

FAUX PAS DRY SHAMPOO

USING A DRY SHAMPOO CAN BE HARMFUL. IT ABSORBS ALL THE MOISTURE FROM HAIR WHICH CAN LEAD TO ROUGH AND DRY SCALP AND HAIR.



PANCH MANTRA ACAI BERRIES

- Rich in nutrients
- Good in antioxidants



- Have anti cancer properties
- BOOSTS BRAIN FUNCTION
- Improves cholesterol level

FACT FILE

AS YOU GET OLDER, HOURS OF THE SLEEP REDUCES AUTOMATICALLY. OLDER PEOPLE WAKE MORE FREQUENTLY DURING NIGHT AND END UP GETTING LESS HOURS OF SLEEP.



Using too much of phone ups obesity risk

Researchers have found that students who use their smart phones five or more hours a day are prone to higher risk of obesity and likely to have other lifestyle habits that increases the risk of heart disease.

According to a study, researchers analysed 1,060 students (700 girls and 360 boys) of Colombia with an average age of 19 years and 20 years, respectively.

The study found that the risk of obesity increases by 43 per cent if a smartphone was used for five or more hours a day, as participating students were twice as likely to drink more sugary drinks, fast food, sweets, snacks and have decreased physical activities. According to researchers, 26 per cent of the students who were overweight and 4.6 per cent who were obese spent more than five hours using their device. Spending too much time using the smartphone facilitates sedentary behaviours, reduces the time of physical activity, which increases the risk of premature death, diabetes, heart disease and different types of cancer, the study said.

"It is not a question of five or more hours on the phone. It is a question of how much activity level we are able to build into our life," Achal Bhagat, Senior Consultant, Psychiatry at Indraprastha Apollo Hospitals in Delhi told IANS.

"And if we are not able to build it to an adequate level, then it increases the chances of obesity and related health risk factors. w

Are Men often believe in the idea 'the bigger the better' but does it hold true in the case of their chest

MOOBBS bothering you?

IMPROVED RESULTS

• Traditional method of treating male breast entailed making a big cut below the nipple area and cutting off the breast tissue only. Although this would improve appearance, results would fall short of an aesthetic ideal. Often, there would be an area of shallowness surrounded by fat deposits (saucer deformity). This can be corrected surgically, but it is better to avoid such a problem by selecting a more sensible option.

• LIPOSUCTION NOT ONLY REMOVES THE BREAST TISSUE; IT CAN REMOVE THE EXCESS FAT DEPOSITS ON THE CHEST AT THE SAME TIME AND ACHIEVE A NORMAL DESIRABLE CONTOUR.

TREATMENT

Male breast can very well be removed in an aesthetic manner with liposuction only using certain special instruments. This is termed "KEYHOLE MALE BREAST SURGERY". The scars are minimal and fade in time. This is a day care surgery and one can return to work in a couple of days.

RECENT TRENDS

• Increasing awareness and peer pressure has cause an increase in demand for male breast correction. There is as much as 50% increase in the no. men coming for this surgery.

• The availability of keyhole method has made many more people seek treatment for male breasts.



DR. MOHAN THOMAS,
Senior Cosmetic Surgeon, Cosmetic Surgery Institute

Having breasts can be very embarrassing for a man. Most find it annoying and comes in the way of wearing tight T shirts and baring the chest. During puberty, hormonal changes take place in the body (unopposed female hormones or low levels of male hormone) and as a result, breast tissue forms and enlarges in boys. This usually disappears in most cases by the time they are 18. But if it does not, the residual breast tissue and fat together form the male breast. Enlargement of the male breast can be due to many causes with the prominent being-

- Physiological
- Obesity
- Idiopathic
- LONG TERM INGESTION OF MEDICATIONS AND DRUGS.