

Good Housekeeping

Get free...

ational

Date: 05-08-2010

Page no: 54

Clip size: H: 26 cm / W: 1



good health

Get free....

...of niggling illness

This month of freedom, get that long-pending health check-up done, and give yourself the gift of good health...

By Kavita Devgan

Pooja Sharma, 32, a Delhi-based dietician, had been feeling unnaturally tired through the day. She didn't think much of it but a routine check-up revealed dangerously low haemoglobin counts. After following a special diet plan, with iron supplements, she's feeling much more energetic. 'A symptom may signal a serious illness. But mostly, at the initial stage, the remedy is simple,' says Dr Rommel Tickoo, consultant for internal medicine at Max Hospital, Delhi. 'Often, the problem is obvious, but goes undetected due to sheer carelessness,' he adds. 'Don't ignore any discomfort that lasts more than a week. Says Dr Aseem Dewan, internal medicine consultant at Dr B L Kapur Memorial Hospital, 'Signals your body gives out may be vague but do see a doctor - at worst, it would be a wasted visit, but you'd be sure you're fine.' We conducted an informal survey with 20 adults in Delhi and found that 90 percent felt they were not functioning at their optimum levels because of niggling health issues. Almost all had done nothing concrete about it. At best, they tried OTC drugs and half-baked home remedies. We list the top 10 common complaints, and how to resolve them...

PHOTOGRAPH BY AMIT SHARMA/CONTRAST.COM