugar may be too low, you should use your glucose meter to check it right away. If you don't take action, you could pass out before getting help. Readings less than 70 mg/dL require immediate treatment. If you're unable to check your sugar level, assume it's low and treat it with one of these quick fixes: 3 or 4 glucose tablets - available in pharmacy

- 1/2 cup of any fruit juice
- 1/2 cup of a non-diet soft drink
- 1 cup of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

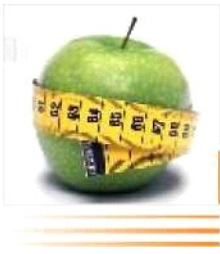
Wait 15 minutes and test your blood sugar again. If it's still below 70 mg/dL - or if you're not able to test but don't feel better - repeat the treatment. If you take acarbose or miglitol, you should always treat low blood sugar with milk or pure glucose. Other quick-fix foods and drinks won't act quickly enough to raise your blood sugar levels if you're on these medicines. Be sure you have quick-fix foods and drinks available wherever you might need them. This includes at work, in your car and at the gym.

## Stop it before it starts

Of course, it's better to prevent hypoglycemia than to treat it. Although this isn't always possible, you can take steps to help keep your blood sugar levels in a healthy range:

- Work closely with your doctor to develop a treatment plan that works well for you.
- Take your medicines as directed.
- Follow the meal plan you create with a dietitian.
- Limit alcoholic drinks, and avoid drinking alcohol on an empty stomach.

Diabetes can be a challenging disease. But, it's one that you can take an active role in controlling. Knowing how to recognize, treat and prevent hypoglycemia is an important part of that.



## Operation weight loss



2002, the 61-year-old Rajesh weighed 174 Kgs. He had arthritis in his knees, high blood pressure and sleep apnea. Now, he weighs 84 Kgs and runs 5000 races regularly. But, his story is true. In part, it's because Rajesh had gastric surgery to restrict his intake of food. This, along with time and dedication to lifestyle changes, helped him transform himself.

"My small stomach pouch gave me the tool I had needed to maintain a 90 Kgs weight loss. I have neither the desire nor the ability to eat the massive amounts I used to consume," Rajesh says.

Of course, gastric surgery is no miracle cure for obesity and its complications. It takes a commitment to lifestyle changes, too. But, the surgery can help people make incredible changes to people's lives. It also can reduce the risk of obesity-related diseases, including:

- Type 2 diabetes
- High blood pressure
- Abnormal cholesterol levels
- Sleep apnea



### Gastric surgery options

There are four types of gastric surgery commonly done:

**Adjustable gastric band.** A small band is placed around the top of the stomach. This limits the amount of food a person can eat.

**Roux-en-Y gastric bypass.** A small pouch above the stomach restricts food intake. Then, food is routed directly into the small intestine. This reduces absorption of some nutrients and calories.

**Biliopancreatic bypass with a duodenal switch.** Most of the stomach is removed. The small intestine is rearranged to limit absorption of nutrients and calories.

If you think you may be a candidate for gastric surgery, talk with your doctor.

### Who's eligible?

Gastric surgery refers to 3 operations above that promote weight loss. People who have one of these surgeries do best when they combine it with healthful eating and regular exercise. Pre-and post-surgery support groups can help too, and may be required in some cases. Not everyone who's overweight or obese should have gastric surgery. In many cases, there may be more risks than benefits.

Your doctor can help you decide what's right for you. You may be a candidate if you have:

- A body mass index (BMI) of 40 or more  
A BMI between 35 and 39.9 along with a serious obesity-related health problem, such as coronary artery disease, high blood pressure, diabetes and severe obstructive sleep apnea

Your doctor can calculate your BMI.

### Getting started

Severe obesity is a chronic condition that's often difficult to treat through diet and exercise alone. Gastric surgery can help put people on the right track to making healthful lifestyle changes. Talk with your doctor to see if this treatment option is right for you. "The major benefit of my weight loss is that I'm now physically capable and motivated to be active and fit," says Rajesh. "Every mile I run is a victory over obesity."



Zen - a Japanese form of Buddhism that concentrates on learning through meditation and intuition- isn't just for the New Age crowd. In fact, research shows that harnessing the power of your mind and body may have health benefits for everyone. Just a few of the positives include stress relief, weight loss and pain reduction. If the thought of getting your mind and body in sync seems daunting, don't despair. There are a variety of easy activities that can help - the hard part will be deciding which to try.

### **Move your body**

If you're looking for a workout that won't break your budget, there are several options to choose from. Low-impact - and low-cost - exercises, such as yoga and tai chi, have become more mainstream. So, beginner DVDs and podcasts for these exercises are readily available and can be done at home. However, be sure to talk with your doctor before starting any new fitness program. **Yoga.** This ancient form of exercise combines physical poses with centered breathing. It offers many benefits such as increasing strength and flexibility, balance, and reducing stress and anxiety. You may even lose some weight. There are many types of yoga you can choose from, including:

- **Ashtanga** - It's typically more fast-paced. You'll move through a set of predetermined poses while staying focused on deep breathing.
- **Iyengar** - Participants use props, such as blankets, straps and chairs while doing yoga positions.
- **Gentle** - You'll concentrate on stretching and flexibility with deep breathing.

**Pilates.** Similar to yoga, Pilates (pronounced puh-lah-teez) mixes movements with breathing. It uses the body's own resistance to strengthen the core, or torso, muscles. Pilates can be done in the comfort of your own home with a mat. Or, you can use a machine at a gym or studio. In addition to making you stronger, it can help with flexibility and posture.

**Tai chi.** This practice began in ancient China as a martial art form. Slow, graceful movements that flow into each other are combined with focused breathing. Tai chi can be done on your own or with a group. It helps with balance and strength, making it ideal for older adults.

**Meditation.** With meditation, you learn to control where you focus your attention. It can help you reduce stress, relax and improve your overall health and well-being. Meditation is safe and easy to do. Of course, Zen meditation is one of several options. Other types of religious and non-religious meditation can have the same effect. All you need to get started is a few minutes, a quiet place, a comfortable position and an open mind.

**Master the healing arts.** Alternative therapies have become more popular as possible treatments for certain conditions, according to the National Center for Complementary and Alternative Medicine. Sometimes they're recommended along with conventional treatments. Currently, studies are underway to learn more about how they work. Some alternative medicines include:

**Reiki.** Started in Japan, Reiki (pronounced ray-kee) may help the body heal itself by drawing on its own energy. You can do it on your own or work with a practitioner in a health care setting. Typically, the hands are placed over or close to different areas of your body - and then held in a specific position to sense an energy flow. Each position is held until the energy isn't felt any longer.

**Progressive muscle relaxation.** This technique helps bring awareness to tense muscles throughout your body and relieve stress. To get started, sit or lie down in a comfortable position. Then, raise your eyebrows, tense them and relax. Move on to other parts of your face and continue down until reaching your toes. Ask your doctor if these treatments or others may be an option for you.

## Women: Strength training is for you, too

Do you avoid strength training because it brings up images of muscle-bound bodybuilders? The truth is, this form of exercise is an important part of any workout program - even for women. Once you sort through the myths and facts about strength training, you'll see why it's a good idea to add it to your exercise regimen.



**Myth:** Women should only do cardio exercises.

**Fact:** Cardiovascular exercise, such as aerobics or jogging is important. But, a combination of cardio and strength training is best if you want to:

- Burn fat
- Keep muscles and bones strong
- Look fit, toned and healthy

A good goal is to get about 2.5 hours of aerobic activity a week. Along with that, add strength training twice a week. Work each of the major muscle groups. You can use free weights, machines or resistance bands. You also can strengthen your muscles by doing push-ups, pull-ups and sit-ups.

It's important to have a balanced and varied program to achieve the maximum benefit. Variety will help keep you motivated, too. An experienced strength trainer can assist you with this.

**Myth:** Strength training will make me appear more muscular than I want to be.

**Fact:** The hormone testosterone plays a role in muscle development. Since women have much less of the hormone than men, they don't bulk up like men do from lifting weights.

However, some women may build muscle mass faster than other women doing the same exercises. You can control this somewhat by paying attention to how you do your workouts:

- For strength and muscle building, use heavier weights and do fewer repetitions.
- For endurance, use lighter weights and do more repetitions.

**Myth:** If I work out, I can eat anything I want and still be healthy.

**Fact:** Strength training can burn calories and give your metabolism a boost. But, it isn't a license to overeat. You still need to balance the calories you take in with the calories you burn. Be sure to eat a healthy, balanced diet that includes plenty of protein. Your body needs good nutrition along with the strength training to build lean muscle.

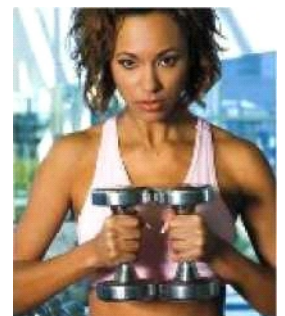
Talk with your doctor before starting an exercise program if you haven't worked out in a while or if you have any health problems

### Tip:

#### Powerful benefits of strength training

Regular strength training can:

- Keep your bones strong
- Boost metabolism and reduce body fat
- Improve glucose control for people with diabetes
- Ease arthritis pain
- Help lower blood pressure and cholesterol levels
- Keep you strong and flexible, allowing you to stay active and independent as you grow older





## **Tip for Good health-Quitting tobacco lowers other risks, too**

If you stop smoking before you become pregnant, you'll lower your baby's risk of:

- Premature birth
- Low birth weight
- Mental retardation
- Being small
- Dying of sudden infant death syndrome (SIDS)

If you stay smoke-free after your child is born, you'll continue to help lower the risk of SIDS, as well as:

- Ear infections and acute respiratory infections, such as bronchitis and pneumonia
- Severe asthma attacks
- Slow lung growth

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