



In Good Health

Your Monthly Guide to Healthier Habits and Improving Lifestyle

This Month's Issue

a Welling Healthcare Pvt. Ltd. initiative in public interest

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In Good Health - a newsletter for you.

An initiative from Welling Healthcare, this will be a monthly newsletter, with the latest health news from around the world and expert health articles.



I am extremely pleased to present the first issue of 'In Good Health' and I dedicate it to your health and well-being. All the

articles written in this newsletter will be compiled by our research team and will be written especially for your health improvement. I thank you all for putting your trust in us. I take this opportunity to repeat our only goal at Welling Homeopathy is to see you and your family healthy and enjoying life to the fullest.

8th March being Woman's Day, we are starting this issue with a cover story on breast cancer.

For your good health,

Dr.Sourabh R.Welling
Chairman & Managing Director
Welling Healthcare Private Limited

P.S. All our future issues will be complimentary for our patients. Mail your feedback to drwelling@welling.co.in



specialreport

Beating Breast Cancer - Cutting the risk of death into more than half.

Breast cancer is the most common cancer among women worldwide, and the leading cause of cancer deaths among women.

Obviously no woman wants to receive this diagnosis, but hearing the words "breast cancer" doesn't always mean an end. It can be the beginning of learning how to fight, getting the facts, and finding hope.

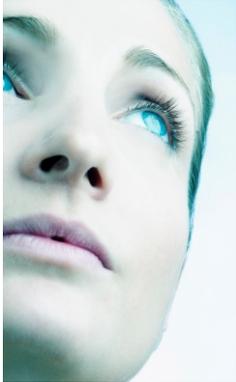
Women in India get breast cancer more than any other type of

cancer except for cervical cancer. It is second only to lung cancer as a cause of cancer death in women.

Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 450 will die each year. The evaluation of men with breast masses is similar to that in women, including mammography.

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Detecting Depression in Your Loved Ones Before its too Late



Depressive disorders, which pose a substantial risk of death and disability and are associated with suicide and poor work productivity, affect about eight percent

of adults. Moreover, close to twenty percent of adults will suffer from some type of mood disorder that requires treatment during their lifetime. Mood disorders often have tragic results -- 15 percent of those affected commit suicide.

Continued on page 4

Dadi maa ke nuske

Constipation:

Consume a medium sized pear either with breakfast or before dinner. It is the best home remedy for constipation as it aids in clearing the entire faecal matter.



Dark Circles around the eyes:

Tea bags are very helpful as home remedy. Take two tea bags, preferably green tea and after soaking them in hot water, while the bags are still hot, rest them on eyes for 15 minutes. This is a very good natural home remedy for eyes dark circles

Acne and facial glow:

Apply 2 drops of lemon juice mixed with 2 drops of rose water. Wash your face after an hour, it will make your skin acne (pimple) free.

What are the symptoms of breast cancer?

When breast cancer starts out, it is too small to feel and does not show signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.



EARLY DETECTION PLAN

An Early Breast Cancer Detection Plan should include:

- Beginning at age 20: Performing breast self-exams and looking for any signs of change.
- Age 20 to 39: Scheduling clinical breast exams every three years.
- By the age of 40: Having a baseline mammogram and annual clinical breast exams.
- Ages 40 to 49: Having a mammogram every one to two years depending on previous findings.
- Ages 50 and older: Having a mammogram every year.
- All Ages:
 - Recording personal exams, mammograms and doctors' appointments on a calendar or in a detailed file.
 - Maintaining a healthy weight, following a low-fat diet, getting

Beating Breast Cancer

regular exercise, quitting smoking, and reducing alcohol consumption.

What About Breast Self-Exams?

Breast self-exams have long been recommended as a simple way for women to keep track of anything unusual in their breasts. At Welling Homeopathy, we encourage what is called as 'Breast Awareness'.

Breast awareness is really self-explanatory. It means you should regularly check your breasts for changes, but can do so in a way that feels natural to you. In other words, you don't have to do it on the same day each month, or by using any particular pattern.

Simply be aware of what's normal for you so you can recognize anything out of the ordinary. Although breast cancer is much less common in men, it certainly wouldn't hurt for men to practice "breast awareness" as well.

(to be continued)

You can visit Welling Homeopathy Clinic and speak to our Cancer Specialists to know more about Breast cancer and how Homeopathy can be effective in cancer treatment.

Is your child stressed?

Stress is an inevitable part of life. Human beings experience stress early, even before they are born. A certain amount of stress is normal and necessary for survival. Stress helps children develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life.

Children are affected by their parents stress. If you are feeling stressed in your life at the moment then chances are your child will be feeling stressed as well. There is a relation between children and stress especially if the parents are stressed themselves. The beneficial aspects of stress diminish when it is severe enough to overwhelm a child's ability to cope effectively. Intensive and prolonged stress can lead to a variety of short- and long-term negative health effects. It can disrupt early brain development and compromise functioning of the nervous and immune systems.

Signs and symptoms of stress:

- Ø **Increased irritability, sadness, panic, anger,**
- Ø **Recurrent headaches, tummy aches or neck pain,**
- Ø **Trouble relaxing or sleeping**
- Ø **Excessive energy or restlessness**
- Ø **Nervous habits such as nail biting, hair twisting, thumb sucking, or sighing deeply**
- Ø **Trouble getting along with friends.**
- Ø **Have sleep disorders, including sleepwalking**
- Ø **Bed wetting**
- Ø **Become fearful, clingy, and anxious**



Homeopathy helps your child in fighting the stress and using it in a healthier way. When your child is put on treatment, he/she experiences a positive difference in the way he / she perceives, feels, thinks and reacts to the world around him/her.

Homeopathy aims at strengthening the child's stress managing ability. It naturally improves the way your child perceives and reacts to stress, thus making a positive difference to his experiences.

Our Mantra is to boost your child's immune system and thus make him/her stronger and well equipped to take care of these factors and give you, the parents, one less thing to worry about.

Speak to our doctors at Welling Homeopathy to know how Homeopathy can help your child !

Fight Abdominal Fat with this wonder spice!



Here are some other benefits of this miracle spice:

- controls blood sugar levels
- helps maintain insulin sensitivity
- a VERY powerful antioxidant
- may have antibacterial and antifungal properties
- and dozens of other benefits

So what is this miracle spice that beats abdominal fat?

Well... it's good old tasty Cinnamon!

Although cinnamon has dozens of health benefits, the main is through it's strong effect on controlling blood sugar levels in your body. This helps in getting a more lean and a thinner body.

Use cinnamon daily in your meals in any way you can, such as in yogurt or cottage cheese, in smoothies, oatmeal, or anything else you can think of where it would taste good.

Do you Know? ? ?

- Unless food is mixed with saliva you can't taste it.
- 55% of people yawn within 5 minutes of seeing someone else yawn.
- All the blinking in one day equates to having your eyes closed for 30 minutes
- The average human brain contains around 78% water
- Women blink twice as much as men

Source: <http://www.did-you-knows.com>

Health Quote

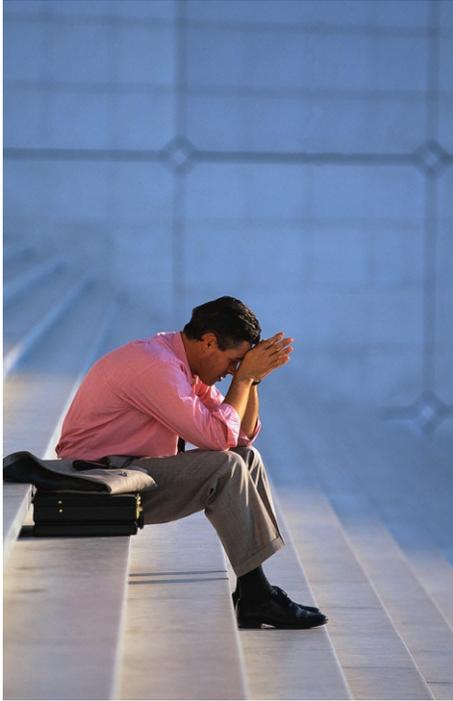
“ 80,000 Indians stop smoking every day – by dying.

for appointment CALL NOW 922 341 3300

 **WELLING**
HOMOEOPATHIC CLINIC

Detecting Depression in Yourself or a Loved One Before its too Late

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Depression is responsible for about 66 percent of all suicides. The disease is more in women than in men and the risk increases if depression is present in an immediate family member. As the leading cause of premature death and disability in people between the ages of 18 and 44 years, it is surprising that there are no universally accepted diagnostic criteria for depression.

Detecting Depression in Yourself or a Loved One

Untreated depression is the number one cause of suicide.

One set of diagnostic criteria commonly used to assess depression is known as "SIGECAPS" (see below). This stands for sleep, interest, guilt, energy, concentration, appetite, psychomotor and suicide. If four or more of these items are a concern, it indicates major depression. However, other criteria, such as watching for symptoms other than just mood change and obtaining supporting information from family members, is important.

Diagnostic criteria for major depressive disorder

A. The patient has depressed mood (e.g., sad or empty feeling) or loss of interest or pleasure most of the time for 2 or more weeks plus 4 or more of the following symptoms:

- Lack of sleep nearly every day
- No Interest or pleasure in routine activities most of the time
- Excessive Guilt or felling worthless most of the time
- Loss of energy or fatigue most of the time
- Cannot concentrate; indecisiveness most of the time
- Appetite increased or decreased
- Repeated suicidal thoughts

B. The symptoms cause clinically

significant distress or impairment in social, occupational, or other important areas of functioning

D. The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition

E. The symptoms are not due to any recent sad event in the family.

Depression is expected to be the second leading cause of disability for people of all ages by 2020. In general, an unhealthy lifestyle is more common among those depressed than those who are not. Additionally, children of those with depression are thought to have increased rates of behavior problems and lower levels of self-esteem than children with mothers who do not have depression.

In Next Issue: Foods you can eat to fight depression

To know more about depression and to know how Homeopathy can help you in depression, visit Welling Homeopathy Clinic.

Medical Quiz No.1

1. H _ M _ O P _ T H Y
2. D _ A B _ E T _ S
3. A P _ L E
4. E _ E R C _ S E
5. C A _ C I _ M
6. F _ V _ R
7. B _ C T _ R _ A
8. D E P _ E S _ I O N
9. S L _ _ P
10. M _ S C _ E S

Winners will be announced in the next issue. Incomplete entries will not be entertained. In case of more winners, decision will be taken by draw of lots.

Answers for Medical Quiz - 1 to be mailed latest by 15th March 2012 to newsletter@welling.co.in or Welling Clinic, Gandhi House, L.J.Road, Mahim West. Mumbai 400016. Send your name, address and ph.no.

FREE HEALTH CHECK-UP CAMPS:

Doctors at Welling Homeopathy regularly conduct free health checkup and consultation camps for Companies, Societies, Buildings & Schools.

If you are interested in arranging a free health camp in your campus or premise, you can contact Ms.Saroj on 022 24306343 or mail your details to camp@welling.co.in

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Published by Welling Healthcare Pvt. Ltd. Designed at Welling World Studio

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