



FAUX PAS

Not washing the towel

Microbiologists suggest, drying your face with a towel already used twice, exposes you to as much E. coli bacteria as you will get if you stick your head to the toilet and flush it. It is advisable to wash it after 2-3 days or times of use.



FACT FILE

Gaming improves the cognitive functions, quick thinking skills, accuracy, problem-solving abilities and decreases the chances of anxiety attacks.

GRANNY CURES



Bumps after waxing

Mix half a cup of sugar with half a cup of coconut or olive oil. Apply it on the affected area and gently scrub in a circular motion. This sugar scrub soothes irritation and prevents ingrown hair from forming.

Lack of health care services leads to an increased rate of mortality. Here's what budget 2019 should focus on to do away with this medical mismanagement..

THE BUDGET BOOST HEALTHCARE NEEDS

The Union Government will declare the budget tomorrow for the financial year 2019-2020. While it will reflect on the development milestones achieved and missed to help pave the way for a better tomorrow, we hope that it further accelerates the development agenda of the country. Talking about the health sector, the budgetary allocation in 2018-19 was Rs 52,800 crore that is merely 5 per cent higher than the revised estimate of Rs 50,079.6 crore, in 2017-18. Here are some concerns that should be dealt with in this budgetary planning:

PRIMARY CONCERNS

- INDIA IS PRESENTLY IN A STATE OF HEALTH TRANSITION. INFECTIOUS DISEASES SUCH AS TB, MALARIA, DENGUE, H1N1 PANDEMIC INFLUENZA AND ANTIMICROBIAL RESISTANCE REMAIN A CONTINUED THREAT TO HEALTH AND ECONOMIC SECURITY.
- CHRONIC NON-COMMUNICABLE DISEASES SUCH AS CARDIOVASCULAR DISEASES, DIABETES, AND CANCER HAVE ALSO BECOME THE LEADING CAUSE OF MORTALITY LATELY.

NATIONAL HEALTH POLICY 2017 AIMED TO DOUBLE THE GOVERNMENT SPEND - FROM THE EXISTING **1.15 %** OF THE GDP TO 2.5 % BY 2025. IN ORDER TO ACHIEVE THIS WE WANT THAT THE HEALTH BUDGET SHOULD AT LEAST INCREASE BY 20-30% YEAR ON YEAR."

SUGGESTS **Himanshu Sikka, CHIEF STRATEGY AND DIVERSIFICATION OFFICER AT IPE GLOBAL LIMITED.**

FURTHER TALKING ABOUT HIS PREFERENCES, HE PROPOSED THAT THIS BUDGET SHOULD PRESENT THE ROADMAP TO ACHIEVE THE ABOVE-MENTIONED TARGET.

- SPECIAL INCENTIVES AND TAX BREAKS SHOULD BE PROVIDED ON DIGITAL INNOVATIONS TO INCREASE HEALTHCARE EFFECTIVENESS AND REACH.

- THIS SHOULD ADDRESS SMOKING, ALCOHOL CONSUMPTION, OBESITY, EXCESSIVE SALT AND SUGAR IN DIETS, AND LACK OF EXERCISES. ADEQUATE BUDGETARY ALLOCATIONS SHOULD ALSO BE MADE FOR SAME.

- IT SHOULD ALSO INCLUDE ADEQUATE PROVISIONS FOR UPGRADING ALL PHCS NEXT YEAR AS FULLY FUNCTIONAL HEALTH AND WELLNESS CENTRES, WITH CONNECTIVITY FOR TELEMEDICINE.

- CONSIDERING PREMATURE MORTALITY, THE GOVERNMENT SHOULD AIM TO SUPPORT A MEGA BEHAVIOUR CHANGE COMMUNICATION PLAN FOR RISK BEHAVIOUR MODIFICATION WITH RESPECT TO COMMON NON-COMMUNICABLE DISEASES.



ABOUT YOU
DR VISHAL HANSRAJANI
ENT Specialist

All that troubles isn't asthma

There are a lot of myths attached to asthma. Here's debunking commonly held beliefs about this chronic lung disease.



Take maintenance inhalers regularly to prevent flare ups. Do not confuse it with rescue inhalers that open the windpipe when one is breathless. Consult your doctor for more insight.

DON'T CONFUSE SEASONAL BREATHLESSNESS OR NOSE CONGESTION WHICH IS AN ALLERGIC BRONCHITIS AS ASTHMA.

ALWAYS CONSULT A CHEST AND TB SPECIALIST TO TREAT ASTHMA. GENERAL PHYSICIANS OFTEN LABEL ANY BRONCHIAL PROBLEM AS ASTHMA.



ONCE A PERSON IS LABELED WITH THIS DISORDER THEY CONTINUE TAKING THE MEDICINES. KEEP CONSULTING THE DOCTOR EVERY THREE MONTHS.

ONE NEEDS TO BE PROPERLY DIAGNOSED AND GO THROUGH PULMONARY FUNCTION TEST, OSCILLATION TO IDENTIFY FACTORS OR STIMULUS THAT TRIGGERS YOUR BREATHLESSNESS. EVERYONE HAS DIFFERENT TRIGGERING FACTORS.

YOU CAN PREVENT ASTHMA ATTACKS BY USING MAINTENANCE INHALERS DAILY OR REGULARLY, AVOIDING TRIGGERS AND GOING FOR YEARLY FLU VACCINATIONS

IN THE TREATMENT OF ASTHMA PEOPLE GIVE STEROIDS. BUT IT SHOULDN'T BE TAKEN WITHOUT CONSULTATION. PEOPLE START TAKING THE SAME MEDICINES ON THEIR OWN WHICH HAVE LONG TERM SIDE EFFECTS.

CHILDHOOD ASTHMA CAN BE CURED. AS THE CHILD GROWS HE DEVELOPS STRONGER IMMUNITY AND CAN RECOVER COMPLETELY.