

# **HEALTH TIP:** This seeds (left) are a good source of alpha-linolenic acid, which can help prevent breast cancer.



These contains conjugated linoleic acid and sphingolipids, which help prevent cancer. It also contains vitamin E, which helps the body fend off diseases.



**ASK THE EXPERT**  
 DR MAHINDER WATSA

**Q** I am a 37 year old woman. Whenever I used to meet this one man, we used to start touching each other and then have sex or I would give him a blowjob. Then, I got married — that was two years ago — to another man who is nice and decent, and we have sex almost every day. Still, whenever I meet that other man I want to do all those things to him, and he also tells me that he wants to do the same too. I feel like I cannot control myself. I do enjoy sex with my husband but it's not the way it is with this man. What should I do? Is it ok to satisfy myself with this man if I am also having sex with my husband — that way, at least, I am satisfying my husband as well.

However much the temptation, avoid any action with your previous partner. Rather, encourage greater intimacy with your husband — discuss with him the ways in which the two of you might improve your sex life so that it is more than satisfactory.

**Q** I am a 63-year-old man and though I suffer from diabetes and a blood pressure problem, I am otherwise physically fit. I am currently on prescribed medications to manage both these conditions. I am married, but my wife does not enjoy sex. She doesn't mind if I have sex with someone else though. But, the problem is, nowadays, I find that my penis does not get as erect as it once used to be. Is there any medicine I can take or exercise I can do to improve my erection so I can enjoy a full sex life? As you age, the erections may not be as before. Beside the usual sexercises, start doing Kegel exercises. A visit to a urologist will help you greatly.



## HEALTHY FOR LIFE

Adopt these timely measures to remain in top shape

| Anindita Paul [anindita@redback.in](mailto:anindita@redback.in) | [www.mumbai.mirror.co.in](http://www.mumbai.mirror.co.in) | [TWITTER @MumbaiMirror](https://twitter.com/MumbaiMirror)

**A** recent report by the NGO Partnership to Fight Chronic Disease found that one out of every five Indians suffers from at least one chronic disease and that more than 10 percent of the country's population has more than one chronic ailment. Thus, despite the fact that many chronic diseases

are preventable, since the causes that underlie them are rooted in diet and lifestyle. To protect yourself, experts recommend adopting an integrated approach that places equal emphasis on nutrition, exercise and lifestyle choices, plus periodic health check-ups — all of this starts with age though. Here's all you need to know.

### In your 20s

RESEARCH CONDUCTED AT NORTHWESTERN UNIVERSITY, USA, HAS SHOWN THAT KEEPING HEALTHY IN YOUR 20s CAN REMARKABLY REDUCE THE RISK FOR DEVELOPING HEART DISEASE AND OTHER CHRONIC AILMENTS IN LATER LIFE. GO BY THIS GUIDE IF YOU FALL IN THAT AGE GROUP

#### Diet

- Limit your consumption of alcohol to less than 10 drinks per week, with at least two alcohol-free days per week to safeguard your bone health," advises Dr Arvind Pippal, Director of Orthopaedic Surgery at Jaslok Hospital.
- When on the move, carry fruits, nuts and snacks containing whey protein to avoid lingering on fast food, adds nutri-fact's Karishma Chavla

#### Exercise

Your metabolic rate is at its peak when you are in your 20s, notes Christopher Ockene, weight-loss expert at Mount Sinai Hospital. "You can sustain this high metabolic rate by upping your activity level, and building lean muscle mass."

- Dr Deepi Bagaria of Reset Habits Living Concepts recommends, "Make simple swaps — walk whenever you can, take the stairs instead of the elevator. Use of every opportunity to stay active."
- "Make exercise fun by switching routines every once in a while or participating in a group fitness activity," adds Dr Bagaria. "Take your pick from Zumba, capoeira, belly dance and Tai Chi workouts, for instance. Open air workouts are a good way to get your daily dose of Vitamin D."

#### Prevent and Protect

- "Undergo a comprehensive health check-up at least once in your 20s," says Dr Geert Kulkarni, who heads medical operations at DocApp. "This would rule out any genetic predisposition to chronic diseases or it can help you take timely measures."

### In your 30s

AT THIS AGE, MOST PEOPLE ARE BUSY FINDING THEIR FEET IN THEIR CAREERS. BUT THEY'RE ALSO DEALING WITH PHYSICAL CHANGES THAT INCLUDE A SLOWER METABOLISM AND A LOSS OF MUSCLE TONE.

#### Diet

- "Boost your calcium intake at this stage to prevent bone loss. Make sure you consume enough green, leafy veggies, and skimmed milk and milk products. You may also include soyas and a supplement that contains 500 mg calcium," says Chavla.
- "Vitamin D is important for good calcium absorption. So, make sure you are getting enough sunlight. Check with your physician about whether you need supplementation," Chavla adds.
- Most working professionals tend to skip breakfast in favour of sleeping in for a few extra minutes. This can be an expensive mistake, says Chavla, since breakfast is important to boost your metabolic rate and prevent weight gain.
- Women ensure that their reproductive health is in top order. "Consume enough whole grains, lean meats, fibre and water," Chavla says.
- Dr Pippal recommends curtailing your consumption of coffee to no more than two cups. To preserve your bone health.
- Weight gain can be a problem as muscle mass depletes. "If you are able to maintain your weight and keep your waistline in check, your diet is certainly adequate. Else, consult a nutritionist," says Dr Kulkarni.



#### Exercise

- To maintain the integrity and strength of your bones, weight-bearing exercises are essential, says Kulkarni. If you don't have the time to hit the gym, your workout should include lunges, squats and simple upper-body exercises with dumbbells.



**SEND YOUR QUERIES TO**  
 Ask the Doctor, Mumbai Mirror,  
 100, Colaba Building, Dr D N Road,  
 Mumbai 400025 or email at  
[askthedoctor@redback.in](mailto:askthedoctor@redback.in)  
 or [www.mumbai.mirror.co.in](http://www.mumbai.mirror.co.in)  
 or [askthedoctor](https://twitter.com/askthedoctor) on Facebook