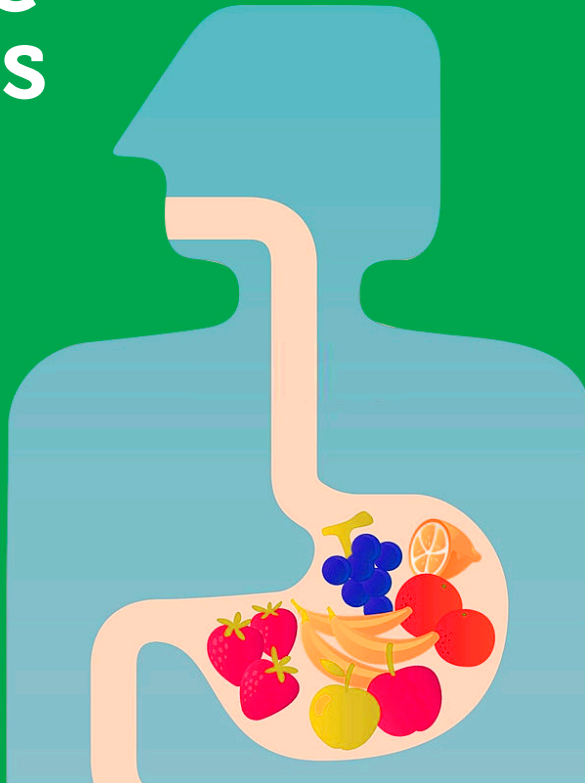
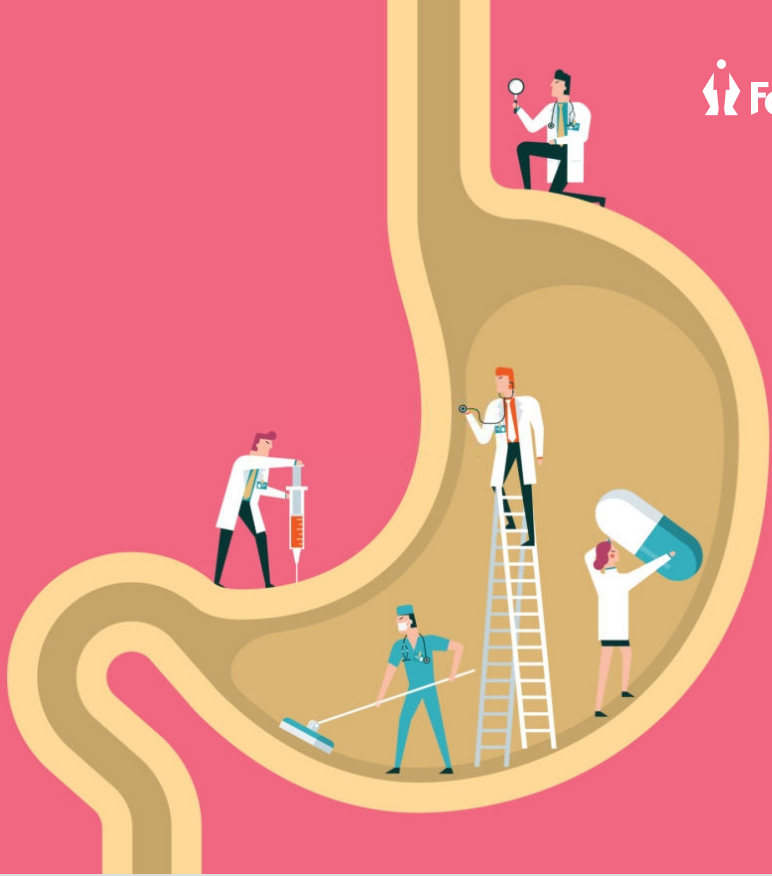




Advisory on
**Digestive
Disorders**





Overeating can lead to obesity, increased cholesterol levels and acid reflux disorder. In these COVID-19 times, here is how you can maintain a healthy digestive system:

- **Avoid overeating, binge eating and excessively fatty meals**
- **Avoid irregular eating patterns – eat at least three meals in a day**
- **Avoid eating just before you sleep**
- **Consume adequate fibre in your diet with green leafy vegetables, oranges and melons**
- **Regularly exercise at home**



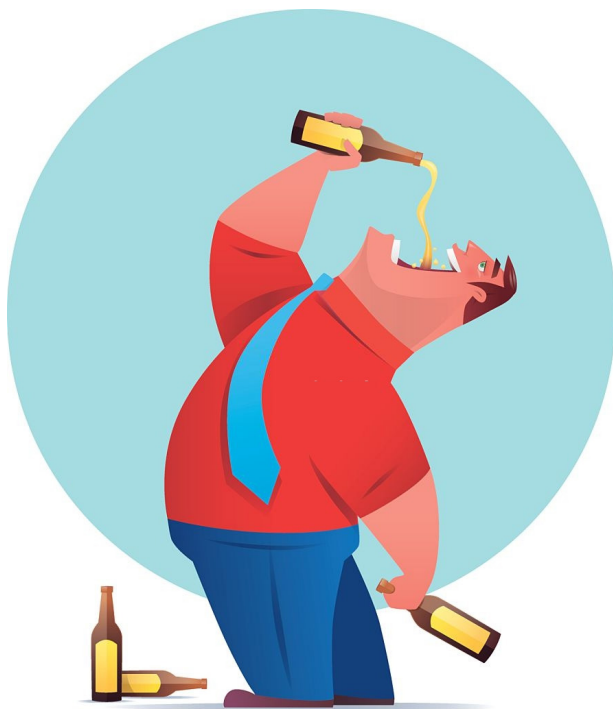
Physical inactivity, a low fibre diet and poor water intake can cause constipation. Stay hydrated and consume adequate amounts of water

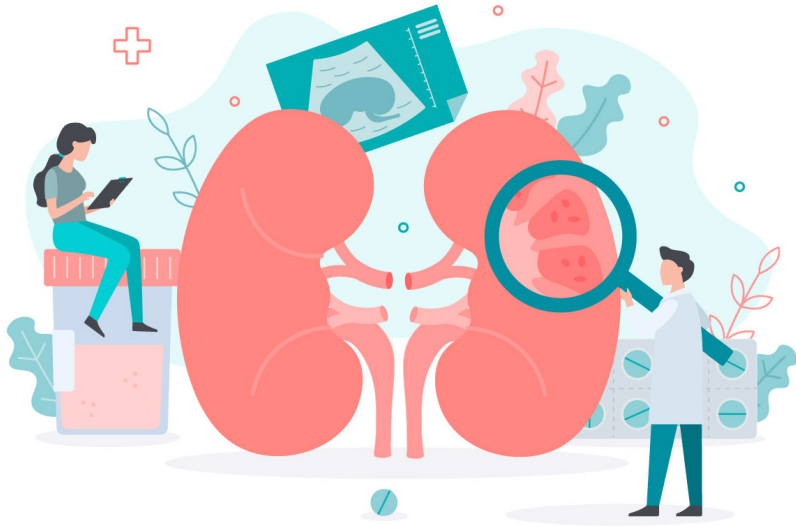


Maintain a regular sleep schedule and ensure you get adequate sleep (seven – eight hours). A sedentary lifestyle is often associated with sleep deprivation, which can cause irritability, increased hunger and obesity



**Excessive alcohol intake
can damage your liver and
pancreas. Hence, avoid or limit
alcohol consumption**





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#TheNewNormal

#LivingWithCovid

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