DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day

Wednesday 201901120

Healthy diet

Healthy diet linked to lower risk of hearing loss: Study (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/healthy-diet-linked-to-lower-risk-of-hearing-loss-study/863119.html

Eating a healthy diet is associated with a reduced risk of acquired hearing loss, according to a study.

The study, published in the American Journal of Epidemiology, examined three-year changes in hearing sensitivities in women with a mean age of 69 years.

The researchers found that women whose eating patterns more closely adhered to commonly recommended healthful dietary patterns, had substantially lower risk of decline in hearing sensitivity.

"A common perception is that hearing loss is an inevitable part of the ageing process. However, our research focuses on identifying potentially modifiable risk factors -- that is, things that we can change in our diet and lifestyle to prevent hearing loss or delay its progression," said lead author Sharon Curhan, from Brigham and Women's Hospital in the US.

"The benefits of adherence to healthful dietary patterns have been associated with numerous positive health outcomes, and eating a healthy diet may also help reduce the risk of hearing loss," Curhan said in a statement.

Previous studies have suggested that higher intake of specific nutrients and certain foods, such as the carotenoids beta-carotene and beta-cryptoxanthin, folate, and long-chain omega-3 fatty acids, were associated with lower risk of self-reported hearing loss.

These findings revealed that dietary intake could influence the risk of developing hearing loss.

However, the researchers sought to further understand the connection between diet and hearing loss by capturing overall dietary patterns and objectively measuring longitudinal changes in hearing sensitivities.

They established 19 geographically diverse testing sites across the US, and trained licensed audiologists to measure changes in pure-tone hearing thresholds, the lowest volume that a pitch can be detected by the participant in a given ear, over the course of three years.

Using over 20 years of dietary intake information that was collected every four years beginning in 1991, the researchers investigated how closely participants' long-term diets resembled some well-established and currently recommended dietary patterns, such as the DASH diet, the Mediterranean diet, and Alternate Healthy Index-2010 (AHEI-2010).

Greater adherence to these dietary patterns has been associated with a number of important health outcomes, including lower risk of heart disease, hypertension, diabetes, stroke and death as well as healthy aging, the researchers said.

The team found that the odds of a decline in mid-frequency hearing sensitivities were almost 30 per cent lower among those whose diets most closely resembled these healthful dietary patterns, compared with women whose diets least resembled the healthful dietary patterns.

In the higher frequencies, the odds were up to 25 per cent lower, according to the study.

"The association between diet and hearing sensitivity decline encompassed frequencies that are critical for speech understanding," said Curhan.

"We were surprised that so many women demonstrated hearing decline over such a relatively short period of time," she said.

The mean age of the women in the study was 59 years, and most of the participants were in their 50s and early 60s.

This is a younger age than when many people think about having their hearing checked, the researchers noted. PTI

Malaria

Some soup broths may help combat malaria: Study (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/some-soup-broths-may-help-combat-malaria-study/863118.html

Some traditional vegetable and meat soup broths may help fight malaria by curbing the growth and transmission of the deadly parasite, a first-of-its-kind study claims.

Several of the soup broths, collected from traditional family recipes that originated around the world, showed activity against the malaria parasite Plasmodium falciparum, either by curbing its growth or preventing it from maturing, according to the researchers from Imperial College London in the UK.

The soup recipes had been passed down through the generations for the treatment of fever, they said.

According to the study, published in the journal Archives of Disease in Childhood, five of the broths were able to curb growth of the parasite in its disease-causing stage by more than 50 per cent.

In two of these, the inhibitory activity was comparable with that of a leading antimalarial drug, dihydroartemisinin, the researchers said.

Dihydroarteminisin contains artemisinin, which was isolated from a traditional Chinese herbal medicine.

The researchers hope that they may discover new antimalarial compounds in a similar way from the work looking at soup. The next step is to identify the active ingredients responsible.

"Malaria kills more than 400,000 people per year and infects more than 200 million, yet resistance to our frontline drugs continues to emerge," said lead researcher Professor Jake Baum, from the Department of Life Sciences at Imperial.

"We may have to look beyond the chemistry shelf for new drugs, and natural remedies shouldn't be off our watch list, as artemisinin shows," Baum said.

Four other broths were more than 50 per cent effective at blocking the ability of the parasites to mature to a form that infects mosquitoes, potentially blocking the process of transmission, they said.

The samples of homemade clear soup broths came from family recipes from across Europe, North Africa, and the Middle East.

Filtered extracts of the broths were then tested against two stages of the parasite: when it can infect mosquitoes, and when it can cause the disease in humans.

The recipes for each of the broths varied. They were vegetarian, chicken, or beef based, with no particular ingredient common to those with the strongest antimalarial activity.

The active ingredients in the broths studied are yet to be identified and tested.

The active ingredients would need to be isolated, before tests of toxicology and effectiveness, first in human cells and later preclinical trials, the researchers said.

"It's really interesting to find potential routes for future drug development in something like your grandmother's soup," Baum said. – PTI

Depression

40% parents struggle to see depression signs in kids (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/40-parents-struggle-to-see-depression-signs-in-kids/862608.html

Telling the difference between a teen's normal ups and downs or something bigger is among the top challenges parents face while identifying depression among the youth, says a new study.

Forty per cent of parents struggle to differentiate between normal mood swings and signs of depression, while 30 per cent are tricked as their child hides his/her feelings well, according to a new national poll in the US.

The C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan, is based on responses from 819 parents with at least one child in middle school, junior high, or high school.

"In many families, the preteen and teen years bring dramatic changes both in youth behaviour and in the dynamic between parents and children," said poll co-director Sarah Clark.

"These transitions can make it particularly challenging to get a read on children's emotional state and whether there is possible depression," Clark added.

According to the researchers, some parents might be overestimating their ability to recognise depression in the mood and behaviour of their own child.

An overconfident parent may fail to pick up on the subtle signals that something is amiss.

The poll also suggests that the topic of depression is all too familiar for middle and high school students.

One in four parents say their child knows a peer or classmate with depression, and one in 10 say their child knows a peer or classmate who has died by suicide.

This level of familiarity with depression and suicide is consistent with recent statistics showing a dramatic increase in suicide among US youth over the past decade.

Rising rates of suicide highlight the importance of recognising depression in youth.

Compared to the ratings of their own ability, parents polled were also less confident that their preteens or teens would recognise depression in themselves.

"Parents should stay vigilant on spotting any signs of potential depression in kids, which may vary from sadness and isolation to anger, irritability and acting out," said Clark.

Most parents also believe schools should play a role in identifying potential depression, with seven in 10 supporting depression screening starting in middle school, the study said.—IANS

Anti-vaccine posts

Facebook fertile ground for promoting anti-vaccine posts (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/facebook-fertile-ground-for-promoting-anti-vaccine-posts/862579.html

The two organisations are the World Mercury Project run by Robert Kennedy Jr, and the Stop Mandatory Vaccinations campaign

You may find it hard to believe but just two organisations in the US are misusing Facebook to post a number of anti-vaccine messages to reach targeted audiences, raising the question about the role of social media in providing a platform to unscientific anti-vaccine messages.

In the first study of public health-related Facebook advertising, published in the journal Vaccine, researchers at the University of Maryland, the George Washington University and Johns Hopkins University found that a small group of anti-vaccine buyers has successfully leveraged Facebook to reach targeted audiences.

The social media platform's efforts to improve transparency have actually led to the removal of ads promoting vaccination and communicating scientific findings, they reported.

The two organisations are the World Mercury Project run by Robert Kennedy Jr, and the Stop Mandatory Vaccinations campaign run by Larry Cook.

The research calls attention to the threat of social media misinformation as it may contribute to increasing "vaccine hesitancy," which the World Health Organisation ranks among the top threats to global health this year.

This increasing reluctance or refusal to vaccinate threatens to reverse the progress made in halting vaccine-preventable diseases, such as measles, which has seen a 30 per cent increase in cases globally.

"The average person might think that this anti-vaccine movement is a grassroots effort led by parents, but what we see on Facebook is that there are a handful of well-connected, powerful people who are responsible for the majority of advertisements. These buyers are more organised than people think," said Amelia Jamison, a faculty research assistant in the Maryland Centre for Health Equity, and the study's first author.

The research team, co-led by Dr Sandra C Quinn, Dr David Broniatowski and Dr Mark Dredze, examined more than 500 vaccine-related ads served to Facebook users and archived in Facebook's Ad Library.

This archive, which became available in late 2018, catalogued ad content related to "issues of national importance."

The findings revealed that the majority of advertisements (54 per cent) which opposed vaccination, were posted by only two groups funded by private individuals, the World Mercury Project and Stop Mandatory Vaccination, and emphasized the purported harms of vaccination.

Because Facebook categorizes ads about vaccines as "political," it has led the platform to reject some pro-vaccine messages.

"By accepting the framing of vaccine opponents -- that vaccination is a political topic, rather than one on which there is widespread public agreement and scientific consensus -- Facebook perpetuates the false idea that there is even a debate to be had," said David Broniatowski, associate professor of engineering management and systems engineering at George Washington University.

This leads to increased vaccine hesitancy, and ultimately, more epidemics.

"Worse, these policies actually penalise pro-vaccine content since Facebook requires disclosure of funding sources for apolitical' ads, but vaccine proponents rarely think of themselves as political. Additionally, vaccine opponents are more organised and more able to make sure that their ads meet these requirements," Broniatowski mentioned.

Facebook is a pervasive presence in the lives of many people, meaning its decisions about how to handle vaccine messaging have far-reaching and serious consequences, said Quinn, a principal investigator on the study.

"In today's social media world, Facebook looms large as a source of information for many, yet their policies have made it more difficult for users to discern what is legitimate, credible vaccine information.

"This puts public health officials, with limited staff resources for social media campaigns, at a true disadvantage, just when we need to communicate the urgency of vaccines as a means to protect our children and our families," Quinn added.

The research team will continue to study how anti-vaccine arguments are spreading on Facebook and how the company is responding to demands from public health organisations to clean up its act.—IANS

Food and Nutrition

UNICEF recipe for kids: Paneer roll, uttapam (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/unicef-recipe-for-kids-paneer-roll-uttapam/862257.html

35% of children under five are stunted, 17% wasted and 33% underweight, as per nutrition survey

Anaemia affects 40% adolescent girls and 18% adolescent boys

10% of overweight children and adolescents are at risk of non-communicable diseases like diabetes

From paneer kathi roll to uttapam to sprouted dal parantha, a book by Unicef tells how to tackle problems of underweight, obesity and anaemia among children by consuming nutritious food that costs less than Rs 20.

The report also found that overweight and obesity increasingly begins in childhood with a growing threat of non-communicable diseases like diabetes (10 per cent) in school-aged children and adolescents.

The 28-page book, based on the findings of the Comprehensive National Nutrition Survey 2016-18, lists out recipes of freshly prepared foods, also giving the cost of preparation of each of them.

For tackling underweight, the books lists recipes like potato-stuffed parantha, paneer kathi roll and sago cutlets while for tackling obesity, there are suggestions of sprouted dal parantha, poha and vegetable upma.

Apart from calorie count, the book gives detailed break-up of protein, carbohydrate, fat, total fibre, iron, vitamin C and calcium content of the recipe. Unicef chief Henrietta H Fore said the booklet aimed at telling people what was nutritious and in what amount. — PTI

Keto diet

Keto diet may help fight flu infections (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/keto-diet-may-help-fight-flu-infections/861728.html

A ketogenic diet containing high fat and low carbohydrates is linked to a better ability to fight off flu virus infections in mice, than food rich only in carbohydrates, according to a study.

The researchers, including Indian origin scientist Vishwa Deep Dixit from Yale University in the US, said the keto diet—which includes meat, fish, poultry, and non-starchy vegetables—activates a subset of the immune system's T cells in the lungs.

The study, published in the journal Science Immunology, said these cells—which were previously not associated with the immune system's response to influenza—enhance mucus production from airway cells to effectively trap the flu virus.

The researchers had earlier found that immune system activators—called inflammasomes—can cause harmful immune system responses in their host.

In earlier studies, they had also found that a ketogenic diet blocked formation of inflammasomes.

The findings of the current study revealed that mice fed a ketogenic diet, and infected with the influenza virus, had a higher survival rate than mice on a high-carb normal diet.

The researchers said the ketogenic diet triggered the release of gamma delta T cells—the immune system's cells which produce mucus in the cell linings of the lung—while the high-carbohydrate diet did not generate this effect.

They added that the ketogenic diet did not provide protection against the influenza virus in mice that were bred without the gene for gamma delta T cells.

"This study shows that the way the body burns fat to produce ketone bodies from the food we eat can fuel the immune system to fight flu infection," said Dixit. PTI

Gut bacteria

Gut bacteria may alter ageing process: Study (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/gut-bacteria-may-alter-ageing-process-study/861244.html

Microorganisms living in the gut may alter the ageing process, which could lead to the development of food-based treatment to slow it down, according to a study.

All living organisms, including humans, coexist with a myriad of microbial species living in and on them.

Research conducted over the last 20 years has established the important role gut microbes play in nutrition, physiology, metabolism and behaviour, according to a team led by Nanyang Technological University (NTU) in Singapore.

Using mice, the team led by Professor Sven Pettersson from the NTU, transplanted gut microbes from old mice (24 months old) into young, germ-free mice (six weeks old).

After eight weeks, the young mice had increased intestinal growth and production of neurons in the brain, known as neurogenesis.

The study, published in the journal Science Translational Medicine, showed that the increased neurogenesis was due to an enrichment of gut microbes that produce a specific short chain fatty acid, called butyrate.

Butyrate is produced through microbial fermentation of dietary fibres in the lower intestinal tract and stimulates production of a pro-longevity hormone called FGF21, which plays an important role in regulating the body's energy and metabolism.

As we age, butyrate production is reduced, the researchers said.

They then showed that giving butyrate on its own to the young germ-free mice had the same adult neurogenesis effects.

"We've found that microbes collected from an old mouse have the capacity to support neural growth in a younger mouse," said Pettersson.

"This is a surprising and very interesting observation, especially since we can mimic the neuro-stimulatory effect by using butyrate alone," he said.

The researchers said these results will help explore whether butyrate might support repair and rebuilding in situations like stroke, spinal damage and to attenuate accelerated aging and cognitive decline.

The team also explored the effects of gut microbe transplants from old to young mice on the functions of the digestive system.

With age, the viability of small intestinal cells is reduced, and this is associated with reduced mucus production, making intestinal cells more vulnerable to damage and cell death.

However, the addition of butyrate helps to better regulate the intestinal barrier function and reduce the risk of inflammation

The team found that mice receiving microbes from the old donor gained increases in length and width of the intestinal villi -- tiny hair like structures in the wall of the small intestine.

In addition, both the small intestine and colon were longer in the old mice than the young germ-free mice.

The discovery shows that gut microbes can compensate and support an ageing body through positive stimulation.

This points to a new potential method for tackling the negative effects of aging by imitating the enrichment and activation of butyrate, the researchers said.

"We can conceive of future human studies where we would test the ability of food products with butyrate to support healthy aging and adult neurogenesis," said Pettersson. – PTI

Sound practice of healing

A sound practice of healing (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/a-sound-practice-of-healing/861231.html

Sound therapy is being used to treat problems like anxiety, post-traumatic stress disorder, and depression, sleep disorders, etc. The healing benefits include improved quality of sleep, reduced blood pressure, pain management and lower stroke risk

We are surrounded by sounds everywhere — everyday sounds, city sounds, at home, on roads, traffic, a congested train, even on an isolated road. Ruralscape has its own sounds. However, most of us charge through their day with being actively aware of the ambient sounds surrounding us. It is revolutionary to see the association each sound could have to us if we just gave it time.

Sound healing is a practice dating back to prehistoric times when traditional medicine practitioners would use various sounds to heal people. After evolution through centuries, today it is being practiced as vibrational medicine with the use of music, singing, and sound tools that release frequencies to improve the psychological state of a person.

Healing effect of vibrations

Quantum physics has proven that everything has vibrations, whether it isan inanimate object like a table, a chair, or a living being, or a planet, or a cosmos. And wherever there is sound, there is a corresponding vibration. When sound is coupled with intention, which is the most important aspect of healing, sound vibration can be directed to raise the body’s vibrational frequency.

Sound healing particularly helps with relaxation. Stress of any kind releases high levels of cortisol. Sound frequencies can quickly intervene to balance this stressed state of mind. It is, therefore, being used in conditions like anxiety, post-traumatic stress disorder (PTSD), depression, sleep disorders etc. Its healing benefits, apart from reducing stress, are improving quality of sleep, reducing blood pressure, pain management and lowering the risk of stroke.

A study published in the Journal of Evidence-based Integrative Medicine examined the impact of sound meditation, specifically Tibetan singing bowl meditation, on mood, anxiety, pain, and spiritual well-being. A group of 62 persons, including men and women, participated in the study which found that sound meditation helped participants reduce tension, anger, fatigue, and depressed mood.

Additionally, participants who were previously unaware of this type of meditation experienced a significantly greater reduction in tension compared to participants who had experienced this meditation earlier. Similarly, feeling of spiritual well-being also significantly increased for all participants.

Low-cost alternative

A sound healing session can be held on a one-on-one basis as well as group healing sessions that allow for the individual to enter a place of tranquillity with the aid of music, tuning forks and drums. A session may involve sitting or lying down while listening to music or sounds from a speaker or instruments, or having vibrations applied using a special tool, such as a tuning fork. One may be encouraged to participate by singing, moving, even using a musical instrument, or remain still and quiet to let the sounds take effect.

Vibrations that are believed to be most powerful in sound healing are the one that originate from within ourselves. Various methods incorporate different aspects of sound healing, sometimes only for people to quietly listen and take in the sounds, to other methods wherein there is a therapist client interaction to help ease the client, once he/she is in a deep state.

Many spiritual abodes use sound healing to help people better their mental, emotional and physical state and many a times the healing can be very overwhelming and surreal. The results of sound healing have proven to be magnanimous, allowing people to experience a true feeling of oneness, become calmer as well as get rid of unwanted physical pains or allergies.

How it works

Sound healing creates a shift in our brainwave state by using entrainment; a bio-musicological sense that refers to the synchronisation (e.g. foot tapping) of humans to an external perceived rhythm such as music and dance. Entrainment creates a stable frequency in the brain. This allows for the mind to go from the normal beta state (normal waking consciousness) to the alpha state (relaxed consciousness). Quite similar to meditation which regulates the breath, sound healing influences the shift in the brain through its frequency.

Gaining groun

Although widely used all over the world, it is still a developing practice in India, specifically in urban areas. The use of Tibetan bowls that generate various sounds that resonate with the human body has now become more prevalent in India. Tibetan bowl meditation may be a feasible low-cost, low technology intervention for reducing tension, anxiety and depression,

and increasing mental well-being. A WHO report says 56 million Indians suffer from depression while 38 million have anxiety disorders. For a country with such high rates of anxiety and depression, sound healing therapy is good low-cost alternative.

— The writer is Director, Poddar Wellness Ltd, Mumbai

Lifelong health burden

Children face lifelong health burden of climate change: Lancet (The Tribune: 201901120)

https://www.tribuneindia.com/news/health/children-face-lifelong-health-burden-of-climate-change-lancet/860793.html

Says 4°C rise by 2090 to have harmful impact on kids | More malnutrition as yield potential of key crops shrinks

If the world follows a business-as-usual pathway, with high carbon emissions and climate change continuing at the current rate, a child born today will face a world on average over 4°C warmer by their 71st birthday, threatening their health at every stage of their lives.

New research from 35 global institutions published in The Lancet reports on extensive health damage from climate change and sets out the lifelong health consequences of rising temperatures for a child born today should the world refuse to address climate change challenge urgently.

As temperatures rise, infants will be vulnerable to the greatest burden of malnutrition and rising food prices, researchers say. They cite the average yield potential of maize and rice already having declined almost two per cent in India since 1960s with malnutrition currently causing two-thirds of under-5 deaths.

The report finds that children will be among the most to suffer from the rise in infectious disease.

“Climatic suitability for the Vibrio bacteria that causes cholera is rising three per cent a year in India since the early 1980s.

Throughout adolescence, the impact of air pollution will worsen,” the research paper says, adding that total energy supply from coal increased 11 per cent in India from 2016 to 2018; and dangerous levels of outdoor fine particulate air pollution (PM2.5) contributed to over 5,29,500 premature deaths in 2016 out of which over 97,400 deaths were from coal.

“Extreme weather events will intensify into adulthood with India seeing an additional 21 million people exposed to wildfires since 2001-2004 and 22 billion additional hours of work lost due to extreme heat since 2000 (12 billion in agriculture),” states the research.

Worldwide changing weather patterns are creating favourable environment for Vibrio cholerae bacteria with global suitability rising almost 10 per cent since the early 1980s — increasing the likelihood of cholera outbreaks in countries where the disease does not regularly occur.

“Spurred on by climate change, dengue is the most rapidly spreading mosquito-borne viral disease in the world. Nine of the 10 most hospitable years for dengue transmission have occurred since 2000. Around half of the world’s population is now at risk of dengue,” says the research.

Odisha Malnutrition (The Asian Age: 201901120)

http://onlineepaper.asianage.com/articledetailpage.aspx?id=14133649

‘Odisha malnutrition rises, needs urgent intervention’

No. of kids suffering from severe ‘wasting’ up from 5.2 to 6.4% in 10 yrs

AKSHAYA KUMAR SAHOO
BHUBANESWAR, NOV. 19

The malnutrition problem in Odisha, especially in rural areas, is a public health emergency and requires urgent interventions, experts working in the field of child nutrition told this newspaper on Tuesday.

As per the National Family Health Survey-4, the total number of under-five children in Odisha suffering from severe wasting (severe acute malnutrition or SAM) has increased from 5.2 per cent to 6.4 per cent in the last 10 years. As a result, the state is leading to high rates in malnutrition, poor health and hunger.

As many as 66% of kids with severe acute malnutrition who consumed locally-produced therapeutic food under the Bal Sanjeevani scheme showed positive response to the treatment protocol

“Malnutrition is a socio-cultural problem which can create major setbacks for India. Odisha’s diluted public accountability, poor access and control over food and livelihoods’ entitlement programmes like Targeted Public Distribution Programme, ICDS (Integrated Child Development Services), Supplementary Nutrition Programme and Mid-Day Meal programme and National Rural Employment Guarantee Programme have not generated the desired impact on curtailing malnutrition,” Mrudula Phadke, a renowned child health expert and senior adviser to National Rural Health Mission, said.

In Odisha, community workers like the accredited social health activist, anganwadi and auxiliary nurse midwife play a central role in treating children with SAM. While the Nutrition Rehabilitation Centres (NRCs) have been effective in treating children with complicated SAM, their cumulative efficiency may be in question. Scientific evidence shows that almost 90 per cent of SAM cases are uncomplicated and can be treated through community-based management (CMAM), adds Dr Phadke.

SAM children, as the experts pointed out, have a much higher risk of death. They can develop complications that can be fatal if untreated.

“SAM children without complications can be treated in the community. They need special therapeutic food with fine particle size. As many as 66 per cent of the children with SAM who consumed locally-produced therapeutic food under the Bal Sanjeevani showed positive response to the treatment protocol,” she adds.

Healthcare (The Asian Age: 201901120)

http://onlineepaper.asianage.com/articledetailpage.aspx?id=14131125

NEW SOCIAL MEDIA ALTERNATIVE

- Wikipedia founder Jimmy Wales recently launched a new social network, WT:Social, that won't sell ads to users.
- The platform says it will never sell user data and relies on "the generosity of individual donors" rather than ads.
- Those who do sign up are added to a waiting list and asked to invite others, or choose a subscription payment.
- They will see the articles shared by their network in a timeline format, appearing with the newest first rather than algorithmically to try to appeal to their interests.
- Currently, WT:Social has over 200,000 members
- To stop misinformation, WT:Social will rely on the goodwill of users to police the site. The approach sounds a lot like Reddit.

Jimmy Wales

US to seek answers on Google healthcare deal

Deal includes moving data and analytics to a private server

San Francisco, Nov. 19: A US congressional committee on Monday asked for a briefing on a Google project to modernize healthcare while giving the internet titan access to millions of people's medical data.

Energy and Commerce Committee leaders sent letters to the chiefs of Google and its partner in the project, US health systems nonprofit Ascension, requesting to be briefed by December 6.

The California-based internet giant last week revealed a project codenamed "Nightingale," evidently in tribute to Florence Nightingale, whose nursing work during the Crimean War in the 1850s is credited with turning such work into a profession. "We are happy to cooperate with any questions about the project," Google said in response to an *AFP* inquiry.

"We believe Google's work with Ascension adheres to industry-wide regulations (including HIPAA) regarding patient data and comes with strict guidance on data privacy, security, and usage."

Google has made no secret of its work with health care providers on computing tools to improve patient care.

The collaboration with Ascension includes moving data and analytics to a private, secure cloud hosted by Google.

Ascension could also use Google computing tools to allow employees to communicate and collaborate securely in real time from different sites, according to a post by Google cloud industry products and solutions president Tariq Shaukat.

"To be clear: under this arrangement, Ascension's data cannot be used for any other purpose than for providing these services we're offering under the agreement, and patient data cannot and will not be combined with any Google consumer data," Shaukat said.

Google disclosed little about what it is testing in Project Nightingale as it competes to be the preferred platform for patients and care providers.

The cloud team works with dozens of healthcare service providers on technology to analyse medical data and make it readily available to patients and those treating them, according to the company.

"While we appreciate your efforts to provide the public with further information about Project Nightingale, this initiative raises serious privacy concerns," the committee said in letters to Ascension and Google.

"Longstanding questions related to Google's commitment to protecting the privacy of its own users' data raise serious concerns about whether Google can be a good steward of patients' personal health information." The US Office for Civil Rights in the Department of Health and Human Services is also reported to be looking into the project. — *AFP*

Google acquires CloudSimple

New Delhi, Nov. 19: Google has acquired US-based CloudSimple for an undisclosed amount, a move that will help the tech giant further strengthen its cloud business.

CloudSimple, which allows companies to run computing workloads that are based on VMware's server virtualisation technology, is headquartered in Santa Clara, US. Founded in 2016, it has offices in Ukraine and India (Bengaluru, Gurugram and Pune), and its investors include Mayfield, Redpoint and M12 (Microsoft's venture fund).

"This acquisition builds on our existing partnership with CloudSimple that we announced earlier this year, allowing us to accelerate a fully integrated VMware migration solution with improved support for our customers," Google Vice-President (Engineering) Rich Sanzi said.

He added that many enterprises are using VMware in their on-premises environments to run a variety of workloads: business applications such as ERP and CRM; databases such as Oracle and SQL Server; development and test environments; virtual desktops; and reporting and analytics systems.

Terms of the deal were not disclosed.

— *PTI*

Ayurveda (The Asian Age: 201901120)

http://onlineepaper.asianage.com/articledetailpage.aspx?id=14132693

Ayurveda gets a leg-up, now part of disease management

SANGEETHA G
CHENNAI, NOV. 19

The government has initiated a programme for long-term management of non-communicable diseases using Ayurveda.

Ministry of Ayush in collaboration with Ministry of Health & Family Welfare has implemented a project — Integration of Ayush (Ayurveda) with National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) programme — in a few identified districts.

Under the programme, so far 9,87,446 patients have been screened and 93,117 patients have been enrolled for long-term management through Ayurveda interventions, lifestyle modifications and yoga, the ministry said in a release.

The Central Council for Research in Ayurvedic Sciences (CCRAS) has also developed AYUSH-82, a formulation and has commercialised it for wider usage. It has also developed AYUSH-QOL-2C for improving quality of life of breast and cervical cancer patients in collaboration with the All-India Institute of Medical Sciences (AIIMS), Delhi and St. Jones Medical College (Bengaluru).

In addition to this, CCRAS has validated 82 classical Ayurvedic formulations and 11 new drugs on more than 32 diseases conditions, lifestyle diseases such as diabetes, bronchial asthma, hypertension, irritable bowel syndrome (IBS), iron deficiency anaemia, osteoarthritis, rheumatoid arthritis, haemorrhoids, computer vision syndrome and obesity.

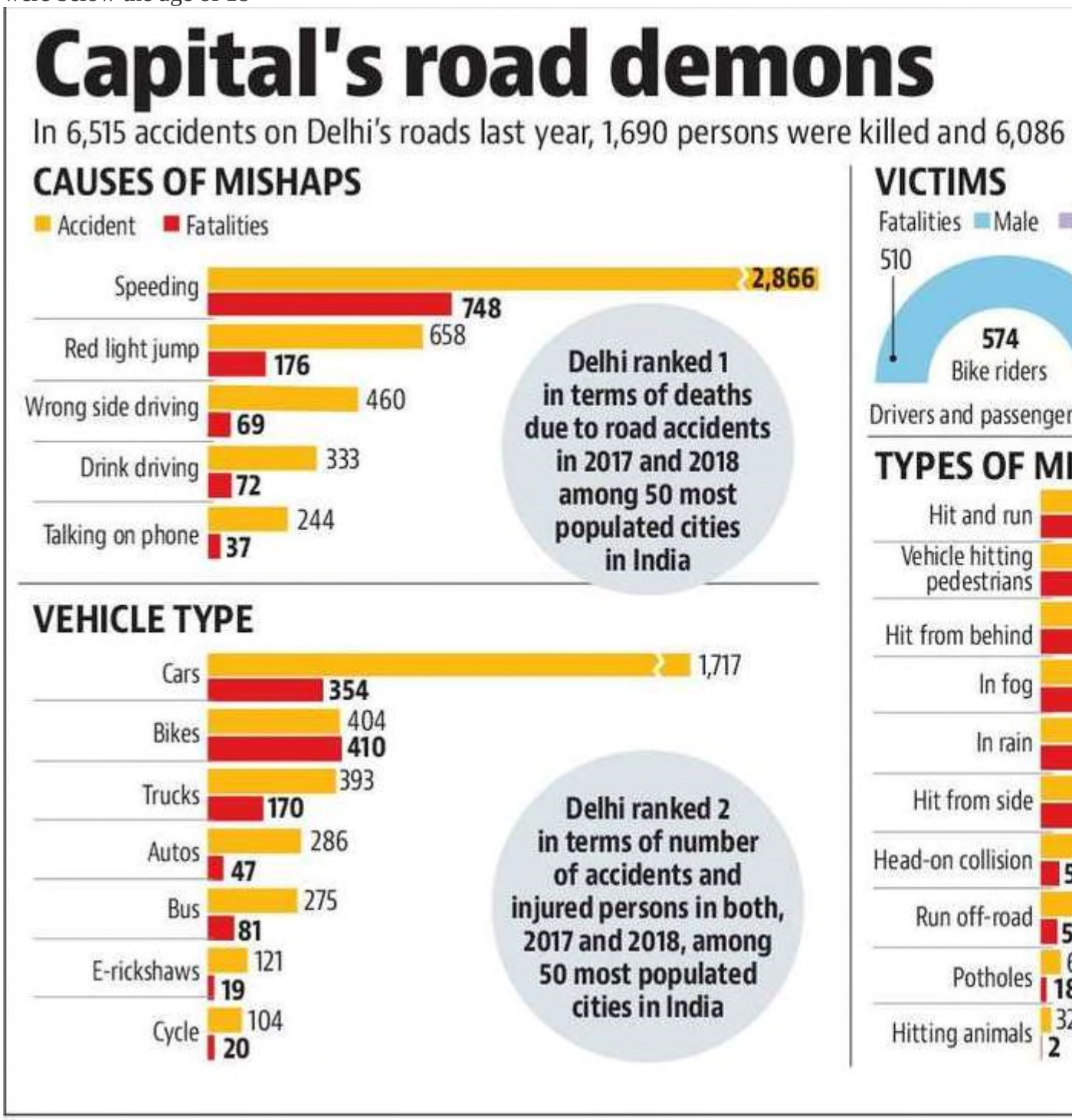
The ministry said to encourage the export of Ayush products, under Central Sector Scheme for promotion of International Co-operation, incentives are provided to Ayush drug manufacturers, entrepreneurs, Ayush institutions and hospitals for registration of Ayush products with regulatory bodies of different countries.

The regulatory bodies named in the release include Food and Drug Administration (FDA) of United States/Europe, the Middle East and Africa (EMEA)/ Medicines and Healthcare products Regulatory Agency of the United Kingdom (UK-MHRA)/ and Natural and Non-prescription Health Products Directorate of Canada (NHPD).

Capitals Road Demons (Hindustan Times: 201901120)

https://epaper.hindustantimes.com/Home/ArticleView

Most number of road accident deaths in Delhi, speeding main cause: Dataspeed kills Age wise, half of all people killed in accidents on Delhi roads were between 18 and 35 years; 84 victims were below the age of 18



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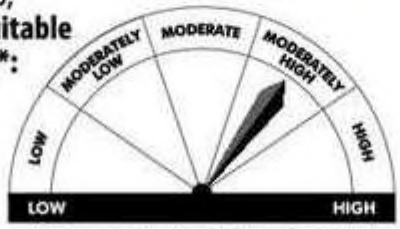

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Shiv Sunny and Adrija Roychowdhury

htreporters@hindustantimes.com

New Delhi : Speeding caused more than 44% of all 1,690 accidental deaths on Delhi's roads last year even as the national capital accounted for the most road fatalities among all Indian cities in the last two years, data released by the Ministry of Road Transport and Highways said.

The extensive data on accidents not only revealed Delhi's standing among all Indian states and 50 most populated cities, it shed light on a host of other aspects such as the factors that caused the accidents, age profiles of victims and the age of vehicles involved.

In 6,515 accidents on Delhi's roads last year, 1,690 persons were killed and 6,086 were injured. While the number of deaths rose by 6.7% over the previous year, the accidents dipped by 2.4% and injuries by 7.8%.

The data showed that speeding caused 748 deaths, 176 died while jumping traffic signals, 72 due to drunken driving, 69 while driving on the wrong side and 37 were killed while using mobile phones.

The data showed the need for motorcyclists to wear helmets and car occupants to tie seat belts. 127 motorcycle riders and 37 pillion riders died as they were not wearing safety head gear. Not wearing seat belts left 59 drivers and 65 passengers dead in Delhi last year.

Age wise, half (846) of all people killed in accidents on Delhi's roads were between 18 and 35 years. 84 victims were children below the age of 18. Women accounted for about 10% of all accident deaths in Delhi last year.

The investigators were able to determine the age of vehicles involved in 54% of all 6,515 accidents. 36% of all accidents involved vehicles less than five years old. About 23% vehicles were older than 15 years.

Bad roads were directly responsible for many deaths. Eighteen persons died due to potholes and another 50 were killed on underconstruction roads, the data showed.

Piyush Tewari, CEO of SaveLIFE foundation, blamed "poor enforcement and bad engineering" for Delhi topping the chart in terms of fatal accidents. For preventing motorists from breaking laws, Tewari said, visible enforcement was needed. "Every time we see visible enforcement at intersections, people do not jump the traffic light," he said.

"Secondly, even when there is enforcement, there needs to be sufficient engineering. In most cases, before intersections, authorities should deploy speed-calming measures so that when vehicles approach intersections, they automatically slow down," he said.

A large number of deaths occurred during bad weather conditions. While it rained, 169 persons died in accidents and when the weather turned misty or foggy, another 252 deaths happened, the data showed.

Of the fatalities, 420 were pedestrians and 20 cyclists. Even animals loitering on the roads triggered 32 accidents and left two persons dead.

In terms of severity(number of deaths per 100 accidents), Delhi ranked 27 among all states and union territories. Last year, Delhi's "accident severity" figure was 25.9%.

While Delhi topped the list of 50 cities with a population of over a million in terms of accidental deaths in 2018 as well as in 2017, it ranked second on the index of accidents and the number of persons injured in both the years — Chennai being the topper on both occasions.

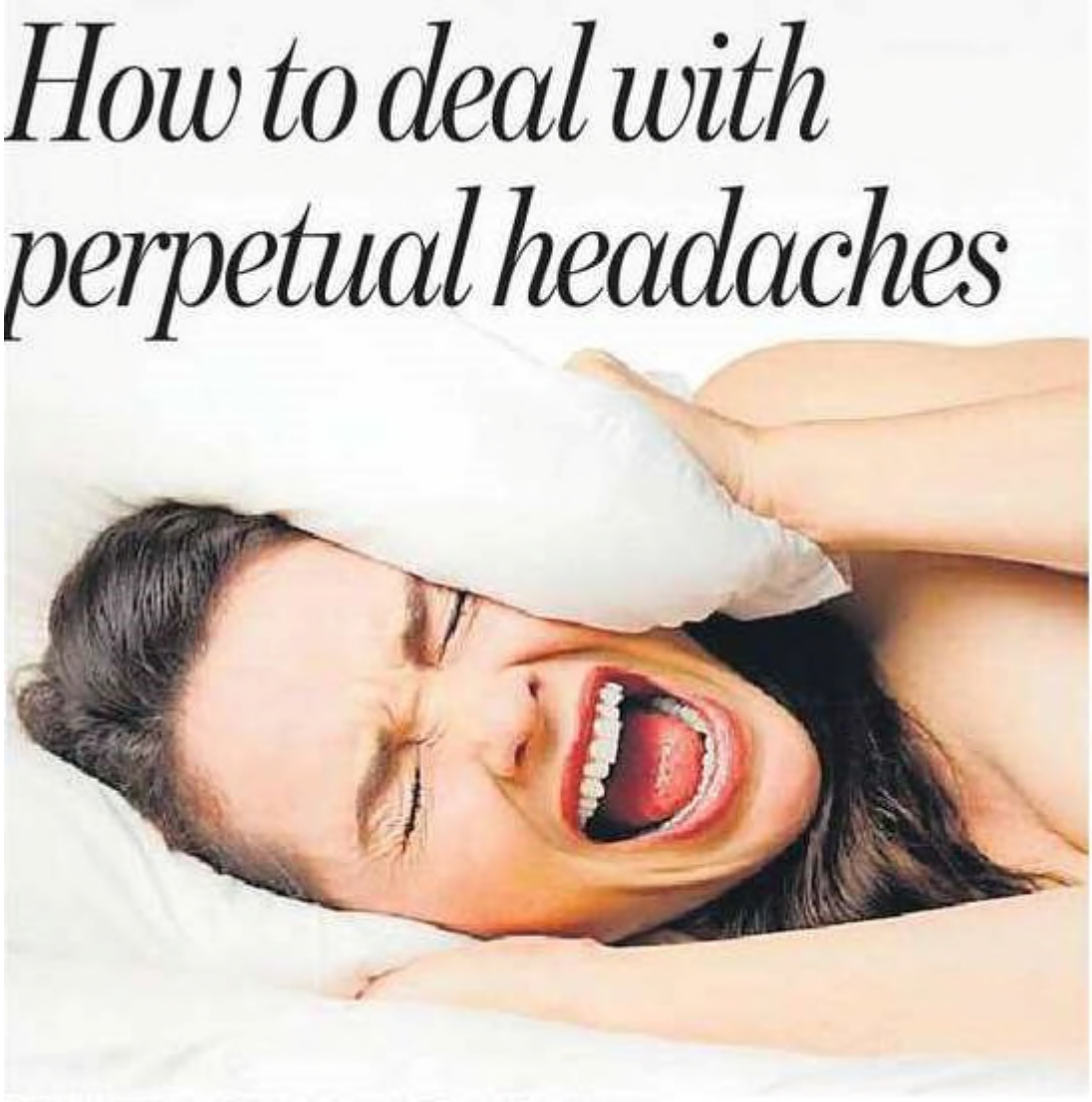
State-wise, Delhi ranked 19 in number of deaths and 17 in terms of accidents in each of the last two years. Tewari said Delhi needed to notify the compounding fees for 24 traffic offences. "Delhi is one of those few states, which is yet to notify it. Delhi police and the Delhi government need to implement the new Motor Vehicles Act," he said.

Speaking about the need for adequate measures for reducing road accidents, S Gangopadhyay, former director of the Central Road Research Institute (CRRI), said the government needed to enhance public transport, particularly the bus system. "Improvement also needs to be carried out in pedestrian facilities," he added.

Perpetual Heasaches (Hindustan Times: 201901120)

https://epaper.hindustantimes.com/Home/ArticleView

How to deal with perpetual headaches



A frustrated tired woman hides her head in her pillow and screams beacuse she can't sleep. Isolated on white.

Anjali Mukerjee

Headaches are a common ailment that many of us do not even consider taking seriously.

Stress and tension related to work, exam pressure, are all reasons to trigger a headache. Reaching for an aspirin might seem the easiest way to tackle these headaches, but in the process one might enable other serious problems that may remain undetected.

Majority of headaches are benign. Common causes are tension, migraine, eye strain, dehydration, low blood sugar, and sinusitis.

The most common type of vascular headache is a migraine. Headaches may also be triggered by certain specific foods. Common foods believed to trigger migraines include cabbage, tomato, onion, eggplant, pineapple, potato, canned fish, chocolate, smoked meat, yoghurt, caffeine, cheese and yeast based foods.

DIET THERAPY

It can be challenging to avoid the exact food item that contributes to a headache and migraine. It is best to consult health care professionals to ensure an appropriate diagnosis. Here are some ways to treat your headache:

Blood sugar headaches — avoid high glycemic index foods and try keeping your blood sugar levels constant by eating regularly.

Caffeine headaches — Quitting too abruptly might lead to severe headaches. Your body needs time to adapt, so gradually reduce the amount of caffeine.

Detoxification — This can be done by using specific herbs and vegetable juices, which help to eliminate accumulated toxins (a cause for headaches) from the body, enabling smooth functioning of your organs.

Once you detect the causative factor behind your migraine, you might be able to defend yourself against a future attack.

Fish oils such as Omega 3 can help prevent the onset of headaches. Likewise, garlic (fresh or in capsule form) is also an effective remedy for this condition.

Delhi air quality

Delhi air quality may turn ‘severe’ again (The Times of India: 201901120)

https://timesofindia.indiatimes.com/city/delhi/delhi-air-quality-may-turn-severe-again/articleshow/72133328.cms

Delhi’s air quality is set to deteriorate and could touch ‘severe’ levels in the next 48 hours. (File photo)

NEW DELHI: After recording a relatively clean spell for the past couple of days, Delhi’s air quality is set to deteriorate and could touch ‘severe’ levels in the next 48 hours, forecasts show. Delhi’s overall Air Quality Index (AQI), which was in the ‘poor’ range on both Monday and Tuesday, could touch ‘very poor’ by Wednesday and deteriorate to ‘severe’ by Thursday, due to unfavourable conditions, including low wind speed and high moisture content in the air.

Wind speeds, which had touched 36 km/hr over the weekend, fell to around 10-12 km/hr on Tuesday and the India Meteorological Department (IMD) forecast a speed of 6-8 km/hr for the next three days along with spells of shallow to moderate fog.

Track the pollution level in your city

Officials from the regional meteorological department also said the temperature could fall to around 11 degrees on Wednesday, owing to cold north-westerly winds and clear skies in the region.

“Air quality may deteriorate once again with shallow to moderate fog expected from Wednesday onwards. Low wind speed, a low boundary layer and high moisture content in the air is likely to cause an increase in pollution once again,” said Kuldeep Srivastava, scientist at IMD.

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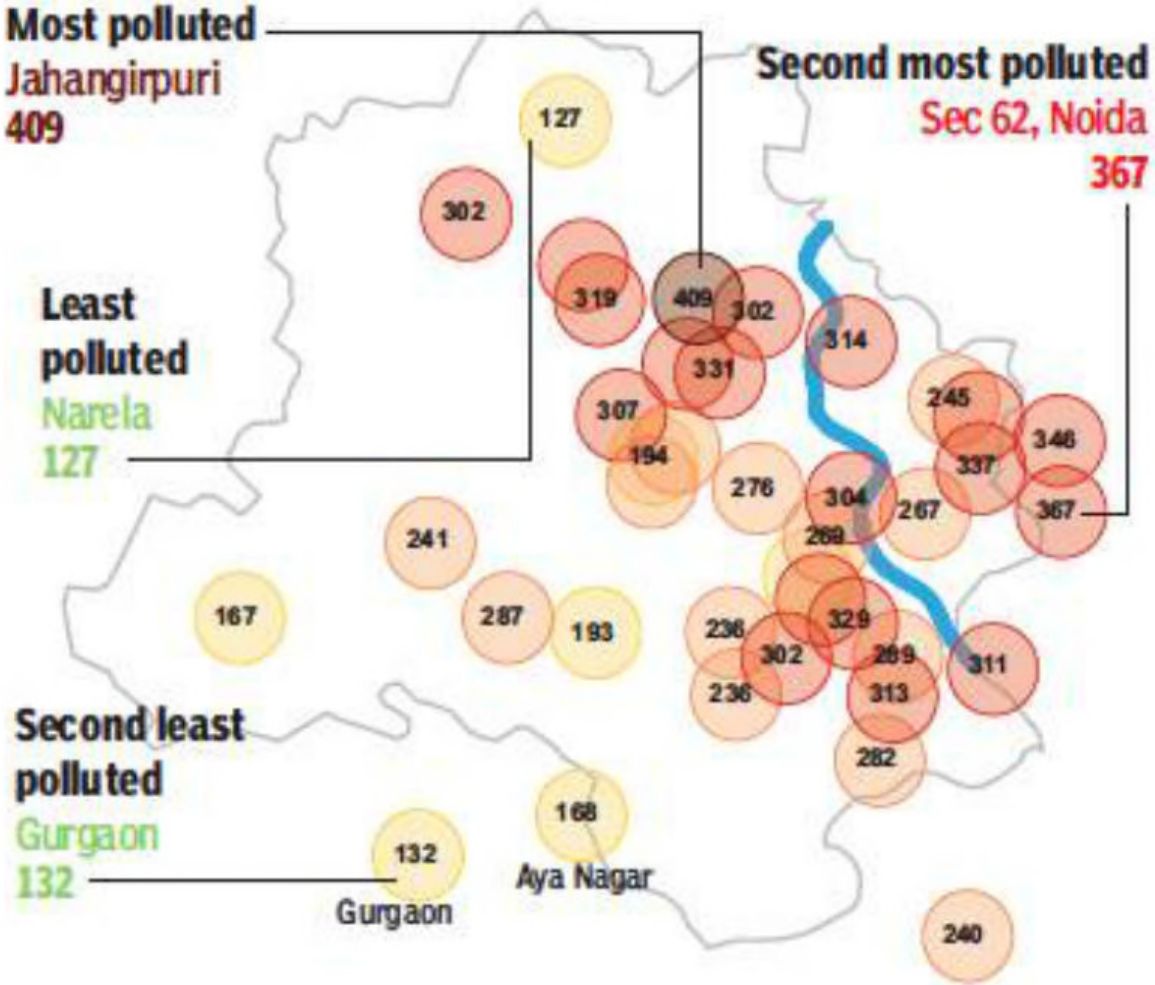
Of the 38 stations that monitor air quality in NCR, only one station was in the 'severe' zone on November 19. Jahangirpuri was the most polluted with an AQI of 409 (severe)

Good (<50) | Satisfactory (50-100) | Moderate (100-200)
Poor (200-300) | Very Poor (300-400) | Severe (>400)



Quota for differently

Plea claims institute not providing adequate quota for differently abled for PG programmes (The Hindu: 201901120)

https://www.thehindu.com/news/cities/Delhi/notice-to-centre-aiims-over-plea-on-quota-for-disabled/article30021107.ece

The Delhi High Court on Tuesday issued notice to the Centre and the All India Institute of Medical Sciences (AIIMS) on a petition claiming that the premier institution was not providing adequate reservation to persons with disabilities (PWD) in its post graduate programme.

A Bench of Chief Justice D.N. Patel and Justice C. Hari Shankar sought the response on the plea by NGO Prhari Sahyog Association, which has alleged that there is “non-inclusiveness of PWD” in the institute.

The NGO, in its petition filed through advocate Gaurav Kumar Bansal, has contended that AIIMS has failed to adopt the principle of inclusive education as it provided only one PG seat out of a total of 435 advertised in 2018-19, to PWD when it was legally bound to reserve 5% of seats for PWD.

The petition has also claimed that the United Nation Convention on the Rights of Persons with Disabilities makes it mandatory for their member States to adopt the principle of inclusive education. It has urged the court to call for a status report from AIIMS indicating the efforts made by it to provide inclusive education to PWD.

The Delhi Jal Board (DJB- water samples

Delhi Jal Board to collect, test 1,400 water samples (The Hindu: 201901120)

https://www.thehindu.com/news/cities/Delhi/delhi-jal-board-to-collect-test-1400-water-samples/article30021093.ece

Move comes after Centre’s report states city’s water unsafe

The Delhi Jal Board (DJB) on Tuesday said that it will start collecting 1,400 water samples for testing from across the city, after a study by the Bureau of Indian Standards (BIS) last week said that water in Delhi was the most unsafe among 21 State capitals. The result was based on 11 water samples taken from across the city.

On Tuesday, the DJB also opened its water treatment plant in Sonia Vihar to the media and explained the different processes involved in treating water. The officials and said that the DJB’s water is 100% safe.

The DJB will deploy 32 teams to take five samples from each ward and a third party, which will be part of the process, will also test the water at their own facility, said the officials.

“The Centre has nominated two people for a joint inspection and we will also appoint two officials... after that we will hold a joint meeting to work on the details of how to conduct the sampling process,” said Dinesh Mohaniya, vice-chairman of the DJB.

Mr. Mohaniya added that two Central government officials would not be enough to conduct a joint sampling.

Explaining the process, DJB’s chief water analyst Sanjay Sharma said, “The treated water is tested 24 times in a day, once every hour, and it has to pass all parameters, or else we do not supply it.”

Mr. Sharma said if they feel that the quality of the treated water is not up to BIS standards, then the water is taken to a recycle chamber, and if it is treatable, then it is taken through the whole treatment process again.

“If there is any problem with the raw water, then we stop the production immediately. If at any point during the treatment we feel that we cannot treat it up to the desired standards, then we flow it out into the Yamuna,” he added.

Mr. Mohaniya said that the treatment is done through a four-stage process. “We do not know from where the Centre took the water for the study. As per the WHO, one sample should be taken for every 10,000 of population, but the Centre took only 11 samples for a city as big as Delhi.”

Child undernutrition

Turning the policy focus to child undernutrition (The Hindu: 201901120)

https://www.thehindu.com/opinion/op-ed/turning-the-policy-focus-to-child-undernutrition/article30019889.ece

India has sustained its progress in reducing stunting and the number of underweight children in the last decade

The Comprehensive National Nutrition Survey (CNNS) report, brought out

Anaemia

जानिए क्या होता है Anaemia, भारत के 4 में से एक पुरुष इस बीमारी से है पीड़ित (Dainik Jagran: 20191120)

https://www.jagran.com/news/national-anemia-symptoms-and-causes-every-fourth-indian-men-suffers-from-this-disease-jagran-special-19771059.html

नेशनल डेस्क, नई दिल्ली। Anemia Symptoms and Causes: 'द लैंसेट ग्लोबल हेल्थ' में हाल ही में प्रकाशित एक अध्ययन में बताया गया है कि भारत में 15 से 54 आयुवर्ग में चार में से एक पुरुष (एक लाख में 23.2 प्रतिशत) किसी न किसी रूप में एनीमिया का शिकार है। इस अध्ययन में छह लाख महिलाओं को भी शामिल किया गया है। उम्र के हिसाब से देखें तो 20 से 34 वर्ष की उम्र के पुरुषों में एनीमिया होने की बहुत कम संभावना रहती है, जबकि इसका प्रसार 50-54 वर्ष की आयुवर्ग में सबसे कम (7.8 प्रतिशत) होता है। युवा सबसे ज्यादा इसकी गिरफ्त में आते हैं।

एनीमिया का मतलब है हीमोग्लोबिन में कमी होना। थकान, ध्यान लगाने में परेशानी होना, सुस्ती बनी रहना आदि इसके लक्षण हैं। विभिन्न आयु वर्गों में इसकी स्थिति भी भिन्न-भिन्न है। कम आयु वर्ग में इसके मामले ज्यादा होते हैं। जब किसी देश की इतनी बड़ी युवा आबादी इस बीमारी से ग्रसित है तो स्वभाविक ही चिंता होने लगती है।

अध्ययन में पाया गया कि एनीमिया वाले पुरुषों में 21.7 प्रतिशत में मध्यम या गंभीर एनीमिया था, जबकि महिलाओं में 53.2 प्रतिशत में मध्यम या गंभीर एनीमिया था। राज्यों के हिसाब से देखें तो बिहार के पुरुषों में एनीमिया का प्रसार सबसे ज्यादा (32.9 प्रतिशत) है। इसके बाद बंगाल (30.46 प्रतिशत), झारखंड (30.30 प्रतिशत), मेघालय (29.13 प्रतिशत) और ओडिशा (28.45 प्रतिशत) का नंबर आता है। पुरुषों में एनीमिया के सबसे कम प्रसार वाले राज्यों में मणिपुर (9.19 प्रतिशत), मिजोरम (9.78 प्रतिशत), नगालैंड (10.23 प्रतिशत), गोवा (10.68 प्रतिशत) और केरल (11.77 प्रतिशत) हैं।

क्या होता है एनीमिया

एनिमिया एक ऐसी स्थिति है, जिसमें रक्त में लाल रक्त कणिकाओं के नष्ट होने की दर उनके निर्माण की दर से अधिक होती है। नतीजतन शरीर में खून की कमी होती है। पुरुषों में एनीमिया थकान, सुस्ती का कारण बनता है। ध्यान केंद्रित करने में कठिनाई होती है। पुरुषों में हीमोग्लोबिन का स्तर 13.5 और महिलाओं में 12 से कम होने पर शरीर में रक्त की कमी की स्थिति मानी जाती है। रिपोर्ट में बताया गया है कि अनियमित दिनचर्या और खाने में पौष्टिक आहार कम लेना इस बीमारी से ग्रसित होने का सबसे बड़ा कारण है।

यह है विश्व की स्थिति

विश्व स्वास्थ्य संगठन के अनुसार, दुनियाभर में 2013 में 1.9 अरब लोग एनीमिया से ग्रसित थे, जो कि वैश्विक आबादी का 27 प्रतिशत है। रिपोर्ट में बताया गया था कि इनमें से 93 प्रतिशत मामले निम्न और मध्यम आय वाले देशों के थे।

Health Policy (Hindustan: 20191120)

http://epaper.livehindustan.com/imageview_390976_46816986_4_1_20-11-2019_2_i_1_sf.html

स्वास्थ्य बीमा का प्रीमियम बढ़ा सकती हैं कंपनियां

नई दिल्ली | हिन्दुस्तान टीम

दिल्ली-एनसीआर समेत देश के तमाम छोटे-बड़े शहरों में वायु और जल प्रदूषण बड़ा संकट बन चुका है। यही वजह है कि बीमा कंपनियां स्वास्थ्य बीमा का प्रीमियम बढ़ाने की तैयारी कर रही हैं।

पॉलिसी बाजार के स्वास्थ्य बीमा प्रमुख अमित छाबड़ा का कहना है कि कुछ कंपनियां पहले से पूरे उत्तर भारत में ज्यादा बीमा प्रीमियम वसूल रही हैं, क्योंकि यहां देश के अन्य इलाकों की तुलना में जोखिम ज्यादा है। अन्य कंपनियां भी प्रदूषण से बीमारियों के बढ़ते जोखिम को देखते हुए ऐसा कर सकती हैं। दिल्ली-एनसीआर में इलाज का खर्च महंगा होने के कारण भी प्रीमियम पहले ही ज्यादा है। इंश्योरेंस ब्रोकिंग फर्म सिक्योर नाऊ के अभिषेक बोंदिया ने कहा कि दिल्ली-एनसीआर में प्रदूषणजनित बीमारियों के क्लेम बढ़ते हैं तो आने वाले दिनों में प्रीमियम बढ़ सकता है।

mint

Pollution (Hindustan: 20191120)

तीन दिन दिल्लीवालों का दम घोंटेगी जहरीली हवा

नई दिल्ली | प्रमुख संवाददाता

दिल्ली की हवा फिर से जहरीली होने लगी है। केंद्र द्वारा संचालित संस्था सफर का अनुमान है कि अगले दो-तीन दिन लोगों को फिर से दमघोंटू हवा में सांस लेनी पड़ सकती है। हवा के थमने और पराली जलाने की घटनाओं में बढ़ोतरी के चलते प्रदूषण तेजी से बढ़ने की आशंका है।

हवा की रफ्तार तेज होने के चलते दिल्ली के लोगों को बीते दो दिनों से अपेक्षाकृत साफ-सुथरी हवा सांस लेने को मिल रही थी। लेकिन, एक बार फिर से प्रदूषक कणों की मात्रा में तेजी से इजाफा होने लगा है। सीपीसीबी के मुताबिक मंगलवार को औसत वायु गुणवत्ता सूचकांक 242 रहा। सोमवार को सूचकांक 214 रहा था। शाम 5 बजे हवा में प्रदूषक कण पीएम 10 की मात्रा 218 माइक्रोग्राम प्रति घन मीटर और पीएम 2.5 कणों की मात्रा 122 माइक्रोग्राम प्रति घन मीटर रही। मानकों के अनुसार हवा में पीएम 10 की मात्रा 100 और पीएम 2.5 की मात्रा 60 माइक्रोग्राम प्रति घन मीटर होनी चाहिए।

गीता कॉलोनी फ्लाईओवर के पास मंगलवार को प्रदूषण से बचने के लिए बच्चे मास्क पहनकर स्कूल जाते हुए नजर आए। ● राज के राज

242 अंक पर औसत वायु गुणवत्ता सूचकांक मंगलवार को रहा

28 अंकों का इजाफा सोमवार की तुलना में एक्यूआई में हुआ है

दस किलोमीटर से नीचे रहेगी रफ्तार

बीते तीन दिनों में हवा की रफ्तार 25 किलोमीटर प्रति घंटे तक थी। भारतीय ऊष्णदेशीय मौसम विज्ञान संस्था के मुताबिक, अगले दो-तीन दिनों तक हवा की रफ्तार दस किलोमीटर से नीचे ही रहने के आसार हैं।

प्रदूषण में पराली के धुएं की हिस्सेदारी बढ़ी

पंजाब और हरियाणा के खेतों में कृषि अवशेष (पराली) जलाने की घटनाओं में भी बढ़ोतरी दर्ज की गई है। अलग-अलग उपग्रह चित्रों के विश्लेषण के आधार पर सफर का अनुमान है कि 18 नवंबर को पराली जलाने की 1,080 घटनाएं दर्ज की गई हैं। इसके चलते बुधवार के दिन दिल्ली के प्रदूषण में पराली के धुएं की हिस्सेदारी 14 फीसदी तक होने की संभावना है। मंगलवार को भी दिल्ली के प्रदूषण में पराली के धुएं की हिस्सेदारी 13 फीसदी रहने का अनुमान है।