

Poise

A Publication of Indian Menopause Society

6th Issue

July-August 2010 • Rs.10



**YOUNG WITH
YOGA**

**HEALTHY
LIVING @ 40**

**INDEPENDENCE
DAY SPECIAL**



Indian
Menopause Society



From the Editors' Desk

Dear Reader,

We come back to you again with this colourful, zesty “wellness” edition of POISE to celebrate our Independence day ! Contrary to popular belief, you the mothers’ of this country have a great role to play in nation building. A healthy nation is a prosperous nation and “a man is what his mother made him” said the famous poet Emerson. You have spent all your life looking after the needs of your family – the basic unit of each nation! Your wellness is a part of this. We bring you short articles on various aspects of your needs in order to prepare you for your new role of a gracious, poised lady of mid age! We also profile a dynamic lady of midyears who rose to lead the medical corps of the three services – Lt Gen Puneeta Arora. We salute to her and many others like her who have not let age stop them from serving the nation.. Our timeline of “first women of this country “ is very impressive. Do go through it and lets make a fresh start this independence day towards wellness and happiness

Happy reading!!

Dr Sonia Malik
Editor



Message From the President

Poise has covered a long distance since its inception. Credit must go to Dr. Sonia Malik for her untiring efforts that range from collecting articles, arranging funds and timely printing to distribution of each edition by proper channels.

A variety of articles with valuable discussion on issues keep one waiting eagerly for the next issue.

As President of IMS, I am proud of this unique publication which combs topics for classes and masses.

The Independence Day issue of Poise also highlights our efforts at IMS headquarters and team 2010 to liberate mature women from unpleasant symptoms of Menopause. We give them due attention by educating relatives, family members and society at large by imparting awareness and proper scientific knowledge of menopausal changes – one more step forward for meaningful management of menopause.

In the era of knowledge and technological evolution, Poise is doing wonders.

Dr Atul Munshi
President, IMS

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Executive Editor: Linda Brady Hawke
Copy Editor: Puja Rajkumari
Layout & Design: Atul Kumar

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Fax: 91-120-2427108
Email: linda@lbassociates.com
www.lbassociates.com

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Poise

A CENTURY OF 'WOMEN FIRST' - TIMELINE

The steady change in the position of women in India can be highlighted by looking at what has been achieved by women in the country:

- 1879:** John Elliot Drinkwater Bethune established the Bethune School in 1849, which developed into the Bethune College in 1879, thus becoming the first women's college in India.
- 1883:** Chandramukhi Basu and Kadambini Ganguly became the first female graduates of India.
- 1886:** Kadambini Ganguly and Anandi Gopal Joshi became the first women from India to be trained in Western medicine.
- 1905:** Suzanne RD Tata becomes the first Indian woman to drive a car.
- 1916:** The first women's university, SNDT Women's University, was founded on June 2, 1916 by the social reformer Dhondo Keshav Karve with just five students.
- 1917:** Annie Besant became the first female president of the Indian National Congress.
- 1919:** For her distinguished social service, Pandita Ramabai became the first Indian woman to be awarded the Kaiser-i-Hind by the British Raj.
- 1925:** Sarojini Naidu became the first Indian born female president of the Indian National Congress
- 1927:** The All India Women's Conference was founded.
- 1944:** Asima Chatterjee became the first Indian woman to be conferred the Doctorate of Science by an Indian university
- 1947:** On August 15, 1947, following independence, Sarojini Naidu became the governor of the United Provinces and in the process became India's first woman governor.
- 1951:** Prem Mathur of Deccan Airways becomes the first Indian women commercial pilot.
- 1953:** Vijaya Lakshmi Pandit became the first woman (and first Indian) president of the United Nations General Assembly
- 1959:** Anna Chandy became the first Indian woman judge of a High Court (Kerala High Court)
- 1963:** Sucheta Kriplani became the Chief Minister of Uttar Pradesh, the first woman to hold that position in any Indian state.
- 1966:** Captain Durga Banerjee became the first Indian woman pilot of the state airline, Indian Airlines.
- 1966:** Kamaladevi Chattopadhyay won the Ramon Magsaysay Award for community leadership.
- 1966:** Indira Gandhi became the first woman Prime Minister of India
- 1970:** Kamaljit Sandhu became the first Indian woman to win Gold in the Asian Games.
- 1972:** Kiran Bedi became the first female recruit to join the Indian Police Service.
- 1979:** Mother Teresa won the Nobel Peace Prize, becoming the first Indian female citizen to do so.
- 1984:** On May 23, Bachendri Pal became the first Indian woman to climb the Mount Everest.
- 1989:** Justice M. Fathima Beevi became the first woman judge of the Supreme Court of India.
- 1997:** Kalpana Chawla became the first India-born woman to go into space.
- 1992:** Priya Jhingan became the first lady cadet to join the Indian Army (later commissioned on March 6, 1993).
- 1994:** Harita Kaur Deol became the first Indian woman pilot in the Indian Air Force (IAF), on a solo flight.
- 2000:** Karnam Malleswari became the first Indian woman to win an Olympic medal (bronze medal in the 2000 Summer Olympics at Sydney).
- 2002:** Lakshmi Sahgal became the first Indian woman to run for the post of President of India.
- 2004:** Punita Arora became the first woman in the Indian Army to achieve the highest rank of Lieutenant General.
- 2007:** Pratibha Patil became the first woman President of India.
- 2009:** Meira Kumar became the first woman Speaker of Lok Sabha, the lower house in Indian Parliament.

Source: Wikipedia, Encyclopedia



Patriotism is your conviction that this country is superior to all other countries because you were born in it.

- George Bernard Shaw

LIEUTENANT GENERAL PUNITA ARORA

Lieutenant General Punita Arora is the first woman in India to don the second highest rank, Lieutenant General of Indian Armed Forces and the first Vice Admiral of the Indian Navy. A gynaecologist by training, the lady bowed out from service after giving the armed forces and their families the assisted reproduction centre at the R&R hospital, thus fulfilling the dream of many barren couples in the services!

She was born into a Punjabi family from Lahore. But her family moved to India during partition, when she was only twelve and settled in Saharanpur, Uttar Pradesh.

She studied in a Saharanpur school and joined Armed Forces Medical College, Pune in 1963 which was the second batch of the AFMC and she turned out to be the topper of that batch. Punita was commissioned in January 1968. She took the charge of commandant of Armed Forces Medical College in 2004 as the first woman officer to command the medical college. Before that She also coordinated Medical Research of the armed forces. She moved from the Army to the Navy, becoming Vice Admiral of the Indian Navy. She has been awarded 15 medals in her 36 year career in the Indian Armed Forces. She has been awarded the Vishisht Seva Medal for providing efficient and timely help to victims of the Kaluchak massacre in 2002, and the Sena Medal for providing Gynaecological Endoscopy and oncology facilities and pioneering In vitro fertilisation and assisted reproductive techniques for infertile and childless couples in military hospitals.

After retirement, Lt. Gen. Puneeta Arora still practices gynaecology actively at a private hospital in Gurgaon.

We salute to this great lady on the occasion of this Independence Day!

IT'S A WONDERFUL LIFE@40

"Where the vision is one year,
cultivate flowers

Where the vision is ten years,
cultivate trees

Where the vision is eternity,
cultivate people."

- Swami Parmahans

Do you think it's over for you just because you've hit the big 4-0? Learn how you can still enjoy the perks of youth by diligently paying heed to 4 basic spectra of wellness

By Dr Supriya Bali *

Most women fear that once they reach their 40th year, nothing is going to remain as pleasant—their health is gradually going to dip and their body is not going to be the same as their metabolism is slowing down. Although it is true that age can slow one down and yes, one can no longer indulge in sinful delicacies with reckless abandon and the aches and pains do increase considerably, it would be completely untrue to say that one cannot enjoy life after approaching 40. Biological age tends to become just a number if your mental makeup is to stay healthy, live longer and lead a purposeful life. If a woman post-40 is taking care of her nutritional requirements, is going for regular health checkups and is physically and mentally active, chances are she'll look as great as she did before and will be just as happy as she was when she was younger. The idea is to reinvent yourself in order to acclimatise yourself to the present scenario and to do the best that you can, given the bodily changes etc. that are taking place inside of you.

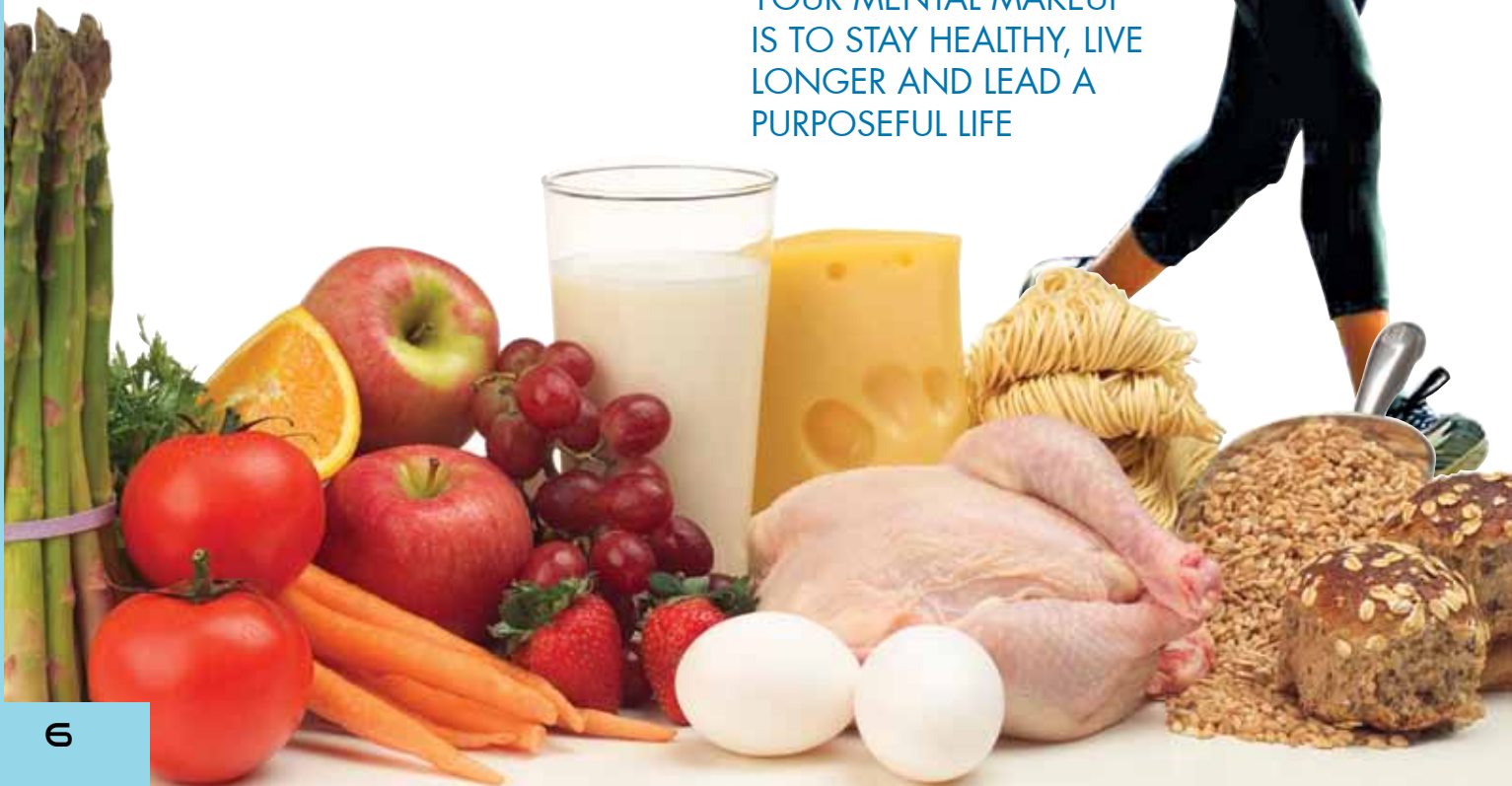
Studies demonstrate that exercising may lower the risk of breast cancer by 47 percent, osteoporosis by 45 percent and heart disease by 14 percent

Nutrition

Adequate nutrition is one of the best ways to take care of yourself. What you eat and how you eat it makes a big difference in the way you look and feel. Eat ample fruits and vegetables, drink plenty of water and maintain a healthy weight. A healthy diet will give you adequate energy to get through your busy day, bolster your mood and also keep you in shape.

As women are at greater risk of developing Osteoporosis (the condition of thinning of bones), sufficient intake of calcium is requisite to support their bone health. While dairy products are high in calcium, their animal fat

BIOLOGICAL AGE TENDS TO BECOME JUST A NUMBER IF YOUR MENTAL MAKEUP IS TO STAY HEALTHY, LIVE LONGER AND LEAD A PURPOSEFUL LIFE



and heightened protein content can accelerate bone loss. Alcohol and caffeine can also lead to Osteoporosis, so their use must be eliminated altogether or at least be limited. Bone density and other related tests are recommended at this age in order to detect symptoms of Osteoporosis.

An iron rich diet is also important as women lose a lot of this important mineral during menstruation.

Exercise

Being overweight makes a woman more susceptible to serious health conditions. Therefore, it is imperative to interject some moderate physical activities such as brisk walking and yoga into one's daily curriculum.

Medical Health

During the middle years, a number of physiological changes occur in a woman's body. Some can be modified, some can be controlled but none can be avoided altogether. The important thing is to realise which is which.

Menopause is another challenge which every woman has to handle. Above all, positive thinking can actually lead to a smooth menopause. Before reaching menopause, women begin to experience a year or two of irregular periods, fluctuations in body temperature and other unfamiliar and vague physical or emotional symptoms like hot flushes, mood swings, etc. A visit to your doctor upon the manifestation of these symptoms can take care of all these problems.

A periodic breast examination is strongly recommended even at a young age but after attaining the age of 40, a screening mammography is a must in order to expose any kind of lumps that may suggest breast cancer. Also, a routine pap smear examination should be conducted by your gynecologist to help in detecting early stages of cervical dysplasia or cancer.

Eye care is an essential aspect of healthcare at this age. Conditions like presbyopia (needing reading glasses) cataract, glaucoma, dry eye and others can set in after 40. All it takes is a visit to your doctor to ward off aggravation of these conditions.

Cardiac health is equally important at this age as hypertension and high cholesterols tend to surface after 40. Regular tests to determine diabetes, cholesterol, calcium, magnesium and vitamin D levels must also be carried out.

Mental Health

At this age, it becomes vital to manage stress, as it can predispose you to health problems. One can control stress



THE IDEA IS TO REINVENT YOURSELF IN ORDER TO ACCLIMATISE YOURSELF TO THE PRESENT SCENARIO AND TO DO THE BEST THAT YOU CAN, GIVEN THE BODILY CHANGES ETC. THAT ARE TAKING PLACE INSIDE OF YOU

through counselling, fitness programs or meditation. Discuss with your doctor the ways that you might be able to curb and eliminate stress.

Women who turn 40 today have a lot more going for them than those who arrived at that milestone a generation ago. Many still have young children at home, having started their families later than their mothers. Also, because so many of them work outside the home, they have a wide range of interests and activities in addition to their home lives to keep them mentally active and productive. Learn to continue or start doing what you enjoy the most, as this will go a long way in keeping you fit and happy, both physically and mentally.

Some opine that 40 is the new 30 for the women of today and that biological age is just a number. In many ways this is true. A woman is as old as she allows herself to feel. Smile, take pleasure in the little pleasant things life throws at you, give yourself due care and attention and enjoy each day as it comes.

* **Dr Supriya Bali**, Senior Consultant Internal Medicine, Max Healthcare

Tests Every 40-year Old Woman MUST Get Done Regularly

- Screening mammography
- Pap smear
- Bone density
- Eye tests
- Tests to detect hypertension, diabetes, cholesterol
- Tests to determine calcium, magnesium and vitamin D levels

CLOTHE WITH POISE

Women over 40 can look stylish and sexy even during the warm and casual summer season. Here's how

By Shilpi Shukla

God has given you your country as cradle, and humanity as mother; you cannot rightly love your brethren of the cradle if you love not the common mother.

- Giuseppe Mazzini

The older you get the more beautiful you turn and your wardrobe should play up that beauty. So, women over 40 - work that beauty and play it up!

A t-shirt with smart cotton capris is as casual as one can get in the summer. For events that require dressier attire, opt for an elegant chiffon top over a camisole, a boatneck tee, or even a button-down top tucked in-roll up the cuffs to just above the elbow for a fresh new look. Don't wear capri pants with socks and running shoes. If you want comfort, pair your capris with soft, flexible ballet flats or low slip-on sandals.

You may have looked 'hot' in a jean skirt in your teens, but you'll look like you've had one too many hot flashes if you wear one now. Short denim skirts are too rock 'n' roll for a girl over 40, while long denim skirts say 'dowdy farmer's wife'. Bet on a knee-length cotton skirt instead. If you want to wear shorter skirts, then leggings are a great way to cover them up. Though an honest advice here would be to prefer wearing skirts that are not up your knees for your knees show your age. You would certainly not want that.

Women, lighten up. Always wear a bit of white or another light shade close to your face. Soft colours -- pale pink, white, beige, ice blue -- bring light to the face. Don't think you can wear the same colours you did in your 20s. Experiment by trying on different colours when you go shopping. You'll know it when you see it instantly.

Wearing stripes can be a little tricky, but anyone can carry a striped handbag or wear a striped scarf or shoes. Wearing horizontal stripes can make you look wider. If you have a small top and narrow shoulder they look great. Vertical stripes can give you height and a slim appearance if you are short. Vertical stripes on a tall thin person can make them look taller. Assess your figure type before you choose something with stripes.

Go for bold, classic patterns in black and white: houndstooth checks, stripes, argyles. Vouch for unfussy chic, minimalist, functional designs and details. Zippers are far for teeny boppers. Invest in several fitted black turtlenecks! They are indispensable, flatter everyone and they always look great for day or night.

Don't go too casual in the warm weather.

- Don't dress too young. The worst thing you can do is to dress younger than you are. It makes you look older!

STAND-UP OR TURN-UP COLLARS ARE A GREAT WAY TO COVER YOUR WRINKLED NECK AND BRING FOCUS TO THE FACE. CANDACE BERGEN IN BOSTON LEGAL WILL SERVE AS A GOOD EXAMPLE



- Skip baggy clothes and look for pieces that give you shape.
- Nothing looks tackier than socks with sandals. Pantyhose with sandals are a close second. Get a good pedicure, throw on some self-tanner and do it right. It's summer—let loose.
- Tank tops with visible bra straps look edgy but not classy. This look is just too young for a mature woman, and if you wear it, you'll end up looking sloppy, not sexy. Instead try wearing a skinny-strap tank top with a razor-back bra, or layer your tank with a second tank top: a youthful, but more age-appropriate look.
- No miniskirts, regardless of how great your legs are. They reveal your age.

Accessories

Jewellery: Accessories go a long way toward making a summer outfit more formal. Keep it cool by limiting jewelry to one or two standout pieces: a silver cuff bracelet, a pair of chandelier earrings, or an elegant strand of pearls.



Footwear: Avoid flip-flops for dressy summer occasions.

A pair of gladiator sandals, wedge sandals, or peep-toe pumps make even the most casual sundress look sophisticated.

Handbag: Leave the oversized tote or hobo bag at home. Opt for a daintier clutch or wristlet for evening events. Choose a clutch in a fun summer colour like turquoise, kelly green, or coral and use it all season long.



Scarves: Ward off an evening chill by tossing on a silk or linen scarf. Look for pieces with delicate detailing, like glittery metallic threads or beaded fringe.



Also remember, your hair has to suit you and not the trend. Get a fresh cut if you think you do. Shorter hair gives more of a lift. But if you think, your long tresses add to your charisma, flaunt them.



YOUR HAIR HAS TO SUIT YOU AND NOT THE TREND. GET A FRESH CUT IF YOU THINK YOU DO. SHORTER HAIR GIVES MORE OF A LIFT

Beauty Fixes

Stand-up or turn-up collars are a great way to cover your wrinkled neck and bring focus to the face. Candace Bergen in *Boston Legal* will serve as a good example. Add light-feather jackets to will give you shape and hide your fat in the middle. Focus on shoulders and legs. They are the slowest to age. That doesn't mean wearing miniskirts, but you can bring attention to legs with a knee-length skirt and sexy shoes. Larger chested ladies should still to smaller prints and beware of bolder prints. With metallics, make sure they suit your skin tone; the last thing you want to look like is washed out. One shoulder dresses are a nightmare for bigger busted ladies as they need the support.

Some of these trends may be found in your closet already. The key to looking good is choosing the clothing in styles that are flattering on you, appropriate for your age and are right for the event you are attending.

FIGHTING HAIR FALL

Useful tips for women experiencing hair fall in their midlife

By Dr Shashi Bala*

Hair loss is a routine aspect of the hair growth cycle. We typically lose 50 to 150 scalp hairs every day. However, hair fall occurs at an abnormally high rate during menopause. During this period, most women experience very slow rate of hair re-growth. Also, the new hair is thinner and shorter in length. These two factors, in combination, may also lead to alopecia (complete baldness). Furthermore, hair fall leads to stress and depression, which can decidedly accelerate the pace of hair fall.

Besides menopause, there are several other causes behind hair fall at any given age. As per the Ayurvedic principle, Nidan Parivarjan, elimination of the cause of the condition is the first line of treatment. Hence, it is first essential to determine the underlying reason or reasons, as the case may be, behind the hair fall and then work towards rooting them out with the aid of home remedies, Ayurvedic herbal treatments, etc.

Hair Nourishment

- Relaxation, as well as exercises like pranayam, anulom and viloma can go a long way in ensuring hair health;
- Have one teaspoonful of white sesame seeds, along with luke warm water in the mornings. Do this on an empty stomach;
- Consume milk and milk products;
- Take one teaspoonful of aloe vera juice or pulp on an empty stomach every morning;
- Oats, soya products, sunflower seeds and walnuts are good for hair growth;
- Eggs, carrots, tomatoes, potatoes, asparagus and peanuts are also very effective in facilitating hair growth;
- Consume 1-2 drops of almond oil in milk every night;
- 1 bowl of khas-khas kheer in the night also helps fight hair fall problems;
- Mix amla, brahmi, shikakai, brinjal, heena together and soak in an iron utensil overnight. Apply the paste to your hair in the morning for two-three hours and rinse with clean water;
- After shampooing, soak a towel in hot water, squeeze it gently and cover your hair with it for a while. Before doing this, apply a few drops of almond oil on your scalp;

THE QUALITY OF HER HAIR IS A REFLECTION OF A WOMAN'S HEALTH. THE BODY GRADUALLY STOPS PRODUCING CERTAIN HORMONES DUE TO DYSFUNCTION OF OVARIES DURING MENOPAUSE. THEREFORE, MAINTAINING A SOUND DIET CAN GO A LONG WAY IN MAKING UP FOR THE LOSS



YOGA AND MEDITATION HELP IN ENHANCING YOUR MENTAL AND PHYSICAL HEALTH. REMEMBER—THE HEALTHIER YOUR SYSTEM, THE HEALTHIER YOUR HAIR WILL BE

- Wash your hair with one teaspoonful of besan mixed in a bowl of curd;
- Massage your scalp and hair with almond, coconut or brahmi oil. Aloe vera and madhuyashti (mulethi) paste are also excellent for the scalp;
- A concoction of lettuce and spinach juice spurs hair growth;
- Amalgamate one spoonful of castor oil and one spoonful of glycerin. Apply it on the scalp and hair. Wash it after some time. Then, proceed to a little vinegar in warm water and rinse your hair with this solution. This will add bounce to dull and lifeless hair;
- Take two spoonfuls of mehendi, an egg, juice of half a lemon and one table spoon of instant coffee powder. Mix it together and apply on the hair. Wash it after 45 minutes;
- Egg white and curd are good hair conditioners when employed independently as well. Also, application of castor oil will add gloss to your hair;

WHAT NOT TO DO

Things that you might be doing wrong

- Avoid washing your hair with hot water;
- Daily washing of hair is inadvisable and should be kept limited to a frequency of 2-3 times a week, as over-washing dries out the hair, making it brittle and shineless;
- Do not apply shampoo directly to the roots. Instead, one should start shampooing from the nape;
- Avoid using the hair dryer everyday. Allow your hair to dry naturally as much as possible.

- Applying paste of urad dal to hair is also very beneficial;
- A special ayurvedic preparation made from the combination of bhringraj, amla, corals and black sesame can encourage hair growth.

Hair Fall and Panchkarma

Panchkarma plays a vital role in abating hair fall by strengthening the hair root. Shiroabhyang, Shirodhara and Nasya Karma are the main procedures that help in curbing hair fall. Shiroabhyang (head massage) facilitates improved blood circulation in the scalp. Shirodhara entails pouring of a liquid medicine on the forehead in one stream in order to strengthen the hair roots and bolster the growth of hair follicles. The medicine used in Shirodhara depends upon the constitution of the person, the underlying causes of the disease, and the season. Depending upon these factors, one of the following may be chosen: Brahmi tail; Neelibhringadi tail;



Ksheerbala tail; Madhuyashti Kwath with milk; Takra (butter milk); Triphala Kwath etc.

Nasya (nasal inhalation) with Dashmool kwath, followed by nasal drops (almond oil, anu tail) also assists in reducing hair fall considerably. However, therapies, although extremely helpful, should be carried out under the supervision of a trained physician.

The quality of her hair is a reflection of a woman's health. The body gradually stops producing certain hormones due to dysfunction of ovaries during menopause. Therefore, maintaining a sound diet can go a long way in making up for the loss. Your everyday diet should be rich in fruits, green leafy vegetables, soy, whole grains, beans, green peas, beetroot, lentils, etc. Drink at least 1-2 litres of lukewarm water on a daily basis to enhance the function of your genito-urinary tract. Reduce your coffee intake, as well as, your consumption of spices and sugar. Increase the amount of garlic you use in your food. Yoga and meditation help in enhancing your mental and physical health. Remember—the healthier your system, the healthier your hair will be.

* **Dr Shashi Bala**, Senior Consultant, Moolchand Ayurveda Hospital, New Delhi

SEXUAL HEALTH IN MENOPAUSE



By Dr Roza Olyai and Dr Shilpa Thaker

Women are commonly considered to be over the hill by midlife!

Menopause; What is it?

Menopause is the ending of a woman's monthly menstrual period around midlife. It signals the end of the fertile period in her life. Menopause is a normal part of life – it is a milestone, just like puberty – it is not a disease or a condition. Even though it is the time of the woman's last period symptoms may begin many years earlier. Some women may experience symptoms for months or years afterwards.

Menopause usually occurs between 45 to 55 years of age. But there could be slight variation. If a woman stops menstruating at age 40, or continues to menstruate beyond age 55, then she needs to be investigated.

Ovaries are the body's main procedures of female sex hormones-estrogen and progesterone. Ovaries stop functioning gradually and the hormones levels drop

dramatically. This phase begins about 5 to 10 years before the final Menstrual period, and is called Perimenopause.

Attitudes towards Sex after Menopause

Sex during and after menopause has always been an issue of great debate and every woman feels a different way about it. Some women don't think about sex as much as they used to before menopause. Others want to have sex, but just aren't enjoying it enough to make it worth the effort. In our society men continue to be seen as potential sex partners until an advanced age, but women are commonly considered to be over the hill by midlife!

Many a time a woman asks the question – can I have sex after menopause? Answer is yes. Sex need not suffer with the onset to menopause. Sex

after menopause can be as fulfilling, satisfying, exciting, adventurous and pleasurable as your first sex. It can be as beautiful as it was in the early years.

Menopause could Affect your Sex Life Adversely

During menopause ovaries gradually stop functioning and so there is a fall in male and female hormones which can lead to changes in a woman's sexual drive and functioning.

Each of the hormones has a specific role in sexual desire. Estrogen helps you to feel high sensitivity during sexual relations. Progesterone keeps your libido up and testosterone – a male sex hormone – boosts sexual desire.

There are other symptoms that come along with menopause that often cause you to avoid sex. These are as follow:

- **Vaginal dryness:** Decrease in level of estrogen decreases blood flow towards the vagina resulting in thinning of vaginal walls and less lubrication during sex. Thus intercourse becomes uncomfortable, painful and sometimes can cause spotting or bleeding.
- **Night sweats & hot flushes:** At night there may be intolerable heat often



A WOMAN'S FERTILITY
DECLINES AFTER 35
YEARS. THIS IS THE
PERIOD DURING
WHICH A WOMAN
PASSES FROM THE
REPRODUCTIVE TO THE
NON-REPRODUCTIVE
PHASES OF HER LIFE

accompanied by profuse sweating. These can interfere with relaxation and romance.

- **Irregular period:** Irregular period, longer or shorter in duration or scantier can make the timing of spontaneous love-making difficult.
- **Mood swings and depression:** Constant mood swings can make it difficult to plan sex in advance or get into sex while it is happening. You may feel up to sex one minute but may be completely against it the next. Depression, feeling of guilt, unhappiness and frustration can really cause loss of sexual desire.
- **Fatigue:** Night sweat, hot flushes and insomnia may leave one feeling very tired. When you are tired, the last thing you probably want to do is to have sex.
- **Self Image:** You may feel uncomfortable with the way your body has changed. For instance, weight gain, and changes in your breast and skin during menopause. These all can affect the way you feel about your sexuality.
- **Urinary incontinence:** This can occasionally occur during love making.



Menopause does not Lower Sex in all Women

Some women have decreased anxiety associated with fear of pregnancy. Some often have fewer child rearing responsibilities, allowing them to relax and enjoy intimacy with their partners. Here are a few strategies for coping:

- **Increase intimacy with your partner:** Increasing intimacy does not require having intercourse. Enjoy your time together. You can take long romantic walks, have affection and express it in various ways. Educate yourself about your anatomy, sexual function, and normal changes associated with aging. Enhance stimulation through reading erotic books, magazine or changing sexual routines. Increase relaxation and eliminate anxiety practice non-coital behavior such as sexual massage etc.
- **Learn to enjoy menopause:** You can in fact have a better sex life after menopause. Keep your sex activity regular and spend more time during foreplay to arouse your sex

DURING MENOPAUSE OVARIES GRADUALLY STOP FUNCTIONING AND SO THERE IS A FALL IN MALE AND FEMALE HORMONES WHICH CAN LEAD TO CHANGES IN A WOMAN'S SEXUAL DRIVE AND FUNCTIONING

desire which further helps in lubricating the vagina. Try various positions that cause less pain and more pleasure.

- **Vaginal lubricants:** Vaginal dryness is the common reason for pain during the sexual act and thus causes loss of desire. Use lubricants like K-Y jelly during sex which can make intercourse less painful and more enjoyable. You can also use estrogen hormone cream which increases vaginal blood flow and thus increases sensitivity during sex activity but this should be used under guidance of your family doctor or gynecologist.
- **Hormone Replacement Therapy:** It helps boost your libido. It is viewed as the most successful menopause treatment. It has to be taken under supervision of gynecologist only.

An Important Note about Family Planning

A Woman's fertility declines after 35 years. This is the period during which a woman passes from the reproductive to the non-reproductive phases of her life. Pregnancy at this age is associated with risk to mother and baby and so contraceptives are needed to avoid unplanned pregnancies. HRT is not a contraceptive as the dose of hormones in that one is low; so you have to use a separate contraceptive method. You have various choices of contraceptive depending upon your requirement. Your doctor would be the best guide for you by way of suggesting contraceptives at this age.

Protection against Sexually Transmitted Diseases (STD)

Remember that your risk of contracting STD does not go down with age or with change in your reproductive system. If you are sexually active, you are at risk of contracting STD at any point in your life. If left untreated, some STDs can lead to serious illness such as AIDS.

To protect yourself from STDs use a latex condom, limit your number of sexual partners and practice monogamy. Get checked for STDs, know signs and symptoms of STDs and learn more about STDs so that you can protect yourself in a better way.

Remember to travel through the journey of Menopause with the motto: Fit at Fifty & Strong at Sixty!

* **Dr. Roza Olyai** is Director Olyai Hospital, Hospital Road, MP; and, Founder Secretary IMS Gwalior Chapter Coordinator Club 35 Plus Gwalior, Phone: (0751)2320616; websites: <http://adolescenthealthindia.org>; www.youtube.com/watch?v=Nsr0H0ri120; and, www.fogsi.org/news_letter.html

* **Dr. Shilpa Thaker** is Treasurer IMS Rajkot Chapter

YOUNG WITH YOGA



Many women have sailed through menopause with the yoga glow. Practise these yogic postures to retain your youthful radiance.



Yoga practise balances your hormones and boosts the flow of oxygen-rich blood to your skin. This naturally keeps your skin resilient and prevents dryness as well as excessive sagging. Yoga tones the muscles of your face and neck also. Regular yoga can ensure that your skin condition doesn't change a lot as you age. Committed to a daily practice of deep breathing and a variety of yogic postures, some women have even experienced the disappearance of the varicose veins that they developed in their late 30s.

Seven types of processes of Pranayam (breathing techniques) render apparent benefits in terms of increased oxygenation of blood and increased blood circulation. These processes are mentioned in different texts as Bhatstrika, Kapalbhati, Bahya (with tribandh), Anulom-Vilom, Udgeet, Brahmari and Pranav. Besides, Shirsasan, Dhanurasan and Salabhasan are some of the asanas that can help in maintaining the youthful glow of your face. Try out the following techniques -

Bhastrika Pranayam

Sit in any comfortable posture and inhale till diaphragm is full and exhale with full force. This pranayam should be exercised for three to five minutes.

Kapalbhati Pranayam

Kapal means brain and Bhati means light, brightness, shine, glow etc. This pranayam which brings glow, light, shine on the forehead is called Kapalbhati. In this pranayam, focus is on exhaling with full force, we do not try to inhale as air enters automatically. The person should exhale with full concentration. The stomach contracts and expands automatically and force is on Mooladhar, Swadhistha and Manipur chakra. This pranayam should be practised for minimum five minutes. This pranayam is claimed to be one of the best detoxification exercises. With every forced expiration, the body ejects congestants as well as other toxins thereby adding to facial glow.

Anulom-Vilom Pranayam

1. Press right nostril with right thumb and breathe in completely from the left nostril.
2. Now close your left nostril with middle and right finger and exhale from the right nostril.
3. Inhale from the right nostril and exhale from the left one.

Ida or left nostril indicates moon, moon power or calmness. Therefore, this pranayam should be started from your left nostril for Nadi Shodhan. This rhythmic breathing should be repeated initially starting for two minutes. Gradually practise this pranayam from 5 to 25 minutes. Practise daily. This Pranayam purifies 72, 72, 10, 210 nerves. When the nerves get purified the body becomes strong, healthy and bright. It overcomes negative thinking and increased positive thoughts. It gives happiness, enthusiasm and courage by purifying mind, body, thoughts and values.

Face Massage

1. Sit on the floor with a tall spine with your eyes closed, and rub your hands together vigorously to warm them. Place all your fingertips on your eyebrows with your middle fingers close to each other. Firmly press along your brows, moving your right hand to the right and your left hand to the left, until you reach your temples. Repeat this several times, each time moving up a quarter-inch until you reach your hairline. Imagine you are smoothing out your worry lines.
2. Place your fingertips on the bridge of your nose and swipe downward along your cheekbones, as if you are wiping away tears. Repeat.
3. Press your fingertips into your temples and make small circles.
4. Open your mouth. Press the heels of your hands into your jaw (near your ear lobes), and make more small circles.
5. Use your fingertips to press your chin up toward your cheeks, as if you were moulding your skin into a smile.
6. Repeat steps 1 to 5, this time using a gentler, lighter touch and adding a circular motion to all the steps. Your entire massage should last at least 10 minutes.



Half Shoulder Stand (Ardha Sarvangasana)

1. Lie on your back and lift your legs up into air.
2. Place your hands on your lower back for support, resting your elbows and lower arms on the ground.
3. Make sure your weight is on your shoulders and mid to upper back – not your neck.
4. Breathe deeply and hold for at the posture for at least 5-10 breaths, increasing the hold over time.
5. To come down, slowly lower your legs, keeping them very straight – a little workout for your abdominal muscles.

Lion Pose (Singhasana)

1. Kneel on the floor and then sit down on your heels, or sit on the edge of a chair. Rest your hands on your knees with your fingers spread apart. Imagine that you are a regal lion, fierce and powerful. Take a deep breath in through your nose as you lengthen your spine.
2. Lean forward slightly as you exhale through your mouth, extending your tongue out as far as you can, opening your eyes and mouth wide, and roaring "Aaah!" At the same time, lift your hands off your knees and spread your fingers wide, pretending they are claws.
3. When you have exhaled completely, sit back, return your hands to your knees, and relax. Take two full, deep breaths. And then take another deep breath in through your nose as you lengthen your spine.
4. Repeat steps 2 to 3 three more times. When you're done, sit for a moment and notice how you feel.

7 TIPS TO IMPROVE MEMORY

Simple steps to sharpen your wits



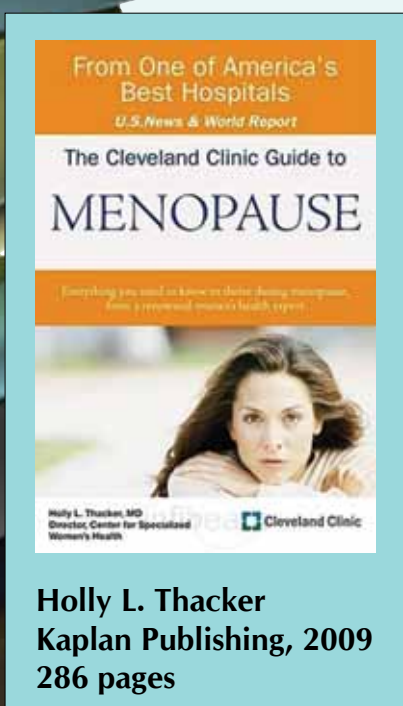
By Dr Sushma Chawla*

- 1 Pay Attention** – You can't truly learn something and imprint it upon your memory if you are not paying attention. It takes several seconds for the brain to process new information and store it in the appropriate memory location. When you are learning something new that you want to remember, try not to be surrounded by distractions that will interfere with this process.
- 2 The Power of Five** – How often have you had an old memory revived by a certain smell? Our brain makes associations using all five of our senses and these help to retain and retrieve information at a later date. Use this quality to your advantage by involving more than one sense when you try to learn something new.
- 3 Practice, Practice, Practice** – The old adage 'practice makes perfect' stands true. The more often we go over something in our mind, the deeper that information will be implanted in our memories. Go over what you want to remember periodically—relive the memory in your mind. Each time you do so, the memory will sink deeper into your subconscious.
- 4 Go with your Personal Learning Style** – Some people are highly visual and will remember what they see. Others remember what they hear more distinctly. Figure out which learning style is most effective for you and employ it.
- 5 Change your Routine** – If you normally take one route to get to the office, take a different one sometimes. We can become so stuck in the repetitive grind of routine that our mind doesn't really register our surroundings anymore. When you go somewhere out of the ordinary, your mind perks up and pays more attention to what is going on.
- 6 Play Games** – It doesn't have to be specific memory games—any games are good for our brains. From Scrabble to Monopoly, your brain will love you for giving it something new to do. Fun activities are great for memory boosting because you are learning while being in a relaxed frame of mind, making it easier for your subconscious to absorb information.
- 7 Get Physical** – Play physical games – badminton, squash, swimming – it doesn't matter. As your age advances, you can do other activities while still sitting down, such as gardening, cooking, knitting, etc – anything that will keep your brain engaged.

Doing some or all of the activities above will make you less dependant on others and will give you a sense of achievement at the same time.

* Dr Sushma Chawla, Founder President Hope Ek ASHA (Caring for patients of Alzheimer's Disease) D 52, Greater Kailash Enclave II New Delhi-110048, 9810130635

Book Review

THE CLEVELAND CLINIC GUIDE TO
MENOPAUSE

The book, 'The Cleveland Clinic Guide to Menopause' is a perfect guide for women around the time of menopause with factual information about health and clinical examples. There are discussions on some extremely important issues like how our bodies work, how the ovary functions and also about the basic reproductive anatomy. But as it is written for commercial venture, it is bound not to be a scientific manuscript. Dr. Thacker presents her own opinions that interpret her research on medical science in a familiar way. Her unique and convincing narrative technique makes a reader accept and apply the shared information based on her comfort level with the author's experience and expertise. A glossary of terms provides a basis for understanding for common readers.

In this book the author explains the transition from the reproductive stage of life through the menopause in an engaging and understandable way for which readers can relate themselves with it. 'The Cleveland Clinic Guide to Menopause' is not an ordinary book that discusses menopause and limited within the decision to use hormones or not. It discusses personal responsibility for a healthy lifestyle such as not smoking, eating sensibly, and exercising regularly. This book shows the reader how to achieve good health and provides many easily accessible healthcare tips.

The author, as an experienced doctor, knows very well how to make readers believe that menopause is not a disease; but she is very keen to make them aware that around the time of menopause women are at high risk of developing many chronic diseases. The diseases that become very common during this period and beyond include heart disease, diabetes, hypertension, and other common causes of high medical costs, illness and death. She advises that there is no better way to achieve a healthier life than controlling menopause symptoms through safe, effective treatments that balance short-term results with long-term health, understanding the myths and facts about hormone therapy, and sort through inaccurate and conflicting information and sleeping better, boosting energy as well as gaining an active sex life. This book provides solid information to help readers handle menopause more effectively. It is an extremely valuable book in that it offers advice that helps women improve vitality, longevity and quality of life.

“HAPPINESS”

AN ETERNAL BLESSING

"The mother's love is not given to us to spoil us with indulgence, but to soften our hearts, that we may in turn soften others with kindness."

-Yogananda, Swami paramhansa



By **Dr Seema Kanetkar**
M D (Obstetrics and Gynecology)

"Don't worry, be happy" — popular saying.

"And the prince and the princess lived happily ever after" — say the fairy tales.

"I only want your happiness"— croons the lover.

"Happiness is buying the latest must-have" — shout the advertisements.

So what is happiness after all?

Happiness is indeed a state of mind or a feeling.

Is it same as pleasure, contentment, bliss or felicity? We would definitely agree that all these words are synonyms in dictionary but they indicate different feelings and emotions. The possession or attainment of what one considers good like the feeling of visiting one's family and the feeling after experiencing the achievements of one's children, spouse or oneself are really different.

Bliss is a supreme delight, the bliss of perfect companionship. It's the highest degree of happiness.

Contentment is a peaceful kind of happiness signifying satisfaction in which one rests without desires, even though every wish may not have been gratified— like contentment after retirement. Felicity is a formal word for happiness of an especially fortunate or intense kind—like to wish a young couple felicity in life. Pleasure, enjoyment, delight, joy refer to the feeling of being pleased and happy.

Pleasure is a general term which can be derived in beautiful scenery or with tasty mouthwatering lunch and dessert. Enjoyment is a quiet sense of well-being and satisfaction; for example, one can enjoy sitting in the shade on a warm day, or a hot coffee with an old close friend. Delight is a high degree of pleasure, usually leading to active expression of it. One can be delighted at receiving a hoped-for award or recognition. Joy is a feeling of delight so deep and so lasting that one radiates happiness and expresses it spontaneously, like the joy on hearing unexpected good news. It's distinctly different from 'Pleasure'. Pleasure is few steps below the 'happiness'.

The housewife strives for a clean and orderly house and well-brought up children so she can be happy with herself. The husband aims to make more money so he can be happy.

WE SHOULD ALLOT ONE HOUR A DAY FOR AN ACTIVITY FROM WHICH WE DERIVE HAPPINESS IN SPITE OF OUR BUSY SCHEDULE. THIS COULD BE PAINTING, READING, SINGING, PLAYING ANY MUSICAL INSTRUMENT, WATCHING TV, LISTENING TO MUSIC, WRITING ETC.



We chase money, health, growth, fame, power, property and relationships, not for their own sake but for the satisfaction they promise to give to our own people. If nothing else, we fear for the future. What if something was to happen to our loved ones or to us? The quest for happiness has taken mankind on many strange journeys. Many have arrived at destinations never imagined or sought. We lose our way frequently and end up with regrets and sorrow. Is there a sure way to find happiness?

Here are few steps which one can follow in order to pursue happiness.

Step I: Prioritise Happiness

We should allot one hour a day for an activity from which we derive happiness in spite of our busy schedule. This could be painting, reading, singing, playing any musical instrument, watching TV, listening to music, writing etc.



Step II: Know Thyself

Identification of likes and dislikes of oneself and trying to maximise the available time in the best possible manner is also an art. If one stops cribbing about lack of time then the desired utilisation of quality time is really not possible. One should adjust his/her schedule accordingly.

Step III: Be Inquisitive

One should be curious and inquisitive about anything and everything and should always try to find out the basics and derive joy out of the same.

Step IV: Enjoy Small Little Things

We can start deriving happiness from everything which we do right from the sunrise. We can enjoy a nice sunrise, a melodious music, a brisk walk and a thorough reading of morning newspaper with a hot cup of coffee. This can be followed by one's daily routine. A blooming flower arrangement in one's cabin can pass the wave of happiness along with its fragrance.

Step V: Stop Comparison and Jealousy

In this world of mad rat race one should avoid comparison as it would lead to unhappiness. One should treat him or her as a unique individual.

Step VI: Help Others

One can help others either financially or manually or in any other manner. We derive great satisfaction at the end of the



APART FROM BENEFITTING US IN OUR PHYSICAL HEALTH EXERCISE IS ALSO A WELL-KNOWN BENEFICIAL FACTOR FOR OUR MENTAL HEALTH. EXERCISE IN ANY FORM RELEASES CERTAIN NEUROCHEMICALS IN OUR BRAIN WHICH IN TURN GIVE US A FEEL-GOOD EFFECT

day and feel happy about the fact that we were able to help somebody in need.

Step VII: Exercise

Include an exercise regime in daily routine whatever may be the age. Apart from benefitting us in our physical health it is also a well-known beneficial factor for our mental health. Exercise in any form releases certain neurochemicals in our brain which in turn give us a feel-good effect. A happy individual is normally physically healthy too as many diseases are stress related.

Step VIII: Own a Pet

One can derive extreme happiness in company of a pet. A pet showers an unconditional love and affection towards the owner and hence it's really rewarding.

Step IX: Dietary Habits

Consumption of certain food materials have proved to enhance ones happiness by releasing the feel good neurochemicals in the brain. They are chocolates, Basmati rice, Oats, adequate quantities of proteins and sugars, vitamins and minerals. They are responsible for maintaining the levels of feel-good chemicals in our brain.

Step X: Positive Thinking

If one thinks that everything here is dull and boring and full of corruption the life becomes miserable as we find a fishy smell in anything. But if one looks at the silver lining in the sky then life becomes easier, melodious and full of pleasure and happiness.

Our life is precious and we have to make most of it. Hence be Happy, always!

CHAPTER NEWS

JAMMU CHAPTER

An interesting initiative of announcing a Drug Information OPD has been taken by Drug Information Center, PG Department of Pharmacology and Therapeutics, GMC Jammu. This new service will provide free guidance to the people to lead a healthy life for free which include educating people to recognise diseases, giving them an account of the disease and reasons for prescribing. The service will provide an objective of drug to treat disease or symptoms and also assist and direct them as per their problem, such as how to reach to the proper doctor, how and when to take the medicine, when benefits are expected to occur, right

doses of medicine, effect on routine working and driving of vehicles etc. People will also be guided on any interruption with food, drugs, alcohol, smoking etc and compliance will be motivated, ensured and evaluated by this OPD. Prevention from anxiety or inappropriate health beliefs will be a core concern of this service. Department and Govt. Medical College, Jammu is committed to help the people within shortest possible time and open for queries all the day except holidays, where any person from the community can freely come, they can email to drvishaltandon@yahoo.com or drzgilani@rediffmail.com or call at 9419195126, 9419134585 for their required guidance.

SURAT CHAPTER

Club 35 plus released a Gujarati magazine 'Sarthakya' by Kajal Ojha Vaidya on Saturday 3rd April 2010, which is a wonderful initiative by Surat Chapter and expected to be very helpful for the local women. The main focus of the magazine will be helping the local people with proper guidance about their health related issues in their own language and to reach more & more needy mature woman to solve their problems in a better way. The function was followed by a musical program by Dr. Praful Doshi, Dr. Nirav Shah and Anita Pandit.



CLUB 35 PLUS MEET AT GURGAON

Club 35 plus meet of Gurgaon Chapter was held at South city club on 23rd of June 2010. It was attended by over 50 members despite the fact that it was a holiday and was extremely hot. Guest speakers, Dr Narender Malhotra & Dr Jaideep Malhotra covered the topic 'All about Breast - Self Examination, Problems & Management.' Dr Malhotra also apprised the members about aims & objectives of the Club 35 Plus.



JALANDHAR CHAPTER

Indian Menopause Society, Jalandhar Chapter inaugurated Club-35 plus on 19th July 2010. All doctors & non doctors participated in the event where Dr. Jaideep Malhotra was the chief guest & inaugurated the club. Dr. Maninder Ahuja elaborated on 'Life Style Modification'. An important lecture was delivered by Psychologist Mrs. Pallavi Khanna on 'Midlife Mood Swings' and 'Poise' was distributed among all present there. A Free Bone Density camp was also organised with it. The enthusiasm of participants who wanted to become regular members of Club-35 Plus was a remarkable factor in the event.



क्लब-35 प्लस करेगा महिलाओं को जागरूक

जालंधर। महिलाओं को फिटनेस के मामले में जागरूक करने के लिए जालंधर में क्लब-35 प्लस खोला गया है। जिसका उद्घाटन डॉ. सुषमा चावला ने किया। इस मौके पर अग्रण से अर्पंड डॉ. जयदीप मल्होत्रा ने क्लब के बारे में जानकारी दी। डॉ. मनिंदर अहुजा ने स्टे यंग एंड हेल्थी और पस्लवी खन्ना ने 'मूड स्विंग इन मिडलएज के बारे में बताया। मीटिंग में 65 डॉक्टरों व अन्य महिलाओं ने भाग लिया। इस मौके पर महिलाओं का मुफ्त बोन डैन्सिटी चेकअप, वजन और ब्लड प्रेशर चेकअप करने के लिए उनको हेल्थ कार्ड बंटि गए। इस हेल्थ कार्ड के तहत हर माह निर्धारित दिन मैबर महिलाओं को मुफ्त जांच की जाएगी। इस क्लब का सदस्य बनने के लिए महिलाओं को मैबरशिप फीस देनी होगी।

ALLAHABAD CHAPTER

The Club 35 Plus, Allahabad Chapter organised a lecture of Dr. Vandana Bansal on Osteoporosis (Prevention, Management and Treatment) for the members on 19th June 2010. Especial highlight was given on exercise and tips were discussed to keep fit after 35 plus. This was followed by a free health check-up camp for Osteoporosis on 20th June in which Bone Mineral Density Scan and consultation with an Orthopaedic surgeon was done free for Club 35 Plus members.



SLIMTONE: STAY AWAY FROM OBESITY!

The International Obesity Taskforce estimates that nearly 1.7 billion people in the world are at risk of weight-related diseases. The current mortality rates due to high body mass index (BMI) is more than 2.5 million per year and it is expected to double by the year 2030. BMI is the most researched measure of generalised obesity with normal BMI being 18.0-22.9 kg/m²; Overweight 23.0-24.9 kg/m² and Obesity is more than 25 kg/m². Along with BMI, Waist Circumference (WC) should be used as a measure of abdominal obesity. WC cut-offs for Asians are as follow:

- Any person with WC above 78 cm for men and 72 cm for women should avoid gaining weight and maintain physical activity to avoid acquiring any of the cardiovascular risk factor.
- WC above 90 cm for men and 80 cm for women should seek medical help so that obesity-related risk factors could be investigated and managed.

A combined intervention consisting of a low-calorie diet, increased physical activity and behaviour therapy is the most effective therapy for weight loss and maintenance. People need treatment and focus on altering or sustaining lifestyle behaviours to produce further weight loss, maintaining the desired weight and ultimately, avoiding additional weight gain.

Unfortunately, drug treatment of obesity despite short-term benefits, is often associated with rebound weight gain after the cessation of drug use, side effects and the potential for drug abuse. Pharmacologic options include Sibutramine, Orlistat, Phentermine, Diethylpropion, and Fluoxetine or Bupropion. Phentermine and Diethylpropion have potential for abuse and are only approved for short-term use. Approved medications for long term use in the treatment of obesity are Sibutramine and Orlistat; however, these agents should be used with caution in patients with a history of cardiovascular disorders. The general public uses many other methods for weight loss and unsubstantiated preparations including herbs, vitamins, nutritional supplements and meal replacement preparations.

There is clearly a significant unmet medical need for safe and effective weight-reducing therapies to prevent the debilitating metabolic diseases and mortality that are associated with increasing adiposity.

One of the safe options available across USA, France, Hungary and Australia, and recently launched in India is Caralluma Fimbriata, listed as a vegetable in

'The Wealth of India,' the Indian Health Ministry's comprehensive compilation on medicinal plants. Key phytochemical ingredients include pregnane glycosides flavone glycosides, megastigmane glycosides, bitter principles, saponins and various flavonoids.

Evidence of the efficacy of Caralluma Fimbriata comes from randomised clinical trials. The first clinical trial conducted at St. John's, Bangalore showed reduction on all the parameters of BMI, body fat & WC. In addition, subjects showed a reduction of 19.7 percent of hunger levels proving that Caralluma Fimbriata works by appetite suppressant action. Waist Circumference, a measure of abdominal obesity reduced by 3 cm; however, mid arm circumference which is a measure of muscle and fat remained unchanged.

Subjects on control also reported 7.2 percent increase of energy caused by the blocking of the enzyme citrate lyase forcing the body to burn its own reserves and increase energy. In another study was conducted in Los Angeles with twenty six patients where nineteen were on the active compound and 7 were on placebo. While there was almost no weight loss observed in patients on placebo, out of those on the active compound out of those eighteen, fifteen patients (83.33%) lost weight. Eleven patients (61.11%) lost about six pounds. The highest loss was nine pounds. Four patients lost one to two pounds and two patients maintained at their starting weight.

It is significant that patients with a higher BMI lost more weight. Thirteen out of eighteen patients (72.22%) reduced their waist by 0.5 inches to 3 inches. Five (27.77%) felt an increase in energy while on the active substance. Use of Caralluma Fimbriata is associated with an energetic feeling, as it burns fat apart from reducing appetite.

These two clinical trials and safety data from six safety studies gave Caralluma Fimbriata 'USFDA Generally Regarded as Safe (GRAS)' status and Australian government's TGA approval. Numerous other studies in fat reduction, effect on cellulitis and an ongoing study in Australia clearly show the success and the interest of Gencor pacific. Caralluma Fimbriata is protected by patents in the USA and India. Obesity, a scourge of the modern era needs an improvised therapeutic armamentarium and the addition of Caralluma Fimbriata will give new hope in the fight against the lifestyle disease.

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1. www.slimaluma.com



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Phone : +91-79-268 68 100 (20 Lines) Fax : +91-79-268 68 149 www.zyduscadila.com