From the Editors' Desk

Dear Readers,

It's been a year since we published our first issue. Our visibility is increasing with more of you getting interested in reading about us. This also gives us an opportunity to thank our outgoing team at the IMS headquarters led by Dr Sunila Khandelwal whose relentless efforts and continuous support have helped us sustain ourselves and grow. She sent articles for each issue and encouraged other team members to do so as well. Dr Ranu Patni, our Secretary General has a flair for writing and has been participating in all the issues. Many thanks to Dr Maninder Ahuja, our Public Awareness Chairperson who has always given you advice on fitness. Her fitness column has become our regular feature. Dr Jaideep Malhotra has been instrumental in spreading our message through the Club 35 Plus clubs that she is opening in various cities. Our thanks to her. I must thank all our chapter secretaries and governing council members for supporting this magazine and making it the mouth piece of IMS.

We welcome our new team headed by President - Dr Atul Munshi, Vice President - Dr Jyothi Unni, Secretary General - Dr Hara Patnaik, and Joint Secretary - Dr Jignesh Shah. We are sure that the magazine will grow and reach new heights under their able leadership and guidance.

Summers have begun early this year. May and June are tough months for all of us. However, the month of May also reminds us of a very important day - Mother’s Day, which falls on May 9, every year. We wish all our readers A Very Happy Mother’s Day and pray that you all have long, healthy and happy lives!!

Mothers have always been respected in this country. In fact, a woman commands the respect of her family only after she becomes a mother. Our Indian culture has been celebrating this day in different ways since ages. We have worshipped our Goddesses, also addressed as ‘Ma’ on the occasion of Durgaashtmi, Lakshmi Pooja, Saraswati Poojan and other Hindu fests.

To commemorate this day, we include a poem on mothers by Dr Sushma Chawla from our Jalander chapter and another one sent to us by another Dr Sushma Chawla from Delhi. We include much more including a message from our new president Dr Atul Munshi.

We hope you will enjoy this issue!!

Sonia Malik
Editor

Message From the President

Transition is always fascinating - from childhood to adulthood; from reproductive age to climactery. It is also associated with an unknown fear of change.

This is true for menopause also. This affects both body and mind. Menopause is not a disease but requires delicate care from doctors, family members and society at large.

Menopause brings maturity but also emotional instability. It is a time for women to embark upon a new journey.

We, at the Indian Menopause Society, are trying to make this change meaningful. In spite of lots of efforts from various segments, menopausal management is still a neglected subject with the medical fraternity and our society.

Our editorial team headed by Dr Sonia is doing an excellent work through POISE – an informative and educational publication with a scientific base.

I am sure this will go a long way in fulfilling the prime aim of the Indian Menopause Society - propogate the awareness for classes and masses.

This month is special for all women who are mothers and daughters since 9th May is Mothers’ Day. Make this day more memorable and meaningful by taking your mother for a health check. May you all lead long and healthy lives.

Atul Munshi
President, IMS
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CONTENT

Mother

Strengthen Those Aching Back Muscles

My Experience with Power Yoga

Chapter News IMSCON 2010

Public Forum IMSCON 2010

Chandigarh Launches Club 35 Plus

Club 35 Plus Reaches Gwalior

Eat Right

Know Your Salt

Lru d $ j & c p h g h f u k u ----- 18

Yt e j D; k g$ 20

Programming Menopausal Health Care

Awareness is Cure

10

11
1. My mother taught me TO APPRECIATE A JOB WELL DONE.
   'If you’re going to kill each other, do it outside. I just finished cleaning.'

2. My mother taught me RELIGION.
   'You better pray that this will come out of the carpet.'

3. My mother taught me TIME TRAVEL.
   'If you don’t straighten up, I’m going to knock you into the middle of next week.'

4. My mother taught me LOGIC.
   'Because I said so, that’s why.'

5. My mother taught me MORE LOGIC.
   'If you fall out of that swing and break your neck, you’re not going to the store with me.'

6. My mother taught me FORESIGHT.
   'Make sure you wear clean underwear, in case you’re in an accident.'

7. My mother taught me IRONY.
   'Keep crying, and I’ll give you something to cry about.'

8. My mother taught me about the science of OSMOSIS.
   'Shut your mouth and eat your supper.'

9. My mother taught me about CONTORTIONISM.
   'Will you look at that dirt on the back of your neck!'

10. My mother taught me about STAMINA.
    'You’ll sit there until all that SOUP is gone.'

11. My mother taught me about WEATHER.
    'This room of yours looks as if a tornado went through it.'

12. My mother taught me about HYPOCRISY.
    'If I told you once, I’ve told you a million times. Don’t exaggerate!'

13. My mother taught me the CIRCLE OF LIFE.
    'I brought you into this world, and I can take you out.'

14. My mother taught me about BEHAVIOR MODIFICATION.
    'Stop acting like your father!'

15. My mother taught me about ENVY.
    'There are millions of less fortunate children in this world who don’t have wonderful parents like you do...'

16. My mother taught me about ANTICIPATION.
    'Just wait until we get home.'

17. My mother taught me about RECEIVING.
    'You are going to get it when you get home!'

18. My mother taught me about MEDICAL SCIENCE.
    'If you don’t stop crossing your eyes, they are going to get stuck that way.'

19. My mother taught me about ESP.
    'Put your sweater on; don’t you think I know when you are cold?'

20. My mother taught me about HUMOUR.
    'When that lawn mower cuts off your toes, don’t come running to me.'

21. My mother taught me HOW TO BECOME AN ADULT.
    'If you don’t eat your vegetables, you’ll never grow up.'

22. My mother taught me about GENETICS.
    'You’re just like your father.'

23. My mother taught me about my ROOTS.
    'Shut that door behind you. Do you think you were born in a tent?'

24. My mother taught me about WISDOM.
    'When you get to be my age, you’ll understand.'

25. And my favourite: My mother taught me about JUSTICE.
    'One day you’ll have kids, and I hope they turn out just like you.'

Compiled by - Dr Sushma Chawla
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MOTHER

She loved you,
Now you love her.
She cared for you,
Now you care for her.
She helped you take your first step,
Now be by her side in her last steps.
She held you, when you tumbled over,
You hold her now and don’t let her fall.
She nursed you and made you eat,
Today’s your turn to feed her.
She is aging now, may be worried for her future, sleepless bothered for her health.
She may not get cancer or porous bones.
Take her for check-ups for sugar and blood pressure.
Give her a flower and make her smile.
Take her for an outing, shopping, movie and eating outside.
Do yoga and dance with her.
She loved dancing, when she was young.
Make her journey comfortable and beautiful.
Let her breeze through menopause while dancing and smiling.
Now’s your turn, come on...

Contrary to popular belief, Mother’s Day was not conceived by some youngster. The earliest tribute to mothers dates back to the Annual Spring Festival celebrated by the Greeks. It was dedicated to Rhea, the mother of many deities. Ancient Romans made offerings to their Great Mother of Gods, Cybele. Christians celebrated this festival on the fourth Sunday in Lent in honour of Mary, Christ’s mother. In England, this holiday was expanded to include all mothers and was called Mothering Sunday.

In the United States, Mother’s Day started nearly 150 years ago, when Anna Jarvis, a Red Indian homemaker, organised a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it ‘Mother’s Work Day’. In 1905, when Anna Jarvis died, her daughter, also named Anna, began a campaign to memorialise the life work of her mother. Legend has it that young Anna remembered a Sunday school lesson that her mother gave in which she said - “I hope and pray that someone, sometime, will observe a memorial mother’s day. There are many days for men, but none for mothers.”

Anna began to lobby prominent businessmen and politicians including President Roosevelt to support her campaign to create a special day to honour mothers. In 1914, Anna’s hard work paid off when Woodrow Wilson signed a bill recognising Mother’s Day as a national holiday.
In menopause, the weakest part of human skeletal system is the backbone. Backbone is the central support system of our body.

If we have a weak backbone then who would carry weight of our axial skeletal system?

- Strength of backbone is of utmost importance in our whole life but more so in menopause as our legs and arms are also getting weak because of loss of muscle mass. If we don’t have a strong central support system consisting of backbone and abdominal muscles, our chances of falling down and sustaining fractures are also increased.

- All of you must have seen many middle-aged women bent at the back. This is called kyphosis or dowager hump. You would be losing height and feeling fatigued. If there is loss of more than 1.5 inches then it means you already have had micro-fractures in the spine.

This hump is because of weak extensor muscles of the back along with very small fractures of the upper backbone which go unnoticed most of the time and are not diagnosed in more than one-third cases. This interferes with the quality of women’s life.

- Along with the quality of life issues is the issue of medical problems like chronic backache, decreased chest space resulting in respiratory problems, and decreased abdominal space leading to poor digestion.

What you have to do for prevention and treatment is back strengthening exercises along with consuming adequate quantities of calcium and vitamin-D.

**When should these exercises be started?**

*In early 40s or mid-40s?*

No. Perhaps earlier if possible. But then, definitely 35 years onwards.

*Why?*

Because this is the age when you start losing your muscle strength and your bone mass.

*Till what age you build up your muscle mass and bone mass?*

It is by about 25 years of age. Then, there is almost a plateau till about let us say 35 years of age or so and from that age onwards you lose bone mass and muscle mass at the rate of about 0.5 to 0.75 per cent per year and this loss increases to about 4-5 per cent per year around the age of menopause.

So start as early as possible but definitely soon after 30.

If you have micro-fractures of your spine even while bending to lift up some weights, take the following precautions:

- Don’t bend yourself at the spine but at the knees when picking up some objects.

- Strengthen your back muscles by doing resistance exercises like seated rows or wide grip pulley press. While doing seated rows don’t bent forward at the back.

- Do back bridges.

- Do some yoga exercises also like cobra pose or Bhujangasan.

- We should strengthen core muscle together. Core muscles are abdominal and back muscles and as they take the weight of our appendages or limbs, it is very important to strengthen them.

- These exercises would increase flexibility and can help to stabilise the back. However, it should be noted that for most of these exercises, you should not feel the stretch in the back itself. For example, the back of the legs have a group of muscles called the hamstrings. These muscles originate in the lower pelvis and insert into the leg. When the hamstrings are tight, the back itself can be tightened due to the pulling on the pelvis. Therefore, stretching the hamstrings will not only loosen the leg muscles up but also take the strain off the back.

- As each back condition is different, always consult your doctor before doing any of these exercises to determine which exercises, if any, are right for your particular condition. If you have any discomfort after performing any of these exercises, discontinue and immediately consult a doctor to properly assess your situation.

Following are some recommended exercises.

**BACK BRIDGE**

Lie straight on a mat. Bend your knees and raise your torso in a straight line as shown in the figure below. Don’t arch. Hold for 10 seconds and repeat it again 10 times and in 3 sets of these 10 repetitions.
SIT-UPS

HAMSTRING STRETCH
Sit on the ground, with one leg straight and the other one comfortably bent in front of your body. Bend at the waist and lean forward, keeping your back as straight as possible. Don’t curve your back. Reach with your arms towards the foot until a stretch is felt under your thigh. Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the back of your thigh area, without aggravating your condition.

BACK FLEXION STRETCH
While lying on your back, pull both knees to your chest while simultaneously flexing your head forward until you reach a comfortable stretch in a balled-up position. Do 8-12 repetitions this way holding each one for 8-10 seconds at a time. You should feel no pain with this exercise as the stretch is designed to relieve tension on the back.

EACH BACK CONDITION IS DIFFERENT. ALWAYS CONSULT YOUR DOCTOR BEFORE DOING ANY OF THESE EXERCISES TO DETERMINE WHICH EXERCISES, IF ANY, ARE RIGHT FOR YOUR PARTICULAR CONDITION.
Strength Training Exercises
(Instruction for the patients on steps of exercises)

**UPPER BODY DUMBBELL ROW**

- Place the opposite hand on the bench for support. Place one foot slightly behind hips on the ground with knee slightly bent; place the other knee on the bench below the hips. Back should remain flat and head should stay focused straight ahead.
- Hold the dumbbell in one hand. Begin the exercise with the weight arm-length away. Slowly pull the weight to the chest while squeezing the shoulder blades together.
- Think of the hand as a hook and pull the weight using upper back muscles. Pause the weight at the chest and slowly lower the weight to the starting position.
- Do not swing your arm to achieve the movement. Remain under control throughout the full range of motion.

Perform desired repetitions on one arm then perform the same number on the opposite arm.

**WIDE GRIP PULLEY PRESS**

This is a resistance exercise for building strength and muscle mass of upper back and shoulders.

Sit on a stool with back straight and hold the bar of pulley with more than twice the width of shoulders. Breath in and bring the bar down to your nipple level and breathe out and let it go up again. Do 10 repetitions and 3 sets of 10 repetitions. The same exercise can be done with a pair of dumbbells also.

**BHUJANGASANA (Cobra Pose)**

This posture promotes flexibility in the spine and encourages the chest to open.

This asana strengthens the spine; stretches chest and lungs, shoulders and abdomen; firms the buttocks; stimulates abdominal organs; helps relieve stress and fatigue; opens the heart and lungs.

Don’t do this asana if you have any of the following:
- Back injury
- Carpal tunnel syndrome
- Headache
- Pregnancy

**Steps:**
1. Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Better not to rise above the navel level. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don’t harden the buttocks.
4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.
5. Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.

If you do abdominal crunches and pull your belly button in even then your back muscles would be strengthened.

Again remember it is very important to strengthen our central supports that means our back muscles and our abdominal muscles as they support our body and our limbs. So please, don’t neglect the back.

Keep on exercising till I send you some more tips to stay fit and young!
My Experience with Power Yoga

I am a peri-menopausal woman, 48 years of age. I loved going for morning walks every day. However, I avoided them during rainy season. Being unable to go for my daily walks due to rains, this time I had a feeling of guilt creeping in. I was missing out on my fitness regimen.

Then, one fine morning, I came across an ad in a local newspaper about classes on Power Yoga. “Let me give it a try” - was the thought that surged over. So I told my husband about my plan. He said, “Be careful. Don’t forget your age. You are not young anymore. Don’t do difficult exercises.” Next day I called the yoga trainer and told him about my intention to join the classes. He called me at 7 am the next day.

With some apprehension, I reached the place. The class was at walking distance from my home. So I reached there before time. I informed the trainer about my age and requested him to make me do only those exercises that suited my age and physical calibre. “But ma’am, you don’t look 48. You look younger!” he exclaimed. Probably this is one of the ways by which these trainers boost your morale.

There were 10 women ranging from 20 to 50 years of age. Our regime started with stretching exercises for 10 minutes. These were followed by different sets of yoga, floor exercises, kicks, weight training exercises and finally some relaxation exercises.

Day one was focused on Surya-Namaskar.

Day two was about weight training exercises with dumbbells.

Day three was for abdominal exercises.

Day four was for aerobics and kicks.

Day five was for yoga style postures and stretches.

Initially my stiff body found it difficult to do the exercises. The only kind of physical movement that it was habitual of was walking. However, gradually my body turned quite flexible. A forward bend and touching the ground with fingers and all other difficult postures became quite easy for me to exercise.

After I started feeling better both physically and mentally, I recommended this to my friends. They too joined the classes and found power yoga quite effective. The young girls in our batch used to get surprised seeing us aunties do the different asanas and Surya Namaskar with such ease.

Advantages of Power Yoga

There are many hidden benefits of practicing power yoga. Here they go -

1. Release of Endorphins - hormones secreted in the brain to give a feeling of wellbeing and happiness.

2. The rigorous exercises don’t leave you with any time to think of anything else for an hour. One tends to forget all his worries and holds her random thoughts for a while.

3. Muscles and bones get strengthened by power yoga. As we age, we start losing muscles and they turn weak too. Bones also start turning brittle in post-menopausal age. By weight-bearing exercise, bones get stronger.

4. Difficult postures during yoga increase your concentration span.

5. These exercises help in relieving constipation which is common in old age due to decreased intestinal motility.

6. Increased sweating while exercising cleanses your skin and adds glow.

7. Vigorous exercises also help in getting a good sleep.

8. Some exercises and postures are good for fighting thyroid disorders.

9. Abdominal exercises reduce fat deposition around abdomen and you tend to get into shape.

Getting a good figure, good skin and strong body adds confidence to a woman in her postmenopausal age. After continuing power-yoga for nine months, I have lost weight, become confident, flexible and there are no peri-menopausal symptoms.

So dear friends, cheer up! Get energetic by doing any kind of exercise. Find out what you truly love to do and direct all your energy towards doing it. Get empowered with power yoga.
Awareness is Cure

Women health problems are soaring in number because of ignorance and negligence in developing countries including India. A reality check.

The age old dictum ‘health is wealth’ is truer but more difficult to achieve in case of women than men. Women pursue happiness with the same fervour with which they pursue material wealth. It is because of this inherent pursuit of mental as well as material prosperity that women are stronger in times of crises. However, this strength fails to help majority of women tide through various stages of life uninterruptedly, especially in developing countries due to their poor health status.

Unfortunately, India also reflects this picture. Some states like Kerala might be better than other states like Bihar but the overall picture is still gloomy. In our clinical practice, we regularly come across women succumbing to totally preventable ailments due to sad reasons like ignorance by the woman herself or negligence of her family. This situation needs to be changed fast. It can be done only by implementing widespread effective, preventive as well as curative health programs by the government. Simultaneously, education and health awareness level of people in general especially women needs to be raised considerably.

The World Health Organisation, in an executive summary of its report on ‘Women and Health’ published in November 2009, has proposed a life-course approach for women’s health. This approach fosters a deeper understanding of how interventions in childhood through adolescence, during reproductive years and beyond, affect health later in life and across generations. In a world with an ageing population, the challenge is to prevent and manage the risk factors of today to ensure that they do not lead to the chronic health problems of tomorrow.

For women of reproductive age group, problems related to abortions, pregnancy/ labour, HIV/AIDS and other sexually transmitted infections need proper care and awareness. However, women also face various health problems after their reproductive period ends. Perimenopausal and menopausal problems are numerous including bleeding disorders, benign and premalignant conditions of the reproductive tract, hormone deficiency (especially estrogen deficiency) and its consequences, and prolapse of the uterovaginal tract etc. All the above are usually obvious problems and many women have these specific symptoms. However, with increasing ageing population, health problems of the geriatric women are achieving large magnitudes.

For women over 60 years of age, cardiovascular disease and stroke – other than reproductive health problems - are major killers and causes of chronic health problems in most countries. Another significant cause of death and disability is chronic obstructive pulmonary disease which has been linked to women’s exposure to smoke and indoor air pollution. Eye problems like cataract and trachoma are also significant health problems. Osteoporosis is fast becoming a silent killer of alarming proportions. One in two women suffers from this disease by the age of 65 years. Debilitating fractures and associated complications contribute significantly to the economic burden even in developed societies. Female genital cancers too contribute significantly to disease burden. In India itself, about 1,32,000 new cervical cancer cases are diagnosed every year and 74,000 women die because of this untimely diagnosis and treatment. The irony is that this is a completely preventable malignancy but it reaches proportions of concern due to lack of proper screening protocols and facilities in developing countries like ours.

The right approach to health care of women will definitely go a long way in raising their health status. This is much needed because improving women’s health matters not just to women but also to their families, communities and societies at large.

So, improve women’s health. Improve the world!
Wellness is not just the absence of diseases. To be healthy means to be fit physically, emotionally and also socially. Likewise, menopausal health calls for primary, secondary and tertiary prevention.

Physical Health:-
1. Mind your weight at every age.
2. Right from childhood, one must follow an exercise regime.
3. Go for regular medical, dental and eye checkup and if need be, other super-speciality consultations and required vaccinations like HPV.
5. Go for menopausal diet plans.

Mental Health :-
1. For mental fitness, yoga and meditation are great options.
2. Diary writing and making daily work-plan also supports the cause.
3. Entertainment break must be included as a part of daily routine.
4. Watching TV and working on computer also help in relaxing your mind.
5. Pursuing hobbies like writing, gardening, needle-work, listening to music & shopping etc. also support in keeping you mentally fit.

Social Wellbeing :-
1. Maintain a diary to keep a record of the important dates etc. of neighbours, relatives, friends and colleagues.
2. Analyse all that you do the previous day.
3. Make future plans.
4. Prepare a list of what all to do in a day - at home, at work place, for leisure, etc.
5. Pray to God before going to bed and after rising every day.

Secondary Prevention:-
Never mind if you have developed
- Obesity
- Heart disease
- Any other health problems

One can always fight health problems with proper care and timely intervention.

Stay calm and be positive. Visit your doctor to get the following done.
1. Physical assessment
   - Evaluate musculoskeletal/CVS status
   - Consider how exercise can be performed with minimal risk of injury
   - Identify risk factor
2. Stress test
3. Good meal plan: Ask your doctor to prepare a diet plan for you as per your height, weight, working capacity and general health.
4. Regular exercise regimen: Never mind if you run or do brisk walk. There’s still a lot that you could do to stay physically fit like trying sitting exercises, meditation, deep breathing, etc.

Exercising has multifaceted advantages:-
- It builds endurance and strength.
- It improves flexibility.
- It helps in reducing and maintaining ideal body weight.
5. Don’t over-exercise. In view of your health status, ask your doctor the preferable time duration you need to devote to physical labour.

Tertiary Prevention :-
Be regular with your set routine, meditation, exercise programmes, diary making, and health check-ups.

Menopause isn’t really a pause. It is just another phase of life. Don’t fret. Just take good care of yourself.

ALL THE BEST!!!
The 15th annual conference of the Indian Menopause Society was held on February 5-7, 2010 in Chennai. The theme of the conference was ‘Autumn is Awesome, so is Menopause’.

During the inaugural function, IMS Documentary Sumangala was released by the Chief Guest Hon’ble Dr Poongothai Aladi Aruna, the State Minister for Information Technology and IMS member Chennai Chapter. The screening of the film with its montage at registration was of great attraction for all the participants. Thanks to Organising Chairman Dr Jaishree Gajraj, Organising Secretary Dr Sumana Manohar, Dr Uma Ram and their team.

This film focuses on staying healthy after 40 by understanding menopause, knowing when and how one can effectively manage the problems which directly or indirectly affect the whole family.

The same film was shown at public forum and was followed by active interactive session between the women’s group and the experts.

Thanks to all the contributors (Kirdar’s)!

MENOPAUSE DOCUMENTARY highlights...

- Breaking the myth that menopause is a disease.
- Informing about the symptoms and prevention of long term and short term consequences by well women screening.
- Counselling and role of family members, especially husband.
- Analysis of pre-menopause phase and cancer screening.
- Nutritional and alternative therapies
- Menopausal Therapies (Individualisation)
The fourth issue of POISE was released and distributed to all the participants. The release initiated dialogues for fruitful public awareness.

Congratulations to Dr Sonia Malik!
CLUB 35 PLUS

Club 35 Plus had a launch meeting in Chandigarh. 120 ladies attended the meeting at Hotel Classic on April 18, 2010. They were given an insight into how important it is to look after themselves and the purpose of the Club by Dr Jaideep Malhotra.

Health checkup including height, weight, blood pressure, and body composition check of all these women was done and a health card was made for all those who attended. This was done in collaboration with VLCC and their team of diet and exercise experts. More than 50 per cent of the women were found to be obese and were given guidance on nutrition and exercise. They will be monitored closely for their progress.

Dr Anita member from Chandigarh IMS chapter demonstrated how to do Surya Namaskar.

Mrs. Neelam Gulati, cosmetologist from Mumbai, gave tips on skin care in 35 plus.

Dr Narendra Malhotra (gynaecologist) talked to the women about menopause and its problems.

Abhinav Bindra’s mental trainer gave some tips on mental strengthening which is much required in women.

The Chandigarh coordinator Dr Neelam Aggarwal and Dr Navneet conducted the meeting and Dr Sarla Malhotra was the chief guest. This activity of IMS is being supported by German remedies. Already there are clubs in Agra, Faridabad, Gurgaon, Surat, Navi Mumbai and Gwalior. They are shortly opening in Allahabad, Thrissur, Nagpur and Kolkata.

Club 35 Plus

Indian Menopause Society’s Club 35 Plus is becoming immensely popular. The nationwide demand for new clubs is phenomenal. It is amazing to know how our women have been deprived of the motivation and know-how about looking after themselves. Keeping that in mind, the Club launched its new club in Chandigarh on April 18, 2010, in its pursuit to strengthen women, physically, mentally and emotionally. The Club Coordinator Dr Jaideep Malhotra, whose brain child this club has been, is very excited by the enthusiasm, which our chapters of menopause society are showing towards this concept and will help them establish the club in their cities.
Walior Club 35 Plus was launched on December 27, 2009 with Club 35 Plus coordinator Dr Jardeep Malhotra and Gwalior chapter secretary Dr Roza Olyai. Seventy ladies registered themselves for the first meeting. A health checkup was carried out and health card was made for them. They were given guidance on how to sail through menopause by Dr Narendra Malhotra. Dr Vij from Max hospital Delhi spoke about memory disorders in this age group.

The meeting was presided by Dr Ratna Kaul, senior IMS member from Gwalior and many senior gynecologists and local personalities attended the meeting.
Nutrition plays an important role in keeping a woman physically and mentally fit, especially past 40.

The cessation of menstruation and a woman’s ability to have children cease around the age of 50. Many symptoms that occur during menopause, such as - hot flushes, mood swings, night sweats, osteoporosis and vaginal dryness, happen as a result of falling levels of oestrogen. A healthy woman finds menopause as free of difficulty as was her experience of puberty. (She is aware that the ovaries become less active and cease to bring about the conditions necessary for conception.)

Nutrition plays an important role in a woman’s life. She needs adequate intake of proteins, zinc, iron, calcium, and vitamins – A, C, E, B. Absence of proteins even in a single meal and consuming just item in lunch and dinner cannot ensure the smooth synthesis of body fluids, blood, muscle mass, etc. From puberty to cessation of menstruation, the woman has to face on an average 400 menstruation cycles. Thus, this loss of blood is to be refilled by proper food all through her life or else she becomes prey to many diseases and has very difficult menopause. The menopause difficulties often indicate that all these years, her diets have been inadequate and incorrect.

It can be stopped or prevented with adherence to a normal balanced diet from childhood only. Hot flushes, night sweats, extreme tensions, nervousness and insomnia tend to disappear when more than the minimum daily amounts of calcium and the B vitamins are added. At menopausal age, psychological, mental, hormonal changes take place in her body, which result into tension, anxiety, worries, depressions, etc. Many a times, excessive blood loss results into severe anaemia, oedema gain in body weight, tiredness, palpitation, puffed face, etc. This period can even carry on for over three to four years. It should never be neglected. For a woman who suffers from excessive flowing, a thorough medical examination to rule out the possibility of fibroid growth is essential. A special nutritional attention and loving care at this age is extremely essential. The hormonal imbalance may give rise to heart ailments. Weight gain is to be strictly checked. It is particularly a difficult time for bones. All through her life, the oestrogen hormone protects her bones. And now that the hormone is in decreased supply, she needs to increase her calcium intake, to prevent rapid bone loss. Lime helps improve the condition. Soft lime can be added in rice while cooking. It can be added in buttermilk or in idli batter. One pinch per head in the family is beneficial. This gives an additional nutritional advantage without impairing the taste or texture of the finished food. In addition to calcium, exercise is an essential part of good bone health. It can re-utilise the calcium. It increases bone strength and size. Dairy products, fish, ragi, green leafy vegetables, soyabean, khuskhus, til, and dates are rich in calcium.

Recent reports indicate a growing use of vitamin E in treating menopausal difficulties. It is present in wheat germ, wheat grass, nuts, green leafy vegetables, betel leaf, oil seeds, cold press oil, sprouts, whole grains, and brown rice, etc. To fight anaemia, black treacle, wheat germ, green leafy vegetables, ragi, honey, dates, black raisins, and garden cress seeds, with lemon and pulses in meals can help. Sufficient proteins are important to overcome anemia.

Make sure to eat plenty of plant oestrogens found in soya, carrots, corn, apple, oats, and garden cress seeds, etc. Also, one must consume antioxidants every day. One gets sufficient vitamins - C,E,B carotene, minerals, selenium, zinc, calcium, magnesium from amla, lemon, salads, sprouts, nuts, carrots and papaya.

Vitamins and minerals of natural origin are supplements and not substitutes for good food and vice versa. Both are necessary. Nutrition therapy has to be carried out for a long period of time. What you eat, good or bad, shows its results later in life.

Our body needs a balanced diet. This should comprise 40 essential nutrients. They are: 10 essential amino acids, 15 vitamins, 14 minerals and one essential fat every day. All of them work like a team. Even if just one of these nutrients is missing, the other 39 do not function properly in our body. Vitamins never work singularly, but in partnership with each other, with hormones, enzymes, proteins and many other factors. This balanced diet is to be obtained through two square meals, one breakfast, one evening snacks and intake of milk twice a day. Breakfast should be between 8-9 am, lunch between 12-2 pm, evening tea/milk between 5-6 pm and dinner must be had by 8.30 to 9 pm with bedtime milk. Correct meal timings are very important.

Cook fresh food in an iron or steel vessel. Have at least three tablespoon of oil and half to one tablespoon of ghee per head per day with two bowls of dal, two bowls of legumes, 250 gms of vegetables. Also have 100 gms salad and 100 gms fruits every day.

Include plenty of amla, lemon, sprouts, nuts, dates, ragi garden cress seeds from organic farming. Avoid refined sugar, maida, polished rice, fried foods, readymade processed foods or tinned canned foods.

It is by eating right that a woman can ensure a healthy life.

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Mob: 9423683760
Know your SALT...

After a prayer, Gandhi raised a lump of salty mud and declared, "With this, I am shaking the foundations of the British Empire." He then boiled it in seawater, producing illegal salt. He implored his thousands of followers to likewise begin making salt along the seashore - "wherever it is convenient" and to instruct villagers in making illegal, but necessary, salt.

The Satyagraha or the Dandi March, which triggered the wider Civil Disobedience Movement, was an important part of the Indian Independence movement. It was a campaign of nonviolent protest against the British salt tax in Colonial India which began with the Salt March to Dandi on March 12, 1930. It was the most significant organised challenge to the British authority since the Non-cooperation movement of 1920-22, and the Purna Swaraj declaration of Independence by the Indian National Congress on December 31, 1929. Mahatma Gandhi led the Dandi march from his Sabarmati Ashram to Dandi, Gujarat to produce salt without paying the tax, with growing numbers of Indians joining him along the way. When Gandhi broke the salt laws in Dandi at the conclusion of the march on April 6, 1930, it sparked large scale acts of civil disobedience against the British Raj salt laws by millions of Indians. Although salt formed only 8.2 per cent of the revenue to the British, Mahatma Gandhi knew it would touch the sentiments of even the poorest Indian and hence he chose the salt tax to start a nation wide movement.

What is salt?

The word salt is thought to come from the Latin word sal, meaning salt. Salt is a chemical compound called sodium chloride, with the formula NaCL (Na = sodium, Cl = chlorine). Sodium chloride consists of 40 per cent sodium and 60 per cent chlorine. Salt is of low toxicity and is non-flammable. Seen under a microscope, table salt is made up of many cube-shaped crystals. Salt exists naturally in seawater. When an area of seawater becomes enclosed, it evaporates under the sun, a deposit is left. This is salt. Over millions of years, other sediments have deposited over the salt, leaving beds of halite (rock salt) below the surface.

Salt used to be used just as a diet supplement and as a means of preserving food. Later, salt was used in such processes as tanning, dyeing and bleaching. More recently, salt has been begun being used for glazing pottery, soap-making and early manufacturing of chlorine. Today, salt is widely used in the chemical industry. It is also used for water softening.

The human body needs salt

Not only does salt help control your fluid balance, it also controls the way your muscles and nerves work. Our bodies automatically regulate how much salt or sodium is present. If levels are too high we get thirsty and drink. This speeds up the process of elimination of salt through our kidneys.

How does salt affect my health?

Studies have indicated that too much salt consumption is linked to health problems, such as hypertension (high blood pressure) and osteoporosis. If you suffer from hypertension you would benefit from consuming less salt.

Small children, elderly people, as well as people with kidney disease cannot excrete sodium and regulate body fluid efficiently.

How much salt do I need?

According to the Food Standards Agency, United Kingdom, the human Guideline Daily Amount (GDA) should be:
- Age 11 years and over, 6g per day;
- Age 7-10 years, 5g per day;
- Age 4-6 years, 3g per day;
- Age 1-3 years, 2g per day.

Infants under one year should not be given salt because their kidneys are not matured.

How much is 6g of salt?

This is about one teaspoonful - not much. About three-quarters of the salt we eat is already in the food we buy.

It is impossible to work out exactly how much salt you eat in one day without knowing the precise salt content of each food and measuring the exact quantities you eat. However, knowing that a recommended daily maximum is 6g is useful. This is because then you can find out how much salt there is in some of the foods you normally eat. Most people are surprised at how much salt they eat when they sit down and work it out from the foods they are consuming. Doctors say we should try to avoid consuming foods that have a high salt content. It is a good idea to select, whenever possible, foods that say ‘no salt added’.

According to the Food Standards Agency (FSA) of the United Kingdom - the best way to reduce hypertension is to follow a diet that is low in salt, total fat and saturated fat, and high in vegetables, fruit and low-fat dairy products. People who maintain a healthy body-weight, do not consume too much alcohol and are physically active are much less likely to suffer from hypertension, says the FSA.

Dr Sonia Malik, New Delhi
स्तन कैंसर – बचाव ही निदान…..

अधिक उम्र में होने से भी इस कैंसर का खतरा बढ़ता है।
इसके अतिरिक्त अनुवादित कारण भी इस कैंसर के होने में महत्वपूर्ण भूमिका अदा करते हैं। जिन महिलाओं की मां को यह कैंसर हुआ हो उन्हें यह कैंसर होने का खतरा तीन गुणा अधिक होता है। और यदि सभी बचन को यह कैंसर हुआ है तो महिला
की अनुवादित तौर पर रिस्क दो से तीन गुणा बढ़ जाती है।
इस कैंसर की सम्पूर्ण विविधता निम्न तहलों से प्रारंभिक
अवस्था में पहचान कर लेने से हो सकती है:
1. मेमोराइजी
2. डॉक्टर परीक्षण (चित्र संख्या: 4)
3. स्वयं स्तन जॉइं (Breast Self Examination)
(चित्र संख्या: 7–13)
विशेषज्ञों की राय के अनुसार 35 वर्ष से अधिक आयु वाली हर महिला को हर वर्ष कॉन्सर्ट की जोड़ी अंशतः नहीं बनानी चाहिए। इस तरह से शीर्ष निदान हो जाने से 35% केंसेज में यह पूर्णतः ठीक हो सकता है।

सत्ता की स्वयं जोड़ी हर महिला करनी चाहिए। इसका सबसे उत्तम समय महावारी खत्म होने के एक-दो दिन पश्चात होता है। अगर कोई महिला हामिन (दवाई) लेती है तो डॉक्टर से इस जोड़ी के बारे में सलाह लेनी चाहिए। इस जोड़ी के दो हिस्से होते हैं—

1. दिखाई देने वाले बदलाव
2. महसूस किये जा सकने वाले बदलाव

पहले भाग आसान है। इसमें शीर्षे के सामने खड़े होकर सत्ता के अंकार या नाप में कोई बदलाव या त्वचा में कहीं सिकुड़न या कोई पथजात तो नहीं है यह ज्ञान होता है।

अपने हाथों को बिठाना चोज़कर आधार के सामने खड़े होकर या बेठ कर इस प्रक्रिया की जा सकती है।

इसके बाद जोड़ी के दूसरे भाग में प्रत्येक सत्ता की ध्यानपूर्वक जोड़ी तैयार कर अवसर खड़े होकर की जा सकती है। अपने प्रादेशिक सत्ता की जोड़ी के लिए दायित्व हाथ को सिर पर पीछे ले जाएं एवं बाएं हाथ से महसूस करें। बाएं सत्ता की जोड़ी के लिए यही प्रक्रिया दाएं हाथ से करें। अपने दायित्व हाथ की अंगूठियों से धीरे-धीरे हलके दबाव के साथ सत्ता के ऊपर एक चौथाई हिस्से को बाहर से अंदर की ओर धुंधिया (सतनाम / निप्पल) तक सहायता इसी के साथ-साथ घुटियों को भी सहायता। इसी हलके दबाव से सत्ता के नीचे के हिस्से की भी सहायता। अब अपने हाथ को नीचे लेकर अपनी अंगूठियों के बाद करने हिस्से से छोटे के पास का हिस्सा सहायता। हलके दबाव के साथ सत्ता के एक चौथाई ऊपर धुंधिया की ओर से दाएं हाथ की ओर सहायता।

अन्त में सत्ता के नीचे के हिस्से को बाहर की ओर से धुंधि की ओर सहायता। इसके पश्चात अंगूठों और अंगूठों के मध्य धुंड़ को दबाकर किसी प्रकार के घाव को देखें।

अपनी कंसैं का भी परीक्षण करें वह बहुत कोई गितानि तो नहीं है।

किसी भी प्रकार की गांठ या विकृति पाए जाने पर अपने डॉक्टर से सम्पर्क करें। ऐसी स्थिति में गितानि से पानी या बायोसी (एफनएसी) ले कर उससे कंसैं की जोड़ी की जा सकती है।

सत्ता कंसैं की प्रारंभिक अवस्थाओं में इसकी शल्य क्रिया द्वारा इसका इलाज सम्भव है। सत्ता का आकार बनाए रखने के लिए विधिप्रकार के प्रस्त इम्युलेंट भी उपलब्ध हैं।
एल्जेमर क्या है?

, Yt aj clej'h ds jk l; k a h n j k M k y &

२०

D; k, j h v kSf/k lagSt ls, Yt aj clej'h d k k i j k glakV l d r h g8

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व्हा एल्जेमर बीमारी आम रूप से ६० वर्ष की आयु से अधिक के लोगों

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Poise

pj.k 3% ये अपने नजदीकी रिसेवरों और मिसों को नहीं पता लगते और उन्हें पूरी देखभाल की आवश्यकता होती है। वे घर में भी अपने सभी तरह के बूढ़े जाने वाले हैं और अंदर मूल आदमी की अवस्था हो जाती है। ये बिस्तर में ही रहते हैं और उन्हें पीछे घंट देखभाल की आवश्यकता होती है।

, Yt ej chesj g d s funks d sy, fok ijh kmd k iz k f; d k t k zlkg

एलेम्बर बीमारी (ईडी) असाधारणता है। एलेम्बर बीमारी के निदान का एकमात्र उपाय प्रिसेंट ब्रेक ने से मरीज़ विश्लेषण है। तथापि, जीवित रूपमें मांगने पर प्रिसेंट प्राप्त होते हैं एलेम्बर बीमारी का निदान कर सकते हैं। मानसिक और व्यावहारिक संकेतों, शारीरिक जवाब और तार्टरियनोवीज़ीफिक व्याप्तियों की आवश्यकता पर लगभग 90 प्रतिशत विश्लेषण हो सकता है।

प्रिसेंट का सामान्य रूप से रोगी और परिवार द्वारा दवा की गई सुविधा का प्रयोग करते हुए मानसिक और व्याहारिक संकेतों का पूर्ववर्ती वर्गीकरण। प्रिसेंट प्रणाली में प्रिसेंट बीमारी के रूपों को बाद की तरह का समाप्‌त अवधारित है जो नीरी स्थूल विविधता में स्थितों करते हैं और यह सही सामान्य रूप से खड़ा हो जाता है। प्रामाण्य एलेम्बर बीमारी के अन्य संकेतों में भाग के प्रयोग करने, मांस पक्ष, उप्रवुद्धीकरण, शरीरण, अनुभवों का अप्रत्याशित करने तथा सही शब्द या सही बात करने में कठिनाई शामिल हो सकती है।

विश्लेषण के अन्य समान्य झंडों की पहचान करने और उसे दूर करने में सहायता के लिए शारीरिक जवाब की जाएगी। इस जागरूकता में समाप्‌त सुविधा, रूप में दस्तक लेने और रूपों का समाप्‌त करने के लिए मानसिक स्थान (जाना) (जैसे व्यक्तिकी, अनुभव, चर्चा आदि) का प्रयोग कर सकते हैं। इसके अनुसार मानसिक जानकारी में शारीरिक जवाब के लिए इनकी अधिक हो सकती है।

तार्टरियनोवीज़ीफिक परीक्षण मानसिक बूढ़े या प्राणायाम परीक्षण की तरह शारीरिक परीक्षण के संबंध में प्रयोग किया जाना है। 

प्रिसेंट तार्टरियनोवीज़ीफिक परीक्षण का युग्म करने के लिए कि रोगी बीमारियों में संकेतों का अनुप्रयोग करते हैं, एमएसई है। 

एमएसई में रोगी, दवा, नीरी और शरीरण परीक्षण और भाव का परीक्षण शामिल होता है। अगर किसी रोगी ने गंभीर विविधता तथा एमएसई के दृष्टि में आए किसी तार्टरियनोवीज़ीफिक परीक्षण को बदला तो आवश्यकता नहीं हो जाती है।

विश्लेषण, हर की बीमार कीमत बड़ी तथा उसका संकेत करता है इसलिए उसमें एलेम्बर बीमारी विश्लेषित नहीं है, और रूपों की आवश्यकता हो सकती है। रोगी का तार्टरियनोवीज़ीफिक का इ से पता चलता है, और जो विश्लेषण कीमत का पता लगाने के लिए कठिन परीक्षण करेंगे।

ejhekejl h ds , Yt ej chesj g eBmud s, fkd 5 s, jslâd k d:

समाज और समुद्र जाना राखने हो सकता है।

साधारण शब्द और छोटे वाक्य चुने और शांत और स्मृति भाव का प्रयोग करें।

बच्चे के समान एलेम्बर बीमारी वाले जवाब से बातचीत करने से मानों
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* Data on File

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