

Understanding loss of Appetite

Loss of appetite is one of the important warning signals that the body gives of some illness that the body may be undergoing and seek medical assistance if needed. Here's knowing more

SHAMEEM KHAN

LOSS of appetite may mean that you don't have the same desire to eat as you used to. Signs of decreased appetite include not wanting to eat, unintentional weight loss, and not feeling hungry. The idea of eating food may make you feel nauseous, as if you might throw up vomit after eating.

Long-term loss of appetite is also known as anorexia, which can have a medical or psychological cause. It may be a warning sign from your body when you feel fatigue and loss of appetite together. Read on to see what conditions may cause these symptoms.

Infections

A number of infections can trigger sudden loss of appetite. Some of these include pneumonia, a respiratory infection that affects the lungs; digestive diseases such as irritable bowel syndrome, hepatitis, inflammation of the liver; influenza among others. In some cases, sudden loss of appetite occurs at an advanced stage of illness, such as congestive heart failure or kidney failure.

Once infections are treated with antibiotics, appetite and health generally resume normally.

Medications

Sudden loss of appetite may occur

as a side effect of certain medications. For example stimulant medications used to treat attention deficit hyperactivity disorder and weight loss drugs.

Emotional Stress

Sudden loss of appetite can also occur from emotional stress. The causes could be varied—death of a loved one, losing a job or loss of a relationship. In fact, research suggests that positive stresses like falling in love, wedding or a sudden promotion can also cause loss of appetite.

Loss of appetite can occur as a symptom of a condition, such as depression, appendicitis, thyroid problems, infections and certain forms of cancer. Appendicitis may require surgery, while depression may require psychotherapy and/or antidepressant medication. Cancer treatments, such as radiation and chemotherapy may cause further reduction in appetite.

When to seek medical help

Loss of appetite and fatigue along with it could be a warning sign. Get immediate medical help if you're experiencing these along with:

- Confusion
- Dizziness
- Blurred Vision
- An Irregular Or Racing



Heartbeat

- Chest Pain
- Shortness Of Breath
- Fainting
- Sudden Weight Loss
- Difficulty Tolerating Cold Temperatures

Treatments include

- For people fighting serious diseases, a loss of appetite leads to poor nutrition. In such cases, nutrient supplementation may be required.
- For anorexia owing to stress, grief, heartbreak or other emotional problems, relaxation techniques such as massage, medica-

tion or exercise may be required. In severe cases, counselling or doctor's guidance is recommended.

■ Fluid Limits are set. Fluid intake can fill you up and reduce the appetite for solid food. To prevent this from occurring, sipping fluids rather than gulping them and enjoying beverages after a meal is suggested.

■ Medications may be prescribed to help stimulate a person's appetite. However, appetite-stimulating medications come with various side effects and benefits and should only be used as directed and prescribed by a trusted doctor.

Are you too shy to ask?

Dear Readers, this Question and Answer is from the expert section on the 'Too Shy to Ask' App, India's only app on Adolescent and Reproductive Sexual Health.

Does Masturbation affect my menstrual cycle?

No, masturbation does not affect your menstrual cycles. Masturbation causes your body to release some healthy hormones which leads to a de-stressing experience. This it does by releasing the following chemicals in the Brain.

Dopamine: The "happiest hormone"

Endorphin: The "natural pain reliever" which also reduces stress and lifts your mood.

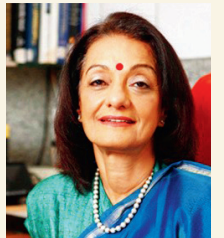
Oxytocin: The "love bonding" hormone

Testosterone: The sexual "Stamina and arousal" hormone

Prolactin: This is the "mood and immune system elevator" hormone.

These hormones

increase only temporarily during masturbation and do not have any effect on your menstruation or fertility. On the contrary, masturbation during periods acts as a natural pain reliever by reducing menstrual cramps and muscle tension.



Dr Duru Shah

Masturbation is not openly spoken about because many are shy to talk about it. Many myths exist around it such as: "it is a sin, it can lead to mental problems, it can prevent you from growing taller, it leads to blindness etc. etc." But none of these are true, actually it is normal to masturbate at times.

As a teen when you attain puberty your reproductive hormones start appearing in the blood. These hormones also bring on sexual feelings which creates the urge to masturbate, and it is well known that these sexual urges are satisfied to some extent through masturbation.

Masturbation can be beneficial, healthy, but don't let it become a habit or a slave to it.

Answered by

Dr. Duru Shah, one of India's leading Gynecologists born, educated, and based in Mumbai, with a professional practice spanning 35 years.

This initiative is brought to you by Metropolis Healthcare Ltd and Women's Empowerment Foundation.

SHAMEEM KHAN

IN order to feel better, lose weight and lower your risk of chronic diseases, you might want to consider making green tea a regular part of your life.

Green tea contains 2% to 4% caffeine, which affects thinking and alertness, increases urine output, and may improve the function of brain messengers important in Parkinson's disease. Caffeine is thought to stimulate the nervous system, heart, and muscles by increasing the release of certain chemicals in the brain called "neurotransmitters."

Antioxidants and other substances in green tea might help protect the heart and blood vessels.

Here's knowing more:

For a healthy body

Polyphenols present in tea have effects like reducing inflammation and helping to fight cancer. Green tea contains about 30 percent polyphenols by weight, including large amounts of catechin which are the natural antioxidants that help prevent cell damage and provide other benefits. These substances can reduce the formation of free radicals in the body, protecting cells and molecules from

The wonders of Green Tea

Green tea is loaded with antioxidants and nutrients known for its health benefits. No wonder, the popularity of this beverage is growing by the day.



damage. These free radicals are known to play a role in aging and all sorts of diseases.

Helps to lose weight

Green tea has been shown to increase fat burning and boost the

metabolic rate

Given that green tea can boost the metabolic rate in the short term, it makes sense that it could help to lose weight. Several studies show that green tea leads to decrease in body fat.

Lower risk of cancer

Green tea is an excellent source of powerful antioxidants, so it makes sense that it could reduce your risk of cancer, which it appears to do. Many observational studies have shown that green tea drinkers are less likely to develop several types of cancer. However, more high-quality research is needed to confirm these effects.

May Lower Risk of Type 2 Diabetes
Studies show that green tea can improve insulin sensitivity and reduce blood sugar levels. According to a review, green tea drinkers had an 18% lower risk of becoming diabetic.

Reduce Risk of Cardiovascular Disease

Cardiovascular diseases, including heart disease and stroke, are the biggest causes of death in the world. Green tea is known to improve some of the main risk factors for these diseases. This includes total cholesterol, LDL cholesterol and triglycerides.



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