



# Staying Healthy to Donate



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Evidence shows that some of the leading causes of death such as Diabetes, High Blood Pressure, Heart Disease, Cancer, Stroke, Some Kidney, Liver & Lung Diseases, Injuries, and HIV, often can be prevented by improving personal health habits. Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy.

## 1. Eating right

Try to balance the calories you get from food with the calories you use through physical activity. It is never too late to start. Here are some helpful tips for eating right & Physical activities

### Tips

- Have short and frequent meals throughout the day.
- Do not skip meals. Do not fast or feast.
- Have calcium rich diet (low fat milk products) to avoid osteoporosis.
- Avoid trans fat food (Dalda) items in the form of Butter, Cakes, Pastries, etc
- Have more of complex carbohydrates in the form of whole grains, pulses and legumes, whole fruits, oats, vegetables, etc.
- Avoid simple sugars in the form of sugar and jaggery.
- Avoid Maida products like breads, khari, toast, biscuits as they tend to increase blood sugars.
- If you are overweight aim to lose the excess weight slowly (crash diet may increase uric acid levels).
- Prefer low glycemic fruits like apple, sweet-lime, orange, pear, peach, plum etc.
- Restrict high glycemic fruits like Banana, Chiku, Custard Apple, Mango, Grapes etc.
- Avoid fruit juices as they lack in fiber.
- Restrict alcohol consumption.
- Use 3 tsp of Oil and Ghee / day.
- Drink at least 10 - 15 glasses of water / day.

## 2. Staying physically active

Research shows that physical activity can help prevent many diseases: heart disease, high blood pressure, obesity (excess weight), diabetes, osteoporosis, and mental disorders, such as depression. Physical activity helps feel better and stay at a healthy weight.

### Tips

- Make time for physical activity, start slowly and increase gradually.
- Try to do at least 30 minutes of physical activity daily
- Choose something that fits into your daily life (e.g. walking, dancing, swimming, biking etc.)

## 3. Say No to Smoking

Research shows that smoking causes more major diseases than any other personal habit. Some examples are cancers of the lung, mouth, bladder, and throat; heart and lung disease; and strokes. If you stop smoking, not only you help yourself avoid these diseases but you help your dear ones from passive smoke.

### Tips to quit smoking

- Pick a date to quit.
- Once you have quit, don't try even one puff, and try to keep yourself away from all cigarettes. If you fail the first time, don't give up. Keep trying and learn from your experiences.

Maintaining healthy lifestyle not only helps you but it can help many. Healthy organs can be donated during life (to family members) as well as after death. Donating organs after death gives chance to LIVE TWICE.

