TIPS FOR A COOL SUMMER

1. Stay hydrated by drinking plenty of water throughout the day.
2. Use sunscreen with a high SPF and reapply periodically.
3. Avoid strenuous activities during the heat of the day.
4. Seek shade and air conditioning when possible.
5. Wear loose, lightweight clothing.
7. Keep cool by taking cool showers or baths.
8. Stay alert for signs of heat exhaustion or heat stroke.

Doctor's Talk

Dr. Janakan

World Kidney Day

Geriatric Kidney Health

Geriatric Kidney Health

Common symptoms:
- Fatigue
- Poor appetite
- Weight loss
- Persistent thirst
- Frequent urination
- Edema of the legs or hands

Ensure the safety of your kidneys:
- Consult your doctor regularly.
- Avoid excess alcohol.
- Maintain a healthy weight.
- Manage diabetes and high blood pressure.

How much do you know about your kidneys?

1. The functional unit of the kidney is called the:
   a) Nephron
   b) Urinary bladder
   c) Kidney glomerulus

2. Which injury or disease can damage the kidneys?
   a) Diabetes
   b) High blood pressure
   c) Both a) and b)

3. What is a major cause of kidney damage?
   a) Obesity
   b) Smoking
   c) Both a) and b)

4. How can you prevent kidney damage?
   a) Regular exercise
   b) Adequate hydration
   c) Both a) and b)

5. Which food is recommended to support kidney health?
   a) Red meat
   b) Leafy greens
   c) High-sodium foods

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Newsletter
Quarterly Issue
March 2016

Act early to prevent from kidney disease
World Kidney Day – 12th March 2016

From the CEO’s Desk

Dear Reader,

We hope this newsletter finds you in good health. Our team at Health Above is committed to providing the latest health news and tips to help you maintain a healthy lifestyle.

TIPS FOR A COOL SUMMER

Summer can be a fun time for most people, but it can also be challenging for those with certain health conditions. Here are some tips to help you stay cool and healthy this summer:

1. Stay hydrated: Drink plenty of water throughout the day, especially if you’re exercising or spending time outdoors.
2. Use sunscreen: Apply sunscreen with at least SPF 30 and reapply it every two hours or after swimming or sweating.
3. Avoid strenuous activities during the heat of the day: Plan your activities for the early morning or evening when it’s cooler.
4. Seek shade and air conditioning: When possible, seek shade or use air conditioning to cool down.
5. Wear light, loose clothing: Wear lightweight, loose clothing to help you stay cool.
6. Eat light meals: Eat smaller, lighter meals to avoid overheating.
7. Take cool showers or baths: Take cool showers or baths to help lower your body temperature.
8. Stay alert for signs of heat exhaustion or heat stroke: Be aware of the signs of heat exhaustion or heat stroke and seek medical attention if you or someone else experiences them.

We hope you find these tips helpful. Stay safe and healthy this summer!

Our Services

- Personalised nutrition plans
- Exercise programmes
- Stress management
- Mental health support

Dr. Janakan, our lead doctor, will be sharing more insights on kidney health and how to manage it effectively. Stay tuned for his next article!

World Kidney Day

This year, World Kidney Day is celebrated on 12th March. It’s a day to raise awareness about the importance of kidney health and to encourage early detection and prevention.

Geriatric Kidney Health

As we age, our kidneys may not function as well as they did in our younger years. This can lead to a range of health problems, including kidney disease.

Common symptoms of kidney disease in elderly people include:
- Fatigue
- Poor appetite
- Weight loss
- Persistent thirst
- Frequent urination
- Edema of the legs or hands

To ensure the safety of your kidneys, consult your doctor regularly, manage your blood pressure and diabetes, and avoid smoking and excessive alcohol.

How much do you know about your kidneys?

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