

ISSUE 05
SEPTEMBER 2016



NEWSLETTER

A publication providing the latest information and research to help supporting medical practitioners and individuals.

Healthy Eating

"Moderation is the key..." - Dr. Ikpe R. Kelechi

Medical Moments

Episode 1: *"The WHAT and the HOW"*

MEDx Care at DWEN 2016

Read more of our delegation's story during
DELL Women's Entrepreneur Network in
Cape Town, South Africa

Join our movement and participate in our next

WEBINAR: PAYER 2.0

Healthy Eating is Healthy Body

By Dr. Ikpe Kelechi

Staying healthy means maintaining the balance in our daily activities and the enjoyment one could have in life. Healthy life is not only supported, but also sourced from what is consumed, eat healthily or healthy eating. At present days, healthy eating has become lifestyle for so many individuals, while some other equalize it to dietary restrictions. Healthy eating is not about food deprivation or losing weight to look “well”. It is the stage when one feels good with what he eats, and most importantly feels energized. Although, there is an overwhelming number of information regarding nutrition that creates confusion between what is healthy and harmful (when consumed excessively).

Healthy eating has been known to help sustaining the ideal weight as well as to avoid health related problems such as diabetes, hypertension, or obesity. Some specific foods or nutrients have been shown to have beneficial health effects; but, what is more important is your overall dietary pattern, such as eating more fresh fruits and vegetables, self-cooked meals, reducing your intake of sugar and refined carbohydrates. Through this article, a medical doctor, author, speaker and entrepreneur, Dr. Ikpe Ronald Kelechi, would love to share and help the reader to learn how to create the healthy diet.

Moderation

The key to all healthy diets is moderation. Moderation simply is eating enough food as much as the body requires. The idea is to feel satisfied with the meal, not the amount. It also calls for the balanced quantities of the different classes of food, this balance is to maintain a healthy body. For some people, moderation means eating less than the usual intake, but does not mean totally removing the foods they love.

Basically moderation means controlling portions without banning certain food, because that will only increase the cravings. Taking time during meal time, and/or eating with others also support one to develop a good eating habit. Remember to always have breakfast and smaller meals throughout the day to jumpstart the metabolism and keep up the energy levels.



Sugar control

A lot of added sugar has been linked to causing weight problems, diabetes, and even depression. Sugar is hidden in bread, candy, margarines, fast food, pasta, cereals, etc. The truth is that your body gets sugar from natural foods, so that all this sugar boils down to empty calories which is detrimental to overall health.

Here are some tips to reduce sugar consumption:

- 1) Avoid sugary drinks and replacing them with water or fresh fruit juice.
- 2) Avoid processed or packaged food.
- 3) Check labels and choose low sugar products.
- 4) Eat healthier snacks made of fruits.

Fruity way of life

Fruits and vegetables are low in calories and nutrient dense, which means they are packed with a lot of vitamins, minerals, antioxidants and fiber. The focus should be on eating five servings of fruits and vegetables which will help to fill up and cut back on unhealthy foods. Most of the people need to double the amount of fruits consumption daily. Apart from filling you up, the benefits are tremendous. Berries help fight cancer, apple provide fiber, oranges are full of vitamin C, and cucumbers help you achieve a fine and supple skin.

“Research proves that deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants.”



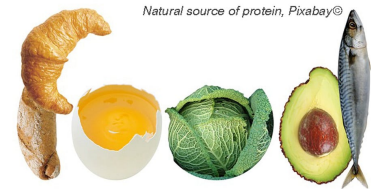
Go the fiber way

Food with high dietary fiber can help maintaining ideal sugar level, lower your risk of heart disease, stroke and diabetes, also interestingly help you lose weight and maintain it. Nutritionists recommend 20 to 40 grams of fiber a day, while many of us are way below that mark. Generally, the more natural and unprocessed the food is, the higher it contains fiber. Good sources of fiber include whole grains, wheat cereals, barely, oatmeal, beans, nuts, and vegetables.

There is no fiber in meat, milk or sugar. Refined foods like pastries have had almost or all of the fiber removed. In regards to weight loss, since fiber stays up in the stomach longer than other foods, even eating less, thanks to fiber, the hunger intervals are lengthened. Fiber helps to move fat through your digestive system quicker so that less is stored.

Put proteins, healthy fats, and carbs in perspective

Protein is needed to build muscle, give and help preserving the energy. Too much protein, however, can be harmful especially for people with kidney disease. That, however, does not diminish the importance of high quality or natural protein in our diets which can be sourced from fish, chicken, beans nuts and soybean.



For the various risks that it has caused, fat is often seen as “troublemaker” in human diet. However, not all fats are bad, healthy fat is also needed. Bad fats increase the risk of developing coronary artery disease and other diseases, good fats are essential for physical health. Foods rich in omega three fats can reduce the risk of cardiovascular disease. Good fats can be gotten from avocados, almonds, pumpkin(monounsaturated fats. Poly unsaturated fats richly come from walnuts and sardines. Wherear, *bad* fats usually come from fried foods, margarines, snack, and sadly your favorite cookies.

Coming to carbs, which many people wrongly associate it with *bad* fats, we advocate you choose health carbohydrates especially whole grains which also abound with phytochemicals and antioxidants which help protect against coronary artery disease, cancers and diabetes.

On daily life, one may consume healthy carbs in whole grains, beans, fruits and vegetables which keep the level of blood sugar and insulin stable. Unhealthy carbs, on the other hand, are things such as refined sugar and white flour.

Watch that salt!

Excessive amount of salt has been associated to high blood pressure, increased risk of stroke, heart and kidney diseases. As much as it's added for food taste, human body actually needs less than 1g daily. Therefore, it's advised to use other vegetative spices as replacement. Pay extra attention when eating out, especially fast food meals that are loaded with salt.

To set up yourself for healthier way of eating, plan healthy diet as a number of small manageable steps like adding fruits once a day, or drink more water. Prepare your own meals at home, reduce or even avoid processed food, read the labels, and focus on how you feel after your meal.

As small changes become habit, and it will ultimately become a way of life. A healthy body is a wealthy one! ■

#MedicalMoments Episode 1: The What and the How

A moment to ponder - "How come pocket monsters (read: Pokemon GO) are easier to find than local medical practitioners?"



What are #MedicalMoments?

Medical moments are instances of illness, accident, injury, reaction or ailment that you may need to seek medical care for but you may not know where to start.

How do we get medical moments kicked off?

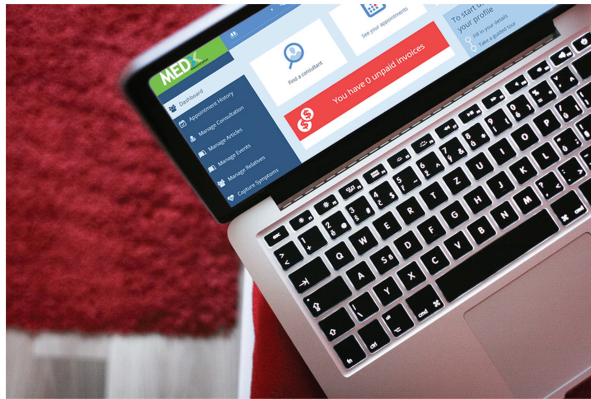
It's with a Healthcare Uh-oh. You woke up on a Saturday morning feeling *lethargic*. It is one of those medical terms that means you feel like somebody hit your neck, making you feel sluggish, things are turning dark around you, lazy, unmotivated and can't even get out of bed. Essentially, your life has crashed. You need a reboot that not even energy drink can help you out.

Can it be worse?

Your general medical practitioner is closed today. The ER seems a bit of overkill – but driving to the outpatient clinic also seems totes cray.

What should I do?

In this digital era, you seem to be the only solution is your internet browser, warm up your devices – enter your symptoms into the data fields in plain English – and hit *own* "search". You connect with a certified Health Professional that is able to talk to you directly and securely about your health concerns. They are able to speak to you about how the symptoms occurred, how you feel, and an assessment for further care.



Along the health situation, you find out that there has been a food poisoning incident at a local street fair, you happened to be there last night. At least you know now that it is not the end of the world, it is not Dengue Virus, or apocalyptic situation – you have peace of mind and plan of treatment. An e-prescription for medication at your neighborhood pharmacy and you are ready to tackle the rest of your weekend. Easy, seamless, simple – SMART.

You avoided an ambulance ride to the ER, you saved the thousands of dollars in expenses in out of pocket charges, and of course the added trauma and stress of being herded through the ER like sick cattle.

MEDx Care

These are solutions that are available now, today, that we are deploying across the world. MEDx Care specialized in care for emergent and growth markets – where care is not just down the street; where doctors are hard to find. Where the medical facilities are scarce, but technology is readily accessible. And our experience there – can provide solutions and pathways to your domestic Health Uh-ohs. ■

Join us today at <https://medx.care/>

MEDx at DWEN 2016

Cape Town, South Africa - Dell, in partnership with Intel®, held the 7th Annual Dell Women's Entrepreneur Network Summit. This gathering of a global community of women entrepreneurs took place in Cape Town, South Africa, June 27-28, 2016.

Innovation allows problems that once were intractable to be tackled with creative, sustainable solutions. Major advances in technology allow entrepreneurs to innovate and share at an unprecedented scale, all over the globe.- DELL

Over 35 speakers shared their experiences on their personal entrepreneur journey, advices, critical analysis on different projects and for the benefit of other entrepreneurs. Being in African context, it was brought forth that Africa is indeed not immune to global issues. Perception being different than reality, any source of information for an aspiring entrepreneur on African market growth should rather be based on ground facts and figures than just acquired data.

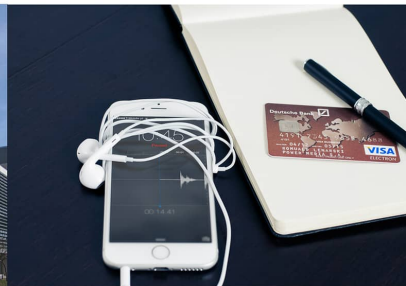
Systems taken from different locations should always be implemented to suit local market needs. Ethic being the core value of any entrepreneur, once one is aspired to be an entrepreneur is ready to do things differently, and aim to impact lives.

Inspiration to note - To have a dream is to let your brand have a purpose and tell a story. Focus on creating value, for it attracts capital. Be excited and relentless about your idea. Bring the essence of your passion in your brand statement, and learn how to say "NO", for it teaches you to make space for the right things to fall in place. Find allies in your industry, be part of a network. Think about hiring individuals from different horizons to better understand your company culture.

Thinking about securing what you have? Be careful what you disclose, understand what you have and do it right from upfront. Thinking about presenting your ideas to potential investors? Always give the context, tell the story. You are the culture of your company.

We can leave this world better than we found it. ■

Table Mountain in South Africa, Pixabay©



Stay tuned for our next webinar:

“Payer 2.0 & Its Impact on the Emerging Countries”

MEDX
eHealthCenter

