

Ortho-One Orthopaedic Speciality Centre

April 2018

Beat the Summer

It is very important to maintain a proper diet during the summer season to keep your body cool. Mrs. Padmini, Dietician of Ortho-One suggests a few tips to stay healthy this time of the year.



Curd: A popular food for summer season is curd. Curds can be consumed in various forms like raitas, butter milk, lassi, curd rice etc. Curd contains proteins which drive away allergies and ulcers.

Melons: Water melon, litchis and musk melons contain high levels of water. Hence they are consumed in bulks. Watermelon has 91% water by weight and litchi has 80 % water. You can beat the heat with these fruits.

Coconut water: Coconut water is a super drink. It has the same electrolyte concentration as in our blood and it gets absorbed very fast. It contains vitamins and minerals that are beneficial. It helps in weight loss and also in maintaining healthy metabolism.

Bajra (kambu rice): It is one of the best body coolants and it is a traditional food in India. You will be less likely to suffer from heat strokes, ulcers or dehydration, if you make it a habit to consume kambu porridge in summer. It is usually kept in huge clay pots to ensure the porridge is cool.

Mango: Unripe mango is very effective as it protects us from heat strokes

Cucumber: This crunchy vegetable has enough and more fibre that

can help keep constipation at bay. It can make each of your bites crunchier and help you stay cool as a cucumber

Mint: Mint is easily available, inexpensive and a cool herb can be added to your curd. You can pudina raita or have it in the form of chutneys besides using it in dips.

Onions: Onions have amazing cooling properties. You can add it to your curry, dips, raitas, salads and chutneys. The red onions, in particular are very rich in quercetin which is a natural anti-allergen. Having onions in good quantities can provide protection against sunstroke.

Orange: Oranges also contain 80% water, so popping a few juicy slices will keep you hydrated during your sweatiest summer days. You lose potassium through sweat, which puts you at risk for muscle cramps.



Patient says...

I am Farzan, 22 years and I work in Bangalore. I had knee pain and I was referred to Ortho-One by my friends. I was diagnosed by Dr. David Rajan and he advised me to undergo a surgery as I had torn my meniscus. I was in the hospital for 3 days for my treatment. The hospital was very clean and the room was cleaned two to three times a day.

I would definitely recommend Ortho-One to my family and friends.

Outreach programmes

Corporate Cricket Tournament

PPTS Corporate Cricket Tournament was held at Saravanampati in the month of April. 40 teams from different corporates like Bosch, Wipro, HCL, Payoda Technologies, Access Healthcare, etc participated in the tournament. About 12 cricketers were



injured. Mr. Okendro (Sports Physiotherapist) conducted the warm up session for the teams before the match. **Ortho-One Orthopaedic Speciality Centre** served as the Sports Medicine Partner.



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