



Medi Times

MONTHLY NEWSLETTER

MEDICAL
SERVICES

VOL 7 | ISSUE 83 | AUGUST 2021

FOREWORD

MediTimes from the desk of Medical Services brings the latest trending healthcare news.

*The **In focus** latest medical news comprises of articles on **Early Dinner Improves Blood Sugar Levels and Boosts Metabolism** and **Effects of Exercise and Weight Loss may improve heart health in Older adults with Obesity***

*The COVID-19 infohub focuses on knowing about **Vaccination during pregnancy***

*The greens for health section, in this issue provides an insight about the health benefits of **Radish Leaves***

Hope this August 2021 issue of Meditimes would be an informative reading

Happy Reading!!!

Best Regards,

Dr. Manjula S

Senior VP- Medical Services

LATEST MEDICAL NEWS



Early Dinner Improves Blood Sugar Levels and Boosts Metabolism



Effects of Exercise and Weight Loss may improve heart health in Older adults with Obesity

COVID-19 INFOHUB



Vaccination during pregnancy

GREENS FOR HEALTH



Radish Leaves



FUN CORNER



DIMAG KI BATTI JALAO!



Early Dinner Improves Blood Sugar Levels and Boosts Metabolism

Eating the last meal of the day earlier, increases the period of time that elapses before the next meal, appears to have a positive effect on blood glucose insulin sensitivity, blood pressure especially in overweight or obese people.

This study published in the *journal Nutrients* aimed at assessing whether mild early time-restricted eating (eating dinner at 18:00 vs. at 21:00) improves 24-h blood glucose levels and postprandial lipid metabolism in healthy adults.



In this study 2 different conditions were analysed: eating a late dinner (at 21:00) or an early dinner (at 18:00). By wearing a continuous blood glucose measuring device, blood glucose levels were evaluated by each participant. Using the indirect calorimetry method, metabolic measurements were performed.

The study showed that there was a significant differences observed in mean 24 h blood glucose levels between the 2 groups and a significant decrease in postprandial respiratory quotient 30 min to 60 min after breakfast in the early dinner group compared with the late dinner group.

This study concluded that despite a difference of only 3 h, eating dinner early (at 18:00) has a positive effect on blood glucose level fluctuation and substrate oxidation compared with eating dinner late (at 21:00).

Reference: Nakamura K, Tajiri E, Hatamoto Y, Ando S, Shimoda S, Yo-himura E. Eating Dinner Early Improves 24-h Blood Glucose Levels and Boosts Lipid Metabolism after Breakfast the Next Day: A Randomized Cross-Over Trial. *Nutrients*. 2021 Jul;13(7):2424.



Effects of Exercise and Weight Loss may improve heart health in Older adults with Obesity



Maintaining a healthy weight through diet and exercise can also help manage some of the serious conditions associated with obesity. Healthy diet and regular physical activity may help offset age-related increases in aortic stiffness (a measure of vascular health, which impacts cardiovascular diseases). The study published in the *journal Circulation* aimed at assessing the effects of aerobic exercise training with and without reducing calories on aortic stiffness.

In this study 160 sedentary adults, aged 65-79 years with obesity were included. The average age of the participants was 69 years. The participants were divided into one of the 3 Groups. Exercise only with their regular diet, Exercise plus moderate calorie restriction (reduction of 250 calories/day) and exercise plus more intensive calorie restriction (reduction of approximately 600 calories/day). All the participants received supervised aerobic exercise training four days per week. The structure and function of the aorta were assessed with cardiovascular magnetic resonance imaging. Among older adults with obesity cutting 250 calories a day with moderate exercise resulted in greater improvements in vascular health.

This study concluded that in older adults with obesity, combining aerobic exercise with moderate calorie restriction leads to greater improvements in proximal aortic stiffness than exercise alone.

Reference: Brinkley TE, Leng I, Bailey MJ, Houston DK, Huggins, Schmid CE, Nicklas BJ, Lundey WG Effects of Exercise and Weight Loss on Proximal Aortic Stiffness in Older Adults With Obesity, Circulation. 2021 Aug 2.



COVID 19 : Info Hub

COVID-19 Vaccination During Pregnancy

- 01 All individuals above 18 years of age including pregnant women are now eligible for COVID-19 vaccination.
- 02 Symptomatic pregnant women are at an increased risk of severe diseases and it might affect the foetus too. Hence, the COVID-19 vaccine is recommended for pregnant women.
- 03 **Pregnant women at increased risk of COVID-19 complications include:**
 - Older than 35 years of age
 - Obese women
 - Have an underlying medical condition such as diabetes or high blood pressure
 - Have a history of clotting in the limbs
- 04 COVID-19 increases the risk of:
 - Pre-mature delivery
 - Baby's weight might be less than 2.5 KG
 - In rare situations, the baby might die before birth
- 05 COVID-19 vaccine can be taken anytime during the pregnancy and it should be taken at the earliest.
- 06 In case a woman has been infected with COVID-19 infection during the current pregnancy, then she should be vaccinated soon after the delivery.
- 07 COVID-19 vaccine is safe in pregnancy. Minor side effects like mild fever, pain at the injection site or feeling unwell for 1-3 days can occur.
- 08 The long-term adverse effects and safety of the vaccine for foetus and child is not established yet.

If you get any of the following symptoms after COVID-19 vaccination, please refer to a health care facility

Shortness of breath, chest pain, pinhead size red spots or bruising of skin in an area beyond the injection site, severe or persistent headache, persistent abdominal pain with or without vomiting, or fits, or blurred vision.

Please continue following COVID Appropriate Behaviour

Wear your mask properly

Maintain physical distancing

Wash hands frequently and thoroughly with soap and water

For more information, visit <https://www.cowin.gov.in/faq>

#LargestVaccineDrive #Unite2FightCorona

mohfw.gov.in
 @MoHFWIndia
 @MoHFW_INDIA
 @mohfwindia
 @mohfwindia



Radish Leaves

Radish leaves are used in a variety of ways in cooking and are rich in vitamins and minerals. Radish leaves are long, green coloured with stems which belong to the family *Brassicaceae*.

Health Benefits

Antioxidant

Promotes Eye Health

Aids in Healthy Digestion

Improves Skin Health

Boosts Immune System

Aids in Weight Loss

U.S. Department of Agriculture

Nutrition Facts

Radish Greens
Serving Size: 1 cup (1* pieces) (144g)

Amount Per Serving		Calories from Fat 2.6
		% Daily Value*
Calories 39		
Total Fat 0.3g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 0.1g		
Monounsaturated Fat 0.1g		
Cholesterol 0mg		0%
Sodium 347mg		14%
Potassium 1309mg		37%
Total Carbohydrates 7.9g		3%
Dietary Fiber 4.2g		17%
Sugars 0.9g		
Protein 3.7g		
Vitamin A		220%
Vitamin C		60%
Calcium		13%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.





Medi Times

MONTHLY NEWSLETTER

MEDICAL
SERVICES

VOL 7 | ISSUE 83 | AUGUST 2021

The Fun Corner





DIMAG KI BATTI JALAO



1. Early Dinner Improves Blood Sugar Levels and Boosts Metabolism. Is it True or False ?
2. Covid-19 Vaccination is recommended for Pregnant women Yes or No?
3. Jonnny has 60 pencils. How many times can he deduct 6 from 60 pencils?



Please send your quiz answers to medicalservices@mirrolabs.in and winner will get a surprise gift