

# National Doctors' Day

**N**ational Doctors' Day is celebrated on 01 July every year in INDIA. When there is pandemic situation doctors are always come first to fight against it for the general population, there are so many pandemic situation like COVID-19, Plague, Flu, AIDS, Ebola etc where doctors were the front liner for public safety and their health. Heroes of the country those who don't fight at borders but dedicatedly work for saving lives and improving life expectancy while putting their lives at risk, we call them DOCTORS. Their contribution towards the human health is beyond expectations.

## History of National Doctors' Day

In India, National Doctors' Day was first observed on 01 July 1991 in the honour of Dr. Bidhan Chandra Roy, to pay tribute to his contributions in health domain. July 01 happens to be his death and birth anniversary that coincides on the same date.

Dr. Bidhan Chandra Roy (01 July 1882 - 01 July 1962) was a renowned physician, an educationist, a freedom fighter, a social worker and a politician. He also served West Bengal for 14 years as a chief

minister (1948 – 1962). He was awarded with the highest Indian civilian award, THE BHARAT RATNA on 04 February 1961.

He contributed his life for the people, treated many and inspired millions. Furthermore, he was also the Mahatma Gandhis' personal physician.

In the year 1976, the B.C. Roy National Award was instituted in his memory to recognize the eminent person working in the areas of medicine, science, public affairs, philosophy, arts and literature.

## Importance and role of doctors

Doctors play very important role in the society, they dedicated their life for patients wellbeing, help in quicker recovery from the disease or condition and improve quality of life. They are having extensive knowledge in medical science and dedicate their knowledge to treat patient's medical conditions and increase their life expectancy.

In many incidents where doctors have never given up in spite of attacked by patients and their relatives. Continued their medical services for general population. No one can

forget their contributions and tireless efforts.

## Significance of National Doctors' Day

National Doctors' Day is being celebrated in INDIA to appreciate and recognize the importance of the doctors' roles in the society. This also

helps general population to know the importance, significant roles and responsibilities delivered towards the patients care by doctors.

In this special occasion, we all should feel proud of having talented medical

professionals, those who work for country health and wellbeing. We all should be grateful for their efforts and contributions during medical emergencies.

We all must pay tribute and recognize our doctors' effort, those who were there

for general population to overcome the medical emergencies and pandemic situation. No one can forget the contributions of our medical professional (doctors and nurses) during COVID-19 pandemic, and they are still fighting against coronavirus



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CITY VIBES is a Govt. registered (RNI Regn. No. 69862/98) weekly newspaper since 1998.

This is an edition of CITY VIBES for Medical Sector.

CITY VIBES is primarily launched here as an Advertising paper to provide High Quality - Low Cost - High Circulation advertising facility to the entrepreneurs of this region.

This is an effort by our paper to add in the kitty of the local business community the most effective print media advertising tool, a low cost local paper, the absence of

which compels a majority of them to go for the lesser favoured options.

CITY VIBES is also available online on our website- cityvibesindia.com and major reading platforms. Social media promotions will be available Free to all our clients.

This is a very genuine effort by CITY VIBES to bring to Nawanshahr, the prevailing trend of present times all over Metros and western countries and we need whole-hearted support and best wishes from all concerned

EDITOR'S COLUMN

I sincerely thank all the patrons who have come forward to support us in our first edition for this region and genuinely hope that this support will continue and expand to include the total business community of this region in the times to come.



Thanks & Regards  
C. M. Sharma  
Editor

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YOUR WEEKLY HOROSCOPE

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Got a question you can't find the answer to? If you have got any pressing issues related to love, marriage, health, career, job, or anything that is not letting you sleep, ask our experts to get powerful insights and accurate answer at cityvibesldh@gmail.com.

**ARIES:** This week, you may face some challenges.

You need to stay cautious in terms of your marriage relationship. You are likely to overcome the challenges with care and patience. Additionally, take care of your health.

**TAURUS:** Try to avoid disagreement and argument with a colleague at the workplace, else it may put you in some trouble. You are likely to get rewards from foreign-related businesses.

**GEMINI:** The week may be tricky for you. You need to work hard and double your efforts to get the desired success and reach your goal.

**CANCER:** You may be able to achieve the desired success and you may expect the much-desired advantage owing to the planetary support.

**LEO:** You may be able to sort out some tricky issues and may also implement some pending plans to rejuvenate your relationship. You need to have patience.

**VIRGO:** You may gain a greater understanding of the prevailing situation at your workplace. The impact of planets may enhance your love life this

week.

**LIBRA:** This week, you are likely to be witty, generous, endearing, and charming. Showing sympathy towards your near and dear ones may not harm.

**SCORPIO:** You may be hard-working, highly organized, and have a strong aptitude for money matters, but emotional blow-ups may create unending problems,

**SAGITTARIUS:** An act of virtue, forgiving a person for his mistake that hurt you a lot, may make you more respectable among people you love.

**CAPRICORN:** This week, you may feel that you lack the power for analysing to reach an intelligent decision. Try to be more communicative with those you deal with.

**AQUARIUS:** You need to be careful in terms of your family relationship. There are chances of miscommunication or disagreement with them.

**PISCES:** This week your communication is likely to play an important role. Plan your expenditure this week based on priority.



# 7 Basic Health Precautions to Stay Healthy During Rainy Season

**“Tip tip barsa pani!”** And this “pani” gives us a break from the scorching heat.

Rain in India brings us life and energy. The monsoon season brings that much-needed relief to the scorched land. However, besides being very refreshing, the heavy rains also provide a breeding ground for mosquitoes and a humid environment, which in turn can lead to rapid spread of microbe-borne diseases. Malaria, dengue, flu, chikungunya, leptospirosis, etc. are some of the common health conditions that pose a threat to your health during the rainy season.

No need to book separate tests for diagnosis. Book a Fever Profile Test and find what is causing that high

temperature or other health symptoms.

You can only enjoy any season if you and your loved ones are healthy and fit. Here are 7 basic (and no hi fi) health tips to keep you healthy during monsoon:

**1. Make sure you drink clean water**  
Getting stomach woes during rain due to high chances of water resources being contaminated can be quite common. The best option to get safe drinking water is to have an apt water filter at your home, depending on the water filtration needs in your locality. Another safe option is to boil drinking water before using. If you are traveling, take your water bottle with you or just rely on sealed, packaged water.

**2. Loading up on**

probiotics and fresh vegetables

It is advisable to ensure you keep your gut flora happy at all times. Take sufficient probiotics like curd, yogurt, etc. This ensures healthy levels of good gut bacteria. Avoid stale food at all times as they may attract infection-causing germs early on. Include fresh vegetables in your diet to get a lot of proteins, fibre and other nutrients. Wash the vegetables well and avoid eating raw foods as much as possible.

**3. Avoid street food:**

Street food is usually spicy, junk food and can lead to bloating, acidity and indigestion. Also, you can never be sure of what goes inside the street food. The vegetables and water used to make the food might get exposed to constant

humidity and can even be contaminated. These unhygienic conditions can cause one to get various infections ranging from typhoid to cholera.

Do not overeat and stick to eating small meals once every few hours.

**4. No rain dance please:**

It is very normal to feel tempted to get that rain shower. However, the pollutants and dirt can get trapped on skin and hair and harm you. While you can spend some time in the rain, avoid a long shower. Just after you get drenched, take a warm bath.

**5. Binge on immunity-boosting fruits**

An apple a day can really help you clean up the toxins present in the liver and boost your immunity. Including vitamin C rich

fruits like oranges, mosambi is considered one of the healthiest ways to boost immunity and fight infection.

**6. Use insect repellents and prevent mosquitoes**

Do not walk on pavements and roads filled with excess rain water intentionally. These are breeding grounds for mosquitoes that are carriers for several life-threatening diseases such as malaria and dengue. Use insect repellents, mosquito nets, and wear full sleeve clothes while going out, especially in the evening.

**7. Prioritize your health and do not delay diagnostic tests:**

Many diseases present with fever, cold-like symptoms, joint and muscle pain. Your doctor can advise you to get

certain lab tests done in order to confirm the diagnosis. Do not doubt your doctor. He cannot get to know what's causing your symptoms without a diagnostic examination. Hence, it is extremely important to take care of your health and get tests suggested by your doctor. If you have comorbidities and need to get tests done from time to time, do not delay them. A wise way to identify any symptoms and nip them in the bud before they get too serious is to get your annual Preventive Health checkups regularly. It is an important measure to prevent you from falling sick.

*Welcome rains with happy mind and healthy body:* Follow these health tips and welcome rain wholeheartedly!



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# CITY VIBES - BRAIN EXERCISES

**CV SUDOKU - 1**  
MAKE A TOTAL OF 9 IN ROWS, COLUMNS & SQUARES

						9	8	
2	4							
	3			6	7			
		1				2		7
		9	3			8		
		3		1				5
8	6							5
	7		2					
		4						1

**CV CROSS WORD - 1**  
SUBJECT: ART & MEDIA

**ACROSS**

- A group of musicians who play modern music together. (4)
- The collective term for music, art, theatre, literature, etc. (7)
- A large, printed picture or notice put on a wall, to decorate a place or to advertise something. (6)
- Several songs or pieces of music on a CD, a record, etc. (5)
- The people who sit and watch a performance at a cinema, theatre, etc. (8)
- A book, newspaper, etc. that is one of several that are the same and are produced at the same time. (7)
- A television or radio station (= broadcasting company). (7)
- A television or radio programme or performance. (4)
- A very popular book that many people have bought. (10)

**DOWN**

- A room or building which is used for showing works of art. (7)
- A short period of time between the parts of a play, performance, etc. (8)
- When objects such as paintings are shown to the public. (10)
- The story of a book, film, play, etc. (4)
- A person in a play or a film. (4)
- A report in a newspaper, magazine or programme that gives an opinion about a new book, film, etc. (6)
- A view or picture of a film, play or show. (5)
- A picture, especially on film or television or on a screen. (5)
- All the actors in a film, a play or a show. (4)



# Why Do People Binge Eat? Your Questions on Binge Eating Answered

Do you often find yourself uncontrolled during eating, and end up consuming more food than you need? If you feel sad or had a dismal day, does food become your resort to feel better? And, later you regret eating what you ate? This could be pointing to binge eating disorder! Binge eating is when you eat too much food too quickly and find yourself uncontrollable about what or how much you are eating. Occasional binge does not count as binge eating disorder. However, if you binge eat regularly at least once a week for 3 months, you could have binge eating disorder. Binge eating disorder is quite commonly seen in teens and young adults. This can not only lead to weight gain but also invite a plethora of health troubles. Keep checking your health parameters on a timely basis.

Here we answer some of the most commonly asked questions that people ask about binge eating:

**Is binge eating disorder any different than overeating?**

Yes, it is. It is okay to overeat on occasions, such as festivals, holidays, etc., but frequent and compulsive overeating may be a sign of binge eating disorder. Binge eating has an emotional component to it as well, which overeating does not have. If you constantly find yourself consuming huge amounts of food, and these overeating episodes make you ashamed, regret, experience guilt or sadness, this is more likely to be a binge eating disorder.

**What could be causing me to binge eat?**

Though there can be a range of reasons for binge eating, one of the most common causes for binge eating is an effort to feed your feelings (and not your hunger). You see "food" as a way to manage unpleasant emotions such as anxiety, stress, loneliness, depression, and insecurity. You feel food is your only friend on a bad day. While binging on food can temporarily make

negative feelings such as stress and boredom evaporate, most people don't realize that the relief is quite fleeting. You end up doing more harm to your body and mind!

**How do I know if I binge eat?**

Paying attention to the behavioral and emotional signals is more important than the habit of overeating to identify if you could have a binge eating disorder. Look for answers to the following questions.

- Do you eat unusually large amounts of food over a certain period of time like over a two-hour period?
- Do you eat even when you are not actually hungry?
- Do you feel out of control when you are eating?
- Do you eat in secret? And hide it from family and friends?
- Does that overeating episode usually follow worries, stress, or to comfort yourself?
- Do you feel guilty or ashamed after eating?

If your answers have more "yes", speak to an expert and find if that frequent overeating is more than just overeating.

**Who is most likely to binge eat?**

Though it can happen to anyone at any age group, binge eating disorder is more common in younger and middle-aged people. People with type 1 and type 2 diabetes are also at a higher risk of binging on food. Other risk factors for binge eating disorder include:

**FAMILY HISTORY:**

The inherited genes can cause you to develop an eating disorder. If your parents or siblings have (or had) an eating disorder, you are also likely to develop one.

**RESTRICTIVE DIETING:**

Many people with binge-eating disorder are found with a history of dieting. Dieting needs to be done with the right mindset and a controlled approach. If someone with a low willingness or high stress levels is attempting too restrictive a diet, it is likely to

trigger an urge to binge eat later. This is very common during depression.

**PSYCHOLOGICAL CONCERNS:**

Stress, poor body self-image and the easy availability of preferred binge foods are some of the common triggers of binge eating. People who feel negatively about themselves and their skills and accomplishments are more likely to fall prey to binge eating disorder.

**Is it possible to have**

**binge eating disorder and be healthy? Can it cause any health problems?**

Consider binge eating disorder as a "disorder". It is something that warrants a corrective action. More than half of people with binge eating disorder report it causes them problems in social functioning and interferes with their routine activities. Binge eating disorder may lead to problems related to the digestive system, weight gain,

and obesity. Obesity can increase your risk of various health problems, including type 2 diabetes, heart disease, deranged cholesterol levels, and certain types of cancer. People with binge eating disorder can also have sleep disorders, and mental health concerns such as depression, anxiety, or suicidal thoughts.

**Bottom line**

It is almost similar to an addiction, more so a food addiction. But what

is important to understand is that you cannot abstain from food. Unlike other substances, it is important to live and sustain!

But, you are stronger than any negative feeling. It can be challenging, but not impossible. Seek your trigger, develop a healthier relationship with food where you eat to meet your nutritional needs, and not to feed your emotional ones.

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M: 88470-23028, 01884-503207

# 4 Signs Your Liver is in Trouble and How You Can Help

Your liver is one of the vital organs that help perform several life-sustaining processes. From breaking down food to detoxifying the body, your liver goes a long way in keeping your body function at its best. But, not many people are aware of the importance of liver health. In fact, health experts say liver symptoms are often unnoticed and very few

people seek help on time.

Thinking that you might also have ignored your liver until now? Well, there is some relieving news! Your liver allows you to arrest, and even reverse the damage in most conditions. The first step towards keeping your liver health intact is to get a liver function test and see how well your liver

works.

Let us get you aware of some of the signs that can tell if your liver is in trouble:

## 1. Pale-colored or clay-colored stool:

The normal color of stools range from brownish to yellowish brown in most people. It is given the dark colour by the bile salts that the liver normally releases. If your stool color has changed to pale or clay color, the liver might be facing some troubles. Clay-colored stools can indicate that you could have a liver infection that has decreased bile production, or flow of bile out of the liver is obstructed.

## 2. Fluid retention:

This is the most common sign of liver disease. About 50 percent of people who have liver cirrhosis, a condition in which scar tissue replaces healthy liver tissue, experience fluid retention. This fluid can cause distension in your abdomen or even swelling in the legs.

## 3. Jaundice

Bilirubin is a pigment that forms when red blood cells break down, passes through the liver, gets converted into bile, and is excreted through the body via stool. However, when bilirubin builds up in your bloodstream, it can cause yellowing of skin, eyes, and urine, called jaundice. One of the main causes of jaundice is a damaged liver due to viral hepatitis or excessive alcohol consumption.

## 4. Confusion:

Your liver helps remove toxins from the body. If the liver is under trouble and not functioning well,

it may be unable to filter the toxins, which can travel to your brain. This results in a condition called hepatic encephalopathy and leads to memory problems and confusion.

Apart from these, nausea, vomiting, pain in the abdomen, chronic fatigue are some of the other common symptoms that can give hints about an unhealthy liver.

## Simple things you can do to avoid liver disease:

1. Eat a healthy diet that is low in sugar and processed foods. Choose fruits, vegetables and high-fiber foods instead. Avoid junk food that is overly oily and spicy.

2. Drink alcohol in moderation. Each time your liver filters alcohol, some of your liver cells die. Drinking too much alcohol over many years can reduce your liver's ability to regenerate. This can lead to permanent liver damage. In fact, if you can quit altogether- even better! The best part about quitting alcohol is that alcohol-caused fatty liver is a reversible health condition

3. Maintain a healthy weight. Studies show that losing 10 percent of your weight causes liver enzymes to improve. This correlates with a decrease in the liver inflammation caused by the extra fat.

4. Opt for a low-sodium diet. It may help alleviate mild fluid retention.

5. Keep yourself physically active. Exercise at least five times a week for at least 30 minutes each time. It helps decrease adverse cellular processes and

keeps your liver going. 6. Do not ignore health symptoms. If you feel any discomfort, reach out to your doctor proactively.

7. Keep taking liver function tests regularly, at least once in a year even if you are absolutely healthy. This helps identify any liver related condition early on and start the treatment.

Always opt for protected sexual activity. Unprotected sex can increase chances of getting hepatitis B, a sexually transmitted infection. One can also get it from contaminated needles and syringes. It can also be commonly passed on from a mother to her baby during birth.

**M: 99889-05104, 98159-82261**

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# How to Do a Breast Self-Exam for Breast Cancer?

In 2020, there were 2.3 million women diagnosed with breast cancer and 685,000 deaths worldwide. What is more worrisome is that the incidence is alarmingly increasing globally.

After skin cancer, breast cancer has been cited as the most common cancer diagnosed in women across the world. Breast cancer can occur in both men and women, but it's far more common in women.

Women are better multitaskers than men, say studies. However, "the multi-

tasker" needs to take care of her health too.

## Breast cancer awareness: The need of the hour

Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers

begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.

## Breast cancer symptoms

Though the symptoms can vary to some extent from person to person, and not all women experience all the symptoms, the most common symptoms of breast cancer include:

- Skin changes, such as swelling,

redness, or other visible differences in one or both breasts

- A lump or an increase in size or change in shape of the breast(s)
- Discharge other than breast milk from nipples
- Pain or ulceration in/on any part of the breast along with lumps or nodes felt on or inside of the breast

A study has reported that women aging above 40 with high cholesterol were 45% less likely to develop breast cancer than those

without high cholesterol.

## What can you do to keep yourself safe from breast cancer?

A breast self-exam is a simple check-up which women can do at home to look for changes or problems in their breast. This method requires a woman to look at herself and feel each breast for possible lumps, distortions or swelling. With medical awareness being what it is today, many women around the world feel that doing this is important for their health.

## When to do a breast

## self-exam?

The best time to do a breast self-exam is about 3 to 5 days after your period starts as breasts are not as tender or lumpy at this time of your monthly cycle. If you are pregnant, never had a period, no longer have periods or your period cycle is irregular, choose a specific day each month to perform your self-check. After menopause, try to do this on the same day every month. To prepare for your breast self-test, you can ask your doctor for a demonstration or seek support following the below given steps.



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