

HEALTHY EATING *CONTD.*

In this edition of newsletter we will continue looking at healthy eating , importance of keeping weight under control and how one can assess oneself and then keep on top of it.

Body Mass Index (BMI) –Is a value that establishes the amount of tissue mass (muscle, fat& bone) in an individual and then categorises them as either under, normal, over-weight or obese.

BMI is actually your weight in kilograms (kg) over your height squared in centimeters (cm), taking into considerations your age and sex. It was derived from a simple math formula, was devised in the 1830s by Lambert Adolphe Jacques Quetelet (1796-1874), a Belgian astronomer, mathematician, statistician and sociologist. For adults 20 yrs and older a BMI of 18.5 (which shows yellow on the chart) is considered underweight, a BMI of 18.5-24.9 (which shows green on the chart) is considered healthy, a BMI of 25-29.5(yellow on the chart) shows that a person is overweight and a BMI reading of 36 or higher is considered obese (Pink on the chart).

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BMI

Hospital Statistics

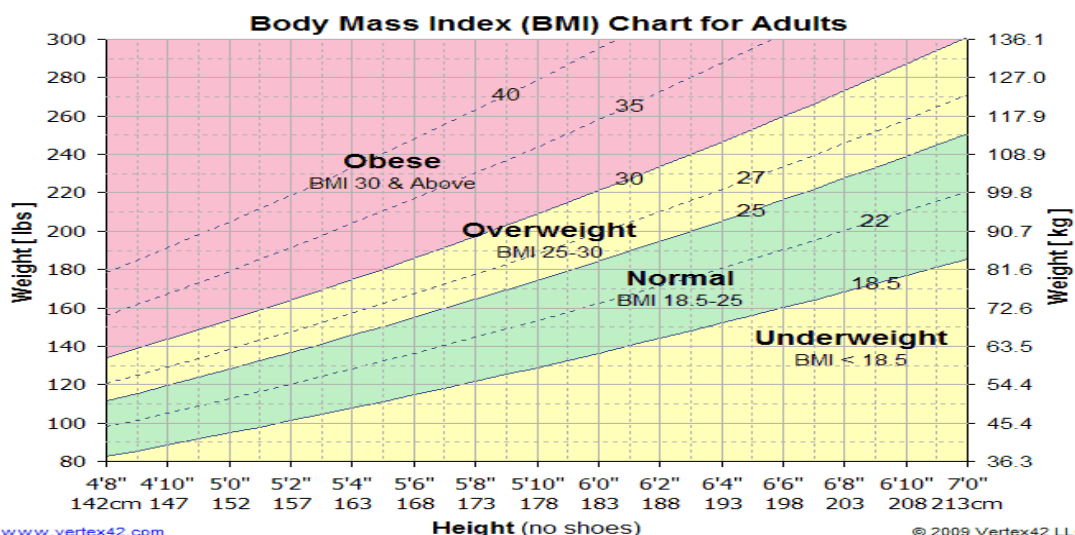
Doctors meeting

Nurses Meeting

Health Corner

Healthy Eating

Announcements



In an attempt to find out the BMI of staff members an initiative was undertaken to conduct random testing on volunteering staff members. Excited volunteers took to the scales to have their weights and heights checked and calculated to derive the value of their BMI. They were assured that hospital's nutritionist, Ms. D.Lambert, was willing and ready to provide advice on what to eat/ not to eat to the participating staff members to help participants bring their BMI to Normal.

She has provided all participants with abnormal BMIs with brochures to help them with their eating










The news quickly spread throughout the hospital and after realizing the process was very non-invasive and beneficial, even more volunteers came out. However these will be done in a more randomized way at a later date.


This meaningful and somewhat successful venture was one that will move the hospital one step forward since a healthy and mentally relaxed mind hopefully will equal better customer-staff relation.

NEWS IN BRIEF**SOME STATISTICS FOR
May 2017****Emergency Room****Patients Seen- 2558****Admissions—102****Maternity****Total Deliveries— 42****Males— 22****Females— 20****Caesarean Sections-17****Neonatal Death— 0****Twins— 0****Premature—1****Breech—3****Still Births—0****Male ward****Admission—108****Deaths—0****Female ward****Admission -121s****Deaths—0****ICU****Admissions— 26****Deaths— 6****Radiology****X-ray—1194****CT— 133****Ultrasound—2646****ECHO— 126****Holter—1****Stress—47****Theatre****Surgeries— 129****Ophthalmic— 29****Pharmacy****Prescriptions 3896****Laboratory****Patients attended****2721****DOCTORS MEETING:-****Was held on 24th May, 2017 at 17:00 Hrs.....Chairperson—Dr. N.Gobin****Topic: Renal Calculi by Dr. C.Prashad****NURSES MEETING:-****RN/ RNRN/ SM was held on 1st, June, 2017 at 15:00Hrs****Topic – Customer Care By R/M Hunte****LPN-N/A was held on 2, 2017 at 15:00 Hrs****Topic:- Customer Care****HEALTHY EATING**

As stated on the front page, a random survey was carried out on twenty one (21) staff members who volunteered to have their BMI Studies done. The twenty one (21) person who consisted of eighteen (18) Females and four (4) Males, the results showed that out of the eighteen (18) Females three (3) are obese Class II, three (3) are overweight, twelve (12) normal weight and one (1) of the male underweight, three (3) normal weight.

Some guidelines towards eating healthy

Fruits serving size ½ cup up to 60cal	Use variety 	Make 100% fruit juice 	Eat at least 5 servings a day 
Vegetables 1 serving = ½ cup Up to 30 Cal a serving	Use variety 	Make salad, stew, curry, steam 	eat at least 5 servings a day 
Ground provision 1 serving =80 Cal 1/3 cup plantain cassava eddoes 1 serving =80 Cal ½ cup	Use variety 	1 serving = ½ cup or 1 small potato 	Add veggies to the soup Use less provision 30 Cal 
Starches: Grains Up to 80 Cal a serving	Use variety corn, oats, barley, rice 	1 serving = ½ cup 	Smaller portions 4 oz.=80Cal 
Starches: Grains 1 serving = 80 Cal	Use variety 	1 serving = ½ cup of cooked pasta 	8 oz. of macaroni & cheese 

<p>Starches: Grains 1 serving= 2 tbsp. whole wheat flour 80 Cal</p>	<p>Sada roti made with 4 of flour= ¼ cup</p> 	<p>Use 4 tbsp. Flour for each roti</p> 	<p>Sada Roti & Curry Calaloo</p> 
<p>Starches: Grains Use 4 tbsp. of flour is about 160 Cal</p>	<p>Use whole wheat flour it contains fiber vitamins and minerals</p> 	<p>Make roti using 1 tbsp. of oil & avoid adding oil in the tawa</p> 	<p>Whole w. roti made with 1tbsp. of oil + 4 tbsp.flour =280Cal White oily roti has about 400cal</p> 
<p>Starches: Grains 1 serving +t flour up to 80 Cal</p>	<p>A fried bake can absorb up 2 tbsp. oil Fried bake salt fish has about 400Cal</p> 	<p>Stuff the bake, &make pot bake</p> 	<p>Salt fish Stuffed pot bake=</p> 
<p>Legumes use at 3-4 times a week It provides protein, vitamins minerals & fiber</p>	<p>Use various peas & beans like, split peas,pigeon, black eye, kidney, white</p> 	<p>1 serving of beans or peas has 80 Cal good source of potassium</p> 	<p>This channa makes a healthy breakfast about 220 Cal</p> 
<p>Animal food source of protein Also contains cholesterol Remove skin and fat to reduce Calories Fish, Chicken, Beef, Pork 1oz. =45 Cal 1 Egg about 75 Cal</p>	<p>3 oz. of chicken breast grill, baked, or pot roasted no skin no fat about 140 Cal</p> 	<p>2 Baked fish filet about 300 Cal</p> 	<p>2 large fried chicken wing about 600 Cal</p> 
<p>Animal food: Dairy are as well a source of cholesterol use in moderation</p>	<p>Limit egg to about 3 a week</p> 	<p>4 oz.75 Cal or 1-2 tbsp. milk powder</p>  <p>Use low fat cheese or keep portions thin and small 1 ounce of cheese= 26 grams</p>	<p>Peanut butter banana & milk for a healthy protein shake</p> 
<p>Fat Serving size = 1 tbsp. of oil about 120 Cal</p>	<p>Use olive oil, coconut oil ,sesame oil, flax- seed oil but in moderation</p> 	<p>Use variety of nuts about 1 handful as a snack between meals 1 tbsp. of peanut butter 80 Cal 1 teaspoon of butter 45 Cal</p> 	<p>Margarine is source of trans fat avoid</p> 

HUMOR IN UNIFORM

Dear Diet,
Things just aren't going to
work between us.
It's not me, it's you.
You're tasteless,
boring & I can't stop
cheating on you.

your  cards
someecards.com



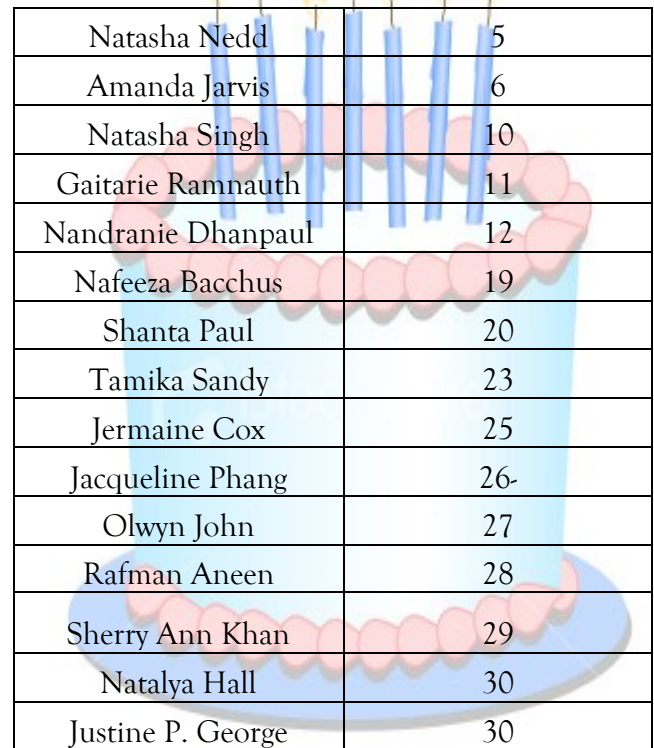
EAT LESS CRAP:

C-Carbonated Drinks
R-Refined Sugars
A-Artificial Sweeteners & Colors
P-Processed Foods

EAT MORE FOOD:

F-Fruit & Veggies
O-Organic Lean Protein
O-Omega 3 Fatty Acids
D-Drink Water

Management and Staff wish to congratulate the following persons on their birth anniversary for June 2017



Natasha Nedd	5
Amanda Jarvis	6
Natasha Singh	10
Gaitarie Ramnauth	11
Nandranie Dhanpaul	12
Nafeeza Bacchus	19
Shanta Paul	20
Tamika Sandy	23
Jermaine Cox	25
Jacqueline Phang	26
Olwyn John	27
Rafman Aneen	28
Sherry Ann Khan	29
Natalya Hall	30
Justine P. George	30

TAKING A BREAK FROM WOODLANDS HOSPITAL



Eliza Shiwprasad	1st-8th June
Roger Astwood	5th-18th June
Semone Raglall	5th-25th June
Esther Rogers	9th-22nd June
Vineetha Gopalakrishnan	11th June – 8th July



ympathy goes out to R/N Jarvis on the loss of her Father.

We can now be perused on our Web Site
www.woodlandshospital.com



vacancies exist for
Security Guard
Canteen supervisor