

EASE OF LIVING

For many pensioners, retirement marks a significant transition—a time to enjoy the fruits of years of labor while maintaining a dignified and comfortable lifestyle. The concept of 'Ease of Living' for pensioners encompasses various factors that contribute to their quality of life during retirement. Financial security is paramount for pensioners. Ensuring a stable and reliable pension scheme that adjusts for inflation and economic changes is crucial. Accessible financial planning services and clear information on pension benefits empower retirees to manage their finances effectively, providing peace of mind and stability. Access to affordable and comprehensive healthcare services is essential for pensioners' well-being. This includes adequate coverage for medical expenses, preventive care, and specialized treatments. Initiatives promoting healthy living and mental health support are also vital, ensuring retirees can maintain their physical and emotional health. Comfortable and accessible housing options catered to the needs of older adults contribute significantly to their ease of living. Retirement communities, assisted living facilities, and age-friendly infrastructure such as accessible public transport and pedestrian-friendly environments enhance mobility and independence for pensioners. Maintaining social connections and participating in community activities are crucial for retirees' mental and emotional well-being. Programs promoting social inclusion, volunteer opportunities, and recreational activities tailored to older adults foster a sense of belonging and purpose, reducing isolation and loneliness.

A small family is far better than a large one

TARA CHAND BHAGAT

Through the precious space of the columns of your esteemed paper I would like to expressing a few advantages to be a small family which can enjoy more comforts and avenues in any field than that of a large one unable to afford the chances and opportunities of any enjoyment in any field leading to a quality of life. The two kids of a small family's parents can get better education to be able to rise on higher status of posts than those of the children of a large one who always remain at lower status of posts in the field of either in Govt. services or in private sectors or any other choice of occupation. I do remember those days of my childhood when a Congress Govt. initiated a popular slogan in early sixties. "We two-Ours two" in order to get controlled the rising population rapidly at an alarming increase. Undoubtedly it was an excellent idea to overcome and exercising a check to make a family planning. Had this policy been implemented in a phased manner thoroughly it would have been proved to be a boon to the progress of the country? Our country would not have crossed over the population of China that used to be at number one being a developed country than that of India, an underdeveloped one even in the 21st century. Secondly the two kids of a small family occupy the higher financial position than those the four or six children of a large one. They can enjoy better health care facilities besides being other facilities of quality life such as good houses to live in, AC Cars to travel for, rich food to take, costly suits to wear. On the other hand the members of a larger family are devoid of such facilities, have to be suffered badly throughout their life-times however they work hard for the achievement of these comforts. For want of good conditions of the large family, all the members have to struggle a lot but cannot get easily favourable style of standard of living and always getting quarrelling over trifles and also bear grudges against the Royal life of the kids of small families. Thirdly the two kids of each small families play a very positive and constructive role contributing towards the progress of the country. I won't hesitate to quoting an example of one of my close friends namely Y.P. Bhagat whose two kids are an IAS officers. He too has ret'd. as a Chief Secretary of the Haryana Govt. Fourthly it is the need of the hour to be a small family because it is the small family that can only decrease the demographic structure of this vast country like India. If we all the young citizens irrespective of any caste adopt the principles of the policy of having a small family would definitely be able to get a second position in respect of growing Indian population in near future. Fifthly the land area under cultivation is decreasing in terms of our increasing the population of the country and also it would be difficult to face this greater problem to feeding such an increasing population of this populous country, as already other natural resources such as water, crude oil, sources of nature gas of our country are going to be depleted. And it would be very difficult to overcome the needs and requirements of increasing population. So it is the dire need to adopt the norms of a small family so as to get sufficient resources to be used by its population in the years to come. Sixthly our vast country will progress by leaps and bounds if it believes in the principles of a small family. Our country would not starve with hunger but will have better opportunities of employments and jobs for leading a good prosperous lives in the years to come. Since the members of small family would use judiciously as much as less resources as compared to be used by the six to eight members of large family. The most significant advantage of a small family is that it breaks the boundaries of social barriers and goes on contributing a lot building its social relationship with other people developing inspirational spirit of encourages the systems of small family norms. So the two-kids small family carries out an innovative idea for the growth all-round development and progress of the country, whereas the six to eight kids of large family can always play a destructive role raising obstacles and hurdles in the way of progress and its developmental struggleful efforts are damped and thus become slow and create the complex problems of unemployment to be faced by any govt whichever comes to power. Overcoming the population explosion of our country is the only way of adopting a small family rather than a large one which is quite unsuitable in this modern era of technology that has already shrunken its space of employment and jobs. The Indian population is a blend of different communities including Hindus, Muslims, Buddhists, Sikhs and others are having an idea of surpassing their own population over the other to be gaining their political goals which would prove to be very detrimental against the spirit of 'Nationalism'. However they could be able to gaining their political purposes of vote bank politics if they think about the welfare of their electorate and voters from the core of their heart. Such an idea of vote-bank politics must be discouraged. Besides, Illiteracy, poverty, backwardness and less education are the other chief factors responsible for being large families. Highly educated persons such as Doctors, IAS officers, the rich classes of Scientists and Pilots can never think of principles of large families. They have very lofty thoughts about small families. They too are the classic examples for building a nation strong and always wish for progressing country's nature. They are in fact, the greatest patriots of the country ever believing in the norms of a small family. Next, we the Indians must learn a lesson from all the smaller European countries than the UP state do have a small family system resulting into lesser members in respect of population explosion resulting into lesser population than that of the population of UP state. Moreover, all the European countries are developed ones i.e. have not to be dependent upon other countries for imports. They are completely independent upon their own resources. Right from centuries old they have adopted the norms of small families and that is why they could be able to produce great scientists like Issaic Newton and many others, Williams Shakespeare, the greatest writer ever to be born, got unmatched prominence in the international history. Really they believe in the policy of "Country First then All" Theirs is a policy of "Nationalism." They contribute building their countries strong. They prefer to be independent than to be slave. Last but not least given the population explosion in our country it is very imperative to adopt the principles and norms of a small family rather than a large one for the progress of our developing country that stands at number one in terms of population.

Debunking Cataract Surgery Myths: What You Need to Know

DR BHAVANI RAINA & DR ASMA JABEEN

Cataract is the clouding of the eye's lens. This occurs when the normally clear proteins in the lens lose their flexibility and start to clump together. As these clumps accumulate, they lead to vision impairment. Currently, the only effective treatment for cataracts is surgery. Despite ongoing research, there are no eye drops or medications available that can cure this condition. Cataract surgery is a quick and generally painless procedure, and there are three main types of surgeries available. Your eye surgeon will help determine which method is best suited to your specific needs. It is advisable to remove a clouded cataract lens as soon as symptoms become noticeable to maintain your quality of life. Early-stage symptoms of cataracts include:

- > Difficulty seeing well at night
- > Halos around lights, particularly traffic and streetlights
- > Colors appearing dull or faded
- > An increased need for brighter lighting when reading or performing other activities

Recognizing these symptoms early and seeking prompt medical advice can lead to a successful treatment outcome, allowing you to maintain clear vision and continue your daily activities without disruption. Cataract surgery is a great example of how far we've come in eye care. It shows how much progress has been made in treating eye problems. Yet, misconceptions and myths often shroud this transformative procedure, creating unnecessary clouds of doubt. Today, let's embark on a journey to dispel these myths and bring clarity to the remarkable world of cataract surgery.

Myth #1: Cataract Surgery is Risky
Contrary to popular belief, cataract surgery is one of the safest and most common surgical procedures performed globally. With advancements in technology and surgical techniques, the risk of complications has significantly decreased. Modern cataract surgeries are typically outpatient procedures, allowing patients to return to their normal activities shortly after the surgery.

Myth #2: Cataract Surgery is Only for the Elderly
While cataracts are more common among the aging population, they can affect people of all ages. Cataract surgery is not limited to the elderly, and anyone experiencing vision impairment



due to cataracts can benefit from the procedure. Several factors can contribute to the development of cataracts at a younger age. These include:

- > Eye infection
- > Family history of cataract
- > Certain medications, such as long-term steroid use or cancer treatments
- > Eye injuries
- > Exposure to intense heat or radiation
- > Excessive exposure to ultraviolet (UV) light
- > Medical conditions like diabetes, arthritis, or other metabolic disorders
- > Smoking
- > Nearsightedness (myopia)
- > Infections or inflammation during pregnancy, such as measles or rubella

By understanding these risk factors, individuals can take preventive measures and they can seek early intervention which can prevent further deterioration of vision and enhance the quality of life for individuals of all ages.

Myth #3: Cataract Surgery is Painful
Advancements in anesthesia and surgical techniques have made cataract surgery virtually painless. Patients often report minimal discomfort during the procedure, with most experiencing only a mild sensation of pressure. To ensure comfort, we may use local anesthesia in the form of eye drops or administer a small anesthetic block

around the eye. For those who prefer, or in cases where there are other medical considerations (such as patients with tremors who cannot remain still for ten minutes), we also offer the option of general anesthesia. This allows patients to be asleep during the surgery for their comfort and safety.

Myth #4: Cataract Surgery Requires a Long Recovery Time
Gone are the days of prolonged recovery periods. With the advent of micro-incisional surgery and sophisticated intraocular lens (IOL) options, many patients experience a rapid recovery. You can resume all your daily activities the day after your surgery. From the first day post-surgery, you can bathe from the neck down and use a damp cloth to clean your face. You are free to read, write, watch TV, cook, paint, and carry on with your usual tasks. However, avoid getting water in the operated eye, swimming, and lifting heavy weights.

Myth #5: Cataract Surgery Does Not Address Astigmatism
Astigmatism is a refractive error that arises when the cornea or lens of the eye has an irregular curvature. This irregularity causes light rays to focus on multiple points on the retina, resulting in blurry vision. Astigmatism can occur alongside near-

sightedness (myopia) or farsightedness (hyperopia). Modern cataract surgery has evolved to address various vision issues, including astigmatism. Toric Intraocular lenses, designed to correct astigmatism, can be implanted during cataract surgery, offering patients the opportunity to achieve clearer and more precise vision.

Myth #6: Cataract Surgery is Not Necessary Until Vision is Severely Impaired
Delaying cataract surgery until vision is severely impaired is unnecessary and can negatively impact the overall quality of life. The procedure is elective, allowing individuals to choose the optimal time for intervention, based on their lifestyle and visual needs.

Myth #7: Seasonal variations of misinformation
Patients can confidently pursue surgery without concern for seasonal variations affecting the outcome. Cataract surgery is a year-round solution, unaffected by the changing seasons. Whether it's the vibrant colors of spring, the warmth of summer, the crispness of autumn, or the serene winter landscapes, the success of cataract surgery remains consistent. Patients can choose the timing based on their individual preferences and schedules, rather than being swayed by seasonal misconceptions.

Myth #8: Cataract can regrow
Cataracts do not come back after having them removed. Cataract surgery is a one-time procedure, as cataracts do not recur. Since cataracts are not growths, the artificial lens implanted during the surgery will not develop into a cataract. However, occasionally, a thin layer of tissue can form behind the lens implant after the cataract is removed. This condition, known as posterior capsule opacification, can be easily treated with a quick and painless laser procedure called YAG laser capsulotomy. In conclusion, cataract surgery is a remarkable and accessible solution for those grappling with vision issues caused by cataracts. As we dispel these myths, a clearer picture emerges - one where individuals can confidently embrace the transformative benefits of cataract surgery, revealing in the beauty of a world seen with newfound clarity.

(The writers Dr. Bhavani Raina is Additional Professor and Dr Asma Jabeen is Senior Resident from the Department of Ophthalmology at AIIMS, Vijaypur, Jammu)

Why do I sweat so much? What can I do?

SURJIT SINGH FLORA

You may experience excessive sweating, also known as hyperhidrosis, which occurs when your body produces more sweat than necessary. For instance, if you perspire while remaining still at your desk, that would be considered excessive sweating. The body's cooling mechanism in hyperhidrosis is excessively active, resulting in an overproduction of sweat that far exceeds what is necessary. Approximately 3% of the population experiences excessive sweating. "Approximately 50% of individuals with primary [excessive sweating] have a documented family history," Glaser states. According to Glaser, this type of excessive sweating typically starts after puberty. Excessive sweating in the hands and feet can begin at a very young age, possibly during infancy or in early childhood. According to Glaser, there are several other factors that can contribute to excessive sweating, such as underlying medical conditions and medications. As an example: Frey's syndrome is a condition characterized by unilateral facial sweating triggered by specific foods. This condition typically develops following surgical procedures or injuries that affect the glands responsible for producing saliva. Medications used to treat endocrine problems, diabetes, and thyroid disease may also cause excessive sweating. Some high blood pressure medicines and certain antidepressant medications can also have this effect. Furthermore, excessive perspiration can be triggered by infections, specific types of cancer, heart or lung conditions, menopause, and in some cases, a stroke. Although sweat can be unpleasant, the odor it produces can be equally unsettling. There are several factors that influence the amount of sweat produced and its accompanying odor. The composition of this sweat includes chloride, sodium, potassium, methylphenol 'O' and methylphenol 'P', urea, and water. In hot weather, the sweat evaporates and provides a cooling effect. When and how to sweat excessively: Sweating a lot during the summer

Excessive perspiration is common in enclosed areas. Feeling overwhelmed during exams, surrounded by a crowd, experiencing stress when things don't go as planned, and breaking out in a sweat. Breading with sweat after exertion. Some individuals may experience increased perspiration due to factors such as body composition and skin tone. This perspiration can occur after consuming food or beverages such as hot pepper masala, tea, coffee, or milk. Sweating can occur in certain diseases or as a side effect of certain medications. When a moving vehicle comes to a halt, the occupant perspires heavily. There is a common occurrence of sweating following the application of oil, receiving a massage, or taking a hot bath. It is a perfectly normal bodily function. The release of water and oily substances from the sweat glands contributes to the unpleasant odor in sweat. The accumulation of sweat and oil on the body and in unwashed, tight-fitting clothes can lead to the production of bacteria and germs. They can create an unpleasant smell in underwear, socks, or armpits. The unpleasant odor intensifies quickly, posing challenges for those affected by it. Bacteria and germs can quickly multiply in sweat and on clothing. Individuals who consume salt, pepper, masala, spicy, and sour food in higher quantities, along with wearing synthetic clothing, tend to perspire more profusely, resulting in a stronger odor in their sweat. Similar situations occur for individuals who engage in drug use and those who experience issues with constipation and indigestion. Tips for reducing perspiration: It is important for individuals who perspire heavily to increase their intake of water and other fluids. It is recommended to include coconut water and lemon water in your diet. It is advisable to avoid consuming tea, coffee, cocoa, cold drinks, drugs, and chili spices. It is advisable to use protective gear such as goggles, hats, veils, dupattas, and umbrellas when venturing out in the sun. Stay calm and composed, avoiding any unnecessary emotions.

Take your time. It is important to always drive at a slow speed. Avoid excessive consumption of food. It is advisable to wait for a while before going out after a meal. Remember to wash your underwear and socks daily. It is recommended to wash with cool water. Use talcum powder. Enjoy refreshing traditional cold beverages. It is important to incorporate a variety of fruits, vegetables, raita, and salad into your meals. Separate worn clothes from washed clothes. Replace the insoles of socks and shoes. Wear sandals. There is a wide variety of antiperspirants available. Sweating is a normal bodily function that can be quite enjoyable. Excessive sweating can be problematic, while not sweating at all can worsen the issue. Maintain Freshness: It is important to prioritize personal hygiene to avoid any unpleasant body odors. It is recommended to wash with cool water. Maintain cleanliness of the body. Consider adding rose petals, Dettol, or essential oil to the water. It is important to always wash and wear new clothes. Clothes should be loose and lightweight. It is advisable to opt for cotton and breathable clothing rather than synthetic materials. Use powder and deodorant on sweaty areas. Taste luscious fruits, vegetables, salads, soups, raita, and traditional beverages. Keep away from artificial spices, junk food, coffee, and narcotics. Stay in airy places. Replace socks, footpads. Wear sandals instead of tight shoes. Stay away from tension, rage, and crowds. In everything, be strong and resilient. Suddenly stopping sweating might cause diarrhea. Sweating excessively lowers asthma risk. Perspiration is higher in males. It is advisable to seek a medical assessment. If you are experiencing these additional symptoms, it is crucial to seek immediate assistance. This is a matter of life and death! Heightened appetite and decreased body weight. Experiencing symptoms like frequent urination, increased thirst, changes in vision, and feeling more fatigued than

usual. It is not uncommon for Type I Diabetes to be diagnosed at your age. This disease shares similarities with Type II Diabetes, but its cause is distinct. The consequences of neglecting this are dire and could be fatal. If possible, consult a physician. Some medications have the ability to inhibit sweating. Botox injections can effectively reduce excessive sweating. Before considering any other options, I suggest trying a body powder to help absorb moisture. It is intriguing to note that if your torso is perspiring more than other areas of your body. As the temperature rises, your body naturally responds by sweating. For individuals who are overweight, subcutaneous adipose tissue (fat) acts as a protective layer. Increased fat content provides superior insulation. The increase in core temperature prompts the body to send warm blood to the surface of the skin. The evaporation of sweat helps to lower body temperature by cooling the tissues and blood. That's typically how it operates. However, if you're experiencing excessive sweating specifically in the torso, it could indicate an underlying issue. It's possible that you have a higher - than average number of sweat glands in your torso, for reasons that are not yet clear. When the body signals that it's time to sweat, there will be a more noticeable response in the torso. If that's the case, your options would be to use a laser to destroy the glands or receive Botox injections. It's possible that you have a regular number of sweat glands in the skin of your torso, but there seems to be increased activity in the nerves that stimulate these sweat glands. Based on the information provided, I don't feel confident in offering you advice. Neurological conditions can be a sign of something quite serious. Perhaps not. It is advisable to consult with a medical professional. (The writer is a veteran journalist and freelance writer based in Brampton)

YOUR COLUMN

Jammu's Circular Road-- inconvenient for residents & commuters

Dear Editor,

Through the columns of your newspaper, I am writing to draw attention of the concerned authorities to the deteriorating condition of Jammu City's Circular Road at Peer Kho, Pakki Dhaki, which serves as a vital link

between the City of Temples and the historic heritage of Jammu. This once-important route now resembles a neglected canvas, riddled with numerous cracks and deep potholes. Each rainstorm exacerbates the situation, making travel increasingly hazardous and inconvenient for residents and commuters. Despite the road's importance, it has been neglected for months without any sign of repair. This prolonged negligence has not only affected the road's usability but also reflects poorly on our commitment to maintaining essential infrastructure.

I urge the authorities to take immediate action to repair Circular Road and ensure it is safe for travel once again. It is crucial that this matter receives the attention it deserves to prevent further deterioration and inconvenience to all. I along with the residents of the area in particular and Jammutes in general will be really thankful for considering the urgency of this issue. We hope to see prompt action taken to address these pressing concerns.

Aarshi Sharma (Student)
On behalf of residents of Circular Road, Peer Kho, and Pakki Dhaki