



Health & Fitness



pg 14 Find out some funky and fun ways to lose weight

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Afternoon Despatch & Courier

MUMBAI | TUESDAY, JULY 29, 2014

PRETTY PEACHY

It's time to sink your teeth into this delicious monsoon fruit. Make the most of peach season, as **Rhea Dhanbhora** & **Dev Goswami** tell you about the benefits, give you a few great recipes and peach-infused products to pick up

We're all celebrating the onset of peach season, but do you know about its origins? Peaches come from a tree that is native to China (which is why the country is still the world's largest producer of the fruit), and belong to the same family that includes cherries and plums. The fruit is so popular, it even has a colour named after it! Rich in nutrients and flavour, peaches are a delicious combination of tart and sweet, making them easy to cook with. Take a look at everything you need to know about this delicious fruit.

HEALTH BENEFITS

Want to know why you should include peach in your diet? Read on as we tell you about the major health benefits that this lovely fruit offers:

Keeps you full: High in fibre, peaches are a great option if you want to lose weight. They keep you full for longer and stop you from overeating, or snacking constantly. An added bonus is that one peach contains only 30-35 calories and no fat.

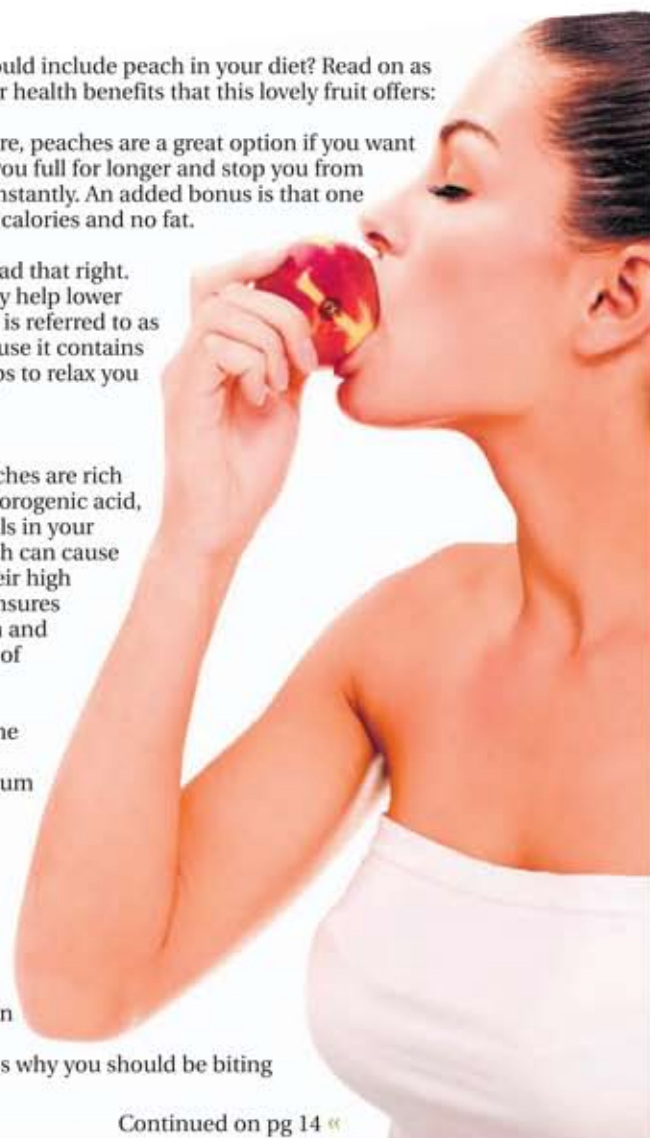
Relieve stress: Yes, you read that right. Eating peaches can actually help lower your stress levels. The fruit is referred to as the fruit of calmness, because it contains a natural sedative that helps to relax you and reduces anxiety and stress.

Antioxidant benefits: Peaches are rich in antioxidants such as chlorogenic acid, which helps kill free radicals in your body — a build-up of which can cause cancer. Apart from this, their high antioxidant content also ensures good cardiovascular health and helps to reduce the effects of ageing.

Detoxifying properties: The high fibre in peaches, combined with the potassium content of the fruit, has a diuretic effect. This helps clean your kidneys and flush toxins out of your body.

BEAUTY BENEFITS

The rich nutrient content in peaches is good for your skin. Here are a few reasons why you should be biting into one without delay:



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Dr. Satish Mutha
M.S., DNB, FCPS D.Ortho
Orthopaedic Surgeon

Dr Satish mutha is an orthopedic surgeon with specialization in the treatment of complex trauma , pelvi-acetabular fractures and spinal injuries. With the newer vehicles becoming swankier and faster and freeways being constructed all over , the incidence of high velocity injuries with major fractures and associated systemic injuries have increased significantly...



Q: What does traumatology deal with?
It deals with science of management of acute injuries to the bones and other organs of the body.

Management of fractures in today's era is becoming more and more demanding with newer challenges.

Q: What are these newer challenges?
Firstly , the average life span has increased considerably. With growing age , lot of other diseases also co exist , and to compound that , severe osteoporosis (poor bone quality) makes treatment of these patients a real tough challenge . We constantly try to ensure that we can make these patients stand and walk as quickly as possible , which is very important for their psychological and physical well being.
Secondly, with advent off high speed two and four wheelers, and development of freeways, we see a lot of highway accidents, which involve severe fracture patterns, compounded with injuries to other body systems also. This requires very aggressive intervention and team work with consultants from other specialities to achieve optimum results. We are in the process of developing protocols for management of such multi systemic injuries in our country where tertiary care is not readily available.
Thirdly, with increasing participation of children and even adults in high intensity sports, we are seeing a lot of sports related injuries which can be sometimes very unconventional and tricky. They



require high index of suspicion for diagnosis, since their neglect can lead to series disabilities over a period of time.

In good old days fracture would imply prolonged rest and absenteeism from work . But with changing lifestyles , it has become increasingly difficult to remain absent of work and take leave .

Hence we are constantly striving towards newer treatment methodologies so as to ensure speedier return to work.

Q: With building of newer freeways and highways , is our govt machinery geared up to tackle accidents at such high speeds. ?

The Govt has been taking steps as per international standards like wireless phone booths, standby ambulances,.. But its still along way to go.

But the most important thing here is self discipline. Till the motorists don't exercise self discipline, govt measures would hardly help.

Like in all other fields of medicine, are there any advances in fracture treatment options also ?

Yes . One of the most recent and challenging innovations that we now have in our armamentarium is MIPO or Minimally invasive percutaneous osteosynthesis, which means fixing of fractures through very small incisions . This involves very little cutting of tissues especially at the site of the fracture leading to much faster healing of bone. Also tinier incisions lead to very small scars , which is very important from the cosmetic point of view.

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