

Heart and Gut Health Digest

ISSUE #2

OCT 2024

Wishing you all a very Happy Diwali!

Dear Readers,
 We hope this message finds you in good health and high spirits! First and foremost, a heartfelt thank you to each one of you for the overwhelming response to our inaugural edition. Your enthusiasm, feedback, and support have been truly inspiring and have encouraged us to continue delivering valuable content that supports your journey to better heart and gut health.

As we release this second edition, we'd like to take a moment to wish you and your loved ones a very Happy Diwali! May this festival of lights fill your homes with joy, prosperity, and the best of health. We have some exciting updates, tips, and insights lined up in this edition, and we look forward to your continued engagement and feedback as we grow together on this path to wellness.

With warm wishes and gratitude,
Dr Aneya Avenkar & Dr Manata Avenkar

WHATS INSIDE

- Slim Down Safely: What You Need to Know About the latest weight loss meds..... 3**
- Is Your Liver in the Danger Zone? Understanding Fatty Liver Disease 5**
- Tips for managing stress ... 6**
- Ask the doctor**
- Gluten free diet 7**
- Too much sodium 9**
- Decoding Diagnostics- Cardio pulmonary exercise testing (CPET) 8**
- Heart and Gut Crossword Puzzle 10**
- Tips for Bloating 10**
- Wellness Plate- Ragi and Veggie pancakes..... 11**
- Science spotlight12**

Subscribe to our newsletter, visit <https://hgsuperspecialityclinic.com/newsletters>



HG Superspeciality Clinic
 S2-21, Shoppe Dosti Imperia,
 Opp R Mall, Manpada, GB Rd,
 Thane (W) 400607
 Phone: 9653404007
 022-40101327
www.hgsuperspecialityclinic.com

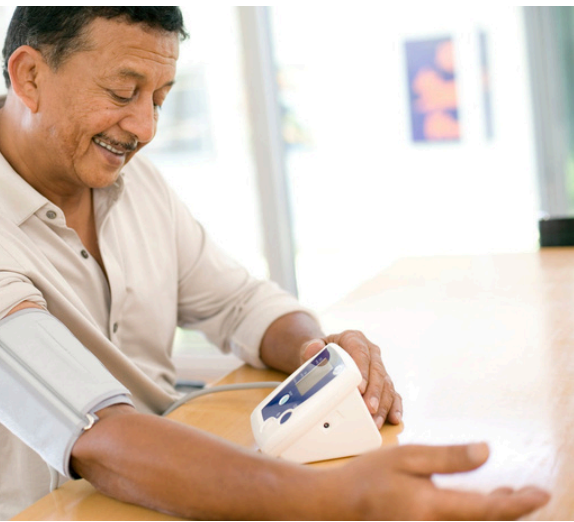
Home is Where the Heart Is: Why Checking Your Blood Pressure at Home Matters

As a hypertension specialist, I often see patients who are unaware of the importance of regularly checking their blood pressure at home. While clinic visits are crucial for managing your heart health, home monitoring offers invaluable insights that can transform your

health journey. It's not just about taking a few numbers —home blood pressure monitoring could be the key to preventing serious complications like heart attacks, strokes, and kidney damage.

Why is Home Monitoring So Important?

High blood pressure, often called the "silent killer," can go undetected for years without obvious symptoms. By the time it's caught in the clinic, damage to your heart, kidneys, or arteries may already have occurred. This is where home monitoring plays a vital role.



Home is Where the Heart Is: Why Checking Your Blood Pressure at Home Matters

- **Better Control:** Studies have shown that individuals who check their blood pressure at home have better long-term control over their blood pressure levels. This means fewer complications and better quality of life.
- **Consistent Data:** Blood pressure can fluctuate throughout the day due to stress, activity, or even the “white-coat effect” (when readings are higher at the doctor’s office due to anxiety). Home monitoring provides a clearer picture of your true blood pressure trends.
- **Empowerment:** Taking control of your health starts with awareness. By monitoring your blood pressure regularly, you’re able to track how your lifestyle changes or medications are working.

How to Get Started with Home Blood Pressure Monitoring

1. **Choose the Right Device:** Ensure your monitor is validated by health organizations eg Devices like OMRON HEM7156. Look for an upper arm cuff, as wrist or finger monitors are often less accurate.
2. **Learn the Proper Technique:**
 - Sit calmly for five minutes before taking your reading.
 - Make sure your back is supported, your feet are flat on the floor, and your arm is resting at heart level.
 - Avoid smoking, drinking caffeine, or exercising at least 30 minutes before measuring.
 - Take at least two readings, one minute apart, and record both.
3. **When to Measure:** It’s best to check your blood pressure at the same time every day, preferably in the morning before taking medications and again in the evening.
4. **Keep a Record:** Whether you’re using a digital app or writing in a journal, maintaining a record of your readings helps both you and your doctor see trends over time. This can be crucial in adjusting your treatment. You can download the chart on <https://hgsuperspecialityclinic.com>

When Should You Be Concerned?

It’s important to know what your blood pressure readings mean:

Normal Blood Pressure: Below 120/80 mmHg

- Elevated Blood Pressure: 120-129/less than 80 mmHg
- Stage 1 Hypertension: 130-139/80-89 mmHg
- Stage 2 Hypertension: 140/90 mmHg or higher

If your readings are consistently above 140/90 mmHg, contact your doctor. For those with diabetes or kidney disease, lower targets may be necessary.

How Home Monitoring Helps Your Doctor

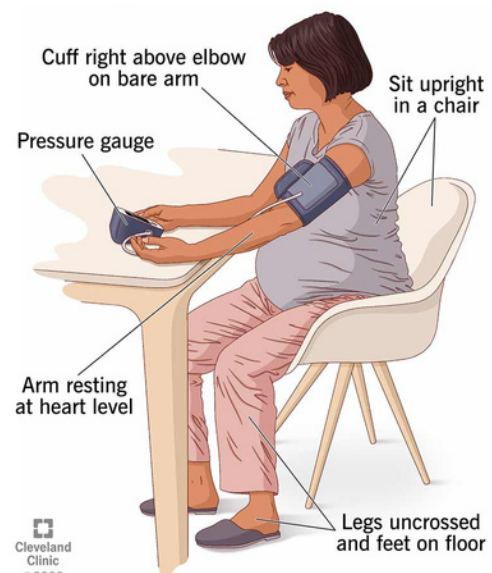
Regular home readings allow your doctor to:

- **Fine-tune your treatment:** Having a detailed history of your blood pressure trends will help your doctor adjust medications more effectively.
- **Detect problems early:** Fluctuations in your blood pressure at home can help your doctor detect potential complications before they become serious.
- **Personalize your care:** Home readings help your doctor understand your unique pattern and lifestyle, leading to a more personalized treatment plan.

Final Thoughts

Home blood pressure monitoring is one of the simplest yet most effective ways to stay on top of your cardiovascular health. It allows for early detection of potential problems, helps track treatment progress, and empowers you to take charge of your heart health.

If you haven’t already, I encourage you to invest in a validated blood pressure monitor. Checking your blood pressure at home, in combination with regular check-ups, can make a world of difference in preventing heart-related issues. Your heart is at home, and so is your health. Make home monitoring a priority today—it could save your life tomorrow.



Key Tips for Accurate Readings

Here are some quick tips to get the most accurate readings at home:

- Take readings at the same time every day.
- Use the bathroom before taking your reading.
- Avoid conversation during the measurement.
- Wait 1-2 minutes between multiple readings.

Slim Down Safely: What You Need to Know About the latest weight loss medications

You've seen the headlines, heard the buzz, and maybe even wondered if these weight loss medications could be the answer to your struggles with those stubborn kilos. Let's face it—losing weight is often like running on a treadmill that's set on an incline! No matter how hard you try with diets and gym sessions, sometimes, the scale just won't budge. So, are these medications really the game-changer they claim to be, or is it all hype? Let's break it down with some real-world data, case studies, and a bit of science.



Rina's Journey: More Than Just a Diet

Meet Rina, a 45-year-old mom of two, who felt like she was living in an endless loop of diets. She'd tried them all—low-carb, intermittent fasting, even the latest juice cleanse craze—but the kilos would come off slowly and then rush back on faster than she could say, "Where's my willpower?" Then she heard about these new weight loss medications that everyone was raving about.

Rina's doctor prescribed her a GLP-1 receptor agonist called **Semaglutide**, a medication that's been a game-changer in the obesity space. And guess what? Within a year, she lost around 12% of her body weight! That's pretty close to what clinical studies have shown—people taking Semaglutide have seen an average weight loss of 10-15% of their body weight over 68 weeks, compared to about 2-3% in those on a placebo.

For Rina, that meant not just a lower number on the scale, but lower blood pressure, better blood sugar levels, and the ability to keep up with her kids without feeling like she'd run a marathon!



The Science Behind the Magic: How Do These Meds Work?

So, what's the secret behind these meds that's got everyone talking? Most weight loss medications work by targeting your appetite or how your body handles calories. GLP-1 receptor agonists like Semaglutide and Liraglutide are designed to mimic a hormone that tells your brain, "Hey, I'm full!"—even before you've cleaned your plate.

But they're not a quick fix. These medications work best when paired with the tried-and-true duo of healthy eating and regular exercise. It's like giving your weight loss efforts a GPS—it directs you where to go, but you still have to do the driving!

Real Talk: Who Should Consider These Medications?

Weight loss medications aren't for everyone, and they're definitely not a one-size-fits-all solution. Doctors usually recommend them for

- individuals with a BMI of 30 or higher, or
- for those with a BMI of 27 and above if they have weight-related conditions like diabetes, high blood pressure, or heart disease.

Dr. Amonkar, at HG Superspeciality Clinic, often tells his patients, **"Think of these meds as your training wheels—they can help you balance while you're learning to ride the bike, but eventually, you'll have to pedal on your own."** These meds can kickstart your journey, but the real work still comes from building lasting, healthy habits.

The Stats Speak: How Much Weight Can You Expect to Lose?

Let's crunch some numbers because, as they say, the proof is in the pudding (or in this case, the data!).

Slim Down Safely: What You Need to Know About the latest weight loss medications

Here are some stats from clinical studies to give you a clearer picture:

- **Semaglutide (Ozempic/Rybelsus):** In clinical trials, participants lost an average of **10-15%** of their body weight over about a year and a half.
- **Liraglutide (Saxenda):** Studies have shown an average weight loss of around **8-11%** of body weight after a year of treatment.
- **Phentermine/Topiramate:** This combination has shown weight loss results of up to **9-10%** of initial body weight.

Now, compare these numbers to lifestyle changes alone, which typically result in a 3-5% weight loss over the same period. The difference is significant, but the meds still need the support of a healthy lifestyle to be most effective.

The Flip Side: Know the Risks and Realities

Sameer, a 50-year-old businessman, learned a valuable lesson the hard way. He lost 18 kilos on medication and thought he had it all figured out. But when he stopped taking the meds without making lasting changes to his eating habits and exercise routine, the weight started creeping back—faster than he could say, “I’ll start my diet tomorrow.”

This isn’t unusual. Studies have shown that many people experience some weight regain after stopping these medications, especially if they haven’t adjusted their lifestyle. Side effects like nausea, digestive discomfort, headaches, and even dizziness can also be part of the package for some people.



This doesn’t mean the meds don’t work—it just means they’re a tool, not a cure-all. They help level the playing field, but they don’t rewrite the rules of healthy living.

A Balanced View: “There’s No Shortcut to a Healthy Lifestyle”

Let’s be honest—there’s no magic wand when it comes to weight loss. These medications can give you a head start, but they’re not a substitute for a balanced diet, regular physical activity, and a mindset that’s in it for the long game. Think of them as a running buddy who pushes you to reach your goals faster; they’re there to help, but you still have to do the running.



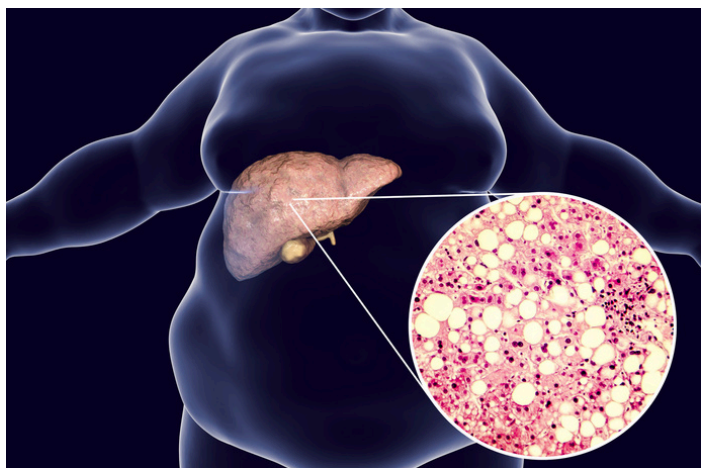
The Bottom Line: Slim Down Smart, Not Fast

If you’re considering weight loss medications, start by consulting with your healthcare provider. At HG Superspeciality Clinic, we always say, “Let’s find the right fit for YOU.” These meds can be a powerful ally in your journey to better health, but they work best when you’re committed to making sustainable changes to your diet, exercise routine, and overall lifestyle.

The real victory isn’t in dropping weight quickly—it’s in building habits that keep you healthy for the long run. Remember, slimming down safely is always better than slimming down fast. With the right guidance, patience, and commitment, you can reach your goals and stay there. So, let’s work together to make your weight loss journey as successful and sustainable as possible. Slim down smart, slim down safely, and let’s make this the last weight loss journey you’ll ever need to take!

Is Your Liver in the Danger Zone? Understanding Fatty Liver Disease

Fatty liver disease is one of the most prevalent yet overlooked health issues today. Often known as the “silent disease,” it can develop quietly, causing no symptoms in its early stages. But if left untreated, it can lead to serious complications. Let’s explore the types of fatty liver disease, how it differs from simple fat buildup in the liver, and what steps you can take to prevent it from progressing.



What is Fatty Liver Disease?

Fatty liver disease occurs when an excess amount of fat accumulates in the liver cells. While a small amount of fat in the liver is normal, more than 5-10% of the liver’s weight being fat can indicate a problem. There are two main types:

1. **Non-Alcoholic Fatty Liver Disease (NAFLD) or Metabolic Associated Steatotic Liver Disease (MASLD):** This form is not related to alcohol consumption and is linked to metabolic issues like obesity, diabetes, and high cholesterol. NAFLD or MAFLD can progress to more severe liver conditions, unlike just having fat in the liver, which might not cause any harm.
2. **Alcoholic Fatty Liver Disease (AFLD):** This type is directly caused by excessive alcohol consumption. Continued drinking can lead to inflammation and irreversible damage to liver cells.

The Danger of Progression: Beyond Fat in the Liver

Simply having fat in the liver is not always harmful. However, when the liver cells become inflamed due to excess fat, it can lead to a condition called **Non-Alcoholic Steatohepatitis (NASH)**, which is a more severe form of NAFLD. NASH significantly raises the risk of liver scarring, known as fibrosis, which can ultimately progress to **cirrhosis** (severe scarring of the liver tissue).

Cirrhosis is a life-threatening condition that increases the risk of liver failure and liver cancer. The progression from simple fat to advanced liver disease can occur silently without obvious symptoms, making early detection crucial.

Causes of NAFLD/MAFLD

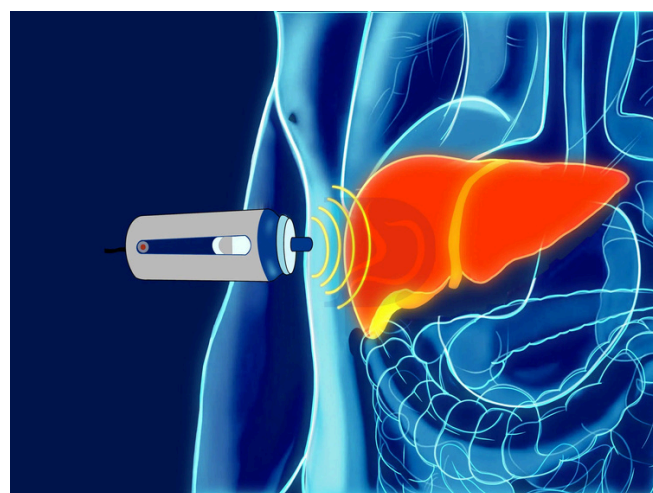
Some key contributors to developing NAFLD or MAFLD include:

- **Obesity and Sedentary Lifestyle:** Excess body weight and lack of physical activity are major risk factors.
- **Type 2 Diabetes and Insulin Resistance:** These conditions make it difficult for the liver to break down fats effectively.
- **High Cholesterol and Triglycerides:** These lipids can accumulate in the liver, promoting fat buildup.
- **Unhealthy Diet:** Consuming foods high in refined carbs, sugars, and unhealthy fats can increase fat deposition in the liver.

How Can FibroScan Help?

FibroScan is a specialized, non-invasive test that helps assess the health of your liver by measuring the amount of fat and stiffness (or fibrosis) in the liver. It works like an ultrasound but focuses specifically on evaluating liver damage. This test is painless, quick, and provides valuable insights into the severity of your condition.

- **Detects Fat Accumulation:** It measures the level of fat in the liver to identify if you’re at risk of NAFLD or NASH.
- **Assesses Fibrosis:** It evaluates the stiffness of the liver, indicating how much scarring has developed. This helps in understanding whether your fatty liver has progressed to a more dangerous stage like cirrhosis.



Is Your Liver in the Danger Zone? Understanding Fatty Liver Disease

FibroScan plays a vital role in the early detection and monitoring of liver health, allowing for timely intervention before the condition worsens.

Dietary Tips: What to Eat and Avoid for Liver Health

Here are some food choices to help manage fatty liver:

- **Include:** Whole grains like ragi (finger millet), bajra (pearl millet), fiber-rich vegetables, leafy greens, fresh fruits, nuts, seeds, and fatty fish rich in omega-3 fatty acids.
- **Avoid:** Processed snacks, fried foods, sugary desserts like jalebis and gulab jamuns, white rice, red meat, and sugary beverages.

Practical Steps to Prevent Fatty Liver Disease

- **Exercise Regularly:** Aim for at least 30 minutes of moderate activity like walking or cycling five days a week.
- **Maintain a Healthy Weight:** Losing 5-10% of your body weight can significantly reduce liver fat and inflammation.
- **Limit Alcohol Intake:** Cut back on alcohol to prevent liver stress, especially if you are already at risk.
- **Monitor Blood Sugar Levels:** Keeping diabetes under control can reduce fat accumulation in the liver.

The Importance of Regular Liver Check-Ups

If you have risk factors like obesity, diabetes, or



high cholesterol, it's essential to regularly check your liver health through tests like **FibroScan**. Early detection can prevent the progression to more severe conditions like cirrhosis or liver cancer.

Final Thoughts

Understanding and managing fatty liver disease is critical to your overall health. By adopting a balanced diet, regular exercise, and mindful lifestyle changes, you can significantly reduce your risk of complications. If you have any concerns about your liver health, consult a specialist for personalized advice and regular monitoring.

Keeping your liver healthy is key to a healthier life—don't wait for symptoms to show up. Act now and keep your liver out of the danger zone!

PRACTICAL TIPS FOR A HEALTHY HEART

Practical Tips for reducing Stress

Stress can have a major impact on your heart health, but simple lifestyle changes can make a big difference.

1. **Deep Breathing:** Take slow, deep breaths to activate your body's relaxation response and lower stress levels. Try inhaling for a count of four, holding briefly, then exhaling for four.
2. **Stay Active:** Regular exercise, like a brisk 30-minute walk, boosts mood and reduces anxiety by releasing endorphins.
3. **Connect with Others:** Talking to friends or loved ones can ease stress and provide emotional support.
4. **Limit Stimulants:** Cut back on caffeine and alcohol, which can increase anxiety and disrupt sleep.
5. **Mindfulness Practice:** Techniques like meditation can help you stay calm and focused, reducing stress over time.
6. **Sleep Well:** Aim for 7-9 hours of quality sleep each night to help your body recover and manage stress better.

Incorporating these simple habits into your daily routine can go a long way in keeping your stress levels in check and your heart healthy.



Q I've noticed a lot of gluten-free products in stores lately. Should I go gluten-free even if I don't have celiac disease or gluten intolerance?

A The rise of gluten-free products has led many people to believe that avoiding gluten is a healthier choice, even if they don't have a medical reason to do so. Let's break down what gluten is and whether you should consider cutting it out of your diet.

What is Gluten?

Gluten is a protein found in wheat, barley, rye, and foods made from these grains. It acts like a glue that helps foods maintain their shape. It's present in many staple foods in the Indian diet, like chapati (made from wheat flour), bread, biscuits, and even certain sauces and processed foods.

Who Needs to Avoid Gluten?

For people with celiac disease, gluten sensitivity, or wheat allergy, avoiding gluten is essential to prevent digestive issues and other health complications. Celiac disease is an autoimmune condition where gluten triggers an immune response that damages the lining of the small intestine, leading to malabsorption of nutrients, stomach pain, diarrhea, and even long-term health problems if not managed properly. Those with gluten sensitivity may experience bloating, fatigue, headaches, or skin rashes when consuming gluten but don't have the same intestinal damage as seen in celiac disease.



Is Going Gluten-Free Healthier for Everyone?

If you don't have celiac disease, gluten sensitivity, or a wheat allergy, there's no scientific evidence that going gluten-free offers any additional health benefits. In fact, many gluten-containing foods, like whole grains, are excellent sources of fiber, vitamins (such as B vitamins), and minerals (like iron and magnesium). Eliminating these from your diet without a valid reason can lead to nutritional deficiencies, digestive issues, and a lack of important antioxidants that help reduce inflammation in the body.



Dr. Mamata Amonkar

MD, DM (Gastroenterology)

Consultant Gastroenterologist

The Downsides of Gluten-Free Diets

Gluten-free products are often more processed and contain higher levels of sugar, fat, or sodium to mimic the texture and taste of their gluten-containing counterparts. As a result, they can sometimes be less healthy than the original versions. Also, gluten-free products tend to be more expensive, which might strain your grocery budget without providing any proven benefits.

When to Consider a Gluten-Free Diet

If you experience frequent bloating, digestive discomfort, skin rashes, or fatigue after eating foods containing gluten, it may be worth discussing with your gastroenterologist. They might recommend tests to determine if gluten is the culprit or if another factor is causing your symptoms.

In conclusion, unless you have a diagnosed condition that requires you to avoid gluten, there's no need to jump on the gluten-free bandwagon. Eating a variety of whole grains and maintaining a balanced diet is the best way to support your overall health and well-being.

Cardiopulmonary exercise test (CPET)

Ever wondered how your heart, lungs, and muscles work together when you exercise? Cardiopulmonary Exercise Testing (CPET) is a special test that gives doctors a detailed look at how well your body performs during physical activity. It's like a fitness check-up for your heart and lungs!

What is CPET?

CPET is a test where you exercise on a bike or treadmill while wearing a mask that measures the air you breathe in and out. During the test, your heart rate, breathing, and oxygen levels are closely watched. The goal is to see how your body handles the effort, helping to find out if there are any hidden issues.



Why is CPET so important?

Most tests only look at the heart or lungs separately, but CPET gives a complete picture of how they work together when you're active. Here's what it checks:

- **Oxygen Uptake (VO₂):** How much oxygen your body can use during exercise.
- **Carbon Dioxide Production (VCO₂):** How well your body gets rid of carbon dioxide, which tells us about your metabolism.
- **Ventilation Efficiency:** How efficiently your lungs are working to bring in oxygen and expel carbon dioxide.
- **Anaerobic Threshold:** The point where your body switches from aerobic (with oxygen) to anaerobic (without oxygen) metabolism, which is important in understanding exercise capacity.

Who Can Benefit from CPET?

There are several groups of people who can benefit greatly from CPET. Let's break it down:

1. **People with Unexplained Shortness of Breath or Fatigue:** If you often feel short of breath or unusually tired during simple activities, CPET can help find out why. It can reveal whether the issue lies with your heart, lungs, or muscles.
2. **Heart Disease Patients:** CPET is commonly used for people with known heart conditions like heart failure or coronary artery disease. It helps in checking how well the heart pumps blood during exercise, guiding doctors in adjusting treatment plans.
3. **Lung Disease Patients:** If you have lung problems like asthma, COPD, or pulmonary hypertension, CPET can show how severe your condition is and guide your doctor in choosing the best treatment approach.
4. **Before Major Surgery:** Before undergoing major surgeries (especially those that put a strain on your heart or lungs), doctors use CPET to check if your body can handle the stress of the procedure. This helps in reducing the risks of complications during and after surgery.
5. **Athletes and Active Individuals:** CPET is a great way for athletes or fitness enthusiasts to optimize their training programs. It tells them how fit they really are, how to improve their performance, and what areas they should focus on in their workouts.
6. **Chronic Conditions and Rehabilitation:** People with chronic conditions like diabetes, obesity, or metabolic syndrome can use CPET to create safe and effective exercise plans that improve their overall health. It is also used in cardiac or pulmonary rehabilitation programs to monitor progress and guide therapy.

How Does CPET Help in Treatment?

- **Personalized Exercise Plans:** Your doctor can create a safe and effective exercise program tailored to your fitness level and medical condition.
- **Medication Adjustments:** Based on how your heart and lungs respond to exercise, your doctor may fine-tune your medication to better control your symptoms.
- **Predicting Outcomes:** For patients with heart failure or other severe conditions, CPET can help predict long-term outcomes and decide on advanced treatment options.

What to Expect During the Test

- **Before the Test:** Wear comfy clothes and don't eat a heavy meal right before.
- **During the Test:** You'll start slow on a bike or treadmill, and the effort will gradually increase.
- **Time Taken:** The whole process usually takes around 45 minutes, including prep and rest.

Why CPET is a Game-Changer

CPET is a game-changer because it gives a detailed view of how your heart, lungs, and muscles are doing.

- For doctors, it's like having a roadmap that helps
- **Diagnose Health Issues:** Pinpoint if the problem lies with your heart, lungs, or muscles.
 - **Create Personalized Plans:** Design exercise and treatment plans that are perfect for your needs.
 - **Track Progress:** See how well your body is responding to treatments and make changes as needed.

In simple terms, CPET is like a GPS for your body during exercise, showing exactly where you need help to get healthier and stronger.

ASK THE DOCTOR

Q Doctors keep saying that too much sodium can be bad for my heart. How much is too much, and how can I reduce it in my diet? Are there any foods I should watch out for or healthier alternatives to regular salt?

A You're right! Sodium plays an important role in our body, but excess sodium can be harmful to your heart. Too much sodium raises your blood pressure, putting stress on your heart and increasing the risk of heart disease, heart failure, and stroke.

For most adults, it's recommended to limit sodium intake to less than 2,300 mg per day (roughly one teaspoon of salt). If you have high blood pressure or other heart conditions, try to aim for less than 1,500 mg per day for added heart protection.

In Indian cuisine, some foods are surprisingly high in sodium, like pickles (achar), papads, chutneys, packaged snacks (like namkeen, chips, or bhujia), and processed foods like instant noodles. Even foods that don't taste salty, such as packaged bread, biscuits, and some ready-to-eat meals, can add a lot of hidden sodium to your diet.



Dr. Ameya Amonkar
MD, DM (Cardiology), FACC
Consultant Cardiologist

The best way to reduce sodium intake is to focus on fresh, homemade foods. Include more fruits, vegetables, whole grains, and unprocessed pulses and legumes in your meals. Use natural herbs and spices like cumin, coriander, turmeric, ginger, and garlic to flavor your dishes instead of reaching for the salt. When using packaged products, look for those labeled as "low-sodium" or "no salt added," and limit items like sauces, ketchup, and ready-made curry powders.

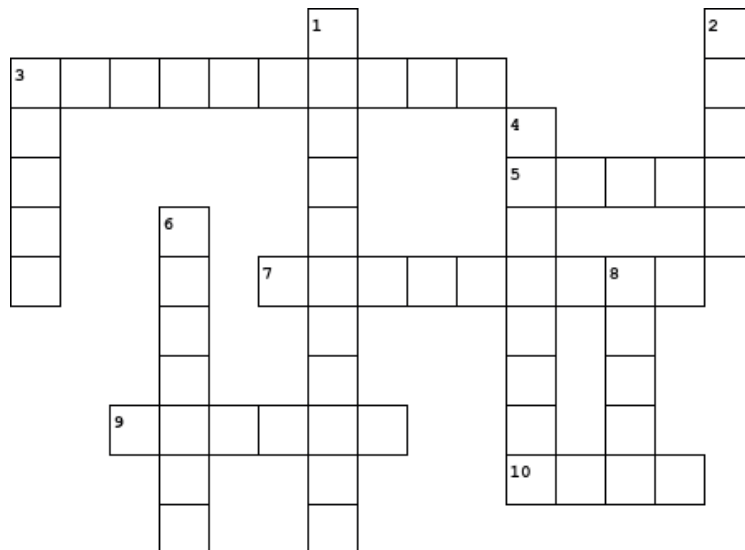
As for alternatives, whether you use rock salt (sendha namak), black salt (kala namak), or regular table salt, the sodium content is quite similar. It's less about choosing a different type of salt and more about using less of it in your daily diet.

Send us a question for Ask the Doctor

By Email: hgsuperspecialityclinic@gmail.com

By Whatsapp: @ 9653404007

Heart and Gut Crossword puzzle: Test Your Heart and Gut Health Knowledge!



Across

- 3.** An irregular heartbeat or rhythm
- 5.** The organ that processes nutrients, detoxifies, and produces bile
- 7.** The tube that connects the throat to the stomach, transporting food
- 9.** Blood vessels that carry blood away from the heart
- 10.** A condition where stomach acid frequently flows back into the esophagus

Down

- 1.** A fatty substance found in the blood, linked to heart disease risk
- 2.** The organ that pumps blood throughout the body
- 3.** The main artery that carries blood from the heart to the rest of the body
- 4.** A condition where the stomach feels full and tight, often due to gas
- 6.** Related to the stomach or digestive processes
- 8.** A sore or lesion in the lining of the stomach or intestines

PRACTICAL TIPS FOR A HAPPY GUT

Practical Tips for Managing Bloating

Bloating is a common yet uncomfortable feeling that many of us experience, often due to diet or digestive issues. Here are some practical tips to help reduce bloating and keep your gut feeling good:

- 1. Eat Slowly:** Eating too quickly can cause you to swallow air, leading to gas and bloating. Take your time and chew your food well.
- 2. Watch Your Fiber Intake:** While fiber is essential, too much too soon can cause bloating. Gradually increase your fiber intake to help your body adjust.
- 3. Avoid Carbonated Drinks:** Fizzy drinks can introduce excess air into your digestive system, leading to bloating. Opt for still water or herbal teas instead.
- 4. Mind Portion Sizes:** Eating large meals can overfill your stomach, making you feel bloated. Try smaller, more frequent meals throughout the day.
- 5. Be Active:** Light physical activity, like walking after meals, helps stimulate digestion and reduce bloating.
- 6. Soak and Cook Legumes Well:** Rajma, chana, and other legumes are staple foods but can cause bloating. Soak them overnight and cook with ginger or a pinch of hing to minimize gas formation



7. Incorporate Ginger and Jeera: Both ginger and cumin (jeera) are natural digestive aids. Add them to your meals or consume them in warm water to reduce gas and bloating.

Following these simple tips can keep bloating at bay and improve your overall digestive health!

Heart and Gut Crossword puzzle: Rules and Rewards

Grand Prize:

A full cardiac health check-up at our clinic, including blood tests, ECG, and consultation with our cardiologist. This prize will go to the participant who answers all 11 questions correctly. In the case of multiple winners, we'll conduct a lucky draw.

Runner-Up Prize:

For one lucky participant who get at least 8 out of 11 answers correct, we'll offer a 100% discount on any one diagnostic test (Echocardiogram, or stress test) at our clinic by a lucky draw

How to Enter:

Submit your answers by 15th November, 2024 via email to hgsuperspecialityclinic@gmail.com or Whatsapp to 9653404007 with the subject line "Heart and Gut Crossword puzzle." Winners will be notified within a week and prizes must be claimed within 30 days.

THE WELLNESS PLATE

Healthy Ragi & Veggie Pancakes

Ingredients:

- 1 cup Ragi flour (finger millet)
- 1/4 cup whole wheat flour
- 1/2 cup grated carrots
- 1/4 cup finely chopped spinach
- 1 small onion, finely chopped
- 1-2 green chilies, finely chopped (optional)
- 1/2 tsp cumin seeds
- 1/2 tsp ginger paste
- Salt to taste
- 1/4 tsp black pepper
- Water as needed
- 1 tbsp oil (for cooking)



Instructions:

- **Mix the dry ingredients:** In a large bowl, combine ragi flour, whole wheat flour, cumin seeds, salt, and black pepper.
- **Add veggies:** Add grated carrots, chopped spinach, onions, green chilies, and ginger paste to the flour mixture. Mix well.
- **Prepare the batter:** Gradually add water to the mixture, stirring continuously to form a smooth, pancake-like batter. Ensure the consistency is neither too thick nor too runny.
- **Cook the pancakes:** Heat a non-stick pan and drizzle a little oil. Pour a ladleful of batter onto the pan and spread it evenly. Cook on medium heat for 2-3 minutes on each side until golden brown.
- **Serve:** Serve hot with yogurt or mint chutney for a nutritious breakfast or snack!

Why Ragi?

Ragi is rich in calcium, fiber, and essential amino acids, making it great for bone health and digestion. Combined with veggies, this recipe provides a wholesome, balanced meal for all ages!

SCIENCE SPOTLIGHT

Partying and the Heart: New Findings on Alcohol's Impact

A recent study by researchers from LMU University Hospital reveals that excessive alcohol consumption can lead to significant heart rhythm disturbances, even in healthy young adults. During the MunichBREW II study, participants were monitored using mobile ECG devices while attending parties, with their peak blood alcohol levels reaching up to 2.5 grams per kilogram. The study found that binge drinking accelerated heart rates beyond 100 beats per minute and increased the occurrence of cardiac arrhythmias, including atrial fibrillation, not just during the drinking period but also in the recovery phase. These findings suggest that alcohol can disrupt the heart's regulatory processes more profoundly than previously thought. While the immediate impact on heart health is evident, the long-term consequences of these alcohol-induced arrhythmias still require further investigation.

This research highlights yet another reason to be cautious about excessive drinking, as even short-term over indulgence can have serious implications for heart health. Brunner, S., et al. (2024). Acute Alcohol Consumption and Arrhythmias in Young Adults: The MunichBREW II Study. *European Heart Journal*. doi.org/10.1093/eurheartj/ehae695



Ultra-Processed Foods: A Growing Concern from Toddlerhood to Middle Childhood

A recent study published in the *European Journal of Nutrition* highlights troubling trends in ultra-processed food (UPF) consumption from toddlerhood to middle childhood. The research reveals that UPFs make up nearly half of toddlers' daily calorie intake, rising to 59% by age seven. High UPF consumption was linked to increased sodium and sugar intake and lower fiber intake, posing potential long-term health risks. The study tracked over 4,800 children from the Gemini birth cohort, analyzing their diet through food diaries. Common UPFs among toddlers included flavored yogurts and high-fiber cereals, while sweet cereals and white bread were prevalent in older children. Findings showed that early exposure to UPFs strongly predicts their continued high intake later in childhood. These results emphasize the need for integrated strategies to reduce UPF consumption and promote healthier eating habits from an early age. Future research could further explore the link between UPF intake and childhood obesity.

Conway, R. E., Heuchan, G. N., Heggie, L. et al. (2024). Ultra-processed food intake in toddlerhood and mid-childhood in the UK: cross-sectional and longitudinal perspectives. *European Journal of Nutrition*. [doi:10.1007/s00394-024-03496-7](https://doi.org/10.1007/s00394-024-03496-7)



WHATS COMING NEXT.....

- **The Role of Genetics in Heart Disease: Is It All in Your DNA?**
- **The Impact of Antibiotics on Gut Health and How to Recover**
- **Decoding diagnostics - Colonoscopy**
- **Practical tips for lowering blood pressure naturally**
- **Ask the doctor- Is It Safe to Exercise If I Have a Heart Condition?**
- **Ask the doctor- What does it mean if I see blood in my stool?**