




Summer Wellness

The Indian summer is here, and temperatures are soaring by the day. In the midst of all this, we bring to you some fun easy ways to stay healthy through the heat. Hope you find them useful! If you have any questions, speak to a Healthspring doctor or write to us at ois@healthspring.in.

4 ways to eat right this summer...



FRUITS
such as watermelon and muskmelon



WATER
plain, with lime, or unsweetened iced tea



CHAAS
jeera powder is a nice addition



SALADS
add raw mango for a change

Common summer ailments

Watch out for these ailments that can get you down in this summer heat. Call the Healthspring helpline and speak with a doctor if you have any questions or concerns!

	Typoid	Dehydration	Chickenpox	Jaundice	Measles
Symptoms	<ul style="list-style-type: none"> High fever Loss of appetite Headache Abdominal pain 	<ul style="list-style-type: none"> Dry, sticky mouth Thirst Headache Lightheadedness 	<ul style="list-style-type: none"> Itchy rash with a fever Tiredness 	<ul style="list-style-type: none"> Yellow skin Yellow eyes Fatigue Loss of appetite 	<ul style="list-style-type: none"> High fever Cough Runny nose Sore throat Red eyes
Remedies and preventive measures	<ul style="list-style-type: none"> Typhoid is a waterborne disease so avoid drinking unfiltered water and cut down on eating roadside food which may be unhygienic The vaccine comes in two forms - an injection or an oral capsule. A booster is needed every two-five years. 	<ul style="list-style-type: none"> Drink a lot of water, 2.5 - 3 litres per day! Intravenous fluids may be required in cases of severe dehydration 	<ul style="list-style-type: none"> The vaccine requires two doses. Not needed if you have already had chickenpox. 	<ul style="list-style-type: none"> Hepatitis is a common cause of jaundice. The Hepatitis A vaccine is usually given in 2 doses, 6-18 months apart The Hepatitis B is given in 3 doses. Consult with your physician and understand if you need to take these shots. 	<ul style="list-style-type: none"> The MMR vaccine is given to most infants. If you haven't had it yet, now is a good time!

Keep your exercise routine on its beat, even in the heat!

Summer is no excuse to not exercise. But, do make sure you stay hydrated. You will sweat more, and are likely to feel tired more easily. Here are some fun ways to make sure you burn those calories...



- Swim - be a water baby. It's the best way to beat the summer exercise blues. Even if you are just splashing about, you will be surprised by how energised you feel at the end of a few days!
- Pick an indoor sport. NOT carrom or chess. But table tennis, badminton or squash. A competitive game is sure to give you a much needed workout.
- If you must run, become a night bird. Switch to a late night track. It can be a fun way to see your city, but make sure you are running on well-lit streets.
- Pick an air conditioned gym, to make the cardio easier on you. If you want to work out at home, turn the AC on and keep a jug of cold water handy.
- May sound trivial, but wear the right gear! Sweat absorbing shirts, a cooling towel around the neck, sweat bands on your wrist add to your style. But they really do help you stay cool!