



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

20190325

Unburden yourself

Unburden yourself by crying your heart out (The Hindu: 20190325)

<https://www.thehindu.com/news/cities/Hyderabad/unburden-yourself-by-crying-your-heart-out/article26631207.ece>

Mass exercise: Kamlesh Masalawala during the inauguration of a crying exercise at Secunderabad.

Mass exercise: Kamlesh Masalawala during the inauguration of a crying exercise at Secunderabad.

Weeping is not only cathartic but also therapeutic, say doctors

Locked in the auditorium of Gujarati Seva Mandal, Secunderabad, 600 people cried their hearts out on Sunday morning. After a brief spell of tears, each turned to the other and smiled, relieved that their burdens were lifted.

First in Telangana

The crying exercise, organised by the Always be Cheerful Laughter and Crying Club of Hyderabad, was the first such performed in Telangana.

Starting this month, the mass public crying will be performed by the club members and supporters at least once a month, the organisers announced on Sunday.

While laughter clubs have been popular in India since the 1990s, the first crying club with over 500 people was established in 2017 in Surat, and the second in Hyderabad, the organisers said. Kamlesh Masalawala, founding member of the Surat club, who also inaugurated the crying exercise in Secunderabad, told The Hindu, "Laughter clubs work on the principle that even the

smallest events of happiness should be celebrated. As disappointments are part and parcel of life we decided to include a collective crying exercise for people to unburden themselves.”

The open grieving event kicked off after five minutes of meditative silence. Participants were then asked to remember their grief — be it the demise of a loved one or a simple office squabble. Within minutes, 20 leading members of the congregation started whimpering. The mood soon engulfed the gathering with each member tearing up or wailing. After they let out their grief, the crowd contemplated on their lives for another five minutes.

Health benefits

“Soon after, I felt unburdened and light. The experience was out of the world,” said Sathyaraj, a member. According to physicians, crying is a therapeutic ritual which also has other health benefits. Ophthalmologist and Padma Shri award winner A. Saibaba Goud, present at the gathering, said, “Crying clears not just the mind but also one’s eyes and tear ducts. It is better than using eye drops. I have been advising people to cry at least once a month.” The crowd — mostly between 35 and 50 years — also had 30 physicians, all of whom recommended the exercise.

According to psychologists, collective venting of grief helps people accept their misgivings and losses.



Deconstructing addiction

Deconstructing addiction (The Hindu: 20190325)

<https://www.thehindu.com/opinion/op-ed/deconstructing-addiction/article26626591.ece>

The simple home truth is that love and work are all we need for a better life

Acclaimed musician Sarah McLachlan sings in her addiction anthem Angel: “You are pulled from the wreckage of your silent reverie.” She wrote the song inspired by the tragic death of the Smashing Pumpkins keyboardist, Jonathan Melvoin, in the 1990s. In recent years, the stories and statistics on addiction have only escalated in intensity and number. This can be attributed to several reasons, one of them being an increasingly socially disconnected world — and no, the number of friends you have on Facebook doesn’t really count.

In the late 1970s, a series of controversial experiments, the Rat Park experiments, were conducted by Canadian psychologist Bruce Alexander. Their results, while widely debated, aimed to prove a seminal hypothesis: that substance abuse is an outcome of environmental isolation, and therefore can be overcome with reintegration of the afflicted individual into society in a meaningful way. While that was not proven as an absolute, there has been further research into this area of psychology that suggests that there indeed exists a positive correlation between environmental enrichment and positive recovery from substance abuse.

There is copious literature about the best approach to treating addiction, ranging from judgment (“what a weak and selfish person”) to mollycoddling (“it’s a disease; you’re not responsible”). There are many psychotherapeutic and chemical-based treatment options as a result, which have, no doubt, been game changers in the field. But I have come to believe the simple home truth: that love and work are all we need for a better life.

First, we must dispense with nouns dealing with addiction. This means not calling a hooked individual an ‘addict’. There is a permanency to that label that is discomfiting to anyone who wishes to clear the slate. And isn’t that what life’s journey is about — salvation? Evolving into a higher being? No pill is needed for that.

Which begs the question, what if there is unemployment and zero love? That’s where self-love comes into play. That everything we need to become a complete, compassionate individual lies within us. This is a realisation that occurs with time, experience, age and having a few dark nights of the soul. But when that dark night passes, the world view that the individual has acquired is infinitely larger — and one that accommodates the humanity required to forgive ourselves and forget.

There is too much adventure and wonderment in this world to sit by the sidelines, no matter how branded a soul you may possess. Having the fortitude to try again is what redeems us.

Menstrual cycle

Menstrual cycle influences sleep quality in women: Study (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/menstrual-cycle-influences-sleep-quality-in-women-study/747722.html>

Young women are more likely to experience sleep disruption in the days leading up to their menstrual period, a study has found.

"Sleep is more disrupted in the several days directly prior to menses in young healthy women," said Anne E Kim, a medical student at Case Western Reserve University in the US.

"Increased sleep disruption was found in the late luteal phase, which corresponds with the days directly prior to menses," said Kim.

Menstrual phase affected sleep efficiency, wake after sleep onset (WASO), number of awakenings per night, and sleep fragmentation index, in keeping with increased sleep disruption in the late luteal phase.

Compared with the early follicular phase, sleep efficiency decreased by 3.3 per cent, WASO increased by 15 minutes, and number of awakenings per night increased by three in the late luteal phase.

Researchers collected daily sleep data from 10 healthy women between the ages of 18 and 28 who had regular menstrual cycles. The researchers tracked the women's sleep during two of their cycles.

The women wore actigraphic sensors on their wrist to record patterns of activity and rest over 578 sleep episodes and they provided morning urine samples for measurement of concentrations of luteinizing hormone (LH), estrone-3-glucuronide (E1G), and pregnanediol-3-glucuronide (PDG).

All participants ovulated in both cycles.

The women also completed five-day diets during the early follicular phases of each cycle.

The diet during one cycle contained neutral energy availability, and the diet during the other cycle contained 55 per cent fewer calories.

Menstrual cycle lengths were standardized to 14-day follicular and 14-day luteal phases, centered on the day of ovulation.

"Short-term caloric restriction had negative effects on sleep in both the late follicular phase, just before ovulation, and in the late luteal phase, just before the onset of menses," said Kim, who performed this study.

Decreased energy availability increased sleep disruption, with less sleep efficiency, greater WASO, and higher sleep fragmentation index in the late follicular phase in addition to the effects noted above in the late luteal phase.

It is likely these effects are mediated by the dynamic changes in ovarian hormones across the menstrual cycle.

Their study found that E1G was linked with more awakenings, and PDG was linked with a trend toward higher sleep fragmentation index.

The study validates perceptions using objective measures, and further documents the negative impact of dieting on sleep.

"These findings suggest that women need to be particularly cognizant of practicing good sleep hygiene in the week before menses and with decreased caloric intake," Kim noted. — PTI

Oestrogen protect bones

Decoded: How does oestrogen protect bones? (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/decoded-how-does-oestrogen-protect-bones/747715.html>

Researchers have found a new molecular link between oestrogen and bone ageing, which may eventually lead to new strategies to treat osteoporosis among post-menopausal women.

Osteoporosis is a condition in which bones become weak and prone to fractures.

Women over 50 are at a high risk of developing osteoporosis, which may be due to the loss of oestrogen that occurs after menopause.

"Over the last few decades, we've learned that oestrogen plays an important role in maintaining a functional bone matrix," said Tomoki Nakashima from the Tokyo Medical and Dental University (TMDU) in Japan.

However, how oestrogen does this, was not fully understood, the researchers said.

In the study, the researchers discovered a protein called Sema3A, which was found to maintain bone matrix—proteins and minerals in bone—suggesting a relationship between oestrogen and Sema3A.

Further, the researchers found that blood serum levels of the protein Sema3A decreased in pre-menopausal women as they get older and dropped even more once they reach menopause.

In the study done on mice, the ovaries of mice were removed but it was found that the loss of oestrogen did not prevent their bones from deteriorating.

In addition, Sema3A was found to promote the survival of osteocytes—bone cells—in these mice.

"We believe that as women lose oestrogen with age and Sema3A levels drop, osteocytes begin to die and bone loses the ability to maintain its supportive structure," Mikihiro Hayashi from the varsity said. — IANS

New therapy

New therapy to treat 'tennis elbow' without surgery (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/new-therapy-to-treat-tennis-elbow-without-surgery/747698.html>

Tennis elbow, painful chronic condition that affects job performance and quality of life, can be effectively treated without surgery, scientists say.

The condition, also known as lateral epicondylitis, stems from repetitive stress injuries that occur in activities such as sports, typing and knitting, and the injury is common in carpenters, cooks and assembly line workers.

Researchers found that through transcatheter arterial embolisation (TAE), an image-guided, non-surgical treatment that decreases abnormal blood flow to the injured area to reduce inflammation and pain, the condition may be treated.

"Tennis elbow can be difficult to treat, leaving many patients unable to perform the simplest tasks, such as picking up their children, cooking dinner, or even working on a computer," said Yuji Okuno, founder of the Okuno Clinic in Japan.

"With this frustration, many patients turn to invasive major surgery after years of failed physical therapy and medication use," said Okuno, lead author of the study.

"We were interested to see if this technique, already in use in other areas of the body, would be effective for this common, debilitating condition and help people immediately regain a range of motion that many of us take for granted in our everyday tasks," he said.

The team conducted a prospective study in 52 patients with tennis elbow who did not find relief from other forms of treatment. The patients received TAE between March 2013 and October 2017 and were followed for up to four years after the treatment.

The researchers said they found statistically significant reductions in pain-rating scores, and pain-free grip strength.

Images taken in 32 patients two years after undergoing TAE showed an improvement in tendinosis and tear scores.

The treatment can be completed in approximately one hour and requires only a needle hole to access the radial artery in the wrist under local anesthesia.

A catheter is moved through the wrist to the elbow where the inflamed blood vessels are embolised, preventing excessive blood flow to the affected part of the elbow.

The treatment is safe and effective and does not require physical therapy, researchers said. No adverse events were observed and no patients experienced negative effects to the surrounding bones, cartilage or muscles.

Tennis elbow is caused by overuse and repetitive stress to the tendons and muscles around the elbow.

It typically affects people who play sports with repetitive swinging motions, such as tennis or golf, but it can also affect job performance of carpenters, cooks, assembly-line workers and others.

While pain is a hallmark symptom, chronic tennis elbow can cause loss of grip and arm strength, limited use of the arm, and burning sensations on the outer portion of the arm. — PTI

Smoking

Fathers-to-be who smoke may harm their babies (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/fathers-to-be-who-smoke-may-harm-their-babies/747689.html>

Fathers-to-be, take note! Smoking may increase the baby's risk of developing congenital heart defects—the leading cause of stillbirth, a study has found.

Congenital heart affects eight in 1,000 babies born worldwide. Prognosis and quality of life continues to improve with innovative surgeries, but the effects are still life long.

The findings, published in the European Journal of Preventive Cardiology, suggest that fathers-to-be should quit smoking.

"Fathers are a large source of secondhand smoke for pregnant women, which appears to be even more harmful to unborn children than women smoking themselves," said Jiabi Qin, from Central South University in China.

"Smoking is teratogenic, meaning it can cause developmental malformations. The association between prospective parents smoking and the risk of congenital heart defects has attracted more and more attention with the increasing number of smokers of childbearing age," said Qin.

According to researchers, this was the first meta-analysis to examine the relationships between paternal smoking and maternal passive smoking and risk of congenital heart defects in offspring.

Previous analyses have focused on women smokers.

"In fact, smoking in fathers-to-be and exposure to passive smoking in pregnant women are more common than smoking in pregnant women," Qin said.

The researchers compiled the best available evidence up to June 2018. This amounted to 125 studies involving 137,574 babies with congenital heart defects and 8.8 million prospective parents.

All types of parental smoking were associated with the risk of congenital heart defects, with an increase of 74 per cent for men smoking, 124 per cent for passive smoking in women, and 25 per cent for women smoking, compared to no smoking exposure.

This was also the first review to examine smoking at different stages of pregnancy and risk of congenital heart defects.

Women's exposure to secondhand smoke was risky for their offspring during all stages of pregnancy and even prior to becoming pregnant. Women who smoked during pregnancy had a raised likelihood of bearing a child with a congenital heart defect, but smoking before pregnancy did not affect risk.

"Women should stop smoking before trying to become pregnant to ensure they are smokefree when they conceive," said Qin.

"Staying away from people who are smoking is also important. Employers can help by ensuring that workplaces are smokefree," he said.

"Doctors and primary healthcare professionals need to do more to publicise and educate prospective parents about the potential hazards of smoking for their unborn child," said Qin.

Regarding specific types of congenital heart defects, the analysis showed that maternal smoking was significantly associated with a 27 per cent greater risk of atrial septal defect and a 43 per cent greater risk of right ventricular outflow tract obstruction compared to no smoking.

The overall risk of congenital heart defects with all types of parental smoking was greater when the analysis was restricted to Asian populations. —

Anti-tuberculosis (TB) drugs

Anti-TB drugs may not prevent reinfection: Study (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/anti-tb-drugs-may-not-prevent-reinfection-study/747303.html>

Anti-tuberculosis (TB) drugs cause changes to gut microbiota and increase susceptibility to Mycobacterium tuberculosis (Mtb)—a major reason why current treatments are ineffective in preventing reinfections, say researchers.

The study showed that chronic use of antibiotics controls TB infection but also leads to disruption of gut microbiota. This, in turn, leads to the dysregulation of the immune system, causing reinfection.

"Anti-TB therapies have been incredibly efficient in controlling the TB epidemic by decreasing morbidity and mortality associated with Mtb," said Irah King from the McGill University in Canada.

"This study provides a basis for novel therapeutic strategies exploiting the gut-lung axis in Mtb infection," King added.

For the study, the researchers treated mice with the most commonly used anti-TB drugs—isoniazid, rifampicin and pyrazinamide—for a period of eight weeks.

The findings, published in the Mucosal Immunology journal, showed that while all three drugs significantly altered the composition of the mice's gut microbiome, only mice treated with isoniazid combined with pyrazinamide showed an increase in vulnerability to Mtb infection due to a compromised gut microbiota.

The researchers transplanted faeces from mice that had been treated with anti-TB drugs (specifically isoniazid and pyrazinamide) into untreated mice prior to infection and showed that faecal transplant was sufficient to compromise immunity to Mtb.

Further, the team found that after the anti-TB treatment, alveolar macrophages—a type of immune cell located in the airways of mice and humans—were compromised in their ability to kill Mtb.

"We need to do more research in order to understand how the microbiome affects alveolar macrophages because these cells are critical for controlling early TB infection," King said.

"We also need to identify the molecular pathways involved in the gut-lung axis." According to the World Health Organization, TB is one of the top 10 causes of death worldwide.

In 2017, 10 million people fell ill with TB, and 1.6 million died from the disease (including 0.3 million among people with HIV).

The infection also accounted for death in 230,000 children (including children with HIV associated TB) in 2017. — IANS

Anti-TB drugs

India cut 84% TB deaths in AIDS patients by 2017(The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/india-cut-84-tb-deaths-in-aids-patients-by-2017/747290.html>

Anti-TB drugs may not prevent reinfection: Study

India cut 84% TB deaths in AIDS patients by 2017

India achieved 84 per cent reduction in tuberculosis deaths among people living with HIV by 2017 - three years ahead of the target, said a report by The Joint United Nations Programme on HIV/AIDS (UNAIDS).

The report on Friday showed that India is among the five low or middle-income countries -- Eritrea (83 per cent), Djibouti (78 per cent), Malawi (78 per cent) and Togo (75 per cent) -- that achieved or exceeded the target of a 75 per cent reduction in TB deaths among people living with human immunodeficiency virus (HIV), by 2017, three years ahead of the 2020 target.

According to the World Health Organization, globally, TB deaths among people living with HIV have fallen by 42 per cent since 2010, from 520,000 down to 300,000 in 2017.

"TB should be a disease of the past. It has been treatable and preventable for decades. Years of neglecting the rights of the world's poor to basic health care, food and shelter have let TB take

hold and allowed resistance to build," Michel Sidibe, Executive Director of UNAIDS, said in a statement.

TB is the top infectious killer worldwide, claiming around 4,400 lives a day.

It also remains the leading cause of death among people living with HIV, causing one in three AIDS-related deaths. In 2017, 1.6 million people died from TB, including around three lakh people living with HIV.

"People living with HIV are especially at risk. There is still a chance for many countries to meet the target, but we have to act now it's time to end TB and AIDS," Sidibe said.

The report also showed that between 2010 and 2017, in around 40 countries the number of TB deaths among people living with HIV rose.

In eastern Europe and central Asia, the number of TB deaths among people living with HIV increased by 22 per cent between 2010 and 2017, with increases being seen in all but three countries in the region.

In Latin America, deaths rose by seven per cent.

Integrating TB and HIV services, using community-based approaches to find, diagnose and treat the missing cases can help countries reduce the death rates, the UN health body suggested.

Keep an eye on that infection

Good hygiene and regular check-ups will help keep your eyes safe (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/keep-an-eye-on-that-infection/746791.html>

Ever wondered why you have dry, itchy and red eyes? Maybe the pain, swelling and itching are the warning signs of an eye infection that shows up in different ways. The infection could be viral, bacterial or fungal; each type is treated differently. There are many parasitic and bacterial elements that can occupy your eye space, with the potential to attack the outer and inner surface of the eyes.

When infection invade your eyes, you feel there is a lot of load over the eyelid. When your eyes are subjected to bright light, you feel them burning due to vision sensitivity. A lump under your eyelids and soreness are two of the prime symptoms of an infection.

Ways to avoid infection

A correct diagnosis is the basic requirement for better treatment. Now, there are several devices that can measure and check the progress of infection in your eyes. Identifying the nature of infection is important to prevent and treat your eyes in a right manner. If you notice redness in your eyes for a long time, a check-up will help in gauging the severity of infection. Self-diagnosis can lead to delay in treatment.

To prevent eye infections, one must practice good hygiene. Cleaning your hands before rubbing or touching the eyes is a must. In case you wear contact lenses, follow the instructions of your doctor to maintain the lenses. Also, avoiding direct exposure to smoke and chemical substances will help. Besides, poor sleeping patterns and diet affect your immunity and cause eye infections.

Causes

Ocular Histoplasmosis Syndrome: It is a fungal infection that attacks your lungs and causes serious retinal damage too. It affects the part where most of the vision cells are present, which is called macula. It causes retinal decay and affects the field of vision.

Chlamydia: It is one of the common diseases which leads to conjunctivitis. While the chlamydia infection is more common in genital organs, it could affect the eyes too. This type of infection is often referred to as chlamydial conjunctivitis.

Bacterial Keratitis: This is a common bacteria found in the mouth, nose and skin. It attacks cornea, a transparent layer forming the front of the eye.

Common infections

Conjunctivitis: It is often called the 'pink eye' infection, with viral and bacterial origins. Close eye contact at school, college or workplace causes it. It's easily curable, though.

Dacryocystitis: It affects the tear-sac and blocks the nasolacrimal duct, which goes from the tear-duct to the nose. It can cause fever if it gets severe.

Keratitis: It is a condition which causes the inflammation of cornea, a curve-shaped tissue in front of the eyes. Bacteria, parasite and fungi give rise to infectious keratitis, while the non-infectious one is caused due to minor injuries.

— The writer is the HoD- Molecular Department, iGenetic Diagnostics

Alcoholism

Alcoholism successfully reversed in mice (The Tribune: 20190325)

<https://www.tribuneindia.com/news/health/alcoholism-successfully-reversed-in-mice/746792.html>

Alcoholism successfully reversed in mice

Scientists claim to have successfully reversed the desire to drink in alcohol-dependent rats, paving the way for future therapies to treat alcoholism in humans. The team was able to use lasers to temporarily inactivate a specific neuronal population, reversing alcohol-seeking behaviour and even reducing the physical symptoms of withdrawal. “This discovery is exciting — it means we have another piece of the puzzle to explain the neural mechanism driving alcohol consumption,” said Olivier George, an associate professor at Scripps Research Institute in the US. Although the laser treatment is far from ready for human use, George believes identifying these neurons opens the door to developing drug therapies or even gene therapies for alcohol addiction.

Coffee compounds may reduce prostate cancer risk

Besides being the perfect morning drink, coffee may also play a role in delaying prostate cancer, which may pave the way for treating drug-resistant cancer. Scientists from Kanazawa University in Japan have identified kahweol acetate and cafestol — hydrocarbon compounds naturally found in Arabica coffee — which may inhibit the growth of prostate cancer. The pilot study showed kahweol acetate and cafestol can inhibit growth in cells that are resistant to common anti-cancer drugs like Cabazitaxel.

“We found that kahweol acetate and cafestol inhibited growth of cancer cells in mice, but the combination seemed to work synergistically, leading to a significantly slower tumour growth than in untreated mice,” said lead author Hiroaki Iwamoto. For the study, presented at the European Association of Urology Congress in Barcelona, the team tested six compounds, naturally found in coffee, on proliferation of human prostate cancers cells in vitro (i.e. in a petri-dish). — Agencies

Sleeping

Night shifts? Ensure your circadian rhythm is in place (The Hindu: 20190325)

<https://www.thehindu.com/news/cities/chennai/night-shifts-ensure-your-circadian-rhythm-is-in-place/article26562398.ece>

Altering sleep-wake cycle will have its effect on the body, say experts

Working on night shifts might have become a way of life for many professionals in the city, but altering the sleep-wake cycle will have its own effect on the body; it could cause a sleep

disorder in some. Sleep specialists say that such disorders can be treated by taking simple measures at the workplace and home.

Shift Work Sleep Disorder occurs when the body's internal biological clock gets altered or confused. While there are many professionals who work at night, it is the employees of the Information Technology sector who are the most affected, mainly due to the regular night shift patterns, say sleep specialists.

“More than 80% of persons suffering from shift work sleep disorder are from the IT and BPO sector. This is because they work in the same shifts, disrupting their sleep pattern,” said N. Ramakrishnan, senior consultant, Sleep Medicine, Apollo Hospitals.

“Most of us go to bed between 9 p.m. and 11 p.m. and wake up between 5 a.m. and 7 a.m. This is the usual sleep-wake up time and socially accepted hours of sleeping. For those with this sleep disorder, the symptoms are like chronic jet lag. Irritability, anxiety and depression are among the symptoms. The hormonal cycle is messed up. We are noticing menstrual irregularities among women and infertility among men,” he explained.

Lifestyle problems

There is the risk of lifestyle-related health problems. High blood pressure, diabetes, obesity, early heart disease and stroke are common, Dr. Ramakrishnan said.

Night shifts? Ensure your circadian rhythm is in place

Koushik Muthuraja, consultant, pulmonologist and sleep specialist, Sri Ramachandra Medical Centre, said, “We have the circadian rhythm that is considered to be our bodies' internal biological clock. This clock on a 24-hour basis regulates certain changes in our body, such as hormonal secretions, temperature regulation, sleep timing and other physiological changes. It controls two hormones — cortisol and melatonin. “Cortisol needs daylight for secretion and helps us to stay active during the day, while melatonin needs darkness for secretion and helps us to have a sound and undisturbed sleep at night. But when people work at night continuously, the biological clock gets confused. There is an internal conflict between the body's biological clock and our sleep wake cycle. So, the body fails to recognise when one has to sleep,” he explained.

As a result, a majority of night shift workers present themselves with two major complaints, he said, adding: “Excessive sleepiness during night work and inability to sleep during mornings. A few of them end up visiting a sleep clinic for help. Excessive tiredness, inability to focus, headaches, mood swings, irritability, lack of intimacy with partners and psychological stress are all part of this disorder. Mostly, the patients are less than 40 years old.”

Dr. Ramakrishnan said the treatment included a review of the entire cycle. “A significant amount of counselling is involved. We tell them to ensure appropriate light and dark exposure. They should ensure that their workplace is appropriately lit at night time. When they go back

home, they should avoid driving and instead take a car pool. They can use eye shades. They should eat light and make their room conducive. Occasionally, we use melatonin for treatment,” he said.

Health Apps

Your health app could be leaking medical data (The Times of India: 20190325)

<https://timesofindia.indiatimes.com/home/science/your-health-app-could-be-leaking-medical-data/articleshow/68555094.cms>

That nifty new health app you downloaded to your phone to keep track of your meds might be sharing your information with unrelated companies, some of which have nothing to do with healthcare, a new study finds.

“The key finding from our study is that health related data is widely shared with companies that have nothing to do with health,” said study leader Quinn Grundy, an assistant professor at the University of Toronto. “The consumer has no way to know exactly what is happening with their data and what consequences there might be.”

“This is a breach of privacy that could affect our lives in big ways,” Grundy said.

Grundy’s team tested 24 top-rated publicly available medication apps designed to work on Android phones in the UK, the US, Canada and Australia. The interactive apps provided information about medication dispensing, administration or use.

After downloading each app, the researchers ran each one 14 times to observe its “normal” network traffic related to 28 types of user data, including Android ID, user’s birthday, email, and precise location.

Then they altered one source of user information and ran the app again to detect leaks of sensitive information sent to a remote server outside the app. Companies receiving sensitive user data were then identified by their IP addresses, allowing the researchers to scrutinize their websites and privacy policies.

TB cases

Rise in TB cases notified from private sector (HindustanTimes: 20190325)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

With the government focus shifting towards private sector engagement, the percentage of tuberculosis (TB) notifications from the private sector increased by 35% in 2018 as compared to the year 2017, shows government data released on Sunday on the occasion of the World TB Day.

The new case notifications from the public sector has also gone up by 10%.

Drug resistant TB remains an area of concern, with 54% increase in the cases that came up to 60,000 new cases in 2018 as compared to 40,000 in 2017.

“The rise in TB percentages need not alarm us; rather it is a positive sign for the TB elimination efforts that we have been able to track these many drug resistant patients and put them on treatment. These people otherwise would have infected many others within the community,” said Dr Kuldeep Singh Sachdeva, deputy director general, central TB division, Union health ministry. While the World Health Organization (WHO) objective is to eliminate TB by 2030, India has set an ambitious target of eliminating TB by 2025.

Elimination, defined as bringing down new infections to less than one case per 100,000 population, is possible only when patients get diagnosed and cured without stopping treatment that exponentially raises their risk of developing drug resistance.

As per the current government estimates calculated in 2017, India reported 204 new cases per 100,000 population.

Happiness (The Asian Age: 20190325)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12684044>

IN PURSUIT OF HAPPINESS

As India slips down the UN Happiness Index, we decode why Indians are unhappier than their neighbours

PRIYANKA CHANDANI

Indians are not as happy as they were last year, according to this year's UN World Happiness Report. The country figured among the lowest 20 at 140 out of the 156 nations ranked, dropping seven places from 133, last year. This is the second consecutive year India slipped down the happiness index while neighbouring countries of Pakistan, Nepal, Bangladesh, Bhutan and Sri Lanka are ahead in the count.

So what makes a country happier than the others? Along with life expectancy, social support, per capita income, freedom, trust, health, corruption and generosity, the results also correlate with other factors like GDP and social security. If that was the case, India should definitely have ranked higher than all our neighbours, as the country is the fastest growing economy in the world.

Taking a note of the concerns in last few years' reports, various state governments have come up with programs to increase the level of happiness among people. In 2017, Madhya Pradesh formed a happiness department, followed by Andhra Pradesh and Maharashtra. Last year, Agriculture minister Chandrakant Patil announced Happiness Ministry under the Relief and Rehabilitation department, intended to encourage positivity among the residents. When the project was still at its nascent stage, Additional Chief Secretary for Relief and Rehabilitation department, Medha Gadgil informed in her earlier quote, that the department is planning

to start the project with a survey. "The concept is quite abstract, so this won't be like the usual government schemes. We are looking at how to make things better for the people," she said soon after the announcement was made. She also informed that the department would be promoting generosity and better time management and were looking for experts to come on board to help them with innovative ideas.

But all their plans have come to a naught as the ministry is still at the planning stage. Madhya Pradesh, on the other hand, now has Rajya Anand Sansthan in Bhopal to ensure the holistic advancement and happiness of its citizens. However, the government proceeding is same as the earlier happiness department. The section provides psychological methods and tools that help in inducing happiness among people. The department works with different panchayats (local councils) of the state to reach its major

population in the interiors of the state. "We have different programs to improve happiness and well being among people. We follow a research which encourages socialising for inducing emotional well-being; so we try to organise more social events," Says Akhilesh Argal, the CEO of Rajya Anand Sansthan.

Aiming to be the top three states in the country by the year 2022 and the most developed state by the year 2029, Andhra Pradesh envisioned Happiness Commission last year under the AP State Development Planning Society, APSDPS. As the state treads on the path of achieving its vision, it recognised that a happy, inclusive and globally competitive society is one of the fundamental requisites.



We follow research which encourages

socialising for inducing emotional well-being.

—AKHILESH ARGAL

CEO, RAJYA ANAND SANSTHAN

"Setting up the Happiness Commission in Andhra Pradesh is an attempt to establish a dedicated institution to monitor levels of well-being and happiness at the ground level, analyse data from regular surveys, and co-ordinate with different departments to highlight and implement global best practices to increase levels of economic and social progress," informs Alen John, Senior Associate at APSDPS, Planning Department.

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Water (The Asian Age: 20190325)



CONSERVING WATER

Renowned environmentalist Rajendra Singh reveals a whole different side to environment sustainability and water conservation

SEAN COLIN YOUNG
THE ASIAN AGE

Environment conservation is a cause of concern. And conservation of water is a big challenge. Alas! Little has been done. While water is a global issue, conservation can take place only when locals come forward proactively to save this backbone of the planet, feel experts.

Dr. Rajendra Singh, water conservationist & environmentalist, recently at a conference organised by Jagannath International Management School Vasant Kunj, said that sustainable development is not possible without restoration and conservation and that it must be free from displacement, destruction and disaster. "If we want to make India a global teacher again, we need to tackle global challenges with indigenous knowledge systems," he explains.

He coined the two key words for sustainability—discharge and recharge, in a candid chat where he explained about water conservation work undertaken by him in the villages of Rajasthan.

Globally, Sustainable Development Goals or SDGs came into effect in 2016 with UN initiative, to be achieved by 2030. Known as the Global Goals, SDGs are meant to end poverty, protect the planet



and ensure that all enjoy peace and prosperity. There are 17 Goals set by the UN build on the Millennium Development Goals, while including new areas such as climate change, economic inequality, innovation, sustainable consumption, peace and justice, among other priorities. Water conservation is an important aspect the scheme of things.

In India, the NITI Aayog has thought of a quantifiable list and has worked out an inter-state comparison for SDG. However, to consider SDG India Index as a composite measure for the whole nation can be misdirecting as every state/union territory faces a separate problem.

Water conservation was originally not a part of the SDGs as Goal #6, which calls for clean water and sanitation and Goal #13, which calls for climate action. "This now creates a good atmosphere for water due to the discussion, dialogue and the training. But we need the water literacy movement", he says and adds, "Without water literacy movement, you cannot reach the goal because one has unequal distribution of water and unequal management of water. If you can re-

ate a water literacy movement, the water can be used in a disciplined manner," explains Singh.

Goal #6.1 explicitly says that by year 2030, nations including India should "achieve universal and equitable access to safe and affordable drinking water for all", and according to Goal #6.2, countries should also "achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations."

Singh, also known as the 'waterman of India', previously worked for the people who were displaced from Gopalpura as there was no water, food or livelihood. The issue in these areas was that water was being collected from the wells that led to the depletion of ground water. He, with the help of traditional methods of water conservation, established water bodies and till date there are more than 11,800 water bodies in 1200 villages. Rest is history.

He believes that the real need of the planet is to respect water. "If you are moving without having any

love or affection for water, then you reach nowhere. You are creating scarcity (of water). You are creating a disaster", he says. More than 40 countries are without water in the continents of Asia and Africa. He then says that if the water problems are resolved, then only can the matter of water literacy can proceed. He also suggested that there is a need to have skill development in efficient use of water resources.

"India is facing the worst water crisis in the history and the situation is expected to get a lot worse by 2030. Considering this grave situation, there is a dire need to explore solutions to mitigate growing water scarcity in India," Rajneesh Chopra from VA Tech WABAG Limited, a leading pure-play water tech company involved in safe drinking water and waste water treatment infrastructure.

While the governments around the world have done their bit by signing the Paris agreement for climate change and now it is the turn of the citizens to work on the issue.

Singh comments, "They (the governments) have given their suggestions and solutions but it is not the solution for everywhere." He says that the solutions would be found locally. "The SDGs are a global policy but we need the local solution and action. If you are making a change globally, you start locally. You start with the indigenous knowledge system, traditional wisdom", he says.

On a concluding note he says, "If you do not give respect to nature, you are only doing for your benefit. If we can see a common cause, a common future and move on the path of a common future, we can reach the real SDGs."

In India, the NITI Aayog has thought of a quantifiable list and has worked out an inter-state comparison for SDG

Feminism or Gender equality (The Asian Age: 20190325)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=12684103>



LADIES FIRST, PLEASE!

In a world where feminism or gender equality is not more than a myth, a few dare to break the shackles and know how to fly free

PRATYUSHA CHATTERJEE & KAVI BHANDARI

THE ASIAN AGE

Our nation has its own voice about female independence, gender discrimination, women's liberty in every aspect of life. In fact, Indian entertainment industry is being known for the female leads and women-centric projects for the past couple of years. But is that really what is happening in our country?

If we look at the top rated talk shows of the town we see male domination. We, at the majority of times, accept male hosts intruding a female actors personal life rather than watching a female host doing the same. Shows not only in India but all across the world are proving the same. Koffee with Karan, The Anupam Kher Show, The Graham Norton show all seem to be the same. Where there is male domination still prevalent in every nook and corner, there are also some who will act as one's aspiration.

Girls, buckle up and follow the footsteps of the achievers and we are sure that there is no one who can elbow you out of the game.

Iti Tyagi, Founder of Craft Village shares about her inspiration, "It was long back when I was on a cluster development project in Balakanthi, Orissa, working on brass utensil cluster. I could not imagine the humbleness and passion these artisans have for their crafts, and during my visit I

realized that despite them working in various villages across India, they have hardly any market access. My heart went out for all such crafts people who have the finest skills, and have no market access, therefore, I decided that I would build a place in the heart of business center where such Crafts can be promoted as well as made aware with to the urban population, who have lost touch with their roots."

Her vocation, she says, has become her vacation, and her passion has become her profession. "So frankly don't have to juggle at all, as I find travelling, reading, folk and tribal music all part of what I do, besides the place that I have built which is where I live and work. It is a community living, where everyone in nature dwells and live together, bringing a sustainable and holistic aspect of our lives, which most of us miss living in cities. My biggest inspiration has been Romeo (my son who was a pet) who has actually taught that the inspiration of Crafts comes none other than vast nature, and therefore, I have establish this sustainable place and living where I don't to get juggled between passion and profession," she adds on juggling between work and passions is not easy for any business personnel irrespective of gender.

Angie Kripalani, Creator of Angie Kripalani Design openly shares her take on handling success. She says, "My guiding light has been my belief in myself and what I want to do and

achieve. When I started my career, I was the only interior designer who started the concept of large retail stores like in America 20 years back. I handle success with humility and even today don't refuse an interesting project even it is small. I am a very versatile designer and can design office, homes, hotels, restaurants, lounges etc. I love to play with materials and can design any concept like contemporary, classic & Fusion. I am warm and approachable to everyone."

Being one of a kind is an excellent achievement. But, showing the same path to the next generation is also a one of a kind move. Sharing about motivating next generation, Sandhya Raman, Co-founder of Desmania & Textile and Cultural Activist, voices, "Being an entrepreneur brings in a lot of responsibility. It does take a lot of grit, selflessness, determination and vision to be one. For the next generation, as I call them the torch bearers I feel they need to take charge lead from the front, learn to share, to respect, and above all have the diehard spirit. You have a purpose and are driven to achieve that. Believe that anything can be done."

Vibha Khanna Rastogi, Director of Sawadhee Traditional Thai Spa says that for her the story went like this, "The very first challenges we faced were making people know about the spa and the type of therapies we provide. Getting well-trained manpower was another one. There is a dearth of standardized professional training institutes. The manpower turnover is very fast in this industry as massage requires a lot of physical labour and the number of years that a therapist can give, is often limited."

Indian entertainment industry is known for female leads and women-centric projects for the couple of years

SPECIAL MENTION

Gauri Khan

Gauri can only be said to be multi-talented! Already a known producer is now an affluent interior designer. Initially, she started off by supporting her friend Suzanne Khan and is now an owner of her very own interior brand,

Gauri Khan Designs. Her designing initiative is a result of young and creative energies coming together. She ensures that you will experience a range of curated pieces from flooring, to décor, accessories and rugs to one-offs from Paris and New York.



Twinkle Khanna

Having started in 2002, Twinkle Khanna is a perfectionist who blends the beauty of unique furniture pieces with an effortless utility. She is known for keeping it minimalist and rather understated, where her design aesthetics are all about making your space the sumptuous place to dwell in. Her project, The White Window is a store that stocks extraordinary, practical, and elegant home accessories.



Suzanne Khan

Bringing back the old world charm is Suzanne Khan, who adds a touch of whimsy. When she visualises an empty space she dreams of igniting life into it and enhancing it to the best of its ability. Her design style and store aspires to influence all the victims of a curious mind, to stretch the concept of design to another level. For her, building homes means daring to dream beyond the limits of the ordinary and to enjoy living.



INFORMATION SOURCE:
WWW.BLOG.TRENIQ.COM

Better Life (The Asian Age: 20190325)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12684102>

In pursuit of happiness

>>Continued from page 17

Talking about the commission's objective, Alen says the objective spans over three spheres – securing a better quality of life by ensuring low levels of pollution, congestion-free roads, increasing the ease of living in terms of effortless accessibility to government services, and improving the happiness amongst the citizens. “The Happiness Commission aims to create a support system which shall overlook health and education, safety and security, and work towards reducing corruption within the government as well as business,” says the officer.

While MP's Happiness department ensures multiple activities like Aanand Sabha, Aanand Calendar, AP's happiness commission organises adventure and outdoor activities such as Happy Sunday and various trekking and hiking programs. Apart from that, AP has also been at the forefront of assessing happiness quotient of the people on the basis of healthy lifestyle, ease of life, protecting natural resources, and behavioural changes. In the last index study as per the United Nations Sustainable Development Solutions Network (UNSDSN) methodology, AP secured an equivalent global rank of 74 in 2017, it registered an impeccable improvement in 2018 with a rank of 47, “which compares extremely well to India's rank of 122 (2017 ranking) on a set of five defined parameters” reveals Alen.



The main source of happiness is accepting what is out of your control. Accepting is not being passive but a wise act when it's out of your control.

—MONICA SHARMA
PSYCHOLOGIST



Hypertension drug

Hypertension drug shows promise in liver disease (New Kerala: 20190325)

<https://www.newkerala.com/news/read/117012/hypertension-drug-shows-promise-in-liver-disease.html>

A drug used to lower blood pressure within a system of veins and inflammation could effectively treat a potentially life-threatening condition of the liver, say researchers, including one of the Indian origin.

The study on mice showed that the drug sivelestat may lower portal hypertension -- associated with cirrhosis and other chronic liver diseases -- thereby improving symptoms and its outcomes.

Portal hypertension is a condition where there is an increase in pressure within the portal vein that carries blood from abdominal organs to the liver.

While there are therapies to treat some forms of liver diseases, including hepatitis C and autoimmune hepatitis, options have been limited for treating portal hypertension.

"Sivelestat has been safely used in humans with acute lung injury and bronchopulmonary dysplasia. This suggests sivelestat and similar drugs constitute a potential means to decrease portal hypertension in patients with chronic liver disease," said Vijay Shah, gastroenterologist at Mayo Clinic in the US.

The study, published in the journal Gastroenterology, showed deposits of a blood clot-causing protein contributed to portal hypertension.

Fibrin was formation by inflammatory cells known as neutrophils, which when slowed by sivelestat were able to decrease portal hypertension.

"The study paves the way for developing new drugs and repurposing of existing compounds to target inflammation in the liver driven by disease-related mechanical forces," said Moira Hilscher, researcher at the varsity.

Although the study was obtained from mouse models, it was also confirmed in liver samples from humans.

Medtronic heart devices

Medtronic heart devices vulnerable to hacking: US New Kerala: 20190325)

<https://www.newkerala.com/news/read/116988/medtronic-heart-devices-vulnerable-to-hacking-us.html>

The US Homeland Security Department has issued an alert, describing two types of hacking vulnerabilities in 16 different models of Medtronic implantable defibrillators.

Nearly 750,000 heart devices made by Medtronic contain vulnerabilities, which could let a cyber attacker with sophisticated insider knowledge harm a patient by altering programming on an implanted defibrillator, Star Tribune reported on Friday.

The first vulnerability could allow improper access to data exchanged between a defibrillator and an external device, like an at-home monitor.

"A second vulnerability allows an attacker to read sensitive data, streaming out of the device, which could include the patient's name and past health record stored on their device," said the alert.

The Homeland Security Department oversees security in the critical US infrastructure, including medical devices.

"Medtronic is now monitoring its network for signs that someone was trying to exploit the vulnerabilities," said the report.

The vulnerabilities do not affect Medtronic pacemakers, the report added.

Implantable defibrillators are battery-run computers implanted in patients' upper chests to monitor heart and send electric pulses or high-voltage shocks to prevent sudden cardiac death and treat abnormal heart beats.

"To date, no cyber attack, privacy breach, or patient harm has been observed or associated with these issues," a company spokesperson was quoted as saying in a CNET report.

E-Cigarette

ई-सिगरेट दवा नहीं, एक और नशा है.(Dainik Gagan: 20190325)

राज्य ब्यूरो, नई दिल्ली: दिल्ली सरकार के स्वास्थ्य सेवा महानिदेशालय के अतिरिक्त निदेशक डॉ. एसके अरोड़ा ने इलेक्ट्रॉनिक निकोटिन डिलीवरी सिस्टम (ईएनडीएस) पर प्रतिबंध लगाने की मांग की है। इस संबंध में उन्होंने राष्ट्रपति और प्रधानमंत्री को पत्र लिखा है। उन्होंने नशे के ऐसे साधनों को स्वास्थ्य के लिए खतरनाक बताया है। इसके अलावा वायस ऑफ टोबैको विकिटम नामक संगठन ने भी इस संबंध में कई नामचीन चिकित्सा

संस्थानों के 1061 डॉक्टरों से हस्ताक्षर कराकर प्रधानमंत्री को पत्र भेजा है, जिसमें ईएनडीएस पर प्रतिबंध लगाने की मांग की है। ई-सिगरेट के कारोबारी दावा करते हैं कि इसका इस्तेमाल तंबाकू छुड़ाने के लिए किया जा सकता है। लेकिन, विशेषज्ञों का मानना है कि यह दवा नहीं बल्कि एक और नशा है।

संगठन के अनुसार, हस्ताक्षर करने वालों में 24 राज्यों और तीन केंद्रशासित प्रदेशों के डॉक्टर शामिल हैं। एम्स के डॉक्टरों ने भी इस पर हस्ताक्षर किए हैं। पत्र में कहा गया है कि नशे के इन साधनों में भी निकोटिन का इस्तेमाल होता है, जो स्वास्थ्य के लिए खतरनाक है। 28 अगस्त 2018 को केंद्रीय स्वास्थ्य मंत्रालय ने सभी राज्यों को इस पर प्रतिबंध लगाने का निर्देश दिया था। इसके अलावा विशेषज्ञों की एक कमेटी भी गठित की गई थी। इस कमेटी ने दुनियाभर में ई-सिगरेट पर हुए 251 शोध पत्रों की समीक्षा करने के बाद यह निष्कर्ष निकाला कि ये भी अन्य तंबाकू उत्पादों के जितना ही हानिकारक हैं। साथ ही यह भी तर्क दिया गया है कि अमेरिका में काफी संख्या में स्कूली बच्चे नशे के रूप में ईएनडीएस का इस्तेमाल करते हैं। यदि प्रतिबंध नहीं लगाया गया तो यहां भी बच्चे इस नशे की गिरफ्त में आएं।

उल्लेखनीय है कि हाल ही में भारत के ड्रग कंट्रोलर ने सभी राज्यों के ड्रग कंट्रोलरों को ई-सिगरेट का इस्तेमाल रोकने का निर्देश दिया था। ड्रग कंट्रोलर ने अपने निर्देश में कहा था कि यह स्वीकृत दवा नहीं है, इसलिए इसका इस्तेमाल दवा के नाम पर नहीं होना चाहिए। अतिरिक्त महानिदेशक डॉ. एसके अरोड़ा ने पत्र में कहा है कि ई-सिगरेट और ई-हुक्का में इस्तेमाल होने वाला निकोटिन भी तंबाकू की तरह बीमार बना सकता है। ई-सिगरेट के प्रति बच्चे व युवा अधिक आकर्षित हो रहे हैं। तंबाकू के कारण पहले ही कैंसर, टीबी, ब्रेन स्ट्रोक व हृदय की बीमारियां हो रही हैं। ई-सिगरेट के रूप में नशे का एक और सामान उपलब्ध होने पर स्थिति और ज्यादा बिगड़ेगी।

T. B. Cases

अधिक से अधिक टीबी मरीजों की जानकारी दें निजी डॉक्टर.(Dainik Gagan: 20190325)

https://epaper.jagran.com/epaper/article-25-Mar-2019-edition-delhi-city-page_5-8432-12458-4.html

राज्य ब्यूरो, नई दिल्ली : विश्व टीबी दिवस पर रविवार को इंडियन मेडिकल एसोसिएशन (आइएमए) ने इस बीमारी की रोकथाम के लिए जागरूकता अभियान की शुरुआत की। एसोसिएशन ने केंद्र सरकार के साथ मिलकर यह अभियान शुरू किया है। इस दौरान केंद्रीय टीबी डिविजन के उप महानिदेशक डॉ. कुलदीप सचदेवा ने कहा कि टीबी को लेकर जारी अधिसूचना में हर पीड़ित को पंजीकृत किया जाना चाहिए। उन्होंने खास तौर पर निजी अस्पतालों के डॉक्टरों से इस संबंध में अधिक से अधिक मरीजों की सूचना देने की अपील की।

उल्लेखनीय है कि टीबी से पीड़ित हर मरीज की सूचना सरकार से साझा करना अनिवार्य है, ताकि उस तक सरकारी सुविधाएं पहुंच सकें और उसका इलाज पूरा हो सके। इसके तहत निजी अस्पतालों के डॉक्टरों के लिए भी यह प्रावधान है कि वे मरीज को ऑनलाइन पंजीकृत कर सरकार को सूचित करें। निजी अस्पतालों द्वारा सूचना दिए जाने पर मरीजों को टीबी की निशुल्क दवाएं उपलब्ध कराने का प्रावधान है। टीबी की रोकथाम में सरकार के लिए कमजोर कड़ी यही साबित होता रहा है कि कई निजी डॉक्टर सभी मरीजों की सूचना साझा नहीं करते। हालांकि पहले के मुकाबले रिकॉर्ड में थोड़ा सुधार हुआ है फिर भी पिछले साल निजी डॉक्टर निर्धारित लक्ष्य के करीब 38 फीसद मरीजों की ही सूचना दे पाए।

जागरूकता अभियान में एसोसिएशन के अध्यक्ष डॉ. शांतनु सेन, महासचिव डॉ. आरवी अशोकन, वित्त सचिव डॉ. रमेश दत्ता सहित अनेकों डॉक्टर शामिल हुए। इसके अलावा स्कूल व कॉलेजों के छात्रों ने भी शिरकत की। एसोसिएशन के पूर्व महासचिव डॉ. नॉर्दर सैनी ने कहा कि 137 साल पहले वर्ष 1882 में 24 मार्च के दिन ही पहली बार टीबी के जीवाणु की पहचान की गई थी। एसोसिएशन ने 137 गुब्बारे उड़ा कर 'देश को टीबी से मिलेगा छुटकारा का नारा' बुलंद किया।

सात लाख 27 हजार मरीज सरकार की पहुंच से दूर: माना जाता है कि देश में करीब 10 लाख टीबी मरीज इलाज से दूर रहे हैं, क्योंकि उनके बारे में सरकार को जानकारी नहीं मिल पाती। हालांकि वर्ष 2025 तक टीबी को खत्म करने का अभियान शुरू होने के बाद स्थिति सुधरी है। पिछले साल 21 लाख 56 हजार तीन सौ 21 मरीज पंजीकृत किए गए, जबकि करीब 28 लाख 83 हजार का लक्ष्य था। इस तरह सात लाख 27 हजार मरीजों के बारे में अब भी जानकारी नहीं है।

TB Medicine (Hindustan: 20190325))

http://epaper.livehindustan.com/imageview_3917_71686192_4_1_25-03-2019_i_14.pagezoomsinwindows.php

● 6 से 17 वर्ष की आयु वाले मरीजों को मिलेगी डिलामिनिड ● इसके सेवन से कोई साइडइफेक्ट भी नहीं होता

टीबी ग्रस्त बच्चों के लिए नई दवा अगले माह से

तैयारी

नई दिल्ली | विशेष संवाददाता

वर्ष 2025 तक देश को टीबी से मुक्त करने के लक्ष्य को हासिल करने की दिशा में केंद्रीय स्वास्थ्य मंत्रालय ने एक बड़ा कदम उठाया है।

अगले महीने से छह से 17 वर्ष की उम्र के सभी टीबी के मरीजों के लिए नई दवा डिलामिनिड उपलब्ध करा दी जाएगी। राश्यों से उनकी जरूरत का ब्योरा लेकर उन्हें दवा की खेप पहुंचाई जा रही है और टीबी कार्यक्रम से जुड़े स्टाफ को दवा के उपयोग से जुड़ा प्रशिक्षण दिया जा रहा है।

केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्रालय के आला अधिकारी ने हिन्दुस्तान से बातचीत में कहा कि टीबी उन्मूलन में हमारे लिए सबसे बड़ी बाधा दवा प्रतिरोधी टीबी है, क्योंकि इसका

तयों खास है डिलामिनिड

- डिलामिनिड और बेडाकुलीन पिछले 40 वर्षों में तैयार टीबी की मात्र दो नई दवाएं हैं
- डिलामिनिड को जापान की दवा कंपनी ओटसुका फार्मास्युटिक ने 2014 में तैयार किया था
- भारत में पिछले साल चुनिंदा राज्यों में इस दवा को पायलट आधार पर शुरू किया गया था
- मरीज को अन्य दवाओं के साथ छह महीने तक रोजाना दो बार एक-एक गोली खानी होती है।

इलाज सामान्य टीबी की तुलना में कहीं मुश्किल है। जब बच्चों को दवा प्रतिरोधी टीबी हो जाती है, तब हमारी परेशानी और बढ़ जाती है क्योंकि बच्चों को सभी दवाएं नहीं दी जा सकती। यह नसिर्फ परंपरागत दवाओं से अधिक असरकारक है,

2025 तक टीबी रोग मुक्त होगा भारत : मोदी



प्रधानमंत्री नरेंद्र मोदी ने रविवार को कहा कि केंद्र और राज्य सरकारें 2025 तक भारत को क्षय रोग मुक्त बनाने के लिए साथ मिलकर काम कर रही हैं। विश्व क्षय रोग (टीबी) दिवस के मौके पर सिलसिलेवार किए गए ट्वीट में मोदी ने कहा कि सरकार क्षय रोग मुक्त समाज सुनिश्चित करने की दिशा में अपनी प्रतिबद्धता को दोहराती है। मोदी ने कहा कि केंद्र और अलग अलग राज्य सरकारें 2025 तक भारत को क्षय रोग मुक्त बनाने के लिए काम कर रही हैं। यह 2030 के वैश्विक लक्ष्य से पांच साल पहले का लक्ष्य है। उन्होंने कहा क्षयरोग मुक्त भारत अभियान और आयुष्मान भारत, केंद्र के प्रयास स्वास्थ्य मानकों को सुचारु रहे हैं। ये क्षय रोगियों को सहायता दे रहे हैं।

बल्कि ओरल दवा होने की वजह से इसके सेवन में कोई कष्ट नहीं होता और इसके साइडइफेक्ट भी कम हैं। अधिकारी ने कहा कि इस दवा को अब तक पांच राज्यों पंजाब, राजस्थान, कर्नाटक, केरल और ओडिशा में ही दिया

जा रहा था। अब इसे पूरे देश में लागू किया जा रहा है। अधिकारी ने कहा कि अगले महीने से यह दवा 6 से 17 वर्ष के सभी जरूरतमंद टीबी मरीजों को दी जाएगी। **इस उम्र के लिए है डिलामिनिड:** 6 से 17 वर्ष तक दवा को सीमित रखने के

एचआईवी पीड़ितों में टीबी से मरने की दर 84% घटी

संयुक्त राष्ट्र। भारत ने साल 2017 तक एचआईवी से पीड़ित लोगों की टीबी से होने वाली मौतों को 84 प्रतिशत तक कम करने में कामयाबी हासिल की। एचआईवी/एड्स पर संयुक्त राष्ट्र के संयुक्त कार्यक्रम ने बताया, यह कमी 2020 की तय समयसीमा से तीन साल पहले हासिल की गई और टीबी से होने वाली मौतों के मामले में 20 से अधिक देशों में भारत में सर्वाधिक गिरावट देखने को मिली। एचआईवी के साथ जी रहे लोगों में टीबी से होने वाली मौतों में 2010 के बाद 42 फीसदी कमी आई।

सवाल पर अधिकारी ने कहा कि इस आयु वर्ग के लोगों को दूसरी नई असरकारक दवा बेडाकुलीन नहीं दी जा सकती। इसलिए हमने डिलामिनिड को इस आयुवर्ग के लिए तय कर दिया।