

Spring 2024  
Issue 3.2

# તમારી તબિયત

**Your Health**

**Spring Edition**



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Welcome to our spring issue including a collection of  
articles from our team.

We hope you enjoy reading them!

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

# Sleep Hygiene

by Dr Adam Gadhvi MBBS

The common indicators of someone with poor sleep hygiene are struggling to get to sleep; waking up during the night and feeling sleepy during the day. If this is not addressed, it may lead to other problems with your mood and well-being.

Below are some tips on how to improve your sleep hygiene.

The first step is to have a designated time that you hope to be in bed. Ideally, this will be before 11 pm, aiming to get at least 8 hours of sleep. It will ensure that your internal body clock is regulated.

When improving the environment you sleep in, it is important to remove any stimuli that can disturb you. Removing all light helps you sleep quicker and more comfortably, so try to avoid using your phone or watching TV before going to bed. Even small power lights on chargers and monitors can disrupt us, so be sure to cover these.

Alcohol and caffeine can severely disrupt your sleep, so if you are consuming these, make sure you are not doing so late into the evening.



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# Sleep Hygiene

by Dr Adam Gadhvi MBBS

In addition, stress can also be a significant factor that can take up a lot of our mental space and cause us to have restless nights. Keeping a pen and paper next to the bed is a good way to put your thoughts out of your mind. That way you can have uninterrupted sleep and deal with any thoughts or tasks the following morning.



Exercise isn't just a great way to keep yourself active, but it also helps with your body's ability to rest effectively. Be careful to not do any intense exercise before bed as this can have the opposite effect!

I hope you have found something useful that you can apply to having a better night's sleep.

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Written by Dr Adam Gadhvi



# Get Your Steps In!

by Dr Ravi Joshi MBBS

*General Medicine - Princess Alexandra Hospital*

We are finally in Spring, days are getting longer and the weather is getting (slightly) better, so now is the perfect time to go outdoors and get more active! You do not have to go outside and walk for hours, just a daily 10 minute brisk walk has lots of health benefits. It is recommended that adults should aim for 150 minutes of activity a week and try to exercise everyday, so whether you're working from home or in the office, why not go out for a quick walk to get those steps in.

It is medically proven that people who exercise regularly are at a lower risk of developing severe health conditions such as:

- Heart attacks and strokes
- Diabetes (type 2)
- Cancer (bowel and breast cancer)
- Arthritis
- Hip fractures and falls
- Depression
- Dementia



We understand that everyone has very busy schedules, whether its work, home or even their social life, but here are some tips to stay motivated:

## **Make Walking Part of Your Routine**

Whether you take public transport, drive to work or work from home, you can make adjustments to make walking part of your daily routine. If you drive, consider parking your car a little further from your workplace, walk in to work and choose to take the stairs instead of the lift.

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# Get Your Steps In!

by Dr Ravi Joshi MBBS

*General Medicine - Princess Alexandra Hospital*

If you take public transport, you could get off 1 or 2 stops earlier and walk to work, or you can walk an alternative route which might take a little longer. Take a brisk walk around the block if you work from home before work, during lunch or even after you have finished work.

## **Listen to Music or a Podcast**

Listening to a podcast or your favourite music (mine is Bollywood) will help take your mind off the walk and the effort. Also listening to faster music will get you in a rhythm and even make you walk faster, burning even more calories. Just remember to be careful if walking on the streets and crossing roads to look out for any traffic.

## **Find New Routes**

Keep walking fun and interesting by taking new routes or walking in new areas. Mix it up and explore your local area or somewhere completely new. I recently visited a local park for a walk and discovered a whole new area with amazing bluebell fields, so you never know what you may find.

With all this being said, remember to stay safe. Protect yourself from the sun if it gets too hot and stay hydrated. If you feel out of breath, take a breather and sit on a bench for a few minutes. Sometimes paths can be uneven, so make sure to look where you're walking.

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**Written by Dr Ravi Joshi**

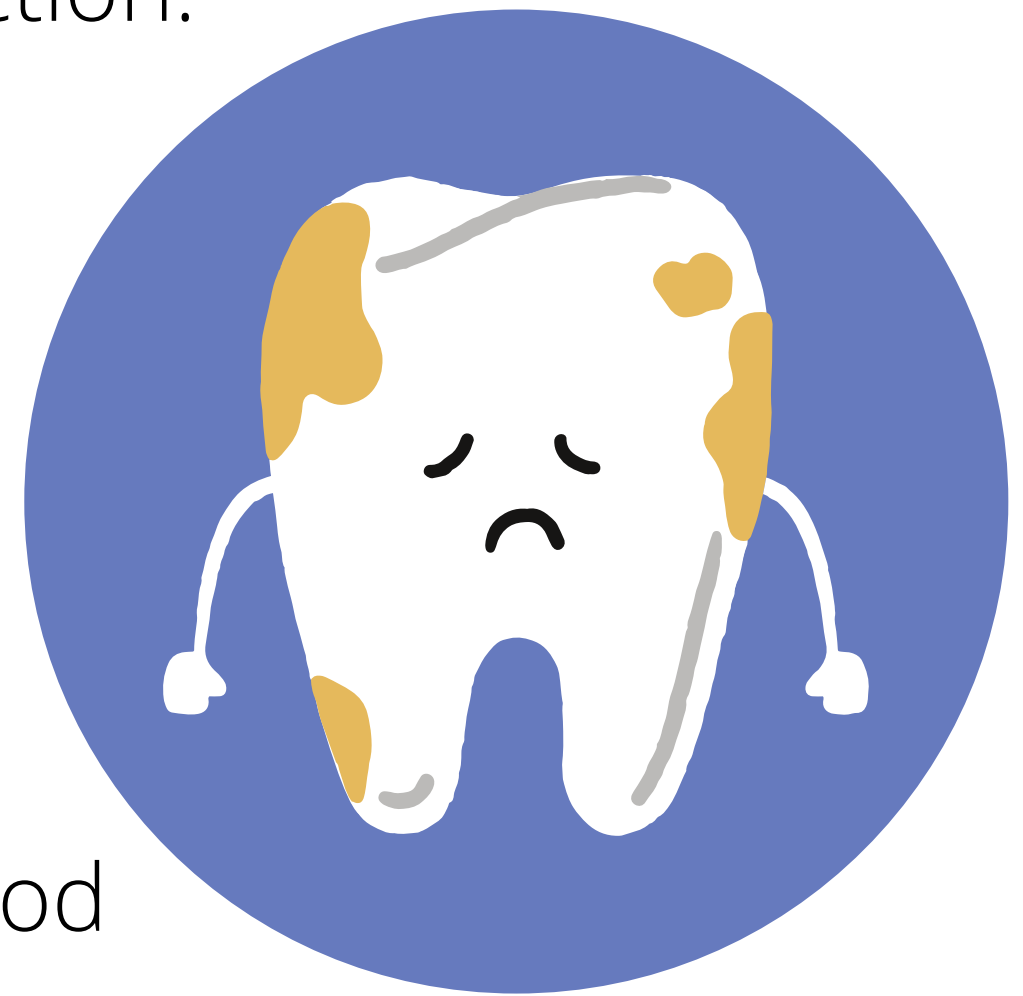
# Treatment for Tooth Decay

by Dr Nikita Thanki BDS  
*Associate Dentist - Ilford*

Tooth decay (dental caries) occurs when the bacteria in your mouth produce acid which breaks down/damages your tooth. These bacteria are fuelled by sugar from the foods and drinks we consume. Without treatment, tooth decay can lead to pain and infection.

## Types of Treatment

If your dentist tells you you have tooth decay, the following can happen:



1. You have early decay which has not extended beyond the outer layer (enamel) of the tooth - good cleaning (and a low sugar diet) has the potential to reverse this early decay, your dentist may also apply some protective fluoride varnish to your teeth to aid in this.
2. You have tooth decay that has extended beyond the outer layer of the tooth but has not extended to the centre of the tooth (where the nerve is) - in this case, the dentist may suggest a filling - this is where they take the decayed part of the tooth out and replace it with a strong material.
3. You have tooth decay that has extended to the nerve of the tooth (this may or may not be painful/infected) - in this case if you want to save your tooth then the dentist may suggest a root canal treatment which is where the nerve is removed from the tooth and the canals/areas which they have been removed from, are cleaned and filled.



# Teeth Sensitivity

by Dr Nikita Thanki BDS  
*Associate Dentist - Ilford*

4. If your tooth has decayed in a way that makes it unsaveable, or you decide not to have root canal treatment, the dentist may suggest complete removal of the tooth (tooth extraction)

You may or may not know you have tooth decay. This is because sometimes decay causes symptoms or a hole, but other times it progresses without either of these.

This is why regular checkups with your dentist are very important.

And remember, prevention is always better than cure!



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Written by Dr Nikita Thanki



# Ovarian Cancer

by Dr Nivian Sukirthan MBBS iBSc DRCOG DFRH  
GP Registrar - North West London

Ovarian Cancer is the 5th most common cancer in the female population with most found in those above the age of 60. Unfortunately it is often detected later in life thus has quite a poor prognosis and outcome. The aim of this article is to help you identify symptoms you may be experiencing early on, enabling you to seek further advice from your GP in an earlier timeframe.

The ovaries are essential in a female's reproductive/gynaecological health; this is where oocytes (aka eggs) are produced and stored. The ovaries are connected to fallopian tubes on either side which lead into the uterus (aka womb).

Risk factors associated with Ovarian Cancer:

- A positive family history of ovarian cancer (including genetic predispositions- specifically BRCA1 or BRCA2 gene also implicated in breast cancer)
- Having your first period (aka menarche) at a very early age (average age= 11-15 years)
- Having your last period (aka menopause) at a very late age (average age= 47-52 years)
- Not having children

Interestingly protective factors against ovarian cancer include use of the combined oral contraceptive pill, pregnancy, breastfeeding and finally getting an operation to remove the female reproductive organs.

# Ovarian Cancer

by Dr Nivian Sukirthan MBBS iBSc DRCOG DFRH  
GP Registrar - North West London

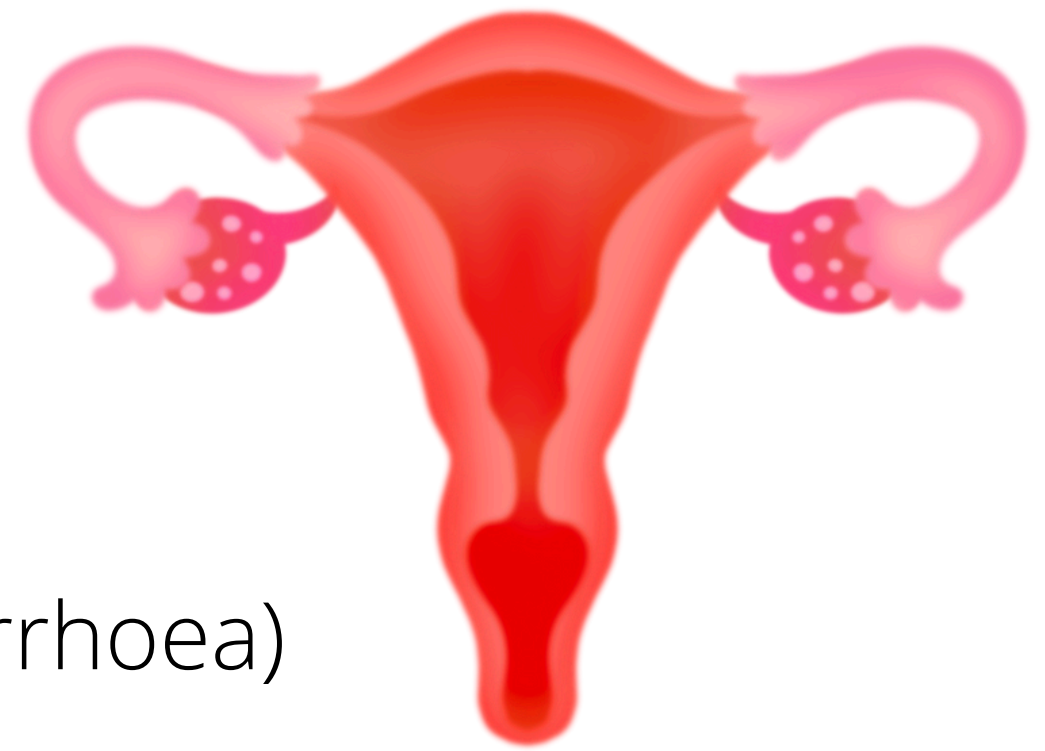
Symptoms to look out for: BEAT

B- bloating (abdominal bloating/distension)

E- eating difficulty (feeling full early)

A- abdominal and pelvic pain

T- toilet changes (urinary frequency/urgency, diarrhoea)



It is essential that if you have these symptoms to seek attention from your GP who will likely order a blood test called a 'Ca-125'. Although there are other conditions that can cause an elevation in your 'Ca-125 level', this is an important initial test. You may subsequently be offered an ultrasound scan of your abdomen/pelvis if Ca-125 level is elevated.

Doctors can calculate an RMI (risk of malignancy index) which assess your Ca-125 level, ultrasound appearance of the ovaries and whether you have reached menopause or not. Depending on the above, the Gynaecology team can decide on which treatments to offer you whether that be surgery or chemotherapy or radiotherapy.

Despite the above, ovarian cancer unfortunately still remains a difficult cancer to get a hold of with 80% of women having advanced progression of cancer at initial presentation with a dismal 5-year survival rate of only 46%. It is imperative you seek medical attention early if you have any concerns regarding the above.

For further information please go to the link:

<https://targetovariancancer.org.uk/>

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Written by Dr Nivian Sukirthan



# Getting Your Balance Right!

by Dr Devan Thanki MD MSc

*General Medicine - Princess Alexandra Hospital*

When we think about improving our balance we may think about preventing falls. But that's not the only thing, it's also important for our overall health and wellbeing. The UK physical activity guidelines advise that maintaining a good balance is essential for people of all ages. Here's why:



## **Preventing falls:**

Improving your balance reduces the risk of falls, especially in older people. Falls can lead to serious injuries, affecting independence and quality of life. By integrating balance exercises into your routine, you can strengthen the muscles that support posture and stability, reducing the chances of falls.

## **Muscle Strength and Coordination:**

Balance training engages many muscle groups at once, promoting strength and coordination. As you work to maintain stability, your muscles change and adapt. This improves balance and also enhances overall physical performance in daily activities.

## **Joint Health:**

Balanced muscles help support healthy joints by distributing weight and reducing stress on vulnerable areas such as the knees, hips, and ankles. By improving balance, you can alleviate joint pain and discomfort, promoting longevity and mobility.



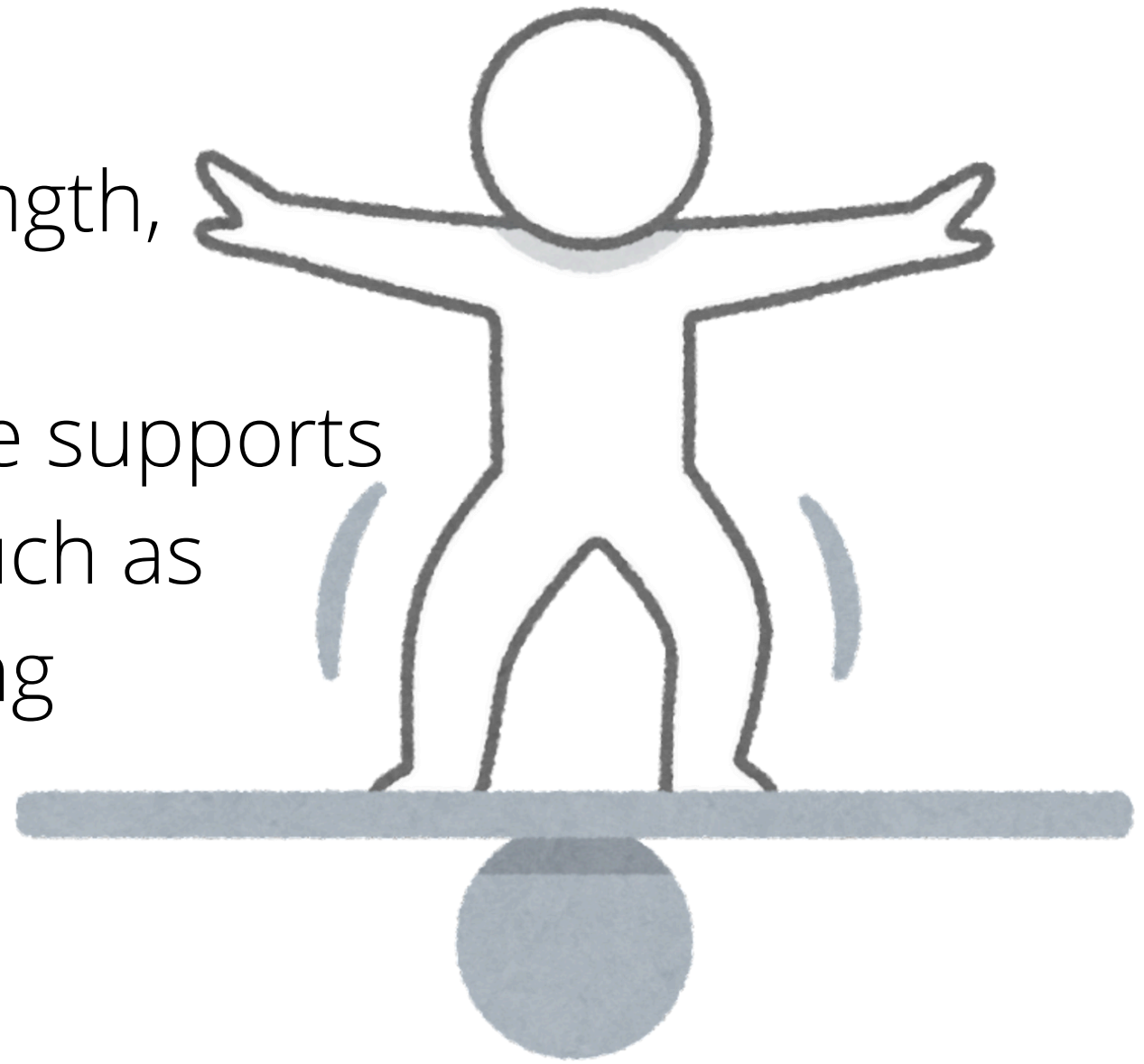
# Getting Your Balance Right!

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## Core Stability:

Many balance exercises focus on core strength, which is essential for maintaining proper posture and spinal alignment. A strong core supports the back and reduces the risk of injuries, such as strains and herniated discs. By incorporating balance training, you can develop a solid foundation of core stability, benefiting your overall spinal health.



## Mental Well-Being:

Balance training requires focus and concentration, which can have positive effects on mental health. Practicing mindfulness during balance exercises promotes relaxation, reduces stress levels, and enhances cognitive function. Additionally, the sense of accomplishment from improving balance can boost confidence and self-esteem.

Examples of exercises to improve our balance:

- Standing on one leg, heel-to-toe walk, and single-leg squats.
- Yoga, tai chi, pilates
- Planks, side planks, and bird-dog exercises are effective for targeting the core muscles while improving balance and stability.

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Written by Dr Devan Thanki



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

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