

MDIndia Health World

Issue-IX



Healthy bites for healthy life

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Provider Management & Wellness Team

MDIndia Healthcare Services (TPA) Pvt. Ltd



Welcome summer...

The summer starts in India from the beginning of March and continues up to June. Up to February the rays of the sun are soothing and we like to bask in the sun. But in March the season changes. The sun-rays become hotter day by day and we begin to get perspiration. The entire earth becomes heated in this season. Going from March to June, the summer season is the hottest time in most of the parts of India. Hot winds and scorching sun are the two most inseparable constituents of Indian summer. The month of June is the hottest month of the year in India when temperature crosses even 45 degrees. Summer reminds you of sweat, heat and a weather when it's very difficult to look fresh and chic. Summer is a season of fizzled hair, wrinkled clothes.

Healthy insights for this Issue:

- ✚ Fitness Mantra- Zumba
- ✚ Myths about supplements : Experts View
- ✚ World Malaria Day :24th April
- ✚ Synopsis of MDIndia

Thought for this Issue:-

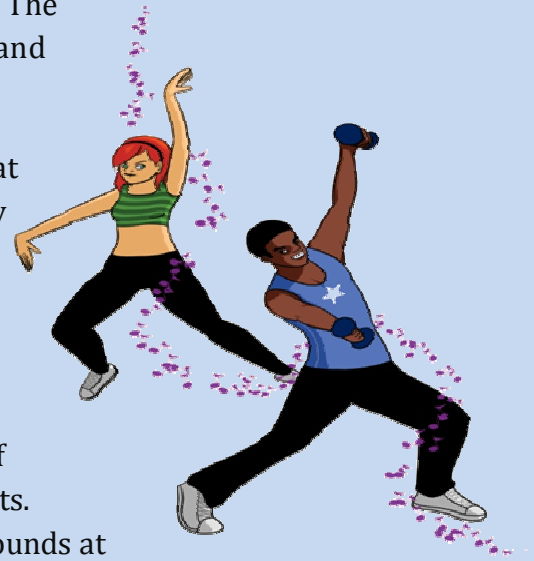
“Being the richest man in the cemetery doesn’t matter to me. Going to bed at night saying we’ve done something wonderful, that’s what matters to me.”

Steve Jobs

Zumba fitness has quickly grown to one of the most popular group exercise classes on the planet. In fact, the Latin-dance inspired workout is reportedly performed in more than 100 countries around the world. ***Zumba is a fitness program that combines Latin and international music with dance moves.*** The exercise incorporate interval training alternating fast and slow rhythms and resistance training.

The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn.

It is recommended that 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity for most healthy adults. Aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood.



Benefits of ZUMBA

- ✓ Improves heart and lung function and reduces the risk of heart disease.
- ✓ Tones and shapes key muscle groups.
- ✓ Burns an average of 520 calories in a normal 50-minute class.
- ✓ Improves co-ordination and agility.
- ✓ Improves bone density.
- ✓ Improves posture and core strength and stability.

About Zumba classes...



This music is the key ingredient to Zumba classes, where the score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, thus targeting every major muscle group in the body.

Zumba Exercise classes are typically designed as an hour long exercise and are taught by certified instructors. Zumba exercises incorporate music with fast and slow rhythms, as well as resistance training. The type and classes planned based on the age of participant. E.G. **Zumba Gold** mainly targets the older population. It

is specifically designed to the needs of the elderly and includes the same kind of music as the Zumba fitness party class. The dance styles used are : cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, soca, samba, hip hop. Zumba Step, the newest Zumba program, tones and strengthens glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.

Aqua Zumba classes are held in a swimming pool. The instructor leads the class poolside while participants follow in shallow water. Moves have been specially adapted to combine the same dance movements used in a Zumba Fitness class with those used in aqua fitness classes creating a fun and effective total body workout. Zumba program claims that it is safe for all ages, meaning that anyone can participate in this form of aerobic exercise.



****ZUMBA AQUA**



****ZUMBA GOLD**

Safety Tips for Zumba...

- ✓ **Find an experienced instructor.** Any enthusiast can receive basic certification after completing just a one-day course. Before signing up, research your teacher's experience and the extent of his or her fitness or dance certification.
- ✓ **Wear the right shoes.** Shoes for Zumba should have few or no grips on the soles so you can pivot easily without sticking to the floor. Dance shoes with pivot points allow multidirectional movement, Experts says. Don't wear running shoes, which are made for forward—not side—movement. People who wear them for Zumba are at a higher risk for hip, knee, and ankle injuries. It's also important to find flexible shoes with the right amount of arch support.
- ✓ **Ditch the crowds.** Zumba requires a healthy amount of physical space so that people Crowded classes can lead to injuries, bumps, and falls. Check out multiple facilities and various times of the day to find which classes are least congested

- ✓ **Stretch after your workout.** Recent research suggests that stretching before a workout may actually hinder performance. The best time to improve flexibility and posture is after class, when your muscles are warmed
- ✓ **Hydrate.** You're likely to perspire a great deal and can become dehydrated quickly. So bring a bottle of water and stop for frequent sips. Humidity can add to your risk of passing out. Watch for lightheadedness and stop if you feel faint
- ✓ **Modify those moves.** Use common sense and avoid dangerous moves, even if the teacher and your neighbors are doing it.
- ✓ **Consult your physician.** As with any high-intensity cardio exercise, it's best to see your doctor before you begin, especially if you have heart disease or kidney disease, asthma or emphysema, high blood pressure, arthritis, osteoporosis, or disk herniations

For Beginners...

Know the Basic Steps

Learning the basic Latin dance steps used in most Zumba classes will help you move more and move faster in your dances, increasing your energy expenditure and your enjoyment. The four basic steps in Zumba classes are merenge, salsa, cumbia and reggaeton. These styles form a foundation for every Zumba dancer and lead to variations that will keep your interest high.

Just Follow Along

Zumba is choreographed to provide several different fitness elements without requiring too much explanation or technique. When the instructor goes one way, you should move in that direction too. Just be a mirror to the teacher in front of you. You should also follow along when it comes to the pace and the intensity of the movements. For quick dances, make your steps smaller and don't try to add arms until you have the footwork down. Your instructor is not shy, nor should you be. Aim to reach the energy level of your teacher. If you do that, even as a beginner, you will have a super-effective workout no matter what steps you missed or mastered.



Myth about Supplements: An Expert's View

Ms. Shikha Gupta

Consultant Clinical, Sports and Bariatric
Nutritionist

'The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive and unrealistic.'



Supplements and Proteins are the most misunderstood and highly controversial topic today. Side effects, organ failure, hormonal imbalance, acne, hair fall etc are commonly associated with these supplements. Unfortunately, none of these rumors are proved to be true. There is no evidence which proves that these supplements are unsafe.

"Half truth is more dangerous than a full lie"

Then how did this misunderstanding start?

Lack of knowledge, poor accesses to authentic information, and ignorant medical or fitness professional are the biggest culprits to crop up these myths in public. Appointing a clinical nutritionist in a gym or sport nutrition sector creates confusion in the heads of people. A clinical nutritionist or a doctor is not qualified and aware about the supplements. On one side a sports

nutritionist or fitness professional will encourage the intake of supplements for muscle growth and repair where as professional in the clinical sectors will discourage the intake of them.

Fear is an intuition of man who keeps triggering the mind when he doesn't know. It has a big impact on the human nature than any other emotion. Misleading information and wrong guidance from health professionals fuel the fear of the human mind.

Fear of excess protein is another myth which has reached the heights of exaggeration. Excess protein will lead to kidney or liver damage has created dread in the community.

Indian diet is high in carbohydrate and fat whereas the western diet is high in protein and low in carbohydrate and fat. Unfortunately, there is no evident research which says that Indian diet needs to incorporate proteins (high biological Value) in the diet. We refer western researches and start applying to our population.

The World Bank estimates that India is one of the highest ranking countries in the world for the number of children suffering from malnutrition (Protein energy malnutrition). The prevalence of underweight children in India is among the highest in the world, and is nearly double that of Sub-Saharan Africa with dire consequences for mobility, mortality, productivity and economic growth. Most of the Indians fail to even meet the RDA requirement then excess of protein in the diet is out of question.

Supplements are the natural extracts made from milk, fruits, nuts, oilseeds, fish oil etc in the form of powder, pill or a tablet.

If you still feel there is a doubt, then go and ask in any dialysis centre where a patient had excess of whey or proteins and damaged their kidney. I am sure, not a single patient will complain about it.

Liver is a center for protein metabolism and kidney flushes the nitrogenous waste. If there is any disorder in functioning, it could be due to dehydration, uncontrolled diabetes, high blood pressure, infection etc. More than anything else, alcohol and smoking are the major reasons for its damage. Therefore, due to its malfunctioning protein is to be restricted in order to give rest to that organ. This does not mean that excess of protein has damaged the liver or kidney.

If supplements have side effects then why does a doctor give iron, folic acid and calcium supplements during the pregnancy? Why do you add flavours in the milk for kids to increase their height? Why is a lady asked to have calcium supplement after her menopause? Think about it. Are they not supplements?

Why isn't anybody talking about side effects of high body fat, diabetes, and hypertension which is affecting the metabolism, increases catabolism, damages organs, causes hormonal imbalance. India is one of the leading countries of obesity and now soon will be the leading diabetic nation. All thanks to our diet which is high in carbohydrate and fat and deficient in proteins and vitamins and minerals.

Supplements are absolutely safe, when recommended by an expert in the right quantity. It is not same as steroid. It will never damage your system, rather will improve your metabolism, reduce the rate of catabolism and improve anabolism,

makes you more energetic, improves immunity, increase your life, makes you look younger, and improves skin and hair quality. You need not do botox or any skin treatment if your diet is well balanced, you will always be disease free and lead a healthier life.

Association of STEROIDS and SUPPLEMENTS creates perplexity and eventually leads to apprehension.

Steroids greatly increases the testosterone levels, tremendously increases the muscle growth, anabolism. Since, these steroids increases the hormonal levels to a higher level than the normal physiological levels, side effects are possible. Although, these steroids are illegal and banned, they are still used by the body builders. This has proved to be the biggest annoyance on the supplement industry. Hearing the side effects of the steroids have misted up the minds of public. Their mind strongly associates supplement with a steroid which is absolutely wide of the mark.

Shikha Gupta is a Consultant Clinical, Sports and Bariatric Nutritionist, Motivational Speaker and a Fitness trainer with vast experience in obesity, weight management and diabetes. She is successfully running a private organization as 'MAGICAL HEALTH'. She also is a skillful blogger and is coming up with a book too. She believes in changing people's life by changing their mindset, and right actions giving them a byproduct of GOOD HEALTH.





An Overview on Malaria...

Malaria is a life-threatening blood disease caused by a parasite called Plasmodium, which is transmitted via the bites of infected mosquitoes. In the human body, the parasites multiply in the liver, and then infect red blood cells.

While the disease is uncommon in temperate climates, malaria is still prevalent in tropical and subtropical countries. Malaria occurs in over 100 countries and more than 40% of the people in the world are at risk. Large areas of Central and South America, Hispaniola (Haiti and the Dominican Republic), Africa, the Middle East, the Indian subcontinent, Southeast Asia, and Oceania are considered malaria-risk areas.

Symptoms of Malaria:

In the early stages, malaria symptoms are sometimes similar to those of many other infections caused by bacteria, viruses, or parasites. Symptoms may include:

- ✓ Fever
- ✓ Headache
- ✓ Backache.
- ✓ Sweats
- ✓ Diarrhoea.
- ✓ Fatigue
- ✓ Joint pains.
- ✓ Nausea and vomiting
- ✓ Chills

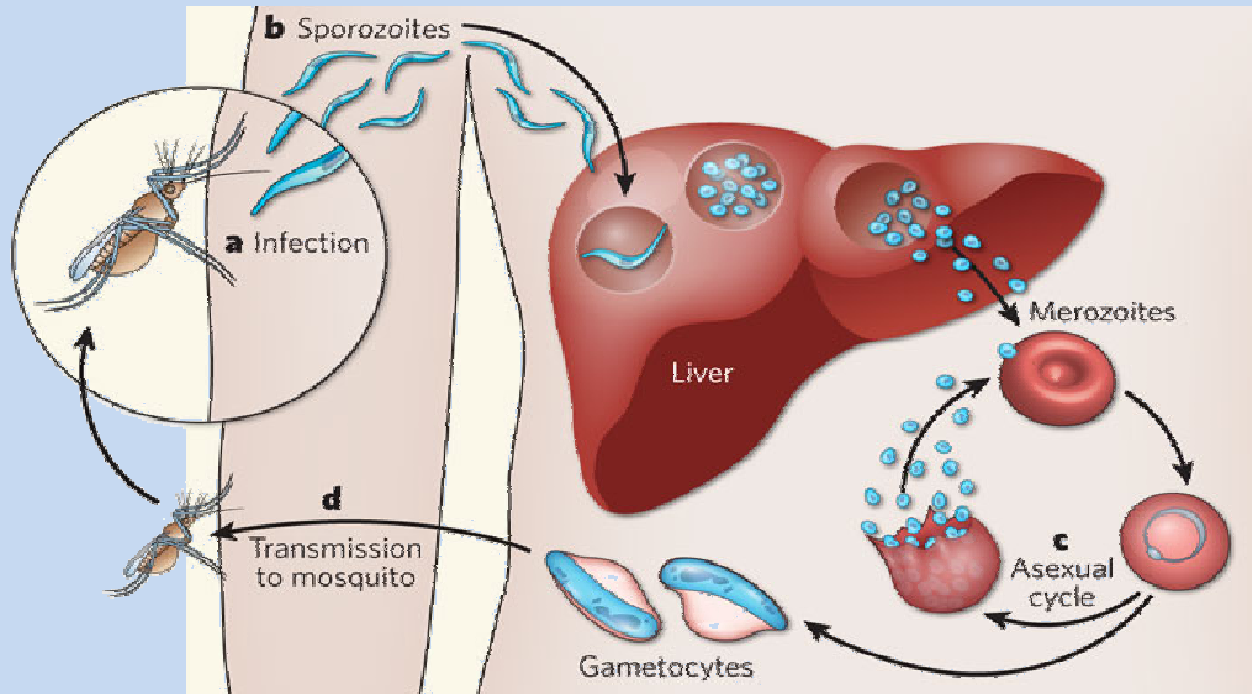
Symptoms may appear in cycles. The time between episodes of fever and other symptoms varies with the specific parasite you are infected with.

Episodes of symptoms may occur.

Every 48 hours if you are infected with P. vivax or P. ovale.

Every 72 hours if you are infected with P. Malariae

Life cycle of Malarial parasite:



Simple steps to avoid the malaria infection:

Spraying your home. Treating your home's walls with insecticide can help kill adult mosquitoes that come inside.

Sleeping under a net. Bed nets, particularly those treated with insecticide, are especially recommended for pregnant women and young children.

Covering your skin. During active mosquito times, usually from dusk to dawn, wear pants and long-sleeved shirts.

Spraying clothing and skin. Sprays containing permethrin are safe to use on clothing, while sprays containing DEET can be used on skin.

No vaccine yet...

Scientists around the world are trying to develop a safe and effective vaccine for malaria. As of yet, however, there is still no malaria vaccine approved for human use.

Important Note:

- ✓ The risk varies between countries and the type of trip. For example, back-packing or travelling to rural areas is generally more risky than staying in urban hotels. Malaria is more common in the wet season.
- ✓ You should use an effective insect repellent on clothing and any exposed skin. Diethyltoluamide (DEET) is safe and the most effective insect repellent and can be sprayed on to clothes.
- ✓ Sleeping in an air-conditioned room reduces the likelihood of mosquito bites, due to the room temperature being lowered.
- ✓ If electricity is available, you should use an electrically heated device to vaporise a tablet containing a synthetic pyrethroid in the room during the night. The burning of a mosquito coil is not as effective.
- ✓ Non-pregnant women taking mefloquine should avoid becoming pregnant. You should continue with contraception for three months after the last dose.
- ✓ If you have epilepsy, kidney failure, some forms of mental illness and some other uncommon illnesses, you may have a restricted choice of antimalarial medication.
- ✓ If you do not have a spleen (if you have had it removed) or your spleen does not work well, then you have a particularly high risk of developing severe malaria. Ideally, you should not travel to a malaria-risk country.
- ✓ Pregnant women are at particular risk of severe malaria and should, ideally, not go to malaria-risk areas. Full discussion with a doctor is advisable if you are pregnant and intend to travel. Many antimalarial medications are safe in pregnancy but a few should be avoided.
- ✓ Medication is only a part of protection against malaria. It is not 100% effective and does not guarantee that you will not get malaria. The advice above on avoiding mosquito bites is just as important, even when you are taking antimalarial medication.



female Anopheles mosquito

MDIndia TPA healthcare services (TPA) Pvt. Limited was formed in November 2000 and licensed (License No. 005) as Third Party Administrator and were very soon a leading company in Insurance sector. The success of company has been built year on year by ability to anticipate the future requirement of the Healthcare Industry.

Our initiatives in the health insurance sector has seen creation of the preferred provider network for the first time in India wherein we are able to ensure huge volumes of business to the select providers in our network which meet our expected quality standards, ensure billing audit and provide huge discounts to our esteemed customers.

We are serving to Our Cardholders and Esteemed corporate through 6000+ Network Hospitals for mediclaim, 2000+ providers for health checkups and numerous others for mass insurance projects.

We are happy to inform you that we have been awarded the best TPA award in India Insurance awards - 2013 and 2014 & Service Provider of the Year in 18th Asia Insurance Industry Awards.

MDIndia Healthcare Services (TPA) Pvt. Ltd.

Best Third Party Administrator (TPA)
For second consecutive year



The Indian Insurance Awards SM



This award seeks to recognize the sustainable performance of a Third Party Administrator. The assessment takes into account demonstrated growth in the number of policies and premiums placed, claims servicing ratios and duration of settlement, and any efforts at efficiency improvement.

This award goes to MDIndia Healthcare Services (TPA) Pvt. Ltd.

MDIndia Healthcare Services (TPA) Pvt. Ltd has displayed dynamic business growth and outstanding efficiency in claims settlement for FY13-14 The company currently acts as an intermediary on behalf of 20 insurance companies.



Leadership in Provider Networking (Network Hospitals Count)**

State	Total	State	Total
Andhra Pradesh	252	Madhya Pradesh	178
Arunachal Pradesh	4	Maharashtra	1445
Assam	65	Manipur	4
Bihar	57	Meghalaya	1
Chandigarh	18	Mizoram	4
Chattisgarh	26	Nagaland	5
Dadra and Nagar Haveli	4	Orissa	43
Daman & Diu	2	Pondicherry	15
Delhi	275	Punjab	499
Goa	24	Rajasthan	161
Gujarat	680	Sikkim	1
Haryana	219	Tamil Nadu	1153
Himachal Pradesh	15	Telangana	380
Jammu & Kashmir	11	Tripura	2
Jharkhand	33	Uttar Pradesh	480
Karnataka	1017	Uttarakhand	45
Kerala	181	West Bengal	268
Total		7567	

Leadership in Home Visit Facility (Network Diagnostic Centers Count)**

State	Total	State	Total
MAHARASHTRA	555	ASSAM	26
TAMIL NADU	212	GOA	24
UTTAR PRADESH	192	ORISSA	22
WEST BENGAL	186	UTTARKHAND	20
KARNATAKA	165	TRIPURA	9
GUJARAT	154	CHANDIGARH	7
ANDHRA PRADESH	124	HIMACHAL PRADESH	7
RAJASTHAN	88	PONDICHERRY	7
MADHYA PRADESH	87	JAMMU & KASHMIR	5
PUNJAB	84	MEGHALAYA	2
KERALA	78	ANDAMAN & NICOBAR ISLANDS	1
DELHI	71	DADRA & NAGAR HAVELI	1
BIHAR	62	DAMAN & DIU	1
HARYANA	60	MANIPUR	1
CHATTISGARH	36	SIKKIM	1
JHARKHAND	27	Grand Total	2315

Moments of wellness activities....First Aid Demo

