

Winter 2024
Issue 3.1

તમારી તબિયત

Your Health

Winter Edition



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New
Authors!**

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We Get Older

Welcome to our first issue of 2024 including a collection of articles from our team as well as special contributions from guest writers.

We hope you enjoy reading them!

If you would like to get involved or have any feedback, please email us at tamaritabiyat@gmail.com or message us on our socials @tamaritabiyat.

Post Menopausal Bleeding

by Dr Yugisha Gurung, MBBS DPMSA
Psychiatry Trainee - Cygnet Churchill Hospital

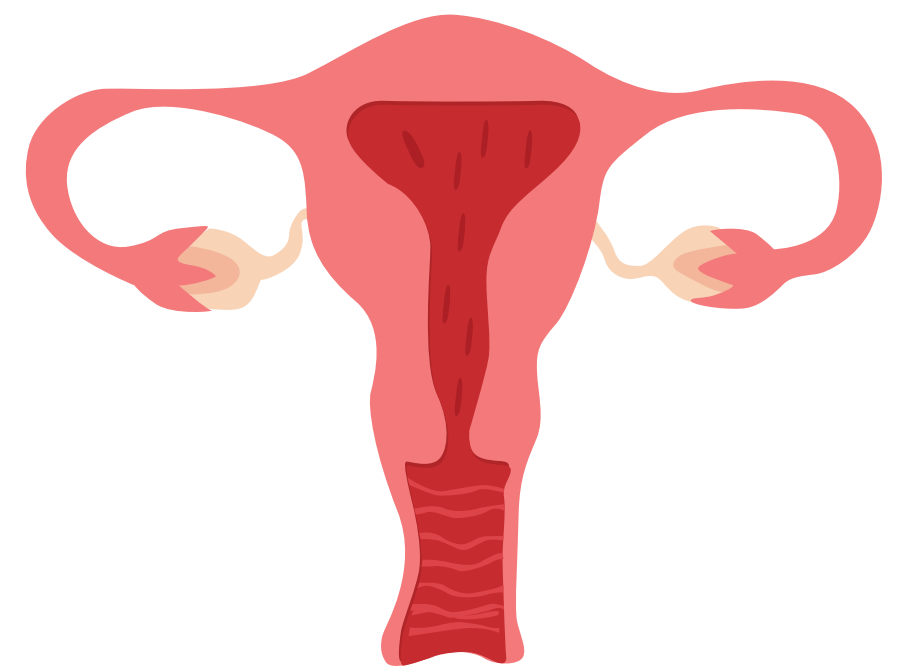
What is menopause?

Menopause is the time when women stop having monthly menstrual bleeding, signifying the end of their reproductive years. They often occur between the ages of 45 and 55, but can also occur prematurely in women who have had their uterus or ovaries removed or are undergoing treatment for cancer.

Menstrual bleeding needs to have ceased for 12 months before it can be diagnosed. The stage prior to menopause is called Perimenopause, whereby women continue to menstruate but they become irregular until they finally cease.

Women are perimenopausal and or have entered menopause experience a wide array of symptoms such as vaginal dryness, painful intercourse, urinary symptoms, sweating, lack of energy, dry skin, and lack of sleep. They may also experience anxiety, irritability, and memory problems.

These symptoms can impact women's lives, relationships, and work, so medical advice and support should be sought from medical personnel.



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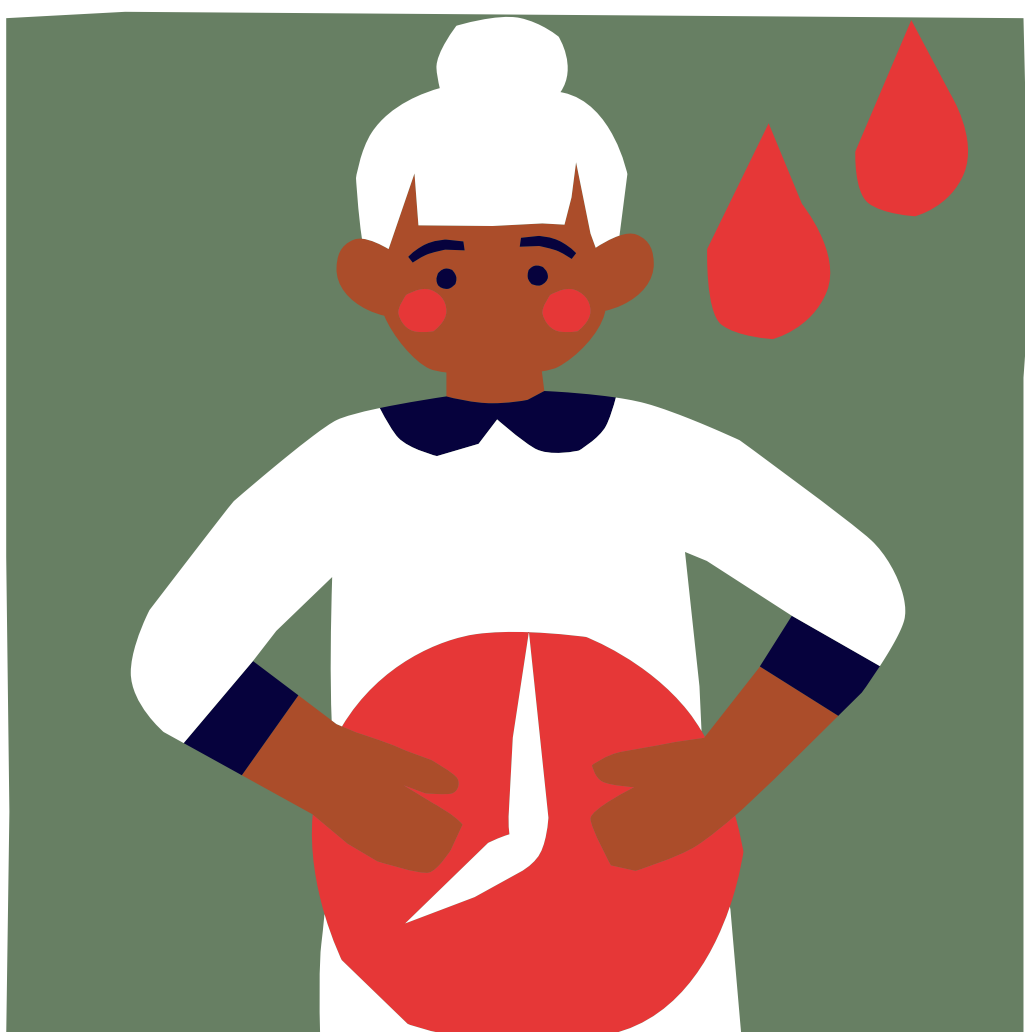
What is post menopausal bleeding?

As the name suggests, post menopausal bleeding is any bleeding from the vagina after menopause has been established. It is not normal for women to bleed after menopause, and thus, any bleeding after menopause needs to be investigated.

Common causes of post menopausal bleeding can include thinning of the vaginal lining, which may bleed on penetration, cervical or endometrial polyps, and uterine fibroids.

However, post menopausal bleeding may be due to endometrial cancer and/or ovarian cancer. Endometrial cancer is cancer of the lining of the uterus, and ovarian cancer is cancer affecting the ovaries.

Therefore, any post menopausal bleeding must be discussed, and investigated by a doctor.



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Your Health

Post Menopausal Bleeding

by Dr Yugisha Gurung, MBBS DPMSA
Psychiatry Trainee - Cygnet Churchill Hospital

What will the investigation involve?

The initial test for post menopausal bleeding is a transvaginal ultrasound. It is a device that is placed in the vagina to look for any source of the bleeding and to measure the thickness of the endometrial lining. Then, the doctor may do an examination of the pelvis and vagina, using a speculum. A speculum is a plastic device that allows a doctor to look at the inside of the vagina and to identify the cervix.

A more invasive investigation may need to be done called a hysteroscopy, which involves passing a thin camera via the vagina and into the cervix to visualise the inside of the uterus. Biopsies may be taken during this investigation. This is normally done under local or general anaesthesia.

Whilst these investigations may sound intrusive and uncomfortable, it is important to remember that they are performed to rule out sinister causes of post menopausal bleeding such as cancer. Therefore, we encourage our readers who may be experiencing these symptoms or know a loved one who is having post menopausal bleeding to seek medical attention, advice and support.

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Your Health



Written by Dr Yugisha Gurung

What is Physiotherapy?

by Jai Gidwani HCPC MCSP MSc (Sports Medicine) MIAP BPTH
Musculoskeletal Physiotherapist - SMART Physio - London

Many of us get referred by our GP to a physiotherapist for some injury or another and there are also many of us that don't end up doing all exercises that we are given. This may be because we haven't been explained the importance of physiotherapy or we don't do the exercises for long enough to get the benefit! Here I'll tell you a bit about what it is and how it can help us so that the next time we or someone we know gets referred we know why.

Physiotherapists have an important role in improving physical health as well as our general well-being. This could be when we are injured, are in pain or have changes in our mobility. Their expertise lies in understanding the body, allowing them to make personalized plans tailored to specific needs. They build a good relationship with their patients and work with a wide range of conditions, whether it's a sore back, stiff neck, or muscular and joint problems.



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What is Physiotherapy?

by Jai Gidwani HCPC, MCSP, MSc (Sports Medicine), MIAP, BPTTh
Musculoskeletal Physiotherapist - SMART Physio - London

What techniques can they use to help us?

- Specific exercises aimed at strengthening muscles and improving flexibility - some may even feel silly to do but they are designed specially to target the area that is affected, so please have trust in them, they will help if you do them correctly and for long enough!
- Massages and stretching can provide some immediate relief and support the healing process.
- Using special tools and equipment on top of what they have already suggested to speed up the recovery process.

They also work by trying to stop us from getting these problems in the first place by offering guidance on how we can maintain an active lifestyle and start forming healthier habits.

It's important to remember that physiotherapy isn't just for athletes or those with severe injuries; it's for everyone seeking improved movement and overall health. If you're struggling with pain or mobility challenges, seeing a physiotherapist might just be what you need.

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Your Health



Written by Jai Gidwani

Hearing Loss

by Anjee Bhogaita BSc

Healthcare Director and Audiologist - Specsavers Edgware Road & Fulham

Hearing loss is a common problem that affects many people as they get older, ranging from mild to total deafness. It can happen due to many things including our genetic predisposition (family history), aging, exposure to loud noises, certain medical conditions, or the use of certain medications.

Hearing loss can affect people of all ages and significantly impact their daily lives, communication, and overall well-being. We shouldn't ignore signs of hearing loss as it can really have an impact on people socially and have health consequences.

These may include:

- Effects on personal relationships, education, and professional situations.
- Challenges in learning and academic achievement for hearing-impaired individuals
- Hinders effective communication and collaboration in the workplace
- Higher risk of cognitive decline and mental health issues



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Healthcare Director and Audiologist - Specsavers Edgware Road & Fulham

With the help of an audiologist and modern technology, people who suffer from hearing loss can have a better quality of life. Options can include hearing aids cochlear implants.

Hearing aid



cochlear implant



The NHS is available to provide all individuals with a free hearing test followed with free hearing aids to those who need it. If you or anyone you know is having trouble with hearing make an appointment with your GP so they can refer you to an audiologist for a hearing test.

However, if you have experienced a sudden loss in your hearing please see a doctor as soon as possible!

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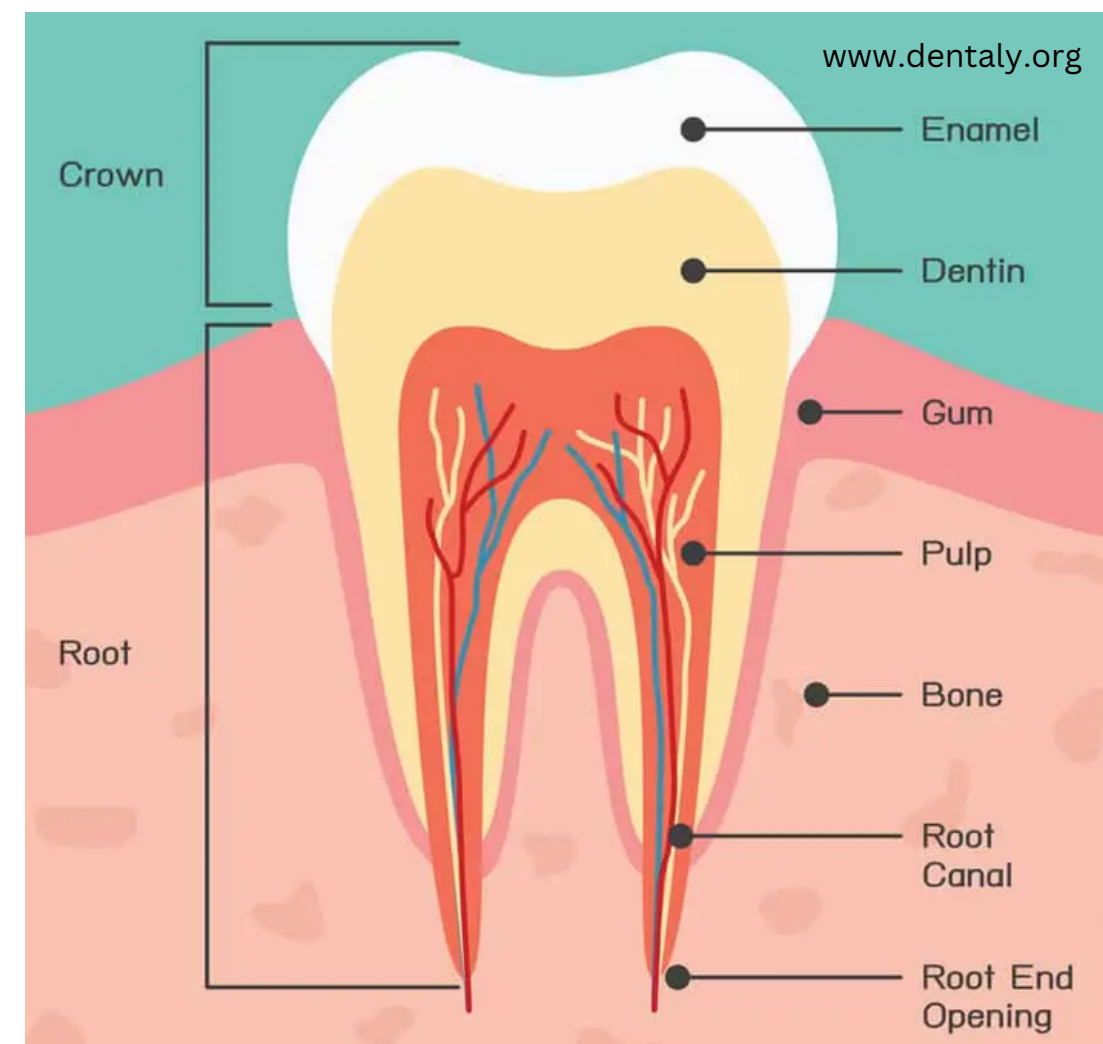
Written by Anjee Bhogaita

Teeth Sensitivity

by Dr Nikita Thanki BDS
Associate Dentist - Ilford

Sensitive teeth can be frustrating. Let's take a look at some of the causes of sensitive teeth and some ways you can help make it better.

The outer protective layer of your tooth is called the enamel and beneath this layer is the dentine. Effectively, if the dentine of your tooth is exposed to the outside elements, you can get tooth sensitivity.



- **Recession and gum disease** - when the bone and gum around the tooth of your tooth shrink away this can cause sensitivity.
- **Overbrushing** - this can cause gum recession in itself, but also abrasion (wearing away) of the enamel (the outer protective layer of the tooth) and therefore exposed dentine - causing sensitivity.
- **Erosion** - acidic foods and drinks that dissolve the enamel of the tooth, leaving exposed dentine and therefore sensitivity.
- **Grinding your teeth** - this causes wearing away of the enamel via attrition —> exposed dentine —> sensitivity (you get the picture!).
- **Tooth decay** - this can cause sensitivity firstly because it makes your tooth weaker and can cause a hole which would expose the dentine, but also, if the decay is deeper, it can begin to irritate the nerve of your tooth which is in the centre of it - and so can cause sensitivity (and potentially eventually pain, in this way).

Teeth Sensitivity

by Dr Nikita Thanki BDS
Associate Dentist - Ilford

So what can you do to prevent sensitivity in the first place?

1. Brushing your teeth, clean in between your teeth and keep a low sugar diet - preventing tooth decay and gum disease
2. Don't overbrush - clean better, not harder!
3. Low acid intake - less fizzy drinks and fruit juices (drink them through a straw if you are having them), rinse your mouth after having fruits etc.
4. Wear a mouth guard at night if you grind your teeth - a dentist can make this for you and it protects your teeth from wearing each other away!

"I've got sensitivity, now what?"

Apart from doing all the above you can consider the following:

1. Spit don't rinse! Don't rinse your mouth after brushing your teeth to keep the protective fluoride in and strengthening your teeth so it is more resistant to insult.
2. Use a sensitivity toothpaste for brushing - this can block the sensitive sensation from outside of your tooth inwards.
3. Use a sensitivity toothpaste 'topically' - just apply it as a gel even when you're not brushing your teeth
4. Anything acidic through a straw! (As above).
5. Avoid very cold and icy foods/drinks that can exacerbate your sensitivity



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Your Health



Written by Dr Nikita Thanki

Benefits of Resistance Training as We Get Older

by Dr Sneh Shah MBChB MSc

GP Registrar - Royal Free London NHS Foundation Trust

What happens to us as we get older?

As we age, our bodies go through some natural changes. We all age differently: some go grey or lose hair, others get wrinkles. The structure of our bodies will also change. Most of us gain fat tissue while our bones become less dense and we lose some muscle.

What does this mean?

We might experience:

- Being less able to move or walk as far or as quickly as we used to
- Feeling weaker
- Higher risk of fractures
- Higher risk of falls
- Heart disease or stroke



What can we do about it?

World Health Organisation guidelines recommend that adults should do “muscle-strengthening activities on 2 or more days a week” and over 65s should do balance and strength training on 3 or more days a week.

So, how can we introduce strength training into our lives?

If you are not familiar with strength training, the good news is that we can do some effective exercises without having to step foot in the gym!

It is important to focus on the major muscle groups of the body, which are the legs, back, core, shoulders and chest.

Benefits of Resistance Training as We Get Older

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Try to do as many of these as you can for one minute each. Once you feel comfortable with them, add some weight – holding objects in your hands for some of the exercises. There are lots of helpful videos on YouTube that can show you how to do these too!

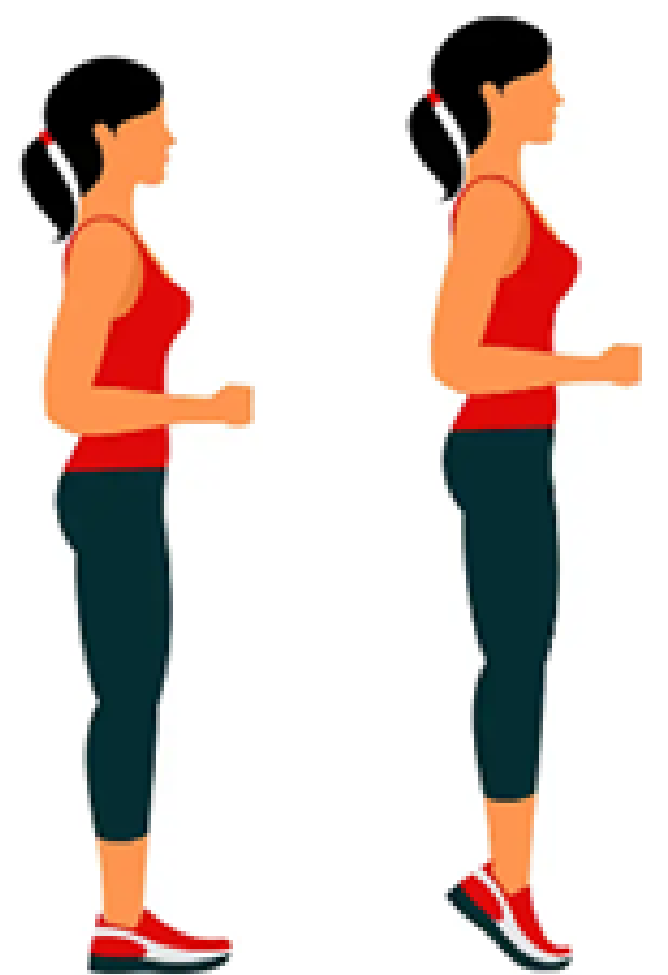
Body weight squats:

Your bum and thigh muscles in your legs are the biggest muscles in your body and help with standing, walking and carrying the weight of your body. Simple bodyweight squats can prevent them from getting weaker and improve in your quality of life!



Calf raises:

Your calves are not only important in walking and balance, but also are important in pumping blood from your legs to your upper body! Try this exercise with one leg at a time to challenge yourself to improve your balance if you can safely stand on one leg.

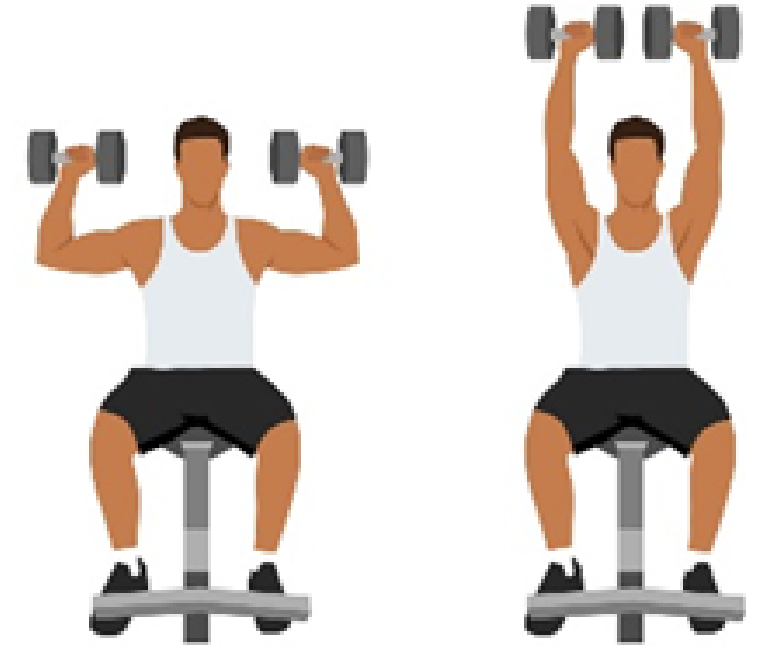


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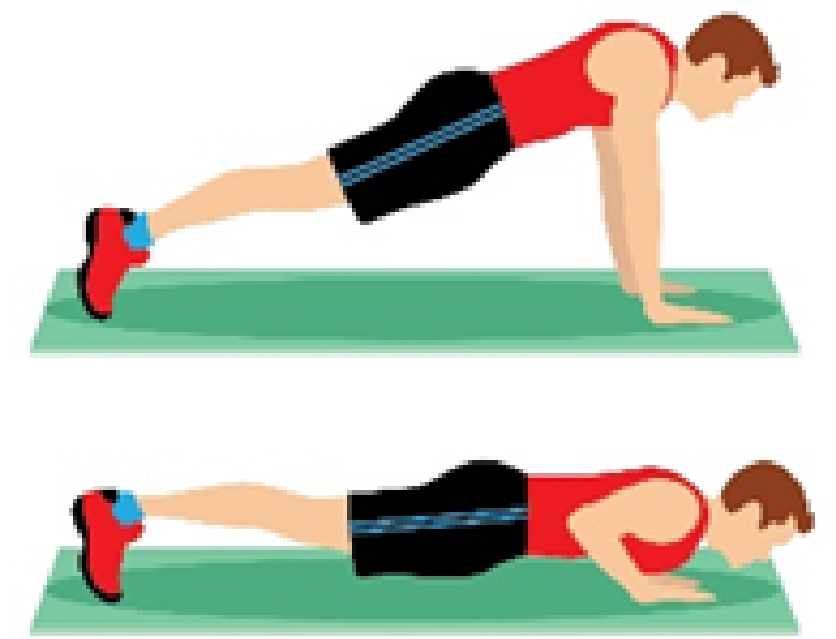
Shoulder press:

Lifting your arm over your head can be difficult when carrying heavy objects. Strengthening your shoulder muscles can make daily activities a lot easier! Start with lifting your hands over your head. If this is too easy, try this with cans of beans in each hand.



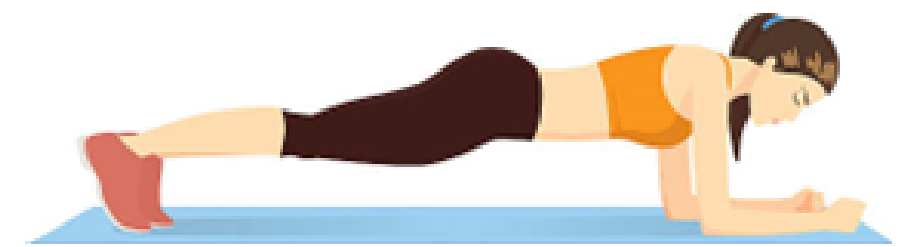
Press ups:

Your chest muscles help with pushing movements with your arms. If you find press ups difficult from the floor, try doing wall press ups while standing at the wall. Once you can do this, try press ups with your knees touching the floor and when you can do this, try them with straight legs from the floor.



Plank:

Your abdominal muscles help with posture, balance, turning and also getting up from lying down. Try this exercise with your knees on the floor, and when you are comfortable with this, try it with a straight back and only your toes touching the floor.



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Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

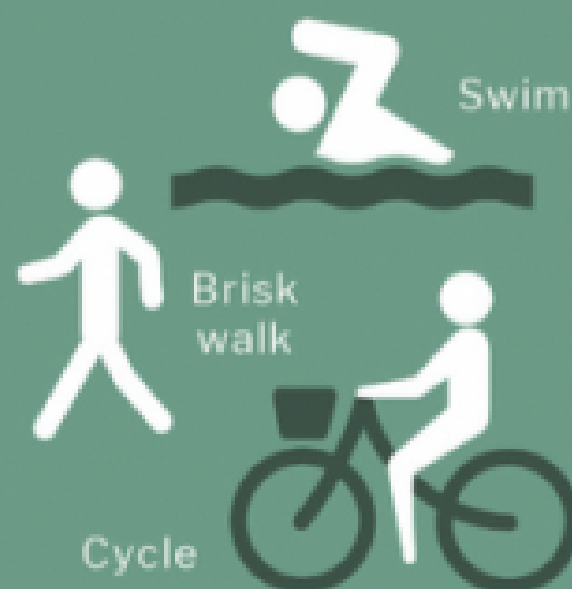
Make a start today:
it's never too late

Every minute
counts

Be active

at least
150

minutes
moderate intensity
per week
increased breathing
able to talk



OR

or a combination of both

at least
75

minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2 days a week



Gym



Carry heavy bags



Yoga

Minimise sedentary time

Break up periods of inactivity



Bowls



Tai Chi



Dance

For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

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Tamari Tabiyat - Your Health

Written by Dr Sneh Shah

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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