

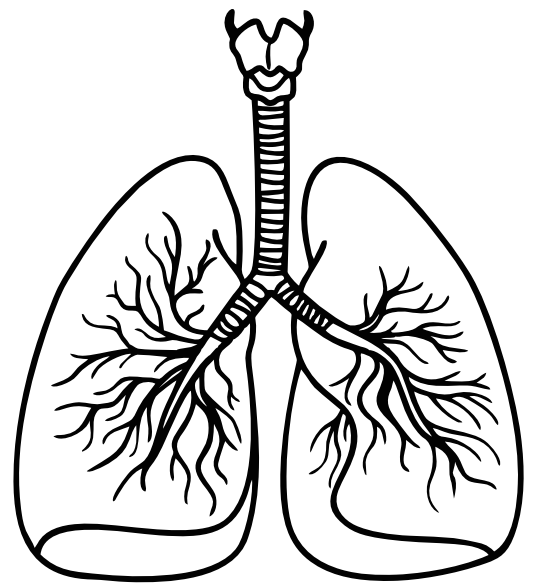
“ Healtiful is designed to inspire people to live their healthiest lives, every day, through medically reviewed information and expert health resource. It has comprehensive health information that covers all aspects of a healthy lifestyle like healthy habits, health concerns, preventative care, medical care, seasonal health tips and expert advice. We hope our humble attempt empowers our readers to take up (stay on) a proactive path towards a healthy life. It is a bi-monthly magazine, so stay tuned for informative & interesting articles, practical tips that will inspire you to prioritize your health and take control of your health. ”

Breathe Easy: Essential Tips for Healthy Lungs

Our lungs are remarkable organs that play a critical role in sustaining life. They oxygenate our blood and expel carbon dioxide, fueling the body's energy production and metabolic processes. Beyond their role in respiration, lungs are also vital in our immune defense, filtering out harmful particles and pathogens. Maintaining proper lung health is essential for overall well-being, as any compromise in lung function can lead to respiratory issues and systemic complications.

Air Quality is one of the primary contributors to respiratory issues

particularly during the rainy season, high humidity combined with increased pollution levels makes them more susceptible to be inhaled easily. Declining air quality is a widespread concern, affecting everyone, especially the vulnerable groups like children, elderly, and individuals with pre-existing lung conditions.



“ HEALTHY LUNGS ARE LIKE WELL-TUNES ENGINES, THEY KEEP YOUR ENTIRE SYSTEM RUNNING SMOOTHLY ”

How Can you keep your Lungs Healthy



Like every other organ protecting your lungs and ensuring their function optimally requires a proactive approach like

Quit Smoking: The single most important step you can take for your lung health is to quit smoking. Avoid all forms of tobacco and steer clear of second-hand smoke. It's a major cause of lung diseases, quit it & reduce your risk of developing respiratory issues.

Exercise Regularly: Physical activity benefits not just your cardiovascular system but also your lungs. Regular exercise helps increase lung capacity, improves oxygen exchange, and enhances overall respiratory function. Activities like walking, swimming, and cycling are great for maintaining lung health.

Practice Deep Breathing Exercises: Incorporating deep breathing exercises into your daily routine can strengthen your diaphragm, expand your lung capacity, and improve overall respiratory efficiency. Techniques such as diaphragmatic breathing, pursed-lip breathing, and yoga-inspired pranayama are excellent for enhancing lung function.

Maintain a Healthy Diet: A balanced diet rich in nutrients supports lung health. Omega-3 fatty acids, found in fatty fish like salmon and in flaxseeds, have anti-inflammatory properties that can benefit the lungs. Staying hydrated is also crucial, as it helps maintain the thin layer of mucus that lines the respiratory tract, trapping airborne particles and preventing infections.

Monitor Your Weight: Maintaining a healthy weight is important for lung health. Excess weight can compress the lungs, making breathing more difficult, while being underweight can reduce respiratory muscle strength. Keeping your weight in check helps your lungs function more efficiently.

Get Vaccinated: Vaccinations are key to preventing infections that can harm the lungs. Annual flu shots, as well as vaccines against pneumonia, are particularly important for protecting your respiratory health, especially in vulnerable populations.

Minimize Exposure to Outdoor Air Pollution: Before heading out, check the air quality index to avoid exposure to harmful pollutants. On days when pollution levels are high, limit outdoor activities, especially in crowded places. Wearing masks and

practicing good hygiene can also reduce the risk of respiratory infections.

Improve Indoor Air Quality: Indoor air can be just as polluted as outdoor air. Common pollutants like tobacco smoke, mold, dust mites, and volatile organic compounds (VOCs) can irritate the lungs. To safeguard your lung health, avoid smoking indoors, use air purifiers, and ensure your living spaces are well-ventilated.

Practice Good Posture: Good posture is surprisingly important for lung function. Slouching compresses the chest cavity, reducing the space available for the lungs to expand. Whether sitting, standing, or sleeping, maintaining good posture allows your lungs to work optimally and prevents unnecessary respiratory strain.

Rising Risk Factors related to Respiratory Diseases

Chronic Respiratory Diseases (CRDs): Chronic obstructive pulmonary disease (COPD), asthma, occupational lung diseases, and pulmonary hypertension significantly impact lung health. Several risk factors contribute to the development and worsening of these conditions.

Tobacco Smoke: Both smoking and exposure to second-hand smoke are leading causes of CRDs.

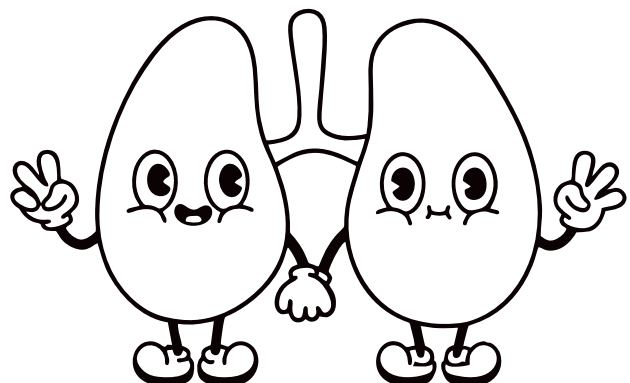
Air Pollution: Polluted outdoor and indoor environments expose the lungs to harmful particles and chemicals.

Occupational Hazards: Exposure to dust, chemicals, and other pollutants in the workplace can lead to long-term lung damage.

Frequent Respiratory Infections: Recurrent lower respiratory infections during childhood can increase the risk of CRDs later in life.

Your lungs work tirelessly to keep you healthy, but they need your support to function at their best. Protect your lungs from harmful environmental factors and enhance their capacity to sustain you through a lifetime of healthy breathing. A little effort in maintaining your lung health today can lead to a lifetime of easy breathing tomorrow.

Fun Fact: Besides breathing, lungs also help regulate your body's pH balance by managing the amount of carbon dioxide in body.



Heralding a Healthy Heart:

In today's sedentary society, where long hours of sitting have become the norm, heart health has emerged as a significant concern. Physical inactivity is a leading cause of obesity and modern lifestyle diseases such as diabetes, hypertension, hyperlipidemia, and cardiovascular diseases. Alarmingly, the risks associated with a sedentary lifestyle are often compared to, or even considered worse than, those of smoking.

Here are some shortcuts to maintain a healthy heart

by incorporating these few consistent practices into your daily routine, you can maintain a healthy heart and improve your overall well-being.



Fit in 150+:

Aim for at least 150+ minutes of moderate-intensity aerobic exercise or 75 minutes of intense workouts/vigorous activity each week. Regular physical activity is a cornerstone of heart health. The key is consistency—keeping your heart and body active throughout the week.

Move more sit less:

Sitting for extended periods can negate the benefits of exercise, so find ways to keep moving throughout the day. Any activity is better than non, simple actions, like standing up to stretch every 30 minutes or taking short walks, can break the loop of a sedentary lifestyle.



Add intensity:

Add moderate to vigorous aerobic exercises with increased intensity into your routine. These activities should make your heart beat faster and your breathing more labored. This approach not only enhances cardiovascular fitness but also keeps your exercise routine engaging and effective.

Add muscle:

Add moderate to high intensity muscle strengthening activity at least twice a week. Stronger muscles contribute to better overall health and metabolic efficiency, which are vital for maintaining a healthy heart.



Reduce stress:

Chronic stress can have a detrimental impact on your heart, so it's essential to incorporate stress-reduction techniques into your routine. Practice stress reduction techniques such as meditation, deep breathing or yoga to reduce impact of stress on your heart and overall well-being.

Get quality sleep:

Aim for 6–9 hours of uninterrupted sleep each night to support your cardiovascular system. Poor sleep quality can lead to increased risk factors for heart disease, such as high blood pressure and inflammation. Good sleep is a simple yet powerful way to protect your heart.



Limit alcohol consumption:

While moderate alcohol consumption—especially red wine—may offer some heart-protective benefits, excessive drinking can have harmful effects on your heart. Limiting alcohol intake supports heart health and also prevent other health issues.

Quit smoking:

Smoking is one of the most significant risk factors for heart disease, but the good news is that quitting can make a profound difference. The sooner you quit, the sooner your heart health will improve. Within just one year of quitting, your risk of heart disease is cut in half.



Physical activity is one of the best way to keep your body and brain healthy. It relives stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic heart disease. Cutting down on harmful substances and addiction is a sure cut way to ensure you and your hear stay healthy.

Maintaining a healthy heart requires a proactive approach, but it doesn't have to be complicated. Regular physical activity, minimizing sedentary behavior, managing stress, and making smart lifestyle choices all contribute to a stronger cardiovascular system.

These shortcuts are not just for enhancing your heart health but also improving your overall quality of life. The choices you make today has a lasting impact on your heart and your future well-being.

Make your choices count

Note: The best way to beat heart disease is to prevent it in the first place or catch it early. Conduct recommended screenings to catch any abnormalities early on.

RECOMMENDED SCREENINGS	HOW OFTEN?
Blood pressure	Each regular health care visit or at least once per year if blood pressure is < 120/80 mm Hg
Cholesterol (fasting lipoprotein profile)	Every 4-6 years for normal-risk adults; more often if any you have elevated risk
Weight / BMI	During your regular health care visit
Waist circumference	As needed to help evaluate cardiovascular risk if your BMI is ≥ 25 kg/m ²
Blood glucose test, HbA1c	At least every yearly
Discuss smoking, physical activity, diet	Each regular health care visit

CARDIAC SPECIFIC SCREENING:

ECG, Echocardiography, Stress Cardiac testing, CT Angio and other tests as per recommendation of a physician / cardiologist.

Safety in your hand: **FIRST AID**



First aid is a must have skill for all as it empowers us to respond effectively in times of emergencies, potentially saving lives and reducing the severity of various injuries. Whether you're at home, at work, or out in public, knowing how to administer basic first aid can make all the difference in those critical moments before professional help arrives.

Being prepared to handle common injuries and emergencies with confidence can prevent minor injuries from becoming major health issues. A proper understanding of first aid techniques and kits can enable you to take control and provide necessary help in times of an emergency.

“KNOWING FIRST AID CAN MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH IN AN EMERGENCY”

Common Injuries & How to Manage Them

• Cuts & Lacerations

Immediate action: Clean the wound with water to remove debris, wipe with antiseptic and apply a sterile gauze pad or band aid. In case of deeper cuts apply pressure and seek medical attention.

• Sprains & Strains

Immediate action: RICE- Rest, Ice, Compression, Elevation.

• Burns & Electrocution

Immediate action (Minor Burns): Run cool water (not cold) over the burn for 10-15min, cover with sterile non stick bandage.

Immediate action (Sever Burn): Cover with clean cloth seek emergency medical help.

• Slips, Trips & Falls

Immediate action: Assess for fractures or head injuries, do not move if there is risk of spinal injury. Apply ice to any bruised area and wait until help arrives.

• Cardiac Emergencies

Immediate action: Call Emergency services immediately and begin CPR if person is non responsive and non breathing. Use an Automated external Defibrillator (AED) if available.



How to do CPR

Step - 1: Place the person on their back on a firm, flat surface

Step - 2: Give 30 Chest Compressions

- **Hand position:** Two Hands Centered on the chest
- **Body position:** Shoulders directly over hand; elbows locked
- **Depth:** 2inch
- **Rate:** 100-120 per minute (30 per 15 sec)
- Allow chest to return to normal after each compression

Step 3: Give 2 Short breaths

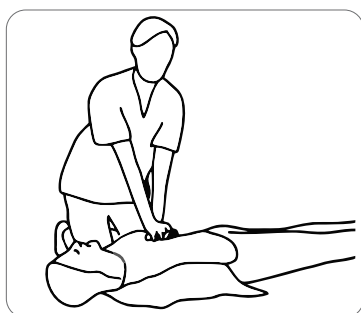
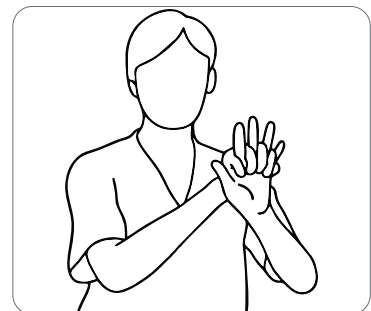
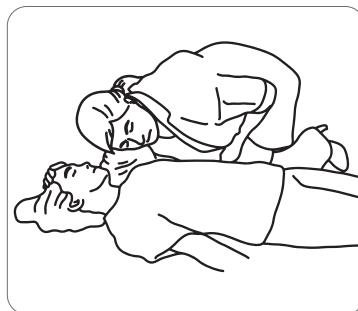
- Open the airway using head tilt/chin tilt
- Pinch nose shut, take a normal breath, make a complete seal over the persons mouth with your mouth
- Ensure each breath lasts about 1 second and make the chest rise; allow the air to exit before giving the next breath

Note: If the 1st breath doesn't rise the chest, re-tilt the head and ensure a proper seal before giving 2nd breath. If the chest still doesn't rise, an object may be blocking the airway.

Step 4: Continue chest compressions & breaths. Use an AED as soon as one is available!

- Minimise interruptions between each compression to less than 10 seconds

When it comes to First Aid being prepared and knowing how to respond to injuries and emergencies are crucial aspects of saving a life. By equipping yourself and those around you with essential first aid skills, and ensuring the availability of a well-stocked first aid kit on hand, you can make any environment safer and more resilient in the face of accidents. Preparedness, informed action, and swift response can significantly influence the final outcome in any unfortunate situations.



Fun fact: The Band-aid was invented in 1920 by Earle Dickson, a Johnson & Johnson employee, to help his wife easily treat her minor injuries



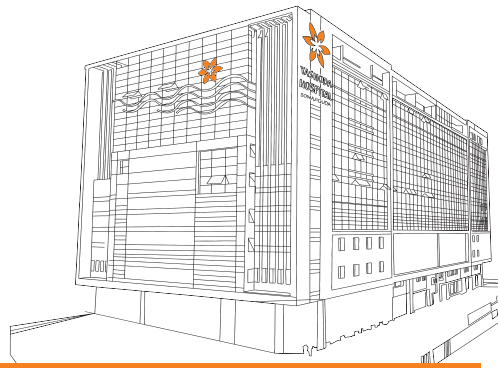
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