

Research Article

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Conducting Innovative Health Awareness Programmes in Coimbatore by Creating a Health Mobile App

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Abstract

Healthcare apps are revolutionizing the way medical aid is given in terms of consultation, treatment, and therapeutic prescriptions. Like every other manufacturing, the healthcare production is also in the race to gain mobile knowledge benefit. This paper presents a protocol for a pilot study of a novel program, a mobile phone-based Health Care programs and delivery application with the objective of increasing Awareness about Healthy Lifestyle changes among people in Coimbatore. Our proposed innovation bridges the privacy and confidentiality gap by allowing users to live a healthy and peaceful life by using the application. Using the application, user will also be able to plan a appointment to some of the equal clinics. The innovation will reduce both the knowledge and financial barriers to access of information and services by providing comprehensive and innovative information. To grow to be serious about health, humans ought to be clear about the burden of non-communicable diseases, the significance of early analysis and preventive steps; solely then will humans bear everyday fitness checks, crucial due to the fact persistent ailments continue to be asymptomatic for many years or existing very minor signs and symptoms that are omitted or taken for signs and symptoms of ageing. Coimbatore is a long way from this stage of awareness. Lack of recognition about non communicable ailments and their hazard elements is simply the tip of the iceberg. Coimbatore will solely get the higher of non-communicable ailments when human beings end wondering of persistent disorder as an herbal getting older process.

Keywords: Healthcare; Mobile App; Health; Diabetes; Disease; Awareness

Introduction

The use of mobile devices by Health Care Professionals (HCPS) has transformed many aspects of healthcare issues. Mobile devices have become inevitable in healthcare settings, leading to rapid growth in the development of medical software applications (apps) for these platforms. Multiple applications are now available to help Healthcare Professionals with many important tasks, such as disease control, information and time management; health record maintenance and access; communications and consulting; reference and information gathering; patient management and monitoring; clinical decision-making; medical education, training, etc., Now a days the use of healthcare apps has increased patient engagement, which means more individuals are focused on improving their health and wellness by sticking to a healthy diet recommended by a fitness expert, regular doctor visits for checkups, and adhering to their medication schedule along with follow-up appointments.

Today, healthcare apps are revolutionize the way medical aid is given in terms of consultation, treatment, and therapeutic prescriptions. Like every other manufacturing, the healthcare production is also in the race to gain mobile knowledgebenefit. Mobile phone applications are a viable and effective means of increasing access to Health services. This paper presents a protocol for a pilot study of a novel program, a mobile phone-based Health Care programs and delivery application with the objective of increasing Awareness about Healthy Lifestyle changes among people in Coimbatore.

Our proposed innovation bridges the privacy and confidentiality gap by allowing users to live a healthy and peaceful life by using the application. Using the application, user will also be able to plan appointment to some of the equal clinics. The innovation will reduce both the knowledge and financial barriers to access of information and services by providing comprehensive and innovative information. We look forward to that this study will lead to the expansion of a demand-driven, culturally-relevant, and accessible mobile app to improve the uptake of healthcare services among the people of Coimbatore.

Components of the Awareness Programme

Common Tooth paste and Cancer

We use products for years only to find out they are dangerous. The list of evil substances is long. We use mixtures of chemical materials for personal hygiene items, such as deodorants that contain aluminum (Linked to Alzheimer's disease), Other personally used chemicals include mercury in dental fillers. Another example comprises public water supplies and toothpaste contaminated with fluoride, allegedly a waste product of fertilizer and nuclear power plants. (Ehline law firm, APLC). Similarly, it continues with dangerous gasses and vapors in coolants that we inhale. For example, think about the gas is used in making air conditioners and refrigerators. And it happens all too frequently that these things are discovered to dangerously affect health or damage the environment. What these toxic substances have in common is that they can all cause bodily injury and harm. Study finds a common toothpaste ingredient may up colon cancer Risk-One ingredient that has recently gained a lot of attention in a negative way is a common compound used to kill bacteria. The compound, known as triclosan, is frequently used in many family merchandise along with toothpaste and mouthwash. The motive for the poor publicity is that it has been determined to promote the increase of colorectal cancer.

Researchers declare that there is an "urgent need" to check triclosan, a frequent chemical in family products. After preliminary studies, scientists conclude that it may motive colonic infection and promote colon cancer. Triclosan is no longer always a family name, however the merchandise that it is observed in honestly are. Its antibacterial and antifungal properties make it useful in toothpastes, detergents, soaps, and mouthwashes. While primary being inexperienced in 1964, it has adult in reputation to be converted into one of the most widely used ingredient of its kind. Triclosan is now delivered to a vary of items, such as bedding, socks, and toys, to sluggish down the buildup of micro organism and fungi. Although normally regarded safe, the chemical has grow to be worryingly ubiquitous. For instance, in a learn about run through the Centers for Disease Control and Prevention (CDC), nearly seventy-five percentage of the urine samples they examined contained triclosan. The composite has moreover been exposed in blood plasma and breast milk and is documented to be generally disbursed at some stage in the planet's, streams, mountain, and reservoirs.

Because of its viable function in antimicrobial resistance and endocrine disruption, and its theoretical consequences on the immune system, it has been deemed a "contaminant of rising concern" with the aid of the United States Geological Survey. A study, posted currently in the journal *Science Translational Medicine*, examined whether or not triclosan would possibly have any terrible outcomes on intestine health. Toothpaste is one of much family merchandise we use day by day that contains the antimicrobial chemical triclosan.

Can we Prevent Diabetes

It is no longer simply about what sufferers consume however how they put together their meals that can have an effect on their danger of diabetes. Diabetes is a situation the place the physique is unable to make sufficient insulin or to use it properly.

Diet is necessary for managing diabetes and stopping complications. The physique wishes insulin to modify stages of sugar, or glucose, in the blood and to use this sugar to gasoline the body's cells. Not including insulin, the shape can't process glucose, which comes from carbohydrates the starve yourself.

When excessive tiers of glucose accumulate in the blood, over time, these can injury the body's organs as the blood circulates. In addition, the body's cells will no longer have adequate energy, because, barring insulin, glucose can't enter the cells. Healthful ingesting is a vital way of managing blood sugar levels. Natures with a new study of diabetes strength as well includerethinking their starve yourself. This can sound daunting, but, through making clever decisions, it is feasible for these with diabetes to experience their favorite ingredients – along with junk meals - from time to time and in moderation.

Junk food and Diabetes

Junk ingredients are unhealthful foods. They are commonly excessive in energy fat, sugar, salt, and processed carbohydrates, and low in beneficial nutrients, such as fiber, vitamins, and minerals. Junk meals consists of many sorts of quickly food, processed foods, and premade snack foods. People must consume these ingredients infrequently, in particular if they have diabetes, Junk meals may additionally make a contribution to diabetes in the following ways:

Rapid impact on blood sugar levels:

Highly processed meals that are excessive in energy and low in vitamins, minerals, and fiber spoil down shortly in the physique and can motive a speedy upward shove in blood sugar levels.

Inappropriate element size

Junk ingredients are commonly now not very filling and regularly come in massive element sizes. Both these elements may additionally lead human beings to overeate junk foods. This can have a bad affect on diabetes, inclusive of blood sugar spikes and weight gain.

Weight gain

Due to its negative dietary features and capacity to motivate overeating. Humans who devour junk meals may additionally attain weight. Excess weight and physique fats are principal danger elements for creating kind two diabetes, which debts for 90-95 percentages of all instances of diabetes.

High blood pressure

Junk meals are typically very excessive in sodium (salt), which contributes to excessive blood pressure. High blood strain is linked to a multiplied threat of kind two diabetes.

Triglyceride levels

Junk ingredients are excessive in trans and saturated fats, which can increase stages of triglycerides, a kind of fats that is existing in the blood. High ranges of triglycerides extend the hazard of creating kind two diabetes.

According to a 2016 learn about posted in *Experimental Physiology*, normally ingesting junk meals can reason as plenty injury to the kidneys of human beings barring diabetes as it does to these with the disorder itself. Junk meals additionally motives excessive blood sugar stages comparable to these skilled through humans with kind two diabetes. As human beings with diabetes are already at a greater danger of kidney disease, diets containing a lot of junk meals can be especially tricky (Medical News Today.com)

Cooking rice in a pressure cooker is Harmful!

Diabetes is a hazardous disorder that is hazardous to health, so without remedy treatment, it is essential to exchange the eating regimen and nutrition. One of the essential modifications is the discount in starches, mainly from rice daily. In addition to the use of brown rice, there is now some other way that can be done, which is the usage of a rice cooker for diabetics. Diabetes is except any query one of the most standard fitness prerequisites in Coimbatore. It is a country of fitness in which a character now not in a position to produce enough insulin or fails to make use of the insulin already exists in the body. Diabetes previously was once idea to be a genetic tendency, however nowadays it is due to the existence we are adapting to. It reasons expanded stages of blood sugar, which can in addition lead to heart-related diseases. Diabetes can't be absolutely cured however it can be dealt with and well-managed with the aid of bringing a few adjustments in our life-style and diet. There are human beings who endorse doing away with rice from a diabetic's diet, however it varieties a great section of an Coimbatoren's diet. The motives for slicing out the rice from a diabetes weight loss plan are (Medical News Today.com)

Rice includes a properly quantity of starch, which raises the blood sugar stages in our body.

Rice is now not at all fibrous, and consequently does not assist in the legislation of blood sugar levels.

Rice has a excessive GI which is now not properly for diabetes.

Rice consists of carbohydrates which are damaged down or receives transformed into sugar glucose. It will become tough for the diabetics to make use of the insulin, which similarly elevates the blood sugar levels.

But does this suggest that being a diabetic we simply can't cat rice! No, we without a doubt can consume rice. The humans with diabetes can consume white as nicely as brown rice although brown rice is typically counseled due to the fiber existing in them.

What is a rice cooker for diabetes?

Diabetic rice cooker, additionally acknowledged as a rice cooker, is a kind of cooker that has the fundamental characteristic of cooking rice. What makes the distinction special from traditional rice cookers is that, a break up rice cooker can eliminate phase

of the sugar from rice when cooked, whilst maintaining the ratio of Amylose (starch absorbed slowly) greater than Amylopectin. (fast-absorbing starch). Ordinary rice gives a giant quantity of starch for the body, the starch in rice is divided into three categories:

- Rapid digesting starch - RDS,
- Slow digesting starch – SDS
- RS resistant starch.

In particular, quick and gradual starches are composed of molecules of Amylose and Amylopectin. Amylopectin is without difficulty absorbed, offers excessive strength for the physique to exercise, however motives blood sugar to upward jab quickly, whereas, slowing starch consists of greater Amylose, molecules that want extra time to resolve. The semi-crystalline shape reduces the publicity to digestive enzymes) so it does no longer reason a surprising and constant enlarge in blood sugar stages and is moderate. (Dr. Axe. Nutrition.com). The electric powered rice cooker separates the sugar primarily based on the precept of eliminating RDS from the rice grains, thereby supporting to minimize the quantity of sugar that enters the bloodstream.

High Heels and Infertility :(They are not worth the risk)

A pair of excessive heels is a must-have accent in each and every young girl's wardrobe. However, there are many fitness dangers related with these killer heels as well. According to countless studies, if the heel measurement is over 5 inches, it forces the physique to undertake unnatural postures that stop them from conceiving. Distortion in the posture influences every and each device in the body, which includes the uterus and the reproductive system. Young women getting into puberty, begin creating physiological as properly as psychological maturity. But the foot bones, pelvis, and backbone are now not mature sufficient and as a result underneath the affect of excessive heels (external force), have a tendency to bend without difficulty inflicting deformation. She added," The tilted posture or the misbalance and misalignment displaces the uterus from its physiological anteverted or retroverted function and thereby inflicting ache all through menstruation, intercourse, and different fertility-related issues." Due to the reality that the physique leans ahead on carrying excessive heels, there is an extended stress utilized to the pelvis, the organs in the pelvic cavity are pressured interior to contract. This inevitably leads to narrowing the pelvis inlet.

A Chennai based totally gynecologist, DrArchana S Ayyanathan, said, "Girls who often put on excessive heels, may also be subjected to difficulties in giving start alongside with extended ache and different maternal problems. This regularly leads to an flawed posture and terrible alignment of the backbone main to ineffective functioning of the organs main to the displacement of the uterus as well." Uterus displacement reasons heavy ache at some point of menstruation or intercourse, problems in fertility and incontinence. The ligament aiding the uterus receives weakened, and as a result the probabilities of uterovaginalprolapsed increases, she added. High heels may additionally have an effect on a woman's fertility an specialist claimed recently.

Women who put on high-heeled stiletto footwear might also be decreasing their probabilities of getting pregnant, a fitness professional has warned. Heels, specifically if they are over 5 inches high, pressure the wearer to undertake an "unnatural" posture which can stop them from conceiving, private coach Dax Moy said. whilst most ladies have been conscious of the chance of creating back, foot and ankle troubles from sporting high-heeled shoes, they do now not recognize the impact they can have on belly function. One of the largest problems, especially as heels get steeper, is that the pelvis is requested to tilt forwards, which is why humans get again ache. The pelvis is like a bucket for the interior organs. Everything has its personal area to operate. When the pelvis guidelines forward, our organs quit up resting on one another and we will cease up with a bit of a mish-mash. When girls experience fats in the decrease abdomen, regularly the purpose for it is that their belly contents are pushing in opposition to the front of their pelvis.

This can gradual down the gastric function, lead to menstrual dysfunction and can in the end impair fertility. Posture distortion impacts each gadget in the physique which includes the uterus and the copy system. The threat of idea when the belly wall has been thrust ahead goes down. This is the first time that fertility has been cited if a lady wears footwear greater than 5 inches. (Health and Fitness Expert David Moy informed the Daily Mail) If you price your fitness in any way at all then keep away from these killer heels at all costs, they're simply now not well worth the risk." He delivered that the doable troubles are brought about when: " you put on heels as the stress on the the front of the foot motives you to compensate by using immoderate ahead tilting of the pelvis." This tilting lets in the stomach to spill ahead and in doing so compressing inside organs in a situation

known as visceroptosis. If unchecked this can lead to menstrual dysfunctions will increase, I length pains as nicely as affecting the potential to conceive.

How diapers and menstrual pads are exposing babies and women to hormone-disrupting, toxic chemicals

Health advocates center of attention on women's reproductive health. Most diapers and sanitary pads incorporate risky natural compounds and phthalates and with this continued, long-term publicity a extensive quantity of these damaging chemical substances should be absorbed by the genitals, in accordance to a new study. (Environment Health News.ehn.org) The learn about was once spurred via an investigation from South Korean media retailers in 2017 that discovered new sanitary pads would possibly be causing menstrual issues and irregularities and used to be broadened to the U.S. and different countries.

More than 15,000 female complained and signed onto a category motion lawsuit claiming damage from menstrual pads by means of the organization Lillian. The pads had been eliminated from the market. Women alleged rashes, infections, irregular durations and horrific cramping. Scientists and advocates say the publicity uncovers a hole in our law of baby's diapers and is emblematic of our society's historic unease with having productive conversations about women's reproductive health." The bodily vicinity of the publicity site, the excessive absorption charge of the genitalia for chemicals, and the long- time period publicity duration demand a thorough investigation on the practicable have an effect on of the publicity to VOCs and phthalates," the authors wrote in the study, which will be posted in Reproductive Toxicology (Environment Health News.ehn.org)Exposure to VOCS will increase the threat of Genius impairment, asthma, disabilities, sure cancers, and the suitable functioning of the reproductive system. Phthalates, used as plasticizers in merchandise such as cosmetics, toys, scientific units and different plastics, have been linked to a variety of fitness worries which include endocrine disruption, affects to the coronary heart and reproductive systems, diabetes, some cancers, and beginning defects (Environment Health News.ehn.org)

Both sanitary pads-absorbent pads worn by way of ladies all through menstruation-and diapers are made of artificial plastics. The scientists examined a handful of manufacturers from every product for positive VOCs methylene chloride, toluene, and xylene-and 4 kinds of phthalates. The find out about does no longer title the manufacturers tested, however the merchandise

had been amassed from markets in Korea, Japan, Finland, France, Greece and the United States. For VOCS, the researchers located methylene chloride in two manufacturers of sanitary pads; toluene in nine; and xylene in all eleven manufacturers tested. In diapers, all 4 manufacturers examined contained toluene and xylene, none contained methylene chloride. For phthalates, the researchers located two sorts of the chemical substances in all eleven manufacturers of sanitary pads tested. In diapers, all 4 manufacturers contained two sorts of phthalates, and any other kind of phthalate used to be discovered in one brand. The merchandise had considerably greater stages of phthalates than what is many times determined in plastic goods. The actuality right here is that these are very these days gathered samples and, as lots as there is been a center of attention on phthalates in toys and contact with youngsters via their mouth, this raises serious worries and a want for rules in these products.

Policy Implications

Improving the fitness and nicely being of nearby populations is a function of global and country wide fitness coverage and initiatives. Unlike common and inefficient cell phone get entry to doctors and healthcare organizations, cellular fitness applied sciences allow sufferers to rapidly ship impenetrable messages, agenda appointments, and join to companies 24/7 for telemedicine visits. If I discuss about these days a lot of humans they are conscious about fitness however the element is they are careless about fitness see we all recognize smoking and consuming is injurious to our fitness even though we are ingesting these aspect if we speak about village then they too has obtained a lot of domestic treatment to be wholesome however in some case they are now not unwell conscious about women pad, open latrine and all as it is due to the fact they are tightened via faith which is made with the aid of unknown in some village they are definitely superstitious is frequently due to lack of training or else these days extra than half of the populace they are conscious however they are careless. Following are the viable reasons:

- Individual beliefs.
- Community beliefs.
- Lack of curiosity.
- Stubbornness.
- Wrong metrics as the foundation.

Conclusion

Despite publicity to health information, city Coimbatore is typically ignorant Affluent, trained and well-informed city Coimbatore ought to be healthier. They can manage to pay for healthful diets and are empowered to make the proper choices, or so you would think. Instead, specialists stated cities and cities throughout Coimbatore are seeing a consistent upward shove in the occurrence of non-communicable ailments due to the fact of a lack of awareness.

"People have heard about non-communicable diseases," stated Kenneth E Thorpe, chairman of the Partnership to Fight Chronic Diseases, a catalyst to deliver collectively stakeholders to enhance a countrywide blueprint. "But listening to about something does not represent ample focus to stay healthy." Instead, humans skip facts and do nothing when they hear too much, stated David Katz, Yale University researcher and authority on nutrition, weight administration and the prevention of continual disease.

Contradictory messages-one day, you we hear, espresso is proper for us, the subsequent day it is awful mainly reason human beings to change off. Preventative fitness messages must be easy and consistent, such as: Eat 5 servings of fruits and veggies daily. Exercise 30 minutes a day, 5 days a week. Cut down on sugar and salt. Avoid processed foods. Quit Smoking. To grow to be serious about health, humans ought to be clear about the burden of non-communicable diseases, the significance of early analysis and preventive steps; solely then will humans bear everyday fitness checks, crucial due to the fact persistent ailments continue to be asymptomatic for many years or existing very minor signs and symptoms that are omitted or taken for signs and symptoms of ageing.

Coimbatore is a long way from this stage of awareness. Lack of recognition about non communicable ailments and their hazard elements is simply the tip of the iceberg. Coimbatore will solely get the higher of non-communicable ailments when human beings end wondering of persistent disorder as an herbal getting older process. Rural Coimbatore suffers for no longer understanding and no longer affording. If affluent, skilled Coimbatore is scuffling with a facts overload, the country's terrible face a mounting burden of non-communicable diseases, pushed through ignorance.

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