







STATE TIMES


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High cholesterol signs: Warning signs in legs that means you should visit a doctor immediately



What happens when cholesterol crosses its threshold level?

When the amount of cholesterol in the body crosses 200 mg/dL it is said to be high cholesterol and doctors advise several changes in the diet to lifestyle to control the cholesterol level. When cholesterol level remains high in the blood for too long it leads to critical conditions like increasing risk of heart diseases, and stroke.

High cholesterol signs are often "silent"

The reason high cholesterol has a deadly effect on human health is because it is identified late. The initial signs of high cholesterol are too subtle and are easily ignored by the individual. This gives the condition to grow within the body and is only identified when it has caused irreversible damage in the body.

However, if one is careful and pays attention there are certain signs of high cholesterol which can be easily spotted.


Here we will discuss the different signs of high cholesterol that are seen in the legs.

Claudication: Claudication is one of the most important signs of high cholesterol seen in the legs. This condition is characterized by pain, cramps and fatigue in the muscles of the legs. This often happens after walking a certain distance and goes away when the person rests. Claudication pain is felt mostly in the calves, thighs, buttocks, hips and feet. The pain gets severe over time.

Cold feet and legs: This is another typical symptom of high cholesterol. Feeling cold and chilly especially during the summers and when the temperature is high is an indication that you have peripheral artery disease. This condition might not bother you initially, but if it persists for a longer duration do not delay further and get it checked from your doctor.

Change in skin color and texture in the legs: High cholesterol causes plaque deposition in the blood vessels which affects the flow of the blood. When less blood reaches certain areas it affects the overall function and skin texture of that particular limb.

If you notice certain changes in the skin color and texture in your legs and have no other reasons for it, it is likely that high cholesterol may be the reason. Do not delay further and get it tested from your doctor.



Tips to help your child withdraw from digital addiction

What would the world be like without technology? People today cannot survive without smartphones and other gadgets. The days of making trunk, ISD, and STD calls to reach pals overseas are long gone. With each passing day, the brain is becoming more and more reliant on technology which is making it work slower. Technology has almost shrieked the brain of most populations, especially youngsters and the new generation. Most of them fail at solving real life situations and bringing quality to life because of their dependency on technology.

Considering how useful technology was during the two years of the epidemic, it is clear that it will continue to be used in the educational sector as a tool for learning.

The government pushed online learning and a work-from-home culture as a pandemic control mechanism, but this led to excessive screen time and the construction of global cultures under one roof. The digital medium was the only one that could maintain socioemotional connections at the time. However, With the development of digital technology, excessive screen time has grown to be a serious problem.

Excessive use of technology

Almost every element of modern life is impacted by technology, including sociability, productivity, food access, transportation efficiency and safety. With the internet's strength, it is now easier to share ideas and resources and to create global communities. However, excessive usage of particular technologies has been connected to societal divide, a loss in mental, physical, emotional health, and privacy issues.

Its effects are now, post-pandemic, widely felt and visible, particularly in youngsters.

Impact on the physical health of children

Numerous studies show unequivocally that youngsters today spend much more time indoors watching devices than they do outside playing. There is ample evidence that the harmful physical health consequences of technology on children encompass problems including obesity, insomnia, visual impairments, carpal tunnel syndrome and neck pain.

Mental health effects of technology on kids

There is a growing corpus of study on how technology may harm children's mental health in addition to its effects on physical health.

Without internet access or a smartphone, concerns of irritability have suddenly increased. Other complaints include an inability to focus, absences from online educational courses or work owing to sleep disturbances, and inevitable excessive use of smartphones.

Numerous studies have linked the use of social media with higher levels of anxiety and depression, especially in young people. Many young individuals have used social



media to communicate with friends and family during the pandemic.

Despite being ostensibly designed to foster human connection, social media, with its highly controlled feeds of individuals' idealised selves, frequently breeds jealousy and loneliness.

Social media is another source of news for many people, much of it unfavourable, which can be stressful. Contrarily, research indicates that using social media less frequently makes people feel less lonely and unhappy.

The need to go offline

Children's mental health cases have dramatically increased, according to the National Institute of Mental Health and Neurosciences (NIMHANS). Similar to this, parents from all over the world are swarming clinics to get their children treated for digital addiction. Children in a "Save the Children study" of 25,000 people in

37 countries in 2020 said there was more violence when schools were closed than when students were physically present in the classroom.

Tips to help your child detoxify from digital addiction

It is now time for kids and teenagers to return to learning, playing, and socialising in a non-digital environment, or else they are at a higher risk of being addicted to technology, which will make it difficult for them to escape and impede their ability to grow emotionally and physically.

Here are some tips that a parent should implement to keep their children healthy and to help them stay balanced in their lives.

Engage in physical sports

It is important for parents to guide their child and push them more towards outdoor games and sports instead of sitting and playing video games with them. It would be a great way for them to sweat and socialize in real terms.

Keeping away from FOMO

The second generation of mobile users seeks constant connectivity and has developed a fear of missing out (FOMO). It's crucial for both the educators and parents to teach children that it's just a term and there are so many other ways to connect to the world. Promoting reading books, newspapers, magazines and listening to various podcasts can be beneficial to both physical and mental health of a child. It can also help them develop better concentration, communication skills, and knowledge.

Setting home rules

It is important to make some house rules such as restricting the entry of mobiles in the dining space. It will help make them more aware and conscious of their food choices and portions. A lot of children unknowingly binge while being on gadgets regularly which further results in obesity and other health problems. It is always a great idea to fix an hour to sit, talk, play and have fun with your children doing different activities.

Embrace nature

Help your child stay close to nature and take a vacation from it occasionally by hiking a mountain or spending a week in the woods. Allow the kids to spend some time gardening, taking them on hikes or on walks in the middle of nature. Once they've established a connection with nature, it will help them expand their mind, grow spiritually, and detoxify them from time to time from any sort of negativity they might have developed.

Setting up time limits for gadgets

Children should be encouraged to create a tech schedule similar to how they follow a study schedule, where they can use their devices for a set amount of time.

Mistakes young managers make

Managing a team of employees is not an easy job. Striving to increase productivity while keeping an account of every employee in the team is pretty difficult. But no matter how careful managers are, they end up making a few mistakes. In fact, young managers may make mistakes related to their lack of experience, overconfidence, ineffective communication, micromanagement, failure to seek feedback, and neglecting relationship-building. Recognising and addressing these mistakes early on can help these young managers to grow and develop into effective leaders. Let's take a look at some of the common mistakes young managers make.

Lack of experience and overconfidence

Young managers who are relatively new to their leadership roles may lack the experience needed to effectively manage teams. They may overestimate their abilities and become overconfident, which can lead to poor decision-making and a lack of understanding when it comes to managing people.

Failure to communicate effectively

Communication is a crucial skill for any manager, and young managers may make the mistake of not prioritising effective communication. This can result in misunderstandings, misinterpretations, and conflicts within the team. Poor communication can also lead to a lack of clarity about expectations, goals, and feedback, which can negatively impact team performance.

Micromanaging

These managers may have a tendency to micromanage their team, wanting to be involved in every detail and decision. However, micromanagement can create a toxic work environment, undermine team morale, and even restrict creativity and innovation.

Not seeking feedback

They may be hesitant to seek feedback or admit their mistakes due to fear of appearing incompetent or vulnerable. However, this can hinder their growth and development as leaders. Failure to seek feedback and learn from mistakes can result in repeated errors, missed opportunities for improvement, and a lack of self-awareness, which are essential for effective leadership.

Failing to build relationships

Building relationships and trust with team members is crucial for successful leadership. Young managers may make the mistake of not investing enough time and effort in building relationships, and instead focusing solely on tasks and goals. This can lead to a lack of trust, poor team dynamics, and reduced team engagement and performance.

