

# The Unbalancing Act !

Of the many youngsters working graveyard shifts and staying awake beyond normal hours, here are some observations by medical experts about the problems resulting out of such irregular and unbalanced lifestyle

In today's fast-paced world, youngsters struggle to cope up with professional as well as social commitments. They've become more and more ignorant towards their health. Let's take a look what doctors feel about youngsters' irregular and unbalance lifestyle...

“Unbalanced lifestyle is costing a lot to the youngsters these days. Due to lack of proper sleep, workload, late night parties, women can face problems in conceiving a baby. Such women are more likely to have premature babies, toxinia pregnancy or even giving birth to a child with weak bones. Due to this, during pregnancy, they can face bleeding, high or low BP problems, backaches and leg pain. A pregnant woman needs at least 8 hours of sleep and 2 hours of nap time but they don't do it which increases chances of abortion. Smoking, improper diet can also lead to Intra Utraine Growth Retardation Nourishment. Eating fast or junk food can lead to Anemia, Vitamin and Calcium deficiency.”

- Dr. Sunita Prasad, Gynaecologist

“Today youngsters spend their time enjoying late night parties. They have soft drinks, eat junk food, smoke, which I think not only affects their health but also their teeth. Due to this they can face gums problems. Forgetting to brush their teeth before going to bed due to late nights may increase the level of cavities. And youngsters have been eating cakes, chocolates a lot rather than eating healthy food which is the major reason for having dental problems.”

- Dr. Geeta Naik, BDS, MRSH, London

“Youngsters can face many problems due to irregular and unbalance lifestyle. Here are some problems caused due to:

**Nutritional Factors:**

- i) Night Blindness & Bitot's spots due to Vitamin A deficiency – Fast food & packed foods. Not taking green fresh vegetables.
- ii) Macular degeneration due to lack of sufficient Anti-oxidants which are found in green vegetables.

**Working conditions:**

- i) Computers: long hours of working on computers cause Computer Vision Syndrome. Symptoms are tiredness, watering, redness, aching in eyes. It also causes Dry Eye Syndrome due to decreased blinking rate.
- ii) Cataract due to excessive exposure to sunlight.

- Dr. K S Gupta, Eye Specialist

“Irregular and unbalance lifestyle contributes to multiple psychological problems. Once you disturb your sleep, it disrupts your daily life, social and professional. Even your thought process! Lack of sleep and over-load of work can lead to depression, anxiety, Mania, hypo-mania, hyperirritability, anger and OCD.”

- Dr. Dilipkumar Chandravat, Psychiatrist



“Today's generation is ignorant about their health. They don't get proper sleep and do not exercise. Moreover, they do not consume good amount of water which contributes to skin problems. All this leads to acne, hair fall problems and pimples. If they already have some skin conditions then chances are that it may aggravate and lead to Eczema Psoriasis.”

- Dr. Nimish Mehta, Skin Specialist & Cosmologist, MD, DVD

“Gaining or loosing lot of weight, constipation, ulcers are caused amongst youngsters mainly due to unbalance lifestyle. No exercise, no healthy food may lead to side effects also. All these lead to problem of hernia too.”

- Dr. Zamurrud, Consulting Dietitian

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## Muscle Myth

Himanshu Verma talks to Rocky C the fitness expert of INTENSITY Gym & Spa at Khar and tries to clear the common myths and doubts and confusions about use of health supplements and steroids in the simplest form.

Is it safe? This is the first question that pops in anyone's mind when they are suggested to take supplements. And the answer is simple. “We have staircase and elevators to reach on a certain floor it depends upon the person which way he or she wants to reach to their destination. Same way health supplements are elevator to get the desired body.” explains Rocky.

As the name suggests supplements are add-on for the body growth. Supplements are of many kinds like protein, carbohydrate, vitamin and mineral supplements. When we say supplement in most of the cases people think of steroids. But the truth is that these are com-



pletely different things. While protein and mineral supplements are body's daily requirement of different elements in a brief and easy form, steroids are external way of injecting anabolic

hormones to enhance ones hormonal level to its max.

“I as a trainer I suggest protein and mineral supplements to my customers and not steroids, as hormones are something that is produced in our body and if we start taking it from outside our body either stops or reduces its production which most of the time shows some side effects. So I instead suggest a person to take things that helps the body to enhance his natural production of testosterone. In case someone still wants to take it externally to shape up the body, it must be done in proper guidance of a trainer and doctor” clears Rocky.

Unlike steroids, protein supplements are more reliable and have almost no side effects. As explained above supplements are nothing but concentrated form of daily requirements of the human body. “Like we had mother milk when we were infants then cerelac and farex when we were 1 or 2 years old and then health drinks like horlicks and bournvita in the same way we have protein supplements which are as safe as all the above mentioned things” says Rocky.

There are many types of protein supplements available in which whey protein is the most superior kind. “In today's busy life supplements are like a boon for people as it helps maintain body requirement even if you skip a meal in a day due to hectic schedule” says Rocky. But you can choose amongst options available as suggested by your trainer and doctor and just pump it up.

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