



# QUARTERLY NEWSLETTER

## Summer Edition September, 2024

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### Welcome to Dr. Arshad Health Associates (DAHA) Quarterly Newsletter!

As a team dedicated to holistic health and wellness, we are thrilled to present our newsletter with valuable insights, tips and updates to help you lead a healthy and happy life. In this edition, we delve into various topics, aiming to empower you with knowledge that can positively impact your well-being.

Remember, small changes can lead to significant improvements in your overall health. We hope you enjoy reading this newsletter as much as we enjoyed curating it for you. Your health journey is important to us, and we look forward to accompany you every step of the way.



## Debunking the BMI Myth: Unveiling the truth about body mass index

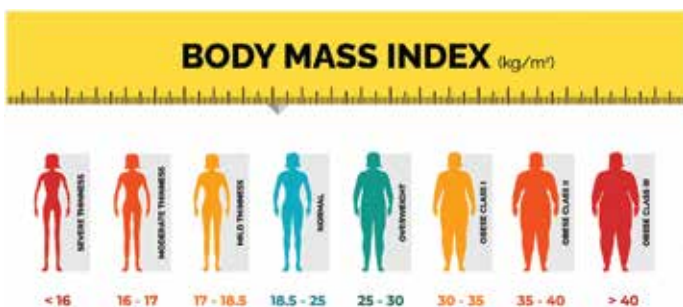
### Understanding BMI

BMI has always been a cornerstone in assessing weight status. It is calculated by a simple formula of weight divided by height squared, providing a quick snapshot of the height-to-weight ratio. However, its simplicity belies its limitations.



### Alternative Measures

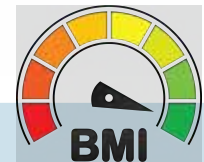
Fortunately, there are alternative methods available that provide a more comprehensive assessment of health status. Measures such as waist circumference, body composition analysis (including methods like dual-energy X-ray absorptiometry and bioelectrical impedance analysis), and metabolic health markers offer valuable insights beyond what BMI alone can provide. These tools take into account factors like fat distribution, muscle mass, and metabolic health, painting a more accurate picture of an individual's health profile.



**INFLUVAC<sup>®</sup> TETRA**  
Inactivated Influenza Vaccine (Surface Antigen) I.P. (Quadrivalent)  
*More Power with Broad Protection*



Protect yourself and your loved ones this flu season with the INFLUVAC vaccine, available at Dr. Arshad Health Associates! Manufactured by Abbott in The Netherlands, this vaccine ensures maximum efficacy through strict cold chain management. Stay ahead of the flu—schedule your vaccination today!



### Limitations of BMI

One of the primary shortcomings of BMI lies in its failure to account for individual differences in body composition. It does not distinguish between fat mass and lean mass, nor does it consider factors such as muscle density or bone structure. As a result, individuals with higher muscle mass, such as athletes or those with physically demanding jobs, may be classified as overweight or obese despite being metabolically healthy. Conversely, individuals with unhealthy levels of body fat may fall within the "normal" BMI range, leading to a false sense of security.



## MENTAL AWARENESS SESSION AT PRIME PAKISTAN FIELD SITE





## Unlock the Secrets of Longevity: Thrive with these essential practices

### Feast on Nutrient-Rich Delights

Quench your body's thirst for vitality with the elixir of life—water. Keep your hydration levels in check by sipping on nature's nectar throughout the day. Dive into hydrating fruits and veggies to keep your body cool, refreshed and ready for whatever life throws your way. Revitalise hydration with ORS during difficult days causing dehydration to replace the best composition matching to your body fluid ratio.



### Breathe Deeply, Relax, and Unwind

Melt away the stresses of everyday life and discover the art of relaxation. Embrace the serenity of a deep breath, the tranquility of a quiet moment, and the rejuvenation of a peaceful mind. Nurture your inner calm and cultivate resilience in the face of life's challenges.

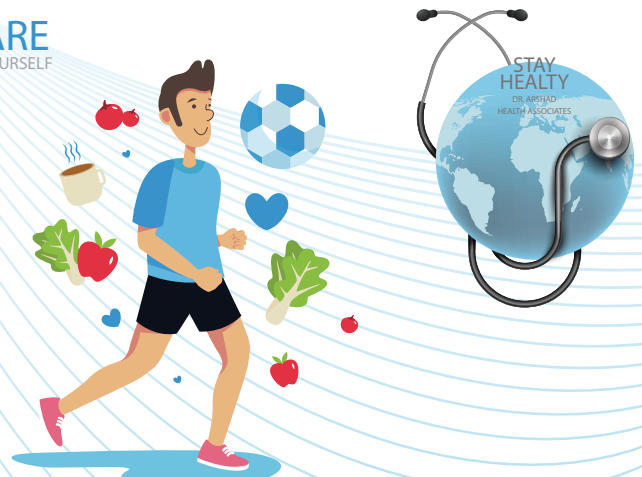


### Stay Refreshed and Hydrated

Indulge in a rainbow of flavors with nutrient-packed fruits, vegetables, whole grains, lean proteins and healthy fats. Elevate your health with these delicious essentials, fueling your body with vital nutrients.

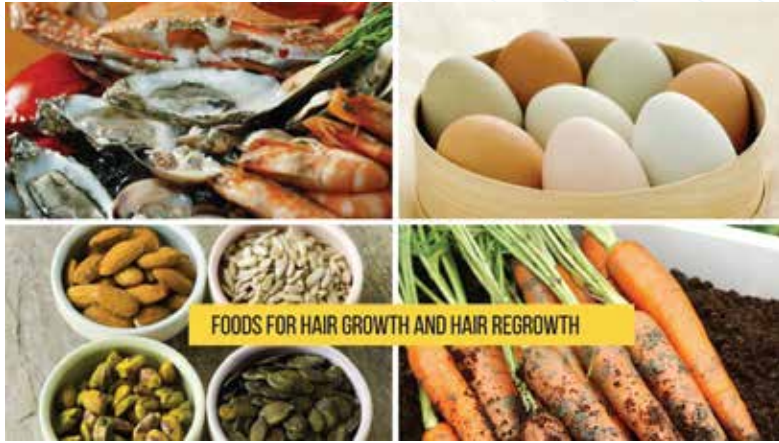


CARE OF YOURSELF





## Harnessing the Power of Collagen: Unleash your natural glow



### The Building Block of Beauty

Collagen is the most abundant protein in the body, serving as the structural foundation for skin, hair, nails, and joints. As we age, our natural collagen production declines, leading to visible signs of aging such as wrinkle, sagging skin and joint stiffness.



### Revitalize Your Skin

Rejuvenate your complexion and turn back the clock with collagen. By replenishing your body's collagen stores, you can improve skin elasticity, reduce the appearance of wrinkles and enhance overall skin hydration. Naturally available in bone-broth, chicken-skin, fish(salmon), green leafy vegetables (brussel sprouts, broccoli) and fruits (citrus rich in vit-C, berries), whereas collagen sourced from bovine and marine origin are readily available in supplement form. Addition of collagen in your daily intake helps with a smoother, firmer and more youthful-looking complexion.



### Nourish Your Hair and Nails

Say goodbye to dull, brittle hair and weak, brittle nails. Collagen supports healthy hair growth and strengthens nails, helping you achieve luscious looks and gorgeous nails that are strong vibrant, radiating health and vitality.

## Conquering Sunday Night Anxiety: Strategies for a restful and rejuvenating week ahead

### Reflect and Realign

Take some time on Sunday evening to reflect on the past week—acknowledge your accomplishments, lessons learned and moments of gratitude.

Set intentions for the upcoming week, prioritizing tasks and activities that align with your goals and values.

Use journaling or mindfulness practices to ground yourself in the present moment and cultivate a sense of inner peace.



### What's Keeping Us Up?

Survey respondents say these factors keep them awake on nights they can't sleep.



Source: SleepFoundation.org survey

### Unwind and Relax

Dedicate some time to self-care activities that help you unwind and recharge, such as reading a book, taking a warm bath or practicing relaxation techniques like deep-breathing or meditation.

Limit exposure to screens and electronic devices in the evening to promote better sleep quality and reduce blue light stimulation.

### Cultivate a Positive Mindset:

Practice gratitude and optimism, focusing on the present moment and appreciating the small joys in life.

Challenge negative thoughts and beliefs that contribute to Sunday night anxiety, replacing them with more positive and empowering



### Tips for Beating the Sunday Scares

Do the worst chores early during the weekend

Dedicate Sunday to your favorite activities only

Make Mondays a special occasion

Treat yourself on Sunday evenings

Ignore work-related messages until Monday



healthline

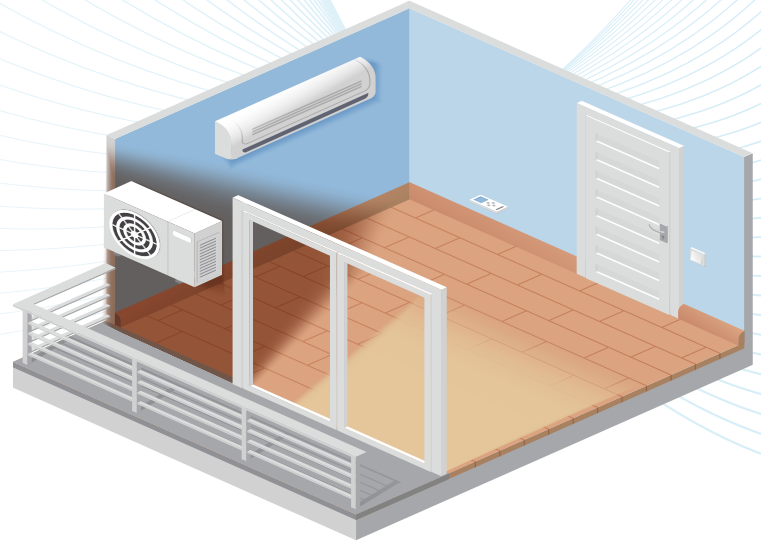


## Cool Tips for Hot Nights: Beat the Heat and Sleep Like a Dream



### Adjust Your Sleepwear:

Opt for lightweight, breathable sleepwear made from natural fabrics such as cotton or bamboo to promote airflow, prevent overheating and maximize comfort.



### Stay Hydrated:

Drink plenty of water throughout the day to stay hydrated and prevent dehydration, which can exacerbate feelings of discomfort and heat intolerance during the night.

Consider keeping a glass of water by your bedside to sip on if you wake up feeling thirsty during the night.

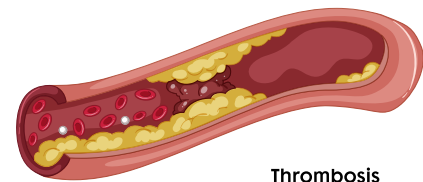
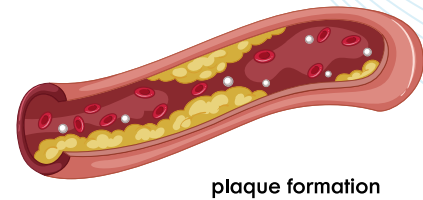
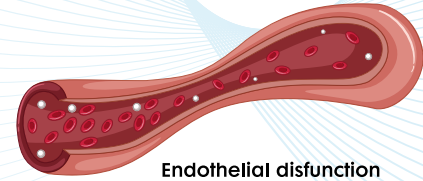
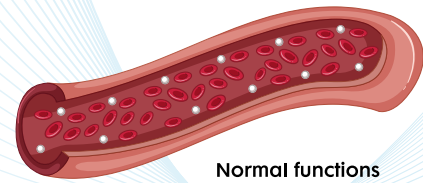


## Unveiling the Mysteries of Cholesterol: Your guide to optimal heart health

### Understanding Cholesterol:

#### Deciphering the Cholesterol Puzzle: LDL, HDL, and Triglycerides Demystified

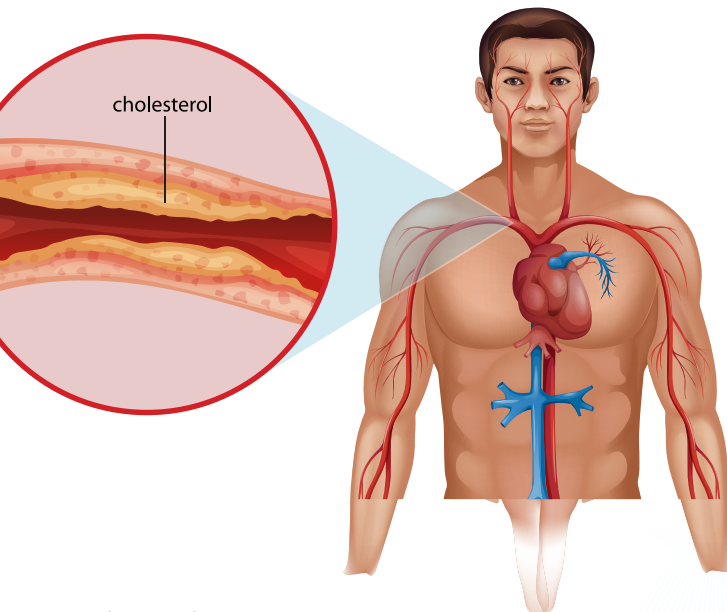
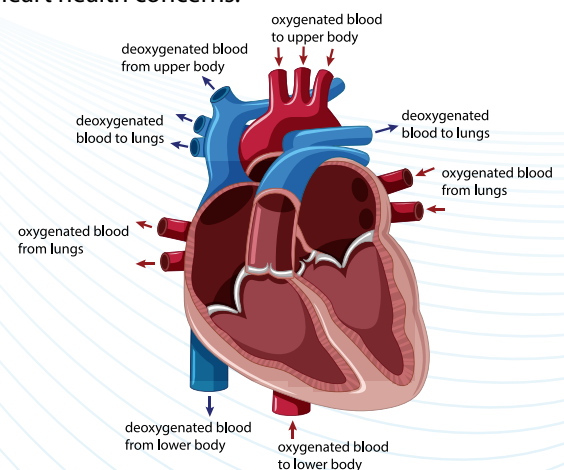
Elevated levels of low-density lipoprotein (LDL) or "bad" cholesterol, can cause arterial plaque buildup and heighten heart disease risk. In contrast, high-density lipoprotein (HDL) the "good" cholesterol, aids in removing LDL from arteries to the liver for elimination. Rise in blood triglycerides, another lipid type, further increase heart disease risk. Thus, balancing these lipids is crucial for cardiovascular health. Notably, high cholesterol typically



### Lifestyle Rx:

#### Fueling Heart Health: Powering up with proactive lifestyle interventions

To ensure a healthy heart, it's important to adopt proactive lifestyle interventions such as maintaining a balanced diet, engaging in regular physical activity, managing stress effectively, getting enough quality sleep, and avoiding harmful habits like smoking. Additionally, paying attention to potential symptoms of heart issues such as chest pain, shortness of breath, dizziness, and fatigue is crucial. If you experience these symptoms, it's important to seek urgent medical assistance promptly to control and manage any potential heart health concerns.



### Medication Mastery:

#### Breaking Barriers: Mastering medication management for optimal cholesterol control

Medications such as statins (e.g. atorvastatin, simvastatin), bile acid sequestrants (e.g. cholestyramine, colestevlam), cholesterol absorption inhibitors (e.g. ezetimibe), PCSK9 inhibitors (e.g. alirocumab, evolocumab), fibrates (e.g. fenofibrate, gemfibrozil) and niacin help manage cholesterol levels effectively. Regular check-ups, a heart-healthy diet, weight management, cessation of smoking and limiting alcohol intake are crucial lifestyle changes that complement medication for optimal cholesterol control.



# Health Day at Prime Pakistan Head office, Karachi



# Taming the Silent Killer: A comprehensive guide to hypertension

## Prevention and Management:

Prevention strategies include adopting a healthy lifestyle with balanced diet and regular physical activity, maintaining a healthy weight, managing stress effectively, limiting alcohol consumption and avoiding tobacco use. Effective management of hypertension includes dietary modifications low in sodium and saturated fats, compliance to treatment including strict medication adherence, the use of digital tools for tracking blood pressure daily and regular follow-ups with healthcare providers.

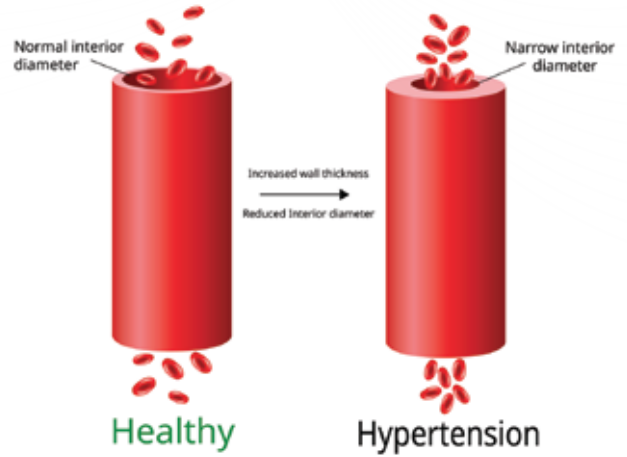


## Risk Factors

### Beyond the Numbers: Exploring the Risk Factors Driving Hypertension

In this section, we explore the various risk factors associated with hypertension. We discuss both modifiable factors such as diet, physical activity, and stress, as well as non-modifiable factors such as age, genetics, and family history. Understanding these risk factors is crucial for identifying individuals at higher risk and implementing targeted prevention strategies.

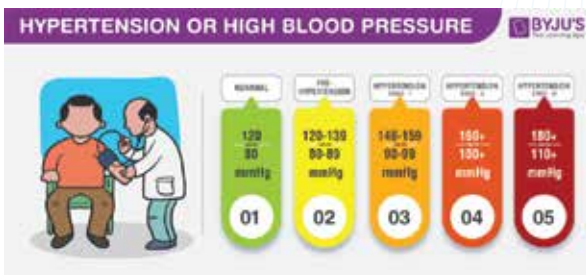
## Hypertension



## Diagnosis and Monitoring

### Arming Against the Foe: Strategies for Accurate Diagnosis and Effective Monitoring

Prevention strategies include adopting a healthy lifestyle with balanced diet and regular physical activity, maintaining a healthy weight, managing stress effectively, limiting alcohol consumption and avoiding tobacco use. Effective management of hypertension includes dietary modifications low in sodium and saturated fats, compliance to treatment including strict medication adherence, the use of digital tools for tracking blood pressure daily and regular follow-ups with healthcare providers.



**SYSTOLIC PRESSURE** → Is measured between when the heart contracts



**DIASTOLIC PRESSURE** → Is measured between beats when the heart relaxes



## Demystifying Diabetes: Your Roadmap to Better Blood Sugar Control

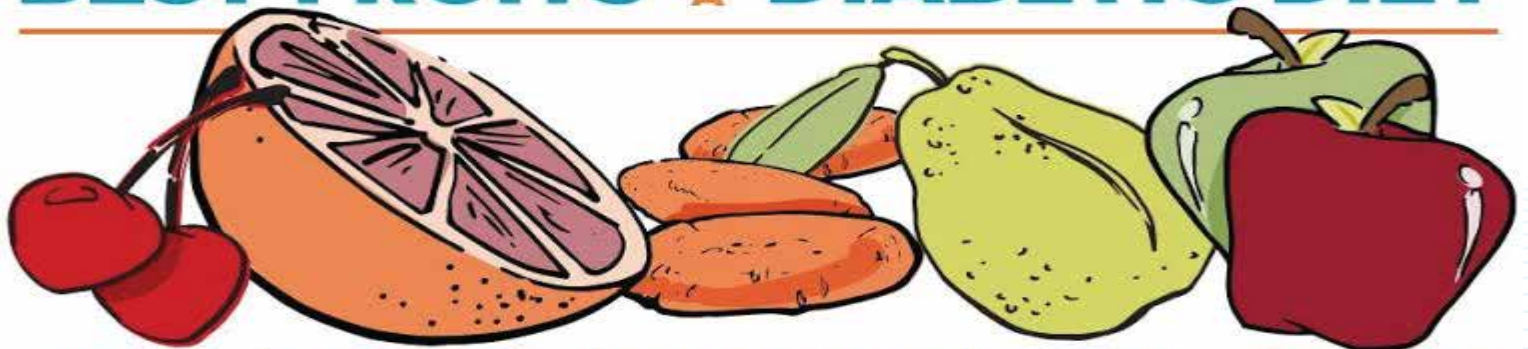
### Complications

#### The Domino Effect: Exploring diabetes' impact on health beyond blood sugar

From the intricate complications of diabetes, which initiate a domino effect affecting cardiovascular health, kidney function, nerve integrity, eye health, and overall well-being, emerges the imperative to safeguard oneself through measures such as maintaining a balanced diet, regular exercise, blood sugar monitoring, medical check-ups, medication adherence, stress management, tobacco avoidance, alcohol limitation, and seeking guidance from healthcare professionals.



## BEST FRUITS FOR A DIABETIC DIET



**CHERRIES**  
GI SCORE:

**20**

**GRAPEFRUIT**  
GI SCORE:

**25**

**DRIED APRICOTS**  
GI SCORE:

**32**

**PEARS**  
GI SCORE:

**38**

**APPLES**  
GI SCORE:

**39**



## Company Sponsored Annual Hajj Pilgrimage 2024!



Farewell to our employees on their auspicious hajj journey highlights 2024!







**Congratulations to our esteemed employees, Mr. Ikram and Mr. Habib, on embarking on the Hajj pilgrimage sponsored by our management at Dr. Arshad Health Associates. They had a blessed and transformative journey!**



## Unveiling the Smoke Screen: Understanding the impact of smoking on health

"Unveiling the Smoke Screen" intricately intertwines the discourse on smoking cessation, meticulously examining the extensive toll of smoking on health still standing as single large factor for preventable disease and death, including weakened bones, lung disease, cardiovascular complications and cancer risks, while fervently advocating for proactive smoking cessation initiatives and comprehensive public health interventions to mitigate its detrimental effects.



### Addiction and Withdrawal

#### Breaking the Chains: Understanding Nicotine Addiction and Overcoming Withdrawal

Commencing with the management of nicotine addiction through approaches like nicotine replacement therapy, medications and behavioral interventions, individuals can then transition to addressing withdrawal symptoms by identifying triggers, practicing stress management, staying physically active, maintaining a healthy lifestyle, seeking support, setting goals, celebrating milestones and reminding themselves of their reasons for quitting.





# Team Building Activity

Staff Get together at Rustic Family Retreat Restaurant, Opposite Dino Valley, Pir Sohawa, Islamabad







# CONTACT US

## OUR SERVICES

- Outpatient Clinic – General & Specialists
- Clinical Laboratory
- COVID PCR Laboratory
- Travel Clinic
- Immigration/Visa Medicals
- Vaccination
- Pharmacy
- Hospitalization – Arranging & Monitoring
- Corporate Medical Services
- Occupational Health Services
- Health Audits
- Physiotherapy
- DNA Sampling
- Age determination Tests
- Ambulance Services – Air & Medevacs
- Medical Coverage for events
- First Aid Training / First Aid Boxes
- Medical Services Consultancies
- Doctor/Paramedic Escort
- Remote Site/Field Medical Services
- Repatriation of Mortal Remains
- Oil & Gas UK approved Facility in Pakistan
- 24 Hour Call Services

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