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# Mid Week LIFESTYLE

BE CAREFUL, WEIGHT CYCLING IS  
ASSOCIATED WITH A HIGHER RISK  
OF DEATH | P29



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## KANGANA RANAUT TAKES DIG AT DEEPIKA PADUKONE WITH 'DEPRESSION KI DUKAN' TWEET ON WORLD MENTAL HEALTH DAY



EARLIER, KANGANA HAD USED THE SAME PHRASE 'DEPRESSION KI DUKAN' AND ANOTHER 'DEPRESSION KA DHANDA' WHEN SHE HAD ACCUSED DEEPIKA PADUKONE OF RUNNING A BUSINESS WHILE ADVOCATING ABOUT MENTAL ILLNESSES.

## BANK OF CANADA SAYS IT WON'T FIGHT RISING HOUSE PRICES THAT'S OTTAWA'S JOB

The Bank of Canada is aware that its emergency pandemic policies are inflating house prices, and it's going to keep an eye on the country's heavily indebted households, but in a speech Thursday, its governor made clear he plans to do nothing about it. In essence, Tiff Macklem has said it's the federal government's job to worry about that, not the central Bank's.

Not in so many words, of course ? this is the Bank of Canada we are talking about. Macklem told a virtual audience at the Global Risk Institute that he means to keep the emergency measures ? rock-bottom interest rates, purchases of Canadian mortgages and government debt ? "in place for a long time."

And he made it clear that soaring house prices won't change the Bank's direction.

"We will watch the evolution of financial vulnerabilities closely, particularly given our commitment to keep interest rates low," Macklem said. "But if too many Canadian households start to become dangerously over-leveraged, policy-makers have several macroprudential tools they can use. Our experience with the mortgage-interest stress test shows how effective these tools can be."

In this case, the term "macroprudential tools" means government regulation ? things like mortgage insurance, foreign buyers' taxes or



empty-home taxes or, as Macklem mentioned, the mortgage stress test. Macklem's statement "should reinforce the view that the Bank of Canada will keep their administered (interest) rate pinned down for the next few years, even if that policy contributes to increasing vulnerabilities," CIBC economist Royce Mendes said in a client note. "In that case, the Bank would look to other policymakers to contain any growing risks, given that raising rates prematurely would also stunt the recovery."

## TOYOTA, HINO TO DEVELOP FUEL-CELL ELECTRIC COMMERCIAL TRUCK FOR NORTH AMERICA



Toyota Motor Corp. said Monday it would develop a heavy-duty, fuel-cell electric truck with its subsidiary, Hino Motor Co., for the North American market. The move expands upon Toyota's existing effort to develop a 25-ton, Class 8 fuel-cell electric truck for the Japanese market, announced earlier this year. The first demonstration truck is expected to be ready in the first half of 2021, Toyota said. "Toyota's twenty plus years of fuel cell technology combined with Hino's heavy-duty truck experience will create an innovative and capable product," said Tak Yokoo, senior executive engineer, Toyota Research and Development, in a statement.

## COVID-19: STAY-AT-HOME ORDERS CUT NOISE EXPOSURE BY HALF



**NEW YORK:** People's exposure to environmental noise dropped nearly by half during the early months of the Covid-19 pandemic, say researchers, adding that lockdowns and stay-at-home orders led to a dramatic reduction in noise exposure. For the study, published in the journal 'Environmental Research Letters', the research team looked at noise exposure data from volunteer Apple Watch users in Florida, New York, California and Texas in the US.

The analysis, one of the largest till date, included more than half a million daily noise levels measured before and during the pandemic. The findings showed that daily average sound levels dropped nearly three decibels during the time that local governments made announcements about social distancing and issued stay-at-home orders in March and April compared to January and February.

"That is a huge reduction in terms of exposure and it could have a great effect on people's overall health outcomes over time," said study author Rick Neitzel, University of Michigan, US.

"The analysis demonstrates the utility of everyday use of digital devices in evaluating daily behaviours and exposures," Neitzel added.



KIARA ADVANI



DEEPIKA PADUKONE



SARA ALI KHAN



ANANYA PANDAY



NORA FATEHI

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# IT’S TIME FOR SELF-QUARANTINE



To avoid coronavirus spread, several individuals, including B-town celebs, have been practicing self-quarantine. Here’s a list of Bollywood celebrities, who are on self-quarantine currently owing to their recent international travel:

**FOR SAFETY: PRABHAS**  
Prabhas on Saturday announced he has decided to self-quarantine. The actor has recently returned to India after a shooting schedule abroad. Prabhas took to his Instagram account and wrote, “On safely returning from my shoot abroad, in the light of the increasing risks of COVID 19, I have decided to self-quarantine. Hope you all are also taking the necessary precautions to be safe.”

**DOUBLE CHECK: ANUPAM KHER**  
Veteran actor Anupam Kher, who has been shooting for TV series New Amsterdam in New York City, returned to India on Friday. He said he tested negative for coronavirus upon his arrival in the country. But as a precautionary measure, he will be self-isolating himself.

**BACK, FINALLY: SONAM KAPOOR**

Sonam Kapoor, who was in London with her hubby Anand Ahuja, is back in Mumbai and is going through self-quarantine. The actress shared the news with fans as she posted a video on social media before boarding the flight. Wearing a mask in the video, Sonam says, “I am heading back to India with my husband. I can’t wait to get home. Love you all.”

**BUDAPEST TO MUMBAI: SHABANA AZMI**  
ShabanaAzmi, who recently returned from Budapest, shared on social media that she will quarantine herself for a while. Taking to her Instagram account, the veteran actress shared a picture and wrote, “Got back from Budapest on March 15 and have self-quarantined till March 30.”

**STAYING AWAY: SONU NIGAM**  
Singer Sonu Nigam, who was in Dubai since March 5, and was scheduled to return to India this week, has now extended his stay in Dubai. He said he prefers to self-quarantine in Dubai rather than returning to India. He feels he could be potentially dangerous to his father and sister living in India, and would not want to expose them to any such risk.

# AT HOME, SWEAT IT OUT



Never thought one day I will have to avoid going to the gym in order to stay healthy... the message is one of the #Corona forwards that rings true for many out there. While it’s rather difficult to give up any routine, worst sufferers are ‘exercisoholics’, who are missing their scheduled sets more than ever before.

A known fitness fanatic, Katrina Kaif has hit the roof, literally, by posting a video of exercises that she asserts are bound to build immunity and keep you happy in such tense times. She lists six sets — squat & side leg; reverse lunge — three sets x 15 reps, sit-ups, push-ups, planks and mountain climbers, while also sharing videos of the same as an online tutorial. One can sure pick up some inspiration for home work-outs!

**YOGA TO THE RESCUE**  
Fitness trainer Aman lists Suryanamaskar as one’s best bet. “Any age-group can do it, any time of the day. Not only it’s great for one’s physical health, but also mental.” This yoga asana finds a follower in Jacqueline Fernandez, who posted a video where she is doing Suryanamsakar at home. She captioned it as, “This is one Suryanamaskar, 20 mins you can do 20 and it’s a great workout! I do 108... yoga to the rescue!”

**TIME FOR TABATA**  
While this high-intensity interval training was devised by Dr. Izumi Tabata and his team for time-crunched professionals in 1990s, one can use the same to stay fit now. Eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval — this is one fast calorie-burner that one can also follow on YouTube.

**GROOVE WITH ZUMBA**  
An excellent cardio work-out, it’s time to move to the beats of Zumba for much needed boost to body and mind. “While in times like this one will miss the social vibe that Zumba offers, it still remains a great calorie-burner and de-stressor within the confines of the home,” says Priya, a Zumba instructor. “Mind you, exercising builds immunity, which is need of the hour, and releases endorphins that trigger happy feelings,” adds Priya.

**BRING THE ROPE OUT**  
Naina Grover, fitness trainer, makes a case for bringing out the good-old skipping rope. “Skipping is one easy and fun work-out that one can enjoy with children.” Right from using your toddlers as weights for squats to push ups, she advises that parents should engage kids in their work-outs while having some fun on the side.

**APPS SAVE THE DAY**  
If motivation is what you lack, choose an app to get you going. Lose weight, burn fat, build muscle and strength; apps will help you all the way. “Right from focusing on the specific body parts to the calories spent, figure out an app that goes well with priorities,” says fitness enthusiast Jatin.

**WALK WITH CAUTION**  
If home or the rooftop doesn’t work for you, there is the good-old walk or run, but Naina wants you to practice caution — avoid crowded parks, maintain distance from fellow walkers, ensure you wash your hands properly and change the gear once you come home.” Let the lockdown not mess with your fitness goals; make home your new gym!

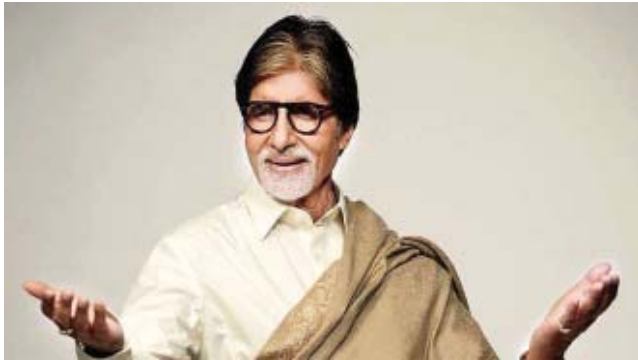
## ‘Now, it’s humans v/s COVID-19’



Television actor VivekDahiya, who hails from Chandigarh, has shared his perspective about the circumstances, in a hard-hitting note. The actor penned down a detailed letter on Instagram, expressing his views on the Coronavirus outbreak. Calling it a mysterious time, Vivek wrote, “We’re stuck in a limbo until the cure is found. But, I’ve never seen countries so untied before. We have become one entity, one force. It is humans v/s COVID-19.” He further added that the virus has come as a teacher to teach us ‘University in Diversity’ that we all learned in school, but never followed thoroughly.

On work front, Vivek made his digital debut with the web series, State of Siege 26/11. Talking about the series, Vivek says, “We got the chance to meet Lieutenant Colonel Sandip Sen, who was truly like a mentor to us. He made sure everything was impeccable. We shot at real locations, the actors had no makeup, and we were in uniforms. Being there felt quite close to reality. It was also my first experience working with an international crew, our Director and DOP were from Hollywood. They shot it under a very different lens, with low light shots, etc, which was very interesting.”

## ‘WE ARE UNIQUE’



Bollywood veteran Amitabh Bachchan is impressed by the enthusiasm with which all of India has been observing Janata Curfew on Sunday, and following due health guidelines in the wake of coronavirus outbreak. Taking to his Twitter account, Big B hailed the spirit of Indian citizens.

He wrote: “One plea, one instruct, one invocation, one implore ... And a nation is in discipline! “We observe a country shut down! What an exemplary example we have set for the entire world...for the safety of each other...We are one, we are unique..We are India..Jai Hind.”

## Skipping away to shape

Vikas Sethi is making sure to be indoors in order to protect himself and his family from COVID-19. With gyms being closed, the actor has found a way to work out effectively at home. “Skipping is an exercise that one can do anywhere, it doesn’t need to be at a gym or even outdoors, you can skip at home too. Just make sure you have a high ceiling and you are good to go. For me, I am just skipping in my building premises. Take care, stay healthy! Maintain hygiene and be aware of the situation and keep others informed about hygiene,” he says. Film and television shoots have also been stalled due to the COVID 19 pandemic until March 31. The actor applauds this move.

“I think it’s a great move by our Chief Minister. It’s for the safety of everyone, who is working on the sets. Let’s not talk about loses, human life is more important than economic loss.





# ‘Night owls’ at greater risk of heart disease, diabetes



If you are a night owl or prefer sleeping late at night and are having trouble waking up early, then you are at a higher risk of suffering from heart disease and Type-2 diabetes than early risers. The study showed that people with an evening preference were 2.5 times more likely to have Type-2 diabetes compared to those who are morning larks. In addition, people with an evening preference have more erratic eating patterns and take more unhealthy diet including more alcohol, sugars and fast food than early risers. They had a lower intake of fruits and vegetables, and higher intake of energy drinks, alcoholic, sugary and caffeinated beverages, as well as higher energy intake from fat, said Leonidas G. Karagounis, researcher from Nestle Health Science. “In teenagers, we also find that evening chronotype is related to more erratic eating behaviour and poorer diet. This could have important implications to health in adulthood as most dietary habits are established in adolescence,” said Suzana Almoosawi, research candidate from Northumbria University in the UK. Eating late in the day was also found to be linked to an increased risk of Type-2 diabetes because the circadian rhythm influences the way glucose is metabolised in the body, the researchers said, in the paper

People with an evening preference have more erratic eating patterns and take more unhealthy diet including more alcohol, sugars and fast food than early risers.

published in the journal Advances in Nutrition. Glucose levels should naturally decline throughout the day and reach their lowest point at night. However, as night owls often eat shortly before bed, their glucose levels are increased when they are about to sleep, which could negatively affect metabolism as their bodies do not follow the normal biological process. The researchers also found evidence that night owls would accumulate ‘sleep debt’ during the working week and would sleep longer at weekends to compensate for this, whereas early birds had smaller differences in their sleeping patterns across the week.

## Avoid smoking to ward off stroke risks during menopause



Quitting smoking during the transition phase to menopause could be the key to ward off risks of cardiovascular diseases including heart attacks and strokes, suggests a new study. The risk factor most associated with unhealthy arteries was smoking tobacco, said the study published in the journal American Heart Association. The study found that physical activity and a healthy diet may offset the acceleration of atherosclerosis - build-up of fats, cholesterol and other substances in and on the artery walls. “Midlife is a crucial window for women to take their cardiovascular wellness to heart and set a course for healthy ageing,” said Ana Baylin, Associate Professor from the University of Michigan in the US. “The metabolic changes that often occur with menopause, especially increases in cholesterol levels and blood pressure, can significantly increase the risk of heart attacks, strokes and cognitive impairment later in life,” she added. For the study, the team enrolled 1,143 women aged 42 to 52 in the Study of Women’s Health Across the Nation (SWAN). The findings showed that those with a healthy lifestyle had significantly wider arteries, less arterial thickening and build-up of fatty plaque. “Women approaching menopause can significantly lower this risk if they adopt healthier behaviours, even if cardiovascular issues have never been on their radar,” said Dongqing Wang, a postdoctoral student from the varsity. The results suggest that maintaining a healthy lifestyle -- combined with physical activity, proper eating habits and no tobacco use -- is particularly important for women during the transition phase to menopause.



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# STYLE HUNTER: Put a bow on it



It's hard to picture an haute couture season minus the romantic appeal of the statement bows. This strong nod to lady-like touches in ensembles were seen on the runways of Azzaro, Christian Dior and Giambattista Valli. While Azzaro's off-shoulder look had a knot reference cinching the waist, Givenchy's presentation saw designer Clare Waight Keller putting the spotlight on the loop by styling it with utilitarian backpacks. Maria Grazia Chiuri, who amped up the drama on Christian Dior's runway by bringing the circus performers, sent out shine-on floor-length dresses, which had a knot like detailing on the bust. Giambattista Valli's LBDs were accented with giant bows on the shoulder bringing to mind the '80s power dressing, but with a sweet and of-the-moment touch. Balmain under Olivier Rousteing made a couture foray by digging into the house's rich archive and presented structural pieces with these romantic flourishes. We got two red carpet designers to share their take on this ultra-feminine trend, which took Paris couture by storm. Designer Zara Umrigar observes, "Bows are synonymous with a cer-

tain French-ness and have made their way to the forefront of trends this season, on the runway and otherwise. Whether it's been giant bows attached to couture gowns, belts with bows or even bows in the hair — there's a certain drama that it adds to any outfit. They work great in the Indian festive space, a lot brides are now opting for statement pieces that will elevate their look and help them stand out." **COUTURIERS TAKE A BOW** Alexandre Vauthier's closing off-shoulder look had a similar dainty detail on the bust and Jean Paul Gaultier peppered one of his Camp-inspired ensembles with a giant belt knot. Always reigniting the old world romance with his creations, designer Alexis Mabille finished off his head-to-toe red look with a statement loop. Designer Ridhi Mehra says, "Bows are a classic element of western dressing and shall continue to make comebacks in some or the other form. However, when it comes to Indian occasion wear, I can visualise them as delicate and 'ethereal' parts of a silk organza wrap blouse, paired with a lehenga skirt."

## New therapy to treat 'tennis elbow' without surgery



Tennis elbow, painful chronic condition that affect job performance and quality of life, can be effectively treated without surgery, scientists say. The condition, also known as lateral epicondylitis, stems from repetitive stress injuries that occur in activities such as sports, typing and knitting, and the injury is common in carpenters, cooks and assembly line workers. Researchers found that through transcatheter arterial embolisation (TAE), an image-guided, non-surgical treatment that decreases abnormal blood flow to the injured area to reduce inflammation and pain, the condition may be treated. "Tennis elbow can be difficult to treat, leaving many patients unable to perform the simplest tasks, such as picking up their children, cooking

dinner, or even working on a computer," said Yuji Okuno, founder of the Okuno Clinic in Japan. "With this frustration, many patients turn to invasive major surgery after years of failed physical therapy and medication use," said Okuno, lead author of the study. "We were interested to see if this technique, already in use in other areas of the body, would be effective for this common, debilitating condition and help people immediately regain a range of motion that many of us take for granted in our everyday tasks," he said. The team conducted a prospective study in 52 patients with tennis elbow who did not find relief from other forms of treatment. The patients received TAE between March 2013 and October 2017 and were followed for up to four years after the treatment. The researchers said they found statistically significant reductions in pain-rating scores, and pain-free grip strength. Images taken in 32 patients two years after undergoing TAE showed an improvement in tendinosis and tear scores. The treatment can be completed in approximately one hour and requires only a needle hole to access the radial artery in the wrist under local anesthesia. A catheter is moved through the wrist to the elbow where the inflamed blood vessels are embolised, preventing excessive blood flow to the affected part of the elbow. The treatment is safe and effective and does not require physical therapy, researchers said. No adverse events were observed and no patients experienced negative effects to the surrounding bones, cartilage or muscles. Tennis elbow is caused by overuse and repetitive stress to the tendons and muscles around the elbow. It typically affects people who play sports with repetitive swinging motions, such as tennis or golf, but it can also affect job performance of carpenters, cooks, assembly-line workers and others. While pain is a hallmark symptom, chronic tennis elbow can cause loss of grip and arm strength, limited use of the arm, and burning sensations on the outer portion of the arm.

## Be careful, weight cycling is associated with a higher risk of death



Weight cycling or the constant losing and gaining of weight is associated with a higher risk of death, a study claims. By some estimates, 80% of people who lose weight will gradually regain it to end up at the same weight or even heavier than they were before they went on a diet, researchers said. The study, published in the Journal of Clinical Endocrinology & Metabolism, found this was because once an individual loses weight, the body typically reduces the amount of energy expended at rest, during exercise and daily activities while increasing hunger. This combination of lower energy expenditure and hunger creates a "perfect metabolic storm" of conditions for weight gain.

"This study shows that weight cycling can heighten a person's risk of death," said Hak C Jang, a professor at Seoul National University (SNU) in Korea. "However, we also concluded that weight loss as a result of weight cycling can ultimately reduce the risk of developing diabetes in people with obesity," Jang said. In the 16-year study, researchers examined 3,678 men and women and found weight cycling was associated with a higher risk of death. People with obesity who experienced more weight cycling were less likely to develop diabetes than other study participants. The health benefits of weight loss overshadowed the adverse effects of weight cycling for individuals with obesity looking to lower their diabetes risk, researchers said.

## INTERMITTENT FASTING NOT SUPERIOR TO CONVENTIONAL WEIGHT LOSS DIETS



A lot of people these days are swearing by intermittent fasting to lose weight and stay healthy. However, if you think it is better than other conventional weight loss diets, a recent study states otherwise. These are the findings of the scientists from the German Cancer Research Center (DKFZ) and Heidelberg University Hospital. The scientists conclude that there are many paths leading to a healthier weight. Everybody must find a diet plan that fits them best. Intermittent fasting, also known as 16:8 diet or 5:2 diet, is trendy. The German Nutrition Society (DGE), on the other hand, warns that intermittent fasting is not suitable for long-term weight regulation. In addition, according to DGE, there is not enough scientific evidence on the long-term effects of this dieting method. "There are in fact only a few smaller studies on intermittent fasting so far, but they have come up with strikingly positive effects for metabolic health," says DKFZ's Ruth Schübel. "This made us curious and we intended to find out whether these effects can also be proven in a larger patient group and over a prolonged period." The result may be as surprising as it is sobering for all followers of intermittent fasting. The researchers found that improvements in health status were the same with both dietary methods. "In participants of both group, body weight and, along with it, visceral fat, or unhealthy belly fat, were lost and extra fat in the liver reduced," Schübel reported. The investigators also did not find any difference between the two dieting methods in any other metabolic values that were analyzed or biomarkers and gene activities under investigation. According to Kühn, the study results show that it is not primarily the dietary method that matters but that it is more important to decide on a method and then follow through with it. "The same evidence is also suggested in a current study comparing low-carb and low-fat diets, that is, reducing carbohydrates versus reducing fat intake while otherwise having a balanced diet," said Kühn. In this study, participants also achieved comparable results with both methods. The scientists' credo is therefore: "Just do it!" Body and health will benefit from weight loss in any case, as long as it is achieved by a reliable dieting method and on the basis of a well-balanced diet.

## Indian scientists working on cannabis-based painkillers



Researchers at the Indian Institute of Integrative Medicine (IIIM) are working with two compounds derived from cannabis to create potential drugs for treating epilepsy and extreme pain in cancer patients. The drug will contain tetrahydrocannabinol (THC) and cannabidiol (CBD), two of the nearly 120 components of cannabis. "There is a lot of misconception about cannabis owing mainly to its abuse because of its psychotropic component, THC. But the two compounds are also very effective for pain relief," said Dr Ram Vishwakarma, director, IIIM, a central institute of the Council for Scientific and Industrial Research. For the cancer drug, IIIM is looking at a combination of both THC and CBD. "For effective pain relief for cancer patients, both the components are needed as one is effective for pain originating in the central nervous system and the other for the pain of the peripheral nervous system," said Dr Vishwakarma. The institute has carried out some animal trials that have shown the combination to be very effective and "the pill" is ready for a clinical trial, he said. The organisation has already written to the Drug Controller General of India for necessary permissions. Once granted, the trial will be conducted at the Tata Memorial Centre. "It will be a randomised trial where some patients will be given a placebo, some the drug with the isolated active ingredient, and some the cannabinoid oil along with some herbs to enhance its effect. These will be given along with approved treatments and we will look at the pain management and antiemetic (drug against vomiting) properties," said Dr RA Badwe, director, Tata Memorial Centre. Currently, cancer patients are given opioid-based drugs like morphine and fentanyl. Opioids are derived from unripe seedpods of opium poppy plant. The cannabidiol-based drug could provide an alternative that is less habit forming. IIIM will also look at whether the same drug can be used for relieving the pain of patients with sickle-cell anaemia as part of the national mission.



# 98 mn Indians may have diabetes by 2030, says Lancet study



Nearly 98 million people in India may have type 2 diabetes by 2030, according to a study, which found that the number of adults with the disease worldwide is expected rise by over a fifth. The study, published in The Lancet Diabetes & Endocrinology journal, found that the amount of insulin needed to effectively treat type 2 diabetes will rise by more than 20% worldwide over the next 12 years. Without major improvements in access, insulin will be beyond the reach of around half of the 79 million adults with type 2 diabetes who will need it in 2030, said researchers from Stanford University in the US. The findings are of particular concern for the African, Asian, and Oceania regions which the study predicts will have the largest unmet insulin need in 2030 if access remains at current levels. Results showed that worldwide, the number of adults with type 2 diabetes is expected rise by more than a fifth from 406 million in 2018 to 511

A new study shows that worldwide, the number of adults with type 2 diabetes is expected rise by more than a fifth from 406 million in 2018 to 511 million in 2030. Over half of them will be living in just three countries — China, India and the US.

million in 2030. Over half of them will be living in just three countries — China (130 million), India (98 million), and the US (32 million), researchers said. According to World Health Organization (WHO), India had 69.2 million

people living with diabetes in 2015. At the same time, global insulin use is projected to rise from 526 million 1000-unit vials in 2018 to 634 million in 2030, and will be highest in Asia (322 million vials in 2030) and lowest in Oceania (4 million), they said. The analysis underscores the importance of tackling barriers to the insulin market, particularly in Africa. The researchers warn that strategies to make insulin more widely available and affordable will be critical to ensure that demand is met. “These estimates suggest that current levels of insulin access are highly inadequate compared to projected need, particularly in Africa and Asia, and more efforts should be devoted to overcoming this looming health challenge,” said Sanjay Basu from Stanford University, who led the research. “Despite the UN’s commitment to treat non-communicable diseases and ensure universal access to drugs for diabetes, across much of the world insulin is scarce and unnecessarily difficult for patients to access,” said Basu. “The number of adults with type 2 diabetes is expected to rise over the next 12 years due to ageing, urbanisation, and associated changes in diet and physical activity. “Unless governments begin initiatives to make insulin available and affordable, then its use is always going to be far from optimal,” he said. Insulin is essential for all people with type 1 diabetes and some people with type 2 diabetes to reduce the risk of complications such as blindness, amputation, kidney failure, and stroke, researchers said. As global rates of type 2 diabetes soar and people with type 2 diabetes live longer, a comprehensive picture of global insulin need is required because insulin treatment is costly, and the international insulin market is presently dominated by only three major manufacturers, they said. Using data from the International Diabetes Federation and 14 cohort studies (representing more than 60% of the world population with type 2 diabetes), researchers estimated the burden of type 2 diabetes in 221 countries and territories between 2018 and 2030. They estimated the potential number of insulin users, amount of insulin required, and the burden of diabetes complications under varying levels of insulin access and treatment targets (from 6.5% to 8 % HbA1c, a measure of blood glucose), in adults aged 18 or older. The researchers calculated that compared to current levels of insulin access, if universal global access was achieved, the number of people with type 2 diabetes worldwide using insulin in 2030 would double (from around 38 million to 79 million).

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# Feeling stressed? Millennials, use these tips to make life less stressful



India, with a population of over a billion people, will have the worlds youngest population by 2020. While this sounds promising in terms of the composition of the workforce, the millennial generation is also proven to have higher stress levels in comparison to those of an older generation. Millennials in such major Indian business hubs as Mumbai, Bangaluru and New Delhi likely can relate to a recent survey conducted by Cigna TTK Health Insurance Co. that states 95%of Indian millennials admit to being stressed — more millennials than any other nation in the world. It's an alarming statistic, especially for a nation that thrives on relaxation techniques like mindfulness, meditation and

yoga. The global average for millennials, who now range in age from 18 and 34 years old, by comparison is 86 percent, according to the study.

Several studies suggest that there has been a marked increase in stress levels among millennials owing to various factors involving increased competition at the work place, unstable relationships and sedentary/unhealthy lifestyle, among others. The unmanaged stress further leads to depression. Dr Shruthi M Hegde, ayurveda expert at The Himalaya Drug Company, shares a few tips for millennials who lead stressful lives.

**Plan your schedule**  
One minute of planning translates into at least 10 minutes saved. Planning is a great tool to enhance efficiency and also brings down stress. When tasks pile up, it is natural to get overwhelmed. This can be prevented by keeping a simple checklist or to-do list. Once you've been doing it for a few weeks, it becomes second nature. Ensure you have a plan for the day with a clear objective; this allows you to focus on your goals and keeps you motivated.

**Listen to instrumental music to relax**  
From time immemorial, music has been known to play a positive effect in soothing a person's senses. The tempo, lyrics and volume of the music you listen to have an enormous effect your mood. Slow-tempo, quiet music will help you relax - and soothe your frayed nerves. While you are working, you can listen to calm instrumental music. This clears the mind and helps you unwind. If you're feeling low, play upbeat music. This will lighten up your mood and elate your senses. Sometimes, vocals and lyrics can inspire you and lift your spirits.

**Get enough sleep and rest**  
Staying up late in the night is common amongst millennials but can have dangerous effects on mental health. Some people have trouble sleeping early, while others find entertainment or social media preventing them from having an early night. One of the best ways that can help you sleep early is exercising for at least 45 minutes every day. This also helps you sleep better and you'll wake up feeling more refreshed. Getting a minimum of six hours of sleep is necessary to stay fit throughout the day. However, if time constraints prevent a full eight hours of sleep, meditating for 15 minutes can have the same effect on your mind and will leave you feeling rejuvenated and refreshed.



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# Know how parents’ coaching improves infants’ language skills



Turns out, parents’ way of talking affects the infants’ command over their language. Speaking directly to the baby with a style of speech known as ‘parentese’ can improve the infant’s language development. Parentese is the way of talking slowly and clearly, often with exaggerated vowels and intonation. A new study conducted at the University of Washington showed that parents who learn how and why to speak parentese can have a direct impact on their children’s vocabulary. Infants who are exposed to more parentese at home, have larger vocabularies as toddlers, said Patricia Kuhl, professor of speech and hearing sciences and co-director of I-LABS. In the new study, published online in Developmental Science, researchers used audio recordings of families’ typical weekends. Parents were then assigned to the ‘coaching’ or ‘control’ groups. Those in the control group were recorded, while those in the coaching

group were not only recorded, but they also participated in individual parent coaching sessions. During those sessions, they received language-interaction tips and discussed their recordings with the coaches. The babies of the parents who received coaching during the study were reported more verbal by 14 months of age. According to researchers, parentese is not only speaking directly to the child, but it also resonates with infants, and helps babies to tune in socially to their parents, and motivates them to talk back. “Most parents know that the amount of language their child hears is important. What we shared with them through coaching is that how they talk to their baby may matter even more,” said Naja Ferjan Ramírez, lead author of the study. “We explained to them the research behind parentese, and made sure they were aware of the connection between their language input, and their speaking style in particular, and their baby’s language outcomes.”

*Speaking directly to the baby with a style of speech known as ‘parentese’ can improve the infant’s language development. Parentese is the way of talking slowly and clearly, often with exaggerated vowels and intonation.*

The researchers concluded that the babies, between six and 14 months, of coached families, babbled, on average, in 43 percent, while control babies babbled in 30 percent of the recordings.

## Traumatic childhood linked to psychotic experiences

Researchers have found a link between trauma in childhood and psychotic experiences at the age of 18. The University of Bristol study has been published in JAMA Psychiatry. The findings are the first to comprehensively examine the association between different types of trauma, and their timing in childhood with later psychotic experiences using a large population study. Psychotic experiences include abnormal experiences such as hearing voices or feelings of paranoia. Researchers used Bristol’s Children of the 90s longitudinal data to examine 4,433 participants who had clinical interviews and attended clinics at the age of 18. The study concludes that between 25 - 60% of the young people who reported psychotic experiences (5% of the sample) would not have developed these if they had not been exposed to trauma such as bullying, domestic violence or emotional neglect as a child. The results were consistent regardless of socio-economic status or genetic risk of mental health difficulties, which could inform future research and the development of interventions. PHD student in the Centre for Academic Mental Health Jazz Croft said: “As around 5% of the population have psychotic experiences at some point in their life, and these often lead to further mental health issues, it is important that we understand more about the role trauma has in increasing this risk. “I wanted to look at traumatic experiences during childhood using children of the 90s data because it allowed us to answer questions about the timing and type of trauma that previous studies have not been able to examine comprehensively.” “The findings support that routine screening for psychotic experiences in children or young people exposed to trauma, particularly those exposed to frequent occurrences, should be considered as a way of preventing later mental health problems. Understanding how trauma leads to psychotic experiences could lead to the development of more novel treatments for psychosis.

## VIDEO CHATS CAN FIGHT DEPRESSION IN OLDER ADULTS

Using video chatting platforms like Skype to connect with friends and family can stave of depression in older adults, a study has found. Researchers compared four different types of online communication technologies - video chat, email, social networks and instant messaging - used by people 60 and older and then gauged their symptoms of depression based on survey responses two years later. “Video chat came out as the undisputed champion,” said Alan Teo, associate professor at Oregon Health & Science University in the US. “Older adults who used video chat technology such as Skype had significantly lower risk of depression,” said Teo, lead author of the study published in the American Journal of Geriatric Psychiatry. The researchers identified 1,424 participants from a 2012 survey who completed a set of questions about technology use. These same participants also responded to a follow-up survey two years later that measured, among other things, depressive symptoms. Those who used email, instant messaging or social media platforms like Facebook had virtually the same rate of depressive symptoms compared with older adults who did not use any communication technologies. In contrast, researchers found that people who used video chat functions such as Skype and FaceTime had almost half the estimated probability of depressive symptoms, after adjusting for other factors that could confound results, such as pre-existing depression and level of education. “To our knowledge, this is the first study to demonstrate a potential link between use of video chat and prevention of clinically significant symptoms of depression over two years in older adults,” researchers said.

## Understanding Life Insurance-Term Vs. Permanent

If you know the difference between permanent and term life insurance, you can choose better protection without any regrets in the future. To avoid any regrets and for better protection in future you need to understand the difference between permanent and term life insurance. So, you buy a product and it works exactly the same even after 20-30 years. How would you feel? Good, right? No regrets? The fact is that people buy and keep renewing their term insurance for even 20 years, but so many of them are not happy with their insurance now, especially if that is the only life insurance they have. Renewal of term insurance, in fact, has made them spent thrice or even four times the premium that they used to pay initially. So, what people do to tackle this buyer's contrition after so many years? One of the saddest things people do is ending their term policies, and



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as a result leaving their families financial security at risk. The insured needs to think futuristically while buying a life insurance policy. They need to go a level deeper and before landing on a decision about whether they need term insurance or permanent life. And you one may not choose just one, even choosing both is an option. **Difference between Term and Permanent Life Insurance**

	Term Life Insurance	Permanent Life Insurance
What is the purpose?	Provides temporary protection from the financial impact of death	<ul style="list-style-type: none"><li>Provides lifelong protection from the financial impact of death</li><li>Offers protection with tax-advantages, and cash value growth</li><li>Estate planning</li></ul>
To whom it is mainly for?	<ul style="list-style-type: none"><li>Business owners</li><li>Homeowners with mortgage and young families</li></ul>	<ul style="list-style-type: none"><li>Adults who are planning long term</li><li>People who are already having benefits of registered accounts like RRSPs and TFSAs.</li></ul>
What are the benefits?	<ul style="list-style-type: none"><li>If you are young, this is going to be expensive for you initially.</li><li>Helps you to buy lots of coverage</li><li>Easily understandable</li></ul>	<ul style="list-style-type: none"><li>Even if your health breaks down provides you guaranteed lifetime protection.</li><li>The cost doesn't rise (Most types of permanent insurance).</li><li>After some years, it is less costly than term insurance plan.</li><li>People whose RRSPs and TFSAs are highly extended, it provides tax-advantages and cash value growth opportunities.</li><li>You can add in or borrow cash against its accumulated value.</li></ul>

What are the drawbacks?	<ul style="list-style-type: none"><li>The coverage is not permanent. (when the term insurance expires, It needs to be renewed).</li><li>The cost is increased when you renew the term insurance (happens 10, 20, 30 years).</li><li>You can not cash in or borrow against accumulated value.</li></ul>	<ul style="list-style-type: none"><li>It's much more expensive for young people than term insurance is.</li><li>You need professional advice to use permanent life insurance effectively.</li><li>You cannot predict the key advantages.</li></ul>
When it is most cost-effective?	<ul style="list-style-type: none"><li>If you are young</li><li>When you are only looking for temporary protection (until you have cleared your mortgage or your children are not financially dependant on you)</li></ul>	<p>After your 40's, 50's</p> <ul style="list-style-type: none"><li>When you have accumulated cash value in your policy</li><li>When you have enough landholding to pass to the heirs or to charity organizations</li><li>If you have higher taxable income bracket</li></ul>
Is it covertable to other types of insurance?	Yes	No
Does it boost the insurance you have at your work?	Yes	Yes
Considered trends	Increasing consumer debt and mortgage	This is going to be most persistence option because this policy is lifelong, not temporary.

So, what plan do you think is the best for your family protection and can help you to achieve your financial goals? Depending upon your circumstances, you can either choose one of these options or both. But, there are many other key-advantages of buying a permanent life insurance which I haven't explained in this article. It is always recommended to seek help from an expert advisor who can support you in making the best decision.

## ITEMS OF EVERYDAY USE COULD PUSH UP INDOOR POLLUTION, SAY STUDIES

Items of everyday use – room fresheners, deodorants, mosquito coil, incense sticks, wall-to-wall carpets and office printers and photocopy machines – could be pushing up indoor pollution levels at homes and offices, which could be as bad as the polluted air outside or even worse, at least two recent studies in Delhi have shown. Both studies found the concentration of volatile organic compounds and PM2.5 — ultrafine particles that reach up to the lungs — are higher than the permissible limits even inside closed rooms in residences, corporate and government offices and multiplexes. The concentration of bio-aerosols, which comprise disease-causing agents such as bacteria and virus among others, have been found to be at least 20 times higher in corporate offices and four times higher in multiplexes. While one study was conducted by a team of researchers from the CSIR-Central Road Research Institute (CSIR-CRRI) in their own offices, another study was done by the Indian Pollution Control Association (IPCA), a Delhi-based research organisation in 13 buildings across Delhi, including corporate offices, a multiplex, government buildings and residences. The CRRI study was published in Current Science journal on November 10 with data of 2014 summer. The IPCA study was conducted between January and September 2018. “The concentrations of PM1, PM2.5 and volatile organic compounds (VOCs) were found to be higher inside than outside. While concentrations of PM1 and PM2.5 were nearly double in indoor air than outdoor, the concentration of VOCs was even higher. VOCs accumulate more when air conditioners are used because the ventilation is less,” said Manisha Gaur, one of the authors of the study and a research scholar at CRRI. Experts said that while any form of combustion such as smoking, or burning an incense stick or mosquito coil, could push up levels of finer particulate matters, the concentration of VOCs shoot up because of use of room fresheners, deodorants, paints, polishing and cleaning agents.



# Sara Ali Khan, Deepika Padukone, Kriti Sanon pave the way for quirky, edgy make-up trends. **How to get the look**



Makeup is magic, it has the power to completely make or break your entire look. Wear a subtle nude lip with your smokey eye, and you can stun, switch that up with the trendiest Marsala tint, and you may end up looking over-the-top and take all the attention away from your outfit.

And while many minimalists, read: Anushka Sharma, Alia Bhatt, love to keep it simple when it comes to makeup, a lot of our more experimental celebrities have begun to experiment with dramatic eye-makeup and quirky eyeshadows, especially playing with bright colours on their eyes. And we absolutely love it!

So be it Sara Ali Khan's bright, angular yellow eyeshadow, Disha Patani's lavender and purple eye makeup or Kriti's edgy blue lids, these celebrities are paving the way for quirky makeup trends, and showing you how to take your look to the next level with a simple brush stroke. Get the look:

**SARA ALI KHAN**  
Our millennial trendsetter proves time and again that she can pull absolutely anything off. The #AajKal actor recently put her quirk-

est foot forward for a brand shoot in which she sported neon yellow eyeshadow with her athleisure outfit and rocked it. The overdramatized eye makeup was a great contrast with her teal blue co-ord set, she had a subtle rust coloured blush on her cheek and a simple gloss on her lip to finish her look. This is quite an easy look to begin with, you don't have to over apply the eyeshadow, since Sara did it for a shoot it make sense, but for the everyday begin with just your lids and a light pink gloss. And once you're more comfortable with using colours, you can see what suits your skin best.

**SONAM KAPOOR**  
Dressed in a quirky, printed Anamika Khanna jacket-coulottes co-ord set, Sonam decided to play up her already quirky look with a gorgeous pair of silver jhumkas and a bright, sunshine yellow hue on her lids. The Zoya Factor actor went with a nude lip and barely-there blush, so as to not overpower her look. Stunning as always, Sonam.

**DEEPIKA PADUKONE**  
Deepika is so stunning, she's probably pull off a burlap sack with

as much ease as she does Abu Jani- Sandeep Khosla or Sabyasachi. During her trip to Cannes this year, the actor pulled off some of the most edgy and quirky looks, but the one that stuck with us was her dramatic eye makeup that she wore with her custom-made, heavily-structured white and black gown by Peter Dundas. It is clearly impossible to sport such a look on the daily, but if you're planning a night on the town, this is quite an easy look to start with. Put a light shimmer on your top lid, some white kohl on your lower waterline and put the eyeliner as usual, but just on your bottom lid, and you're good to go!

**KRITI SANON**  
Kriti Sanon's style is very casual and athletic, and every once in a while the Lukka Chhuppi actor goes glam and we see her edgy side. During the promotions of Arjun Patiala, Kriti wore a gorgeous ink blue sequinned dress by Rutu Neeva. The actor added a bit of quirky to her outfit with her fuchsia pink shoes, which may or may not be a questionable choice, but it was her makeup that amped up her entire look. The actor, who is presently on her way to the New York Fashion Week 2020, sported a deep ink blue shimmery shade on her eye lid, and also as kohl for her under eye. The sultry eye makeup was toned down with a nude lip and pulled back hair. Her rhinestone earrings were just enough sparkle. Her look was the perfect balance between edgy and classy.

**DISHA PATANI**  
Disha Patani is always seen sporting athleisure fashion, so the few times we see her glammed up, it is quite the treat. The actor sported two quirky make-up looks that totally bowled us over. Looking absolutely stunning in a tropical-inspired, heavily embroidered orange gown, Disha added that extra oomph to her look with a hot fuchsia pink eyeshadow on her lid, while a deep brown shadow added some glamour to her under eye, with a hint of silver on the corners making her look as fresh as a daisy. What a truly wonderful combination.

In another instant, Disha sported light pink and lavender eyeshadow on her eyes, with a purple eyeliner and kohl completing the look. She kept the rest of her face simple, sporting only nude lips and highlighter. The actor wore seashell earrings in her ears, which she paired with her white and blue Ritu Kumar dress. Both of Disha's looks are quite easy to pull off, start with simpler colours sticking with deeper blues and greens, and once you're more comfortable feel free to let your freak out and wear oranges, rusts, pinks, purples and neons. If you are confident, you'll stun in it all!

## FOR THE LOVE OF BOOKS!



Ask any bibliophile and he will tell you that reading a book can be life-changing. Some tomes have the power of staying inside our heads, their words leaving an impact in ways we don't sometimes understand. As we celebrate World Book Day tomorrow, here's a look at a few quotable quotes to make your day...

I think we ought to read only the kind of books that wound or stab us. If the book we're reading doesn't wake us up with a blow to the head, what are we reading for? So that it will make us happy, as you write? Good Lord, we would be happy precisely if we had no books, and the kind of books that make us happy are the kind we could write ourselves if we had to. But we need books that affect us like a disaster, that grieve us deeply, like the death of someone we loved more than ourselves, like being banished into forests far from everyone, like a suicide. A book must be the axe for the frozen sea within us. That is my belief. — Franz Kafka, Author

Let's be reasonable and add an eighth day to the week that is devoted exclusively to reading. — Lena Dunham, Actor and writer

What really knocks me out is a book that, when you're all done reading it, you wish the author that wrote it was a terrific friend of yours and you could call him up on the phone whenever you felt like it. That doesn't happen much, though. — From The Catcher in the Rye by JD Salinger

Happiness. That's what books smells like. Happiness. That's why I always wanted to have a book shop. What better life than to trade in happiness? — From The Rogue Not Taken by Sarah MacLean

Book readers are special people, and they will always turn to books as the ultimate pleasure. Those who do not read are the unfortunate ones. There's nothing wrong with them; but they are missing out on one of life's compensations and rewards. A great book is a friend that never lets you down. You can return to it again and again and the joy first derived from it will still be there. — Ruskin Bond, Author

It's not that I don't like people. It's just that when I'm in the company of others – even my nearest and dearest – there always comes a moment when I'd rather be reading a book. — Maureen Corrigan, Author and literary critic

## Dog eyes evolved to better communicate with humans



A recent study which compared anatomy and behaviour of dogs and wolves discovered that they have evolved new muscles around the eyes to better communicate with humans.

In the first detailed analysis, researchers found that the facial musculature of both species was similar, except above the eyes. Dogs have a small muscle, which allows them to intensely raise their inner eyebrow, which wolves do not.

The authors of the study, published in the journal of Proceedings of the National Academy of Sciences, suggested that the inner eyebrow-raising movement triggers a nurturing response in humans because it makes the dogs' eyes appear larger, more infant-like and also resembles a movement humans produce when they are sad.

"The evidence is compelling that dogs developed a muscle to raise the inner eyebrow after they were domesticated from wolves. We also studied dogs' and wolves' behaviour, and when exposed to a human for two minutes, dogs raised their inner eyebrows more and at higher intensities than wolves," explained lead author of the study, Dr Juliane Kaminski.

"The findings suggest that expressive eyebrows in dogs may be a result of humans unconscious preferences that influenced selection during domestication. When dogs make the movement, it seems to elicit a strong desire in humans to look after them. This would give dogs, that move their eyebrows more, a selection advantage over others and reinforce the 'puppy dog eyes' trait for future generations," she added.

Dr Kaminski's previous research showed dogs moved their eyebrows significantly more when humans were looking at them compared to when they were not looking at them.

It is not known why or precisely when humans first brought wolves in from the cold and the evolution from wolf to dog began, but this research helps us understand some of the likely mechanisms underlying dog domestication.

## STYLE FILE 2019: BOLLYWOOD'S DANGLER CONNECTION

Statement dangles have taken over the hearts of Bollywood beauties. Not only do they go with ethnic attire, these work well with western clothes, too. Actor Sonam K Ahuja, who is known to be a traditional jewellery lover, was recently spotted in a pair of ornate dangler earrings from her mother Sunita Kapoor's jewellery line. Actor Deepika Padukone, on the other hand, teamed her white T-shirt with a pair of diamond ear pieces, and actor Alia Bhatt was seen rocking a pair of multi-hued jhumkas.

Jhumkas have always been a classic must-have when it comes to Indian jewellery. Bollywood's south Indian beauties like Sridevi and Jaya Prada made the ear drops a crazy trend in the late '80s.

And this festive season, jhumkas are seen in super-sized formats and have relaunched itself as a modern classic. Designer Aniket Satam says, "Competing with these baubles, we have the Mughalesque chaandbalis. These statement earrings are very versatile to punctuate any Indian ensemble whether it's an anarkali, sari or lehenga."

Blogger Pallavi Singh says, "Team it with organic block prints or shift dresses for a country girl vibe. Invest in a pair of oxidised silver earrings as they complement both western and Indian wear."

The best way to wear these statement jewels is with an open neckline and tousled hair. Accessorise with some fresh flowers in the hair.





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## BUSINESS LEADERS TALK ABOUT THEIR SUPERPOWERS AT ASCEND FALL CONFERENCE



**KELVIN TRAN WITH HIS SUCCESSOR MANJIT SINGH WHO HAS TAKEN OVER AS PRESIDENT OF ASCEND CANADA.**

Brian Lee resisted his Korean heritage when he was a young boy. Natasha Walji immigrated to Calgary as a teenager. Dan Park was one of very few Asians in his neighbourhood in Yellowknife. For these children of immigrants to Canada, they've grown up to be successful business leaders who embrace their diversity and have a message of inclusion.

The three -- Lee, Chief Auditor at CIBC; Walji, Director for Tech, Government, Entertainment & Telecom, Google Canada; and Park, CEO, Clutch - were among speakers throughout the day at the recent Ascend Canada Fall Conference, offering career advice and industry insights.

"Each one of us has a gift, something to contribute to the world," said Walji, who kicked off the event with a story about her math tutor. He asked her how she would use her education to serve the world. At 17, she knew this was a gift and she says it has inspired her career and life choices ever since.

Inspiration was a driving force at the professional development conference, which focused on the theme of being bold and being different. The conference attracted over 500 delegates, and was organized by Ascend Canada, a non-profit that strives to develop and advance pan-Asian talent through partnership with other Canadian and like-minded organizations.

### EMOTIONAL TAX

But it was also an opportunity to shine a light on workplace challenges. A new study reveals that Canadian men and women of colour - specifically those who identify as Black, East Asian and South Asian - experience high levels of "emotional tax" at work, putting their over-



**NATASHA WALJI KICKSTARTED THE EVENT AND INSPIRED AUDIENCES TO BE BOLD AND DIFFERENT.**

all health at risk and causing them to contemplate quitting. Emotional Tax is the combination of feeling different from peers at work because of gender, race, and/or ethnicity, being on guard against experiences of bias, and experiencing the associated effects on health, well-being, and ability to thrive at work.

The study of more than 700 Canadian men and women of colour was conducted by Catalyst, with the support of Ascend Canada. It found a worrisome story of emotional tax - with 33 to 50 per cent of Black, East Asian, and South Asian professionals reporting being highly on guard to protect against bias, and 50 to 69 per cent reporting a high intent to leave their jobs as a result.

"People of colour continue to face some of the workplace's most entrenched hurdles, such as near invisibility in top leadership roles, pay inequities, and discrimination," says Tanya van Biesen, Executive Director for Canada at Catalyst. "These challenges can take a heavy toll. Any company that does not fully leverage the highly motivated and talented group of employees of colour is vulnerable to a talent drain," she said.

For Lee of CIBC, he believes leaders must help counter negative trends. "It's not just about you being bold and different but as a leader you creating an environment where everyone can be comfortable to be who they are and not be embarrassed," he said. Unique experiences are an important part of everyone's identity, and having the courage to talk about them helps to create a better workplace, was a recurring theme during the conference.

"Your career is a collection of stories and we're always looking for the next cool story: Everything you say, do, experience is your story - don't be afraid to be authentic and make it your own," said Park.

# Why you're not losing weight?

### DO YOU FAIL TO CREATE NEGATIVE CALORIE BALANCE?

Negative energy balance is the single most important thing to lose weight. A negative energy balance reflects a state in which the number of calories expended is greater than what is taken in. A negative energy balance results in weight loss. Even if you think you are being very good with your diet, it is easy to underestimate how many calories you are actually eating. Make sure you are successfully creating negative energy balance everyday.

### DO YOU GET ENOUGH SLEEP?

Lack of sleep can contribute to weight gain because losing sleep makes you feel hungry and you tend to take extra calories. So getting at least eight hours of sleep is crucial if you're trying to lose weight. Make getting eight hours of sleep a priority and you may just see some weight loss.

### IS YOUR WEEKEND DIET TOO RELAXED?

Even after five days of 'good' eating, two days of 'bad' eating will make you gain weight. To lose one kilo per week, you would need to cut 1,000 calories with diet and/or exercise for seven days. If you only follow that for five days, then eat way over your limit for the next two, you are taking two steps forward and one step back.

### DO YOU OVEREAT HEALTHY FOODS?

You cannot eat healthy food as much as you want. Over eating

healthy food can make you fat. Control your portion size. Just because a food is healthy doesn't mean you can eat a mountain of it. Portion control is the key.

### DO YOU STILL EAT HIGH-SUGAR/ HIGH-CARB FOODS?

Sometimes, we consume foods without knowing that they contain sugar or carbs in high amounts. Sauces and ketchup contain lot of sugar and carbs, so avoid them. Buy plain breakfast cereal, avoid salted or sugar coated nuts, and do not consume too many multigrain biscuits.

### DO YOU HAVE A DESK JOB/ SIT ALL DAY?

If you have a desk job, you probably sit in one place for at least eight hours a day. And that is inhibiting your weight loss. Sitting at one place continuously can also slow down your metabolism and cause every morsel of food to get converted into fat. This is why people who have desk jobs have more belly fat and lower body fat. Start moving around every hour to keep the metabolism going.

### DO YOU OVERDO ALCOHOL?

If you like alcohol but want to lose weight, it may be best to stick to spirits (like vodka) mixed with a zero-calorie beverage. Beer, wine and sugary alcoholic beverages are very high in calories. If you often have three or more drinks a day, you are more likely to gain weight, no matter what type of alcohol you drink.

## The Eagle has landed! Rock and Roll Guitar Legend Don Felder to headline Osler Fundraising Gala



**GUITAR LEGEND RON FELDER TO HEADLINE OSLER FUNDRAISING GALA ON NOVEMBER 23.**

Rock and roll guitar hero Don Felder, formerly of The Eagles, will perform at the Rose Theatre in Brampton on November 23, at the William Osler Health System Foundation's (Osler Foundation) 8th annual Gala Benefit concert. The event is generously sponsored by DG Group (presenting sponsor), Orlando Corporation, Almag Aluminum Inc., Borden Ladner Gervais LLP, LiUNA! Local 183, Mrs. Lois Rice, Northwest Lexus—part of the Polcaro automotive family, S. Robinson & Associates of RBC Dominion Securities, and Sodexo Canada. More than 800 guests are expected to arrive and enjoy an evening of incredible music, philanthropy and fun. This year, the show will also include a special presentation honouring Orlando Corporation for their transformational support of Osler hospitals. In 2014, Orlando Corporation made history when they pledged \$15 million to Osler's three hospital sites—the single largest gift made to a community hospital in Canada at that time. The gift was part of a unique, time-limited matching challenge that inspired the community to support local health care.

Ken Mayhew, President and CEO, Osler Foundation, said, "We look forward to our Gala Benefit concert all year long and this year's show is going to be spectacular. The concert is an opportunity to bring together community members and leaders, donors, as well as staff, physicians and volunteers in support of a common cause, exceptional health care for our growing community. Funds raised through events like the Gala Benefit concert help Osler provide the care that is needed, close to home."

This year, along with raising funds for all three hospitals, the Gala will have a special focus on helping to fund cancer care at Osler

## OSLER CHIEF OF STAFF, DR. FRANK MARTINO APPOINTED INTERIM PRESIDENT AND CEO



**DR. FRANK MARTINO**

Chair of the William Osler Health System (Osler) Board of Directors, Jane McMullan has announced that Dr. Frank Martino, Osler's Chief of Staff has been appointed as Interim President and CEO to support the organization upon the departure of Dr. Brendan Carr in December.

Dr. Carr is leaving Osler on December 12 to take on the role of President and CEO of the Nova Scotia Health Authority, in his hometown of Halifax. Dr. Martino's interim appointment will begin on December 13. McMullan said, "We are fortunate to have strong, committed leaders on this team who step up and take on this important role. Dr Martino's passion for health care and strong connection to this community makes him an excellent choice to serve in this capacity, and move Osler forward through the exciting times ahead."

In addition to his Chief of Staff role and Chief of Family Medicine role (2006 – 2015), Dr. Martino has been practicing family medicine in Brampton for over 25 years. He is still active in obstetrics and inpatient care, as well as in the emergency departments and urgent care centre across Osler's three sites. Dr. Martino is also a former Board Chair of the Ontario College of Family Physicians and continues to sit on various committees that look at improving quality and the delivery of health care both in Ontario, and across the country. Meanwhile, the Board of Directors has struck a search committee to lead a recruitment process to find a new President and CEO.



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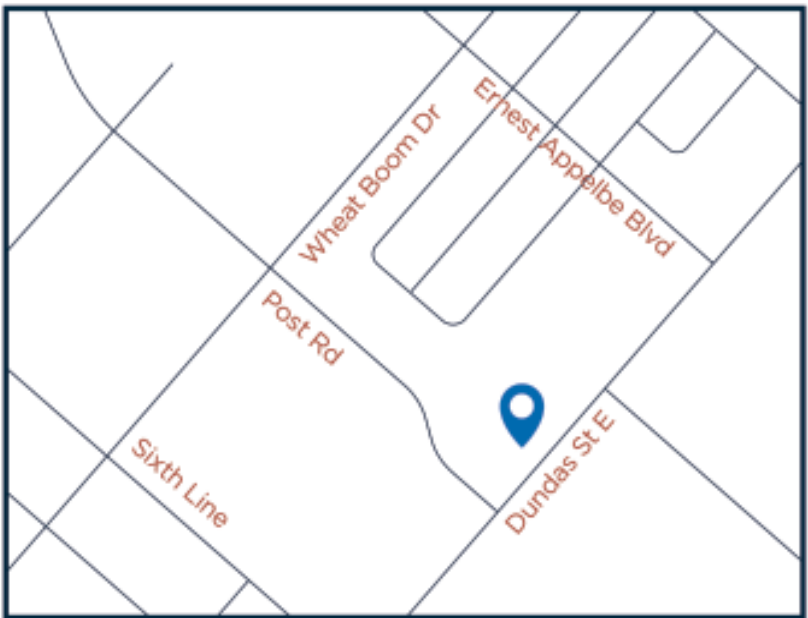
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