

Welcoming Bappa!!!

Doctors and staff
Performing Aarti &
Welcoming
Ganpati Bappa at Nahar



Scientific Reason Behind Fasting

The underlying principle behind fasting is found in Ayurveda. This ancient Indian medical science attributes the basic cause of many diseases to the accumulation of toxic materials in the digestive system. Thus, fasting affords the digestive organs rest, cleansing and putting in order all the body mechanisms.

But caution to be executed with respect to how often and how long fasting is taken up.

Over 2 decades of listening to patients food habits, I soundly agree with a fast every 2 weeks for cleansing reasons... So, the ekadashi is a good timing for doing fasts.

Up-to 3-4 litres of water should be consumed on fasts including fruits... Lemon water is excellent for liver cleansing (especially for people with fatty liver and headaches/migraines).

Of the 3-4 litres of water, half litre can be mildly salted buttermilk which is not a very thick consistency.

One litre can be lemon water, mildly warm.

Avoid eating faral foods as the preparations are mostly very high in fat

and carbohydrates.

Good options can be kuttu (buckwheat in English). It's a high fibre cereal. Make rotis, dhoklas or porridge and enjoy it.

Dudhi or lauki is another good choice. Have it as a sabzi, soup, raita.

Same can be with kheera ie cucumber or kakdi.

Roasted peanuts and makhana are good snacking options.

Sabudana not a healthy option as its only carbs... If you enjoy potatoes, have it in the boiled form... not fried.

The ancient trend of fasting helps build willpower too...

Go for it, but just once a week or once in a fortnight.

Credentials : Avanee Parekh is an award winning nutritionist practising past 19 years.

She's a certified diabetes educator and exercise consultant.

Ms. Avanee Parekh,
Nutritionist-BHSC in Dietetics

EMPLOYEE
OF THE MONTH



AUG 2018 | NIRANJAN KATALKAR
Jr. Accountant / Billing Clerk

QUOTE OF THE MONTH

“Diseases can rarely be eliminated through early diagnosis or good treatment, but prevention can eliminate disease”

We would love our Consultant Doctors and Employees to contribute to the Newsletter articles, all you need to do is send across the article along with high resolution Image.

you can mail your articles to:
editor@naharmedicalcenter.com

REPLACEMENT OF MISSING TEETH USING IMPLANTS : CAUTIOUS USE - A PARADIGM SHIFT



I have often received inquiries from people, who have asked me directly whether I do implants to replace missing teeth. This is unlike the earlier times when patients were clueless of what is happening in their mouths and used to only wait for the dentist to diagnose the condition. Such is the awareness level amongst the cognizant men of our age who have moved their decision making in elective healthcare treatment to a next level. This is in part due to the rising speed with which the internet has reached our daily electronic devices. Now is the time when healthcare knowledge is not limited to discussions in a clinic but has reached the households through blogs, forums and threads.

My immediate thoughts for our newsletter were not to educate our patients on what a dental implant is, I am sure by now all of you have a fair idea about it, but wanted to make all aware about its cautious use through a wiser approach. We are aware of removable dentures which are conventional in nature and have been in use since ages. George Washington, the first president of USA had them, and had to upgrade them regularly due to his numerous gum and teeth issues. To his misery he was never satisfied with any one pair. Gone are those days, technology in removable partial and complete dentures too has revolutionized and dentures in 2018 are “Digital” in nature using modern milling and printing technologies. But are removable dentures psychologically convincing? Well the answer, if I were to conduct an opinion poll amongst a group of middle aged and elderly, would be a blunt “No”. Implants have had an answer to removable dentures since for almost six decades, yes you read it right! Titanium implants made up of commercially pure (CpTi) titanium and its alloys have been in use since 1965, Branemark used it for the first time through a controlled protocol called progressive loading. Rapid advances in ease of using it, multiple continuing education workshops have lead to its increased use in clinics all over the world.

Implants integrate in the bone through a biological process called as “Osseointegration”, as the name suggests Osseo is bone and anchoring the implant fixture in the bone is the key to success in treatment. But is that really a complete picture? Studies have shown that implants are a “Prosthetically driven treatment” option. Meaning, even if the implant is anchored cent percent in the bone it is subject to the forces from the top, i.e. the teeth (Prosthesis). Hence it is imperative to use the best of the prosthesis with the right design and arrangement of teeth, according to patient's needs and expectations.

Thus, putting it in a simpler way, for instance, if a patient is missing all the teeth, I may offer him dentures first and let that denture become a guide to exact location and number of implants in his upper and lower jaws. This may not be true always; immediate implants after extraction of hopeless teeth and immediate loading of implants, using temporary, fixed denture teeth is a known solution. But numerous advertisements about using certain implant systems and delivering unplanned, permanent, fixed teeth in a day sounds fallacious to me and I do not vouch for it. What lures patients to this protocol is its prompt and quick fix nature. But, how durable is the treatment without an appropriate plan, is the question which bothers me. A carefully planned, uniquely designed custom solution with latest prosthetic technology from finest of dental laboratories is my optimum choice when it comes to restoring dental implants and in turn restoring their smiles.

Dr. Amit Sadhwani,
MDS Prosthodontics



Colorful Diet Platter with Nutrition

Do you know? Colorful fruits and vegetables provide a wide range of color Pigments, Vitamins, Minerals and Phyto-chemicals that our body needs to maintain good health and energy level.

RED: Signifies colored pigment like Anthocyanins, Lycopene, which are antioxidants. These neutralize free radicals that can cause damage to body cells. Fruit sources include Strawberries, Cherries and Pomegranate. Vegetables include Carrot, Tomatoes, Red-peppers and Beetroot.

BLUE: Denotes the presence of Anthocyanin observed in Brinjal, Purple-grapes, Plums, Blue-berries. These mainly help to prevent cancer and keep internal layer of blood vessel healthy.

ORANGE & YELLOW: These colors signifies the presence of pigments like Beta-carotene in Carrot, Mangoes, Apricots and Pumpkins. These fruits and vegetables contain varying amount of antioxidants such as Vitamin C as well as Carotenoids. They are also rich in vitamin B complex and carotene. They help to enhance the immune system.

GREEN: This color signifies Chlorophyll, which is an inherent part of leafy vegetables and fruits. This pigment is a storehouse of Beta-Carotene. Get the greens from veggies like Chaulai, Bathua, Spinach, Methi, Coriander, Mint, Shepu, Drumstick, Curry Leaves and Reddish Leaves.

Dietary recommendation: One should have a minimum of three (3) bowls of vegetables (lightly cooked/Salads) and two fruits a day to get the most benefits.

Boost your Hemoglobin in a Good Dietary Way...

How many of us **BOTHER** to **CHECK** our **HEMOGLOBIN**?

How many of us **APPRECIATE** that it **DETERMINES** our **BASIC ABILITY** to be **PRODUCTIVE** with **HIGH STAMINA**?

- Anemia is characterized by low Hemoglobin (Hb or Hgb) level. It is diagnosed in young children, adolescent girls, adult women and pregnant women.
- The requirement of Iron in an adult is 28-30 mg/day which increases during adolescence and pregnancy.
- Iron as a nutrient can be obtained from animal and plant sources. The iron obtained from animal sources are rich in quantity and readily absorbed.

- There is a wide variety of vegetarian diet from which we can get good amount of iron.

Vegetable Sources	Iron Quantity
½ bowl cooked green cauliflower	40 mg
¾ bowl of Sarson ka Saag	16 mg
1 glass (200 ml) Watermelon juice	12 mg
1 small bowl of Soya bean / Math / Chawli / Dalia	2.5 to 3.0 mg
1 big bowl of cooked Poha	5 mg
1 roti, 50 gm of Bajra flour	2 mg
1 roti, 30 gm of Wheat flour	1 mg

There are many other choices which can be included in the daily diet to obtain required amount of Iron.

Ms. Nidhi Joshi
PG in Public Health Nutrition & Metabolic Coach

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CAN YOU IGNORE MENTAL HEALTH?

World Mental Health Day: 10 October, 2018

World Health Organization (WHO) defines mental health as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”

The theme of this year’s World Mental Health Day, on 10 October, is “young people and mental health in a changing world”. Technology innovations, disruptions and advancements are fast changing the world. Whilst these glorious changes have made significant differences in our lifestyle, they have their set of perils as well. Their most potent victims are our Youth. Our “Electronically Social” youth whilst enjoying substantial lifestyle change are also combating severe emotional challenges curtsey some of the chronic villains like extensive online social relationships, conversations, cyber bullying. These are immensely impacting their mental health, even to an extent, driving many of them to Ineffectiveness and being dysfunctional.

Many psychological, physiological and social factors also contribute to poor mental health. Family problems, financial setback, work pressures, professional and personal settlement, poor physical health, emotional attachments, genetic predisposition etc. can affect mental health. Learning disabilities and low intellectual functioning can create behavioral issues in children and young adults. I will also share some of the mental states that calls for professional attention.

Physically healthy person would find difficult to function, if he has a disturbed mind. Poor mental health ranges from small emotional problems to behavioral issues scaling up to severe mental disorders. Majority of those struggling mental illness are impacted very early in life, about at early teens, but most cases go unaware, undetected and so untreated. In terms of the burden of these disease among adolescents, Depression is the third leading cause. Suicide is the second leading cause of death among 15-29-year-olds (source: WHO, 2018). This is an alarming situation.

This year’s endeavour is to make our youth aware and mindful of the ways to look after their mental health. One may need the help of a qualified mental health professional when the problem severely hinders his/her social or occupational life. Some of the conditions which certainly need professional attention by mental health experts are Anxiety, Depression, Phobias, Panic attacks, Obsessive compulsive disorder, Schizophrenia. Parents may observe behavioral changes in their children which could be due to bullying, low self-esteem, poor academic performance, school phobia, hyperactivity and inattention, anxiety or depression and so, should seek advice from a mental health professional. Make yourself aware of your and your children’s mental health.

Dr Sheba Singh,
PHD – Psychology,
MA (Psychology) Gold Medalist
Consultant Psychologist

The Excalibur by Nahar Cup' held on 1st Sep, 2018 where Nahar Medical Center was the Health Partner. Glimpses of the Exhibition match played by Nahar Medical Center



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