

Ayush Rekha

Garnish for Good Health

Coriander leaves, those fresh green leaves commonly used for garnishing, don't just make the dish look appetising, but are also a storehouse of minerals like potassium, iron and calcium. They are also rich in vitamins, dietary fibre and antioxidants. So, the next time you reach out for the humble herb, know that you are adding good health.



SOME NUTRIENTS FOUND IN 100 GRAMS OF CORIANDER LEAVES

Proteins	2.13 g	Sodium	46 mg
Fats	0.52 g	Phosphorus	48 mg
Carbohydrates	3.67 g	Calcium	67 mg
Vitamin A	6748 IU	Magnesium	26 mg
Potassium	521 mg	Iron	1.77 mg

SOURCE: USDA



Grandma's Remedy SAND PRESS

When you go on that beach trip, pick up two handfuls of sand. Pack it tight in a thick cloth, warm it up and use it as a press for knee pain and backache.

Myth Buster EYE PROBLEMS

Myth: I will know if I have any eye problem.

Reality: Some major eye problems such as glaucoma do not show any obvious symptoms and cause damage to vision silently. It is wise to go for periodic eye check-ups.

HEALTH CAPSULES

We bring you the latest from the world of medicine and wellness

Superbugs Hold Big Financial Threat



The spread of drug-resistant infections could mean a hit to the global economy even greater than that of the 2008 financial crisis as the emergence of so-called superbugs threatens growth in low-income countries, according to a new World Bank report. A worst-case scenario would cut 3.8% from the world's annual economic output by 2050 if many of the microorganisms that cause infection globally develop resistance to doctors' current arsenal of antibiotics, according to the report. In that scenario, 28.3 million people would be thrown into extreme poverty as low-income economies come under pressure, the report said. "The scale and nature of this economic threat could wipe out hard-fought development gains and take us away from our goals of ending extreme poverty," Jim Yong Kim, president of the World Bank Group, said in a press release.

'5-Second Rule' for Food on Floor False



You may think your floors are so clean that you can eat off them, but a new study debunking the so-called five-second rule would suggest otherwise. Prof Donald W Schaffner, a food microbiologist at Rutgers University in New Jersey, said a two-year study he led concluded that no matter how fast you pick up food that falls on the floor, you will pick up bacteria with it. The findings in the report – "Is the Five-second Rule Real?" – appeared online this month in the American Society for Microbiology's journal, Applied and Environmental Microbiology.

Net Addiction can Lead to Depression



People who use the internet excessively may have more mental health problems, such as depression and anxiety, a new study has claimed. Using two scales to evaluate internet use, researchers from McMaster University in Canada found high rates of problematic internet use in a group of primarily college-aged students. They evaluated internet addiction using the Internet Addiction Test, as well as newer scale of their own design, based on updated addiction criteria. The study may have implications for how psychiatrists approach excessive internet use, researchers said. The unstoppable rise of the internet has given rise to fears that increasing numbers people are becoming unable to cope without regularly going online.

WORKING HARD IS FINE BUT ARE YOU HEADED FOR A BURNOUT?

TAKE IT EASY If you are stretching yourself too much, it may be time to step back and do a reality check. Take control of your life before things get out of hand, writes Nishtha Sabharwal

Do you find it difficult to tear yourself away from work? If you are the type who works late into the night and even on weekends, you may soon find stress building up to the point where you may need medical help. "Human beings are created to deal with stress only in short bursts. Hence, the neglect of personal needs over prolonged stressful periods of time leads to a lack of replenishment of depleted resources, thereby causing a condition called burnout," said Dr Priya Pothan, a clinical psychologist based in Bengaluru.

Corporate burnout is becoming an increasingly alarming problem in India as more and more young people are being entrusted with senior positions, and with that, bigger responsibilities. With companies investing heavily in their staff, the young achievers are pushing their minds and bodies to work longer hours, curbing their social and personal life, and killing their hobbies.

All this takes a toll on your health, and as your health deteriorates you feel you are losing interest in your job too.

Everyone experiences stress at work from time to time. But burnout refers to an overwhelming exhaustion, mostly experienced by professionals working in fast-paced, high-demanding careers.

Snigdha Roy, 36, was always termed by her peers as 'ambitious'. But after breaking the glass ceiling at the law firm she was employed in, she suddenly found herself with an acute lack of motivation. "I'm sure it was a long time coming, but it felt as though one day I woke up and had no inclination to get out of bed and

go to work ever again," she said. A few weeks later, Roy handed in her resignation.

"We spend so much time with our colleagues and seniors in office in a day that our sense of expectations from ourselves becomes skewed," said Reena Yadav, proprietrix at IADLife, Bengaluru, which provides intervention to employees in organisations for similar issues. "One may blame the organisation — many change jobs from time to time believing it is their boss or the company — but in most cases it is us, and what we think we should be achieving," she said.

Subhash Garg, 34, is on a holiday with his family, but he is unable to get away from his phone. There's an important presentation back in office and his boss expects him to lend a hand all the way from his beach resort. "I've reached a point where my office's email alert tone can wake me up from the deepest slumber and give me anxiety," he said. His wife and kids are not happy, to say the least.

Technology may have provided us the right tools to work smart and fast, but many feel that we have become slaves to it. An electronic leash to your office email means you are expected to reply after work, weekends and holidays. Disconnecting yourself has become increasingly difficult; and it makes you susceptible to a burnout faster. In France, a recent labour reform bill has suggested companies to al-

low employees "the right to disconnect" as the country faces massive work-related burnout.

"It's like burning the candle from both ends," said Yadav. "And even if people achieve their targets and get appreciation for it, we have become so self-critical that we can hardly recognise our own accomplishments."

CAN ORGANISATIONS HELP?

"Employees and managers must learn that 24x7 responsiveness is not only impossible but also unhealthy. We need to be able to teach our minds to switch off from work and focus on personal time. This creates work-life balance and better work productivity," said Pothan.

Organisations have started to recognise burnout as a serious cause of attrition and many have started to include programmes to help employees manage the stress before it takes the ugly form of burnout.

"It usually starts with minor symptoms, something on the lines of hyperacidity, migraines, lethargy and/or excessive use of additives (smoking, alcohol or drugs). If it is not diagnosed and stopped, it may spiral into serious burnout," said Dr PK Sharma, a general physician in Delhi.

The good news is that it is easy to recognise the signs and take corrective action. "It is important to learn how to make realistic deadlines, think strategically and interact effectively with others. Take regular breaks, find time to exercise and more importantly, take a step back and look at the meaning of work for you, your future ahead and your eventual life goals," said Pothan.

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- COMMON SIGNS OF BURNOUT
- Being excessively self-critical
 - Unwillingness to go to work
 - Constant fatigue, lack of energy
 - Inability to feel good about one's accomplishments
 - Unexplained migraines or headaches
 - Increased/regular use of additives

- WHO IS AT RISK?
- High performers in organisations
 - Mostly young professionals, from late 20s to early 40s
 - Professionals in fast-paced, high-stress work environments
 - Employees who are required to travel frequently for work

HOW TO MANAGE THE SITUATION

1. **Learn to prioritise** work from 'urgent' to 'can be handled later'
2. **Create a timetable** and make the most of your 'creative' time
3. **Take regular short** breaks of 5-15 minutes during work. It will also help you take a step back from a work problem and look at it afresh later
4. **Ask for help** from your organisation, as well as your loved ones.
5. **Take care of** yourself physically. Give some timeout to your mind too

IF LEFT UNDIAGNOSED, IT CAN LEAD TO

- Irregular sleeping pattern
- Depression and anxiety
- High cholesterol and heart disease
- Lack of motivation at work
- Anti-social lifestyle



SMALL SIGNS

It usually starts with minor symptoms... If it is not diagnosed and stopped, it may spiral into serious burnout

Dr PK Sharma, General Physician, Delhi

Post-viral Arthritis: When Fever Does a Hit-and-run

ET By Invite



Dr MANOHAR KN

Most viral fevers are associated with symptoms of joint pains – arthralgia. This usually manifests as joint pains affecting small and large joints of both upper and lower limbs. In some cases, the joint pain may persist even after the fever is a forgotten entity – the hit-and-run case, termed post-viral arthritis.

Viral arthritis is a self-limiting disease lasting no longer than a few days, but sometimes it causes crippling symptoms or may mask other forms of arthritis. What is disturbing is that these symptoms are seen in children also.

Viral arthritis has been increasing since the last few years and this year is no exception. These cases usually spring up around the months of June to October.

CAUSES OF VIRAL ARTHRITIS:

- Dengue virus
- Alphaviruses including the infamous chikungunya virus
- Parvovirus B19
- Hepatitis viruses including A, B and C viruses
- Human immunodeficiency virus (HIV)
- Mumps and rubella viruses
- Enteroviruses, cytomegalovirus, herpes simplex virus, Epstein-Barr virus
- Unknown viruses, or a variant of one of the above viruses too could cause similar symptoms

THE CASES OF VIRAL ARTHRITIS RUN INTO TWO PHASES: Early Phase (First 10 Days)

Fever, transient rash, conjunctivitis, myalgias and symmetric polyarthralgias, involving mainly the wrists, hands, ankles and toes are present. Swelling of the joints is a characteristic clinical finding in these patients. During this phase, elevation of liver enzymes (AST, ALT and γ -glutamyltransferase) and muscle enzymes (creatinine phosphokinase and lactate dehydrogenase) is observed in 50% of the patients, accompanied by cytopenias – reduction in blood cell numbers (thrombocytopenia which is a fall in platelet numbers, and leucopenia

which is a fall in WBC numbers). In some cases, thrombocytopenia can be severe, causing petechial haemorrhages (minute haemorrhages under the skin).

Later Phase of the Disease (After 10 Days)

Most patients have pain and swelling of the joints in both their hands and legs. Some may also have stiffness in these joints in the mornings. At this stage, there is no associated fever or rash.

Viral arthritis is more often a clinical diagnosis as many a time the blood parameters are normal except for a mild decrease in the white cell count and platelets. Elevated ESR and CRP may also be seen. If symptoms are prolonged, it is prudent to rule out other forms of arthritis like rheumatoid arthritis and undifferentiated arthritis.

The goals of pharmacotherapy are to reduce morbidity and to prevent complications. Agents used to treat patients with viral arthritis include nonsteroidal anti-inflammatory drugs (NSAIDs). Other drugs including antimalarials, immunoglobulins, interferons, corticosteroids, antineoplastic agents, other anti-inflammatory drugs and analgesics may be required. The potential benefits of drugs should be weighed against

their potential risks and it is prudent to seek specialist help if symptoms are prolonged and do not respond to simple measures.

In a typical case, it is essential to provide reassurance to the patient that the symptoms are self-limiting and that it is unlikely to develop into a serious condition.

Physiotherapy and yoga could be useful in many cases.

In all instances, the arthritis associated with viral infection is nondestructive and does not lead to any currently recognised form of chronic disease.

COULD IT BE SOMETHING ELSE? Think of alternative diagnosis if...

- The symptoms persist for more than six weeks or are associated

YOU MUST KNOW THIS

- Viral arthritis is typically self-limiting and requires no specific intervention.
- Arthritis may be a manifestation of an important treatable viral infection such as hepatitis or HIV.
- Some viruses have a predilection for the joints and result in prolonged symptoms especially in the case of dengue and chikungunya.

- with more severe symptoms.
- There is involvement of only one or two joints – asymmetric arthritis.
- There are other symptoms like persistent rash, fever and derangement in blood parameters.

Differential Diagnosis

- Acute rheumatic fever
- Rheumatoid arthritis
- Undifferentiated spondyloarthropathy
- Sjogrens Syndrome
- Lupus

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