

# Sunday Health

## Your Health Calendar for this week

### MONDAY

**W**orking on a computer? Keep the screen 20-24 inches away from the eye and the top of screen a little below eye-level. Sit with knees just above hip level. Take breaks every half hour.

### TUESDAY

**D**iet precaution to prevent flu: avoid cold water, drinks and ice, fried foods, vinegar, peanuts and cashew nuts. Clear soups, mild tea, coffee, ginger water and honey are helpful.

### WEDNESDAY

**A**dults need immunisation too. Hepatitis B is a must. So is Pneumococcal vaccine, especially for the elderly and those with chest diseases. Consult a doctor for more details.

### THURSDAY

**O**ne should drink 1200-1500 ml of water per day (i.e. 6-8 glasses of water per day). The quantity can increase in summer, and for those who regularly exercise or spend time outdoors or take medication.

### FRIDAY

**B**rush your teeth after each meal, use floss (even a thread will do) to clean between the spaces. Visit your dentist for a check-up. Dental infections cause inflammation in other parts of the body and may even be related to heart disease.

### SATURDAY

**Y**ou needn't go to the gym or jogger for maximum benefits. 20-30 minutes of walking, 3-5 times per week is all that is required. Once you are hooked on walking, you will find neither rain nor storm are deterrents.

### SUNDAY

**S**tatistics show that more accidents and injuries occur on weekends. This Sunday spend time with children discussing their potentially risky behavior. For the elderly in the house, take special care that the bathrooms are not slippery and rooms and passages are well lit.

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