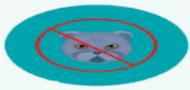


SUNDAY

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Worried about high BP? These are the "modifiable" risk factors, experts say



The normal range of blood pressure is 120/80 mm Hg. The blood pressure is said to be high when the reading is higher than the normal range. The blood pressure is elevated when the force of the blood against the artery walls is too high. One should be very careful about the blood pressure and should take note of the risk factors that spike it.

Of the several factors that increase the risk of developing high blood pressure many are modifiable in nature. Here we will discuss all those modifiable factors and how they can be managed to lower BP:

Unhealthy diet

Diet plays an important role in keeping the blood pressure under control.

Unhealthy eating habits like consuming excessive salt, having a diet rich in saturated fat and trans fats, and not having enough seasonal fruits and vegetables are one of the leading causes of high blood pressure.

In order to keep the blood pressure under control, one needs to be watchful of their diet. Having good cooking oil, healthy fats like ghee, eating lots of fruits, and minimizing salt intake can reduce the risk of BP.

Physical inactivity

There have been several studies and research work done on the importance of physical activity on cardiovascular health.

Physical inactivity is one of the main reasons why incidences of heart attacks are rising these days.

Studies recommend walking 10,000 steps daily for good health. Few studies also recommend doing 150 minutes of workout in a week.

However, depending on your health and other health issues you have to plan a good workout routine for yourself.

Consumption of tobacco and alcohol

Alcohol and tobacco consumption have individual effects as well as synergistic effects on hypertension.

"Both alcohol and smoking share a common mechanism for the onset of hypertension as a single factor in that they both stimulate the sympathetic nervous system," a study titled "Effects of Alcohol Consumption and Smoking on the Onset of Hypertension in a Long-Term Longitudinal Study in a Male Workers' Cohort" has said. More than 7,500 non-hypertensive male workers were enrolled for this study.

Obesity

Obesity is also a reason for the onset of hypertension in individuals. "Carrying too much weight puts an extra strain on your heart and circulatory system that can cause serious health problems. It also increases your risk of cardiovascular disease, diabetes and high blood pressure," the American Heart Association explains.

Obesity, especially being overweight due to visceral adiposity, is associated with hypertension.

Stress

Onset of hypertension due to stress is being seen in most cases these days. Stress has a lingering effect on the internal health and does not show symptoms all of a



sudden. "Also, too much stress can encourage behaviors that increase blood pressure, such as poor diet, physical inactivity, and using tobacco or drinking alcohol more than usual," explains American Heart Association.

What are the non-modifiable risk factors?

Apart from these factors, there are several other reasons why blood pressure increases. These non-modifiable risk factors are age, existing health conditions like diabetes or kidney disease.

To help deal with high BP which happens due to these factors, please consult your doctor and take appropriate medications for the same.

How to know if you're mistaking child abuse with discipline

When it comes to parenting, disciplining children is an integral part of the journey. Parents take it upon themselves to raise well-behaved, well-mannered kids who are loved and respected by all. Therefore, in a bid to teach appropriate behaviors to children, parents resort to different measures, some of which prove effective, while others go on to do more harm than good.

Having said that, parents must be able to identify the thin line that exists between discipline and child abuse. To do that, you must first understand what abuse is and the different types that can harm your child.

What is child abuse?

Child abuse as any intentional harm or mistreatment to a child under 18 years old. Furthermore, the healthy shares that child abuse can take several forms, which can often occur at the same time.

Types of child abuse to know about

- Physical abuse: Physical abuse occurs when a child experiences physical injuries inflicted intentionally to harm.

- Sexual abuse: Child sexual abuse can be direct or indirect. Direct sexual abuse involves intentional sexual touching, oral-genital contact or intercourse. Indirect sexual abuse involves exposing a child to sexual activity or pornography; observing or filming a child in a sexual manner; sexual harassment of a child; or prostitution of a child.

- Emotional abuse: Emotional abuse refers to any harm caused to a child's self-esteem.

- Medical abuse: Medical abuse occurs when someone gives false information about a child's illness that requires medical attention.

- Neglect: Child neglect is also a form of abuse where a parent fails to meet a child's basic physical and emotional needs.

What makes discipline different from abuse?

Discipline is not something that can be achieved through harsh words, punishment



or spanking. While it may provide you with short term results, in the long run, it may take on a form of abuse, affecting a child's physical and mental health. Discipline, therefore, is all about teaching rules and regulations to kids and following up on the consequences. Abuse on the other hand is when you cross limits to get your way, hurt someone so much that it leads to severe physical, psychological or emotional damage.

What to do instead?

Rather than losing your patience and adhering to negative parenting strategies, take time out to sit back and reflect. Children are innocent and have no intention to hurt. All they want is someone to listen to them and their problems.

As parents, it is important to understand 'why' your child is misbehaving or displaying unruly behavior. Without identifying the triggers, you cannot resolve the issues. This will only cause more frustrations, while distancing you from your child.

Effective discipline strategies to adopt

There are many effective strategies that do not involve any punishments, hitting or spanking. These include:

Positive discipline focuses on building mutual respect between the parent and the child. It does not involve abandoning the child in times of need, rather showing kindness and helping them resolve their issues.

Gentle discipline involves using humor and distraction to help prevent kids from misbehaving. This way the parent avoids yelling and punishing the child.

Boundary-based discipline is all about setting and establishing clear rules and boundaries.

Behavior modification believes in conditioning the child to behave by measures such as praising and rewarding good behavior.

Emotion coaching is a strategy that helps parents stay connected with their children. It necessitates that parents show empathy and support to the children, while teaching them to express their feelings and needs.

Zodiac signs who have extremely toxic traits and end up hurting others

Some people are very selfish, toxic and manipulative. Nothing matters except for them. They are ready to sacrifice their relationship and partner if it means saving themselves. They are toxic and envious. Sometimes, they aren't even safe to be around others as there are chances they may end up hurting somebody. Astrology makes it easier for people to understand the intricacies of their personalities by determining them with the twelve zodiac signs. Hence, here are the zodiac signs who are likely to show toxic behaviour and also may end up hurting others.

Aries

They are known for their assertiveness and determination. They are very competitive but this nature of theirs can sometimes manifest as aggression or a lack of empathy for others. They can even push people's boundaries, disregard their feelings and throw a wet blanket over others' feelings.

Gemini

Gemini are two-faced people who enjoy confusing people with their personality. They sometimes showcase inconsistent behaviour and engage in gossip or manipulation with malicious intent. They also struggle with commitment. These traits can potentially hurt others emotionally.

Leo

They are natural leaders but they can get too egoistic and boastful of themselves. They sometimes display arrogance and a need for constant attention and admiration. If they don't feel prioritised, they will make others feel insignificant and put their needs above others.

Scorpio

They are intense, passionate and fierce. However, when their feelings become unbalanced, it can lead to possessiveness, jealousy, and a tendency to manipulate others. These traits can be extremely harmful to the people around them if they don't learn to manage them consciously.

Capricorn

They are very driven and ambitious. But their desire for success can sometimes lead to workaholicism. They end up neglecting personal relationships. They may even become controlling or demanding. They can even end up being emotionally abusive if things don't go according to their own way.

These zodiac signs deeply care about others

Taurus, Cancer, Virgo, Libra, Sagittarius, Aquarius and Pisces are very considerate, supportive and emotionally invested in other people. They will never let a person feel low. They feel extremely disappointed in themselves if their words or actions hurt others.

