



## Play with my daughter

**DR RAVI KOTHARI,**  
Ayurveda practitioner

**A**s an Ayurveda expert, I'm aware of the benefits of the Dincharya, the practice of promoting a healthy mind and body. The way to achieve it is through Pranayama and Yogasanas, Oil Pulling, Rasayana, Nasya, Anjan, Karna puran etc. I've decided I must practise a few of these myself. I'm also going to stay away from stress, and count the little blessings, spend time doing what makes me happy — playing with my daughter. This will be my way to be at peace with the world.



## Spend time meditating

**DR AASHISH ARBAT,** Knee and hip replacement surgeon

**I**am a regular gymmer, and my expertise makes it evident when I see people exercise around me that they are doing it incorrectly or over-exercising. This is especially harmful after 35, and leads to shoulder and knee injuries. My resolution is to stick to a healthy diet, not skip meals, do floor exercises instead of skipping and running on the treadmill, and replace it with cycling and badminton in a bid to protect my joints. And yes, I am making time to take care of my mind too with Pranayam and meditation.

## Cut stress with a Bali holiday

**DR APRATIM GOEL,** Non-surgical cosmetic specialist

**I**'m committed to lessening the obsession with being 'thin and fair'. Crash dieting does more harm than good, and O'Ding on fairness creams is a recipe in disaster because so many of them contain hidden ingredients like steroids and mercury. I will continue to bust myths associated with skin health, like — moisturising oily skin leads to acne. Removing your make-up at the end of the day and moisturising your skin, no matter what type, are two of the most important bits of advice I give my patients. I will make time for the well-deserved holiday in Bali.



## Give more listening time to patients

**DR NILESH GOYAL,**  
Dermatologist

**I**'ve planned to listen attentively to my patients. A doctor's daily life is cluttered with incessant calls and complaints. Amid the chaos, we stand the danger of losing track of our primary duty — listen to the patient and attend to his primary worry. It's one the main causes for dissatisfaction among patients; not being given a patient hearing and answering their queries. This harms the relationship between patient and doctor, and can even affect success of treatment. I'm keen to change this.



## Discuss cutting-edge technology

**DR KAUSHAL MALHAN,**  
knee and hip surgeon

**T**his year, I've resolved to propagate new technology available in the field of joint replacement surgery. Disability from arthritis has risen manifold, especially among younger patients. It's the expectation of this group that must be addressed while taking into account that a long term solution is the need of the hour. I must spread the word about tissue preserving customised techniques of joint replacement that allow faster recovery and better results.



## Eat healthy so that my kids learn too

**DR HARSHADA RAJADHYAKSHA,**  
Orthopaedic physiotherapist

**L**ike charity, fitness begins at home. I'm trying to strike the delicate balance between food, sleep and exercise. I make time for a mix of cycling, swimming and gymming, which I will continue in the hope that my kids learn healthy habits, too. Restricting oily food, sweets helps keep cardiac disease, diabetes, and hypertension at bay.



# May you liver long

## OD-ed on alcohol on New Years? Heavy drinking is not just about hangovers but fatty liver and alcoholic hepatitis too

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**T**he heavy drinking synonymous with Christmas and New Year's Eve can put a serious strain on the liver, say experts. Excessive alcohol consumption is known to cause either short or long-term liver damage.

Alcohol is essentially a poison, and if drunk in excess over the long-term, it can lead to either a fatty liver, alcoholic hepatitis or cirrhosis.

Over a number of years, most heavy drinkers tend to develop a fatty liver. In this condition, fat globules form within liver cells.

If alcohol consumption continues, hepatitis or inflammation of the liver develops. And with continued drinking, cirrhosis or scarring of tissue follows, making liver damage irreversible.

### SYMPTOMS TO LOOK OUT FOR

The liver becomes enlarged, causing discomfort in the right upper abdomen. After about 10 years, symptoms of nausea, vomiting, pain under the right ribs, weight loss, fever, yellowing of the skin and whites of the eyes (jaundice) and a swollen

abdomen appear.

The alarming bit is that cirrhosis may often cause no symptoms for a number of years or only mild ones, including poor appetite and weight loss, nausea and muscle wasting.

In some cases, severe cirrhosis may lead to varicose veins in the gullet that bleed into the digestive tract. Liver failure ensues, with coma and death.

### HOW TO TREAT IT

Stop drinking completely and forever, is what doctors will tell you. If not, the disease may be fatal. If drinking stops, you may get a few extra years of life.

- Fatty liver often disappears after three to six months of abstinence from alcohol.
- About half of the people with cirrhosis die from liver failure within five years.
- More than one in 10 with cirrhosis go on to develop liver cancer.
- People who do not have any other serious health problems and have stopped drinking may be candidates for a liver transplant.
- Swelling of the abdomen can be treated with diuretic drugs. Nausea can be relieved by antiemetic drugs.

— Daily Mirror

## THE 2-MINUTE READ

### FIBRE RICH DIET MAY WARD OFF ASTHMA

Consuming a high-fibre diet may trigger changes in the immune system that could protect against allergic asthma, researchers have found. A new study in mice has shown that levels of dietary fibre can influence the balance of microbes in the gut in ways that make the airways more or less prone to the inflammation seen in allergic airway diseases. Metabolites from intestinal microbiota are key determinants of host-microbe mutualism and, consequently, the health or disease of the intestinal tract, researchers said.



"We found that dietary fermentable fibre content changed the composition of the gut and lung microbiota, in particular by altering the ratio of Firmicutes to Bacteroidetes," researchers from the University Hospital of Lausanne in Switzerland and colleagues wrote in the journal *Nature Medicine*.

— PTI