Antidepressant (The Asian Age: 20190101)

http://onlineepaper.asianage.com/articledetailpage.aspx?id=13852735

AI predicts effectiveness of antidepressants: Study

Houston, Sept. 30: Researchers use artificial intelligence (AI) to identify patterns of brain activity that make people less responsive to certain antidepressants.

In two studies, one published in the journal American Journal of Psychiatry and another in Nature Human Behavior, the scientists showed they could use imaging of a patient's brain to decide whether a medication is likely to be effective.

Both the studies include the latest findings from a large national trial — EMBARC — intended to establish objective strategies to treat mood disorders based on biology, and minimize the prescription of treatments in a trial and error fashion.

The researchers, including those from UT Southwestern's Center for Depression Research and Clinical Care in the US, plan to develop a range of tests such as brain imaging and blood analyses to improve the odds of finding the best treatment for mood disorders.

"We need to end the guessing game and find objective measures for prescribing interventions that will work," said Madhukar Trivedi, who oversees EMBARC.

Trivedi added that people with depression already suffer from hopelessness, and that the problem could become worse if they took ineffective medication.

In the studies, each with more than 300 participants, the researchers used imaging techniques to examine the brain activity in both a resting state, and during the processing of emotions.

The researchers said that the participants were divided into a healthy control group, and people with depression who either received antidepressants or a placebo.

The researchers found correlations between how the brain was wired, and whether a participant was likely to improve within two months of taking an antidepressant.

Trivedi said that brain imaging during various states was important to get a more accurate picture of how depression manifested in a particular patient.

For some people, he added that the more relevant data will come from their brains' resting state, while in others the emotional processing could be a critical component and a better predictor for whether an antidepressant would work.

"Depression is a complex disease that affects people in different ways," he said.

According to Trivedi, the studies are proof that we can use imaging to identify specific signatures of depression in people, much like how technology can identify people through fingerprints and facial scans.

The Nature study applied AI to determine the links between an antidepressant's effectiveness, and how a patient's brain processed emotional conflict. In the study, participants undergoing brain imaging were shown photographs in quick succession that offered sometimes conflicting messages such as an angry face with the word "happy," or vice versa.

The study noted that each participant was asked to read the word on the photograph before clicking to the next image.

Instead of observing only neural regions known to be relevant for predicting the effectiveness of antidepressants, Trivedi and his team used machine learning to analyze activity in the entire brain.

The study noted that the AI identified specific brain regions - for example in the lateral prefrontal cortices - that were most important in predicting whether participants would benefit from an antidepressant.

Based on the findings, the researchers said that participants with abnormal neural responses during emotional conflict were less likely to improve within eight weeks of starting the medication. *— PTI*

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Diabetes

Diabetes remission possible if 10 per cent body weight lost within first 5 years (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/diabetes-remission-possible-if-10-per-cent-body-weight-lost-within-first-5-years/840533.html

People who can reduce their weight by 10 per cent or more within the first five years of diagnosis with type 2 diabetes have the greatest chance of going into remission, according to a study which suggests that it is possible to recover from the disease without intensive lifestyle interventions, or extreme calorie restrictions.

Type 2 diabetes which affects more than 400 million people worldwide, increases the risk of heart disease, stroke, blindness, and amputations, the study, published in the journal Diabetic Medicine, noted.

The researchers, including those from the University of Cambridge in the UK, said that while type 2 diabetes can be managed through a combination of positive lifestyle changes and medication, it was also possible for the patients' high blood glucose levels to return to normal if they went through significant calorie restriction and weight loss.

Studies have established that an intensive low-calorie diet consisting of 700 calories daily intake—less than one cheeseburger—for a period of 8 weeks was associated with remission in almost nine out of ten people recently diagnosed with the disease, and in half the number of people with longstanding disease, the researchers said.

However, they added that there was little evidence to show whether the same effect could be achieved by people undergoing less intensive interventions, which are more feasible and potentially scalable to the wider population.

They studied data from the ADDITION-Cambridge trial—a cohort study of 867 people with newly diagnosed diabetes aged 40 and 69 years recruited from general practices.

The study noted that 257 participants (30 per cent) were in remission at a follow-up after five years. The researchers said that people who could reduce their weight by 10 per cent, or more, within the first five years after diagnosis were more than twice as likely to go into remission—compared to those who maintained the same weight after the period.

"We've known for some time now that it's possible to send diabetes into remission using fairly drastic measures such as intensive weight loss programmes and extreme calorie restriction," said co-author Hajira Dambha-Miller of the University of Cambridge.

The interventions, he said, can be very challenging to individuals and difficult to achieve.

But the researchers suggested that it may be possible to lose weight, for at least five years, with a more modest weight loss of 10 per cent.

"This will be more motivating and hence more achievable for many people," Dambha-Miller said. — PTI

Heart attack

Heart attack and heart failure: Know the difference (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/heart-attack-and-heart-failure-know-the-difference/840505.html

Heart attack, cardiac arrest, heart failure - all three refer to a health emergency involving the heart. And we often use the terms interchangeably, not knowing the difference between each of them.

Dr Ashok Seth, Chairman of Fortis Escorts Heart Institute, and Head of Cardiology Council of Fortis Group of Hospitals explains how a heart attack differs from a heart failure.

When the heart is unable to pump blood as well as it should it is called heart failure. Narrowed arteries in your heart or high blood pressure, leave the heart weak, stiff and unable to pump blood efficiently. The term "congestive heart failure" comes from blood backing up into or congesting the liver, abdomen, lower extremities and lungs.

The symptoms of heart failure symptoms are shortness of breath (dyspnea) when you exert yourself or when you lie down; fatigue and weakness, swelling of abdomen, legs, ankles and feet, rapid or irregular heartbeat, reduced ability to exercise, persistent cough or wheezing with white or pink blood-tinged phlegm, increased need to urinate at night, sudden weight gain from fluid retention and nausea.

Risk factors for heart failure, include coronary heart disease, heart attack, diabetes, high BP, some diabetic medications, irregular heartbeat, congenital heart defect, obesity and substance abuse.

A heart attack, on the other hand, occurs when the flow of blood to the heart is blocked by a build-up of fat, cholesterol and other substances, leading to the formation of plaque in arteries, which feed the heart (coronary arteries). A heart attack is also called myocardial infarction. It can be fatal, but treatment has improved dramatically over the years.

Some symptoms of a common heart attack include pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back; indigestion,

heartburn or abdominal pain; shortness of breath, cold sweat, fatigue, lightheadedness or sudden dizziness.

The experience of pain may vary from person to person. Some people experience mild pain, others have more severe pain. Some people have no symptoms, while for others, the first sign may be sudden cardiac arrest. The earliest warning may be recurrent chest pain (angina) that's triggered by exertion and relieved by rest.

A heart attack differs from a condition in which your heart suddenly stops (sudden cardiac arrest, which occurs when an electrical disturbance disrupts your heart's pumping action and causes blood to stop flowing to the rest of your body).

Here are a few measures to be taken before a patient is shifted to a hospital:

*Make the person sit down and calm. Loosen his/her clothing.

*Transport the patient to the nearest hospital or ambulance service immediately.

*Nothing should be given except for sublingual (under the tongue) or any other medication prescribed by the doctor. A tablet of aspirin helps to limit the damage. A 300 mg aspirin tablet chewed at the time of heart attack can reduce the mortality by 15 to 20 per cent.

*If there is no breathing or pulse, give cardiopulmonary resuscitation (CPR). Immediately place the palm of your hand on the patient's chest just over the lower part of the sternum (breastbone) and press your hand in a pumping motion once or twice by using the other hand.

Lipid

Lipid in humans can help control blood sugar (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/lipid-in-humans-can-help-control-blood-sugar/839995.html

A team of global researchers has discovered that a lipid—produced in response to cold by brown adipose tissue in the human body—helps reduce blood sugar.

The discovery with the lipid known as 12-HEPE can pave the way for new treatments for diabetes, said the team from Brazil, the US and Germany.

The group also observed that a drug used to treat urinary dysfunction increases the amount of 12-HEPE released into the bloodstream in human patients.

White adipose tissue, one of the two types of adipose tissue in mammals—including humans—stores excess energy as fat.

The other kind is brown adipose tissue, which converts energy from food into heat and contributes to thermal regulation.

The function of the lipid "12-HEPE" was unknown until the group discovered that blood sugar was reduced more efficiently in obese mice treated with 12-HEPE than in untreated mice after they were injected with a concentrated glucose solution.

According to the paper published in the journal Cell Metabolism, the beneficial effect of 12-HEPE on glucose tolerance in obese mice was due to its promotion of glucose uptake into both skeletal muscle and brown adipose tissue.

The study's first author is Luiz Osorio Leiria, a researcher at the University of Campinas's Biology Institute (IB-UNICAMP) in Sao Paulo State, Brazil.

The discovery lays a foundation for the development of new drugs to combat diabetes and possible new treatments with currently available drugs.

US researchers are currently conducting tests to measure the effects of relatively low doses of the drug on blood sugar levels. IANS

Molecule linking

Molecule linking weight gain to gut bacteria found' (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/-molecule-linking-weight-gain-to-gut-bacteria-found/840495.html

Researchers have found a key molecule that helps bacteria living in the guts of mammals to influence the body's process behind the absorption of dietary fat.

The findings, published in the journal Science, may help understand the root causes of obesity in affluent countries, and malnutrition in impoverished countries.

The researchers, including those from the University of Texas Southwestern Medical Center in the US, found a key molecule involved in synchronising the absorption of nutrients in the gut with our body's natural clock that lets one's cells perceive the day-night cycle.

They found that the beneficial microbes in the gut wind up the body's biological clock, or circadian rhythm, by activating a protein called histone deacetylase 3 (HDAC3) which is made by cells lining the gut.

These cells, the researchers said, act as intermediaries between bacteria that aid in the digestion of food, and proteins that play a role in absorption of nutrients.

The experiments, performed in mice, revealed that HDAC3 activates genes that are involved in the absorption of fat.

They found that HDAC3 interacts with the biological clock related processes in the gut to refine the rhythmic flow of proteins involved in fat absorption.

According to the researchers, this regulation happens in the daytime in humans—who eat during the day—and at night in mice, which eat at night.

"The microbiome actually communicates with our metabolic machinery to make fat absorption more efficient," said lead author Zheng Kuang of UT Southwestern.

Kuang added that when fat is overabundant, the communication could result in obesity.

"Whether the same thing is going on in other mammals, including humans, is the subject of future The researchers said that histone modifications - a chemical change made by enzymes like HDAC3 - control the expression of genes, which regulates the protein making machinery within cells.

Researchers at Lora Hooper's lab in UT Southwestern decided to perform a study in mice on histone modifications that seemed to rise and fall along with the circadian rhythms.

They compared normal, bacteria-laden mice with ones free of the microbes, and discovered that some histone modifications - including those made by HDAC3 - were rhythmic depending on the time of the day in normal mice, but held steady at a flat level in germ-free mice.

The researchers developed a mouse lacking HDAC3 only in the gut lining—which they said was "unremarkable while eating a normal chow diet."   When the same mouse was fed a high fat, high sugar diet—similar to one commonly consumed in the United States—the researchers found something very different.

"We call it the junk food diet. I describe it as like driving through a fast food restaurant for a burger and fries and then stopping off at the donut shop," Hooper said.

She added that most mice on that diet become obese.

"To our surprise, those that had no HDAC3 in their intestinal lining were able to eat a high fat, high sugar diet, and stay lean," Hooper said.

When the researchers compared the HDAC3-deficient mice to the germ-free mice, they found that both groups of mice showed the same flat, nonrhythmic histone modifications, confirming that HDAC3 was important in circadian rhythms.

According to the researchers, HDAC3 attached to the clock machinery—present in every cell of the body—to ensure that fat absorption was highest when mammals were awake and eating.

"Our results suggest that the microbiome and the circadian clock have evolved to work together to regulate metabolism," Hooper said.

According to Hooper, the mechanism could have evolved to enable mammals to use energy efficiently in order to boost immunity in an environment with food scarcity. —PTI

New blood test

New blood test may detect 20 types of cancers (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/new-blood-test-may-detect-20-types-of-cancers/839584.html

A new blood test has shown ability to screen numerous types of cancer with a high degree of accuracy. A trial of the test showed it detected and localised more than 20 types of cancers.

The test, developed by biotechnology company Grail Inc uses next-generation sequencing technology to probe DNA for tiny chemical tags (methylation) that influence whether genes are active or inactive.

When applied to nearly 3,600 blood samples—some from patients with cancer and some from people who had not been diagnosed with cancer at the time of the blood draw—the test successfully picked up a cancer signal from the cancer patient samples, and correctly identified the tissue from where the cancer began (the tissue of origin)," said investigators from Boston-based Dana-Farber Cancer Institute.

The test's specificity — its ability to return a positive result only when cancer is actually present — was high, as was its ability to pinpoint the organ or tissue of origin, they found.

The new test looks for DNA, which cancer cells shed into the bloodstream when they die.

In contrast to "liquid biopsies," which detect genetic mutations or other cancer-related alterations in DNA, the technology focuses on modifications to DNA known as methyl groups.

Methyl groups are chemical units that can be attached to DNA, in a process called methylation, to control which genes are "on" and which are "off." Abnormal patterns of methylation turn out to be, in many cases, more indicative of cancer - and cancer type—than mutations are.

"Our previous work indicated that methylation-based assays outperform traditional DNA-sequencing approaches to detecting multiple forms of cancer in blood samples," said the study's lead author Geoffrey Oxnard from Dana-Farber.

"The results of the new study demonstrate that such assays are a feasible way of screening people for cancer," Oxnard added.

Detecting even a modest percent of common cancers early could translate into many patients who may be able to receive more effective treatment if the test were in wide use, the study said.

Dana-Farber Cancer Institute investigators presented the results of the trial during a session at the European Society for Medical Oncology (ESMO) 2019 Congress in Barcelona, Spain, on September 28. — IANS

Dementia risk

14 drinks a week may put older adults at dementia risk(The Tribune: 20190101)

https://www.tribuneindia.com/news/health/14-drinks-a-week-may-put-older-adults-at-dementia-risk/839592.html

If you drink nearly 14 drinks per week (2 drinks per day) and already suffer from mild cognitive impairment (MCI), you may be at a higher risk of developing dementia than those who enjoy drink a week, say researchers.

According to researchers from Harvard University's T.H. Chan School of Public Health, among those adults with MCI, the risk of dementia according to numbers of alcoholic drinks per week wasn't statistically significant, although it appeared to be highest for drinking more than 14 drinks per week compared with less than one drink.

In this cohort study of 3,021 participants aged 72 years and older, alcohol intake within recommended limits was not significantly associated with a lower risk of dementia among participants with or without mild cognitive impairment at baseline.

Among participants without mild cognitive impairment, daily low-quantity drinking was associated with lower dementia risk compared with infrequent higher-quantity drinking.

"The findings suggest that physicians caring for older adults need to carefully assess the full dimensions of drinking behaviour and cognition when providing guidance to patients about their alcohol consumption," said the research led by Manja Koch from T.H. Chan School of Public Health and published in the journal JAMA Network Open.

The study analysed 3,021 adults (72 and older) who were free of dementia (2,548 were without MCI and 473 with MCI). During about six years of follow-up, there were 512 cases of dementia, including 348 cases of Alzheimer disease.

Among those adults without MCI, no amount of alcohol consumption was significantly associated with higher risk for dementia compared with drinking less than one drink per week.

Given the rapidly growing burden of Alzheimer disease (AD) and other dementias, including 50 million people currently living with dementia and 82 million expected by 2030, the identification of factors that prevent or delay the onset of dementia remains of paramount concern.

During the study, the participants reported their frequency of beer, wine, and liquor consumption in days per week and their usual number of 12-oz cans or bottles of beer, 6-oz glasses of wine, and shots of liquor consumed on each occasion.

"We categorised participants according to their alcohol consumption as follows: none, less than 1 drink per week, 1 to 7 drinks per week, 7.1 to 14 drinks per week, and more than 14 drinks per week," the authors wrote.

In this study of older adults, the association of self-reported alcohol consumption with dementia risk appeared to cluster into 3 separate dimensions—baseline cognition, dose and pattern.

"At present, our findings cannot be directly translated into clinical recommendations, and these findings warrant additional studies to confirm these associations further," the authors suggested. — IANS

Diet

Tips on how your diet can help you excel in exams (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/tips-on-how-your-diet-can-help-you-excel-in-exams/839000.html

With examinations just around the corner, along with a proper study schedule, it's time to pay more attention to what you eat.

Ambika Tyagi, nutritionist at Gurugram-based Healthy Souls, shares tips on how you could maintain a healthy diet while preparing for the exams.

* Instead of having a traditional breakfast, lunch and dinner, eat five or six light meals to increase concentration level. A large meal will slow you down physically and mentally as the process of breaking down and digestion of a large meal takes time.

* Some food items should be avoided before or during exams as they are brain blocking foods. Cookies, cakes, and muffins require added time and energy to digest, food high in refined sugar, such as chocolates, desserts, and sweets, carbohydrates such as rice or potatoes can make you feel heavy and sleepy.

* Drink enough water before and during your exam. Dehydration can make you lose your concentration and lowers your energy.

* Eat brain-boosting food. Protein-rich foods that help in mental alertness are eggs, nuts, yogurt, cottage cheese. For breakfast, take almonds, walnuts, raisins, orange, banana whole-grain cereal with low-fat milk, toast with jam, porridge, oatmeal, or sugar-free muesli.

* Avoid consuming outside food until the end of your exams, junk and oily food slows down your body.

* Plan a diet rich in omega-3 fats which are heart-protective and play an important role in memory, concentration, and calm depression. Sources of omega-3 fats in the diet are oily fish like salmon, tuna, seeds like flax, chia, melon seeds and sunflower.

Bonus tip: Many students have the habit of studying late at night, wishing to pack more information into their already drained brains, stop studying the night before your exam. — IANS

A safety valve for your heart

A safety valve for your heart (The Tribune: 20190101)

https://www.tribuneindia.com/news/health/a-safety-valve-for-your-heart/839063.html

Consider a 60-year-old elderly woman who suffers from chest pain, palpitations, shortness of breath, fatigue, weakness. She can't walk without feeling lightheaded or perform her routine tasks without support. During examination, her cardiologist diagnoses an unusual heart murmur (more like a ruptured drum). After tests like ECG, X-ray (chest), echocardiography, the doctor diagnoses that the woman is suffering from a severely diseased aortic valve. Subsequent tests such as coronary angiography and cardiac catheterisation confirm the diagnosis. Complications from a severely stenosed aortic valve can range from heart failure to stroke and even death.

Treatment options

A diseased heart valve is a mechanical problem that cannot be fixed with medication alone. Surgery is generally needed to either repair or replace the damaged valve. Valve replacement is traditionally performed through open heart surgery wherein a new tissue/mechanical prosthetic valve is surgically sutured in place of the diseased valve.

Heart surgery is an invasive procedure and is known to have a longer recovery time. It may be challenging for elderly patients. Besides this, patients may have additional co-morbidities which increase the risk of death and other complications due to surgical procedure.

A new technique called trans-catheter aortic valve replacement (TAVR) is a minimally invasive, catheter-based angioplasty-like technique during which the doctors thread a catheter through an artery in the groin and into the heart so that a new aortic valve can be fitted inside the diseased valve without surgically opening the chest. The implanted valve, called trans-catheter heart valve (THV), is a tissue valve with good durability decreases the need of potent blood thinning medicines. This technique may be of help to high-risk or elderly patients, because the recovery time is just 3 to 4 days as this is minimally invasive surgery. Because of faster recovery time and associated clinical benefits for the patients, its popularity is growing.

What is aortic valve stenosis

Aortic valve stenosis occurs when the heart's aortic valve narrows down due to ageing and calcium build-up. This narrowing prevents the valve from opening fully, thereby obstructing the blood flow from the heart into the aorta and onward to the rest of the body.

The prevalence in India of any valve disease is 2.8 per cent. Of those with valve diseases, about 0.4 per cent have aortic stenosis. It is the most common valvular heart disease among the elderly and increases with age. The prevalence is 4.5 per cent at age 75 years and about 9.0 per cent at 85 years.

Left untreated, aortic valve stenosis can lead to debilitating symptoms ranging from exertional chest pain, dizziness, loss of consciousness, worsening breathlessness, and ultimately leading to heart failure. Symptoms usually do not develop until after age 50 although some individuals may have a heart murmur at an earlier age.

— The writer is chief cardiologist, ACE Heart & Vascular Institute, Mohali

Dengue and malaria cases

65 dengue and 64 malaria cases reported last week: SDMC report (The Hindu: 20190101)

https://www.thehindu.com/news/cities/Delhi/65-dengue-and-64-malaria-cases-reported-last-week-sdmc-report/article29561014.ece

'Highest number of cases reported in a single week this year'

With 65 cases of dengue and 64 cases of malaria reported last week, Delhi saw the highest number of such cases reported in a single week this year, according to a report compiled by the South Delhi Municipal Corporation.

With this, the number of malaria cases reported this year stood at 368, second highest compared to the number of cases at the same time in the last five years. The number of malaria cases was higher at the same time only in 2017, when it touched 482. The total number of cases of malaria in 2017 was 577. On the other hand, the number of malaria cases at the same time last year was 308.

The total number of dengue cases so far this year stood at 282, which is the second lowest, compared to the number of cases at the same time in the last five years. The lowest number of cases at the same time in the last five years was in 2014, when only 98 such cases were reported. The highest number of cases at the same time was in 2015 when it touched 5,982. The number of cases at the same time last year stood at 481.

Meanwhile, the number of Chikunguniya cases has also picked up with 13 cases reported in the last week. With this, the total number of such cases touched 87, which is higher than the number of such cases in 2018 (79).

Health Care Services (Navbharat Times: 20190101)

http://epaper.navbharattimes.com/details/63396-67999-1.html

प्राइवेट अस्पतालों को इलाज की रेट लिस्ट लगानी होगी

दिल्ली हेल्थ एक्ट का संशोधित ड्राफ्ट तैयार, मनमानी पर लगेगी रोक!

■ प्रमुख संवाददाता, नई दिल्ली

दिल्ली में चल रहे प्राइवेट अस्पतालों को अब इलाज से संबंधित अपने रेट डिस्प्ले करने होंगे। जो ऐसा नहीं करेंगे या मरीजों की जान से खिलवाड़ करेंगे उनपर 5 से 10 लाख तक जुर्माने या फिर लाइसेंस कैंसल का प्रावधान किया गया है। दिल्ली सरकार के हेल्थ डिपार्टमेंट ने राजधानी में चल रहे प्राइवेट अस्पतालों की मनमानी पर लगाम लगाने के मकसद से दिल्ली हेल्थ एक्ट का संशोधित ड्राफ्ट तैयार कर लिया है और इस पर एक्सपर्ट और आम लोगों से सुझाव मांगे जा रहे हैं। सुझाव मिलने के बाद इसे दिल्ली सरकार इस पर नोटिफिकेशन जारी कर सकती है, जो दिल्ली हेल्थ एक्ट के रूप में जाना जाएगा।

संशोधित ड्राफ्ट बिल के अनुसार प्राइवेट अस्पतालों को इलाज के रेट की जानकारी हिंदी और अंग्रेजी दोनों भाषाओं

कड़े नियम...

■ दिल्ली सरकार की वेबसाइट पर संशोधित ड्राफ्ट अपलोड कर दिया गया है

■ एक्सपर्ट और आम लोगों से 30 दिन के अंदर मांगे गए हैं सुझाव

■ एक्ट लागू होने के बाद जो नियमों का उल्लंघन करेगा उसपर लगेगा 10 लाख तक जुर्माना

में लिख कर प्रदर्शित करना होगा। यही नहीं अस्पतालों को मरीजों के अधिकार के बारे में भी जानकारी देनी होगी। माना जा रहा है कि इस एक्ट के लागू होने के बाद प्राइवेट अस्पतालों के अंदर इलाज से संबंधित मनमानी कम होगी। इस बिल में प्रावधान होगा कि अस्पताल मरीजों को किसी खास दुकान से दवा लेने या मेडिकल डिवाइस खरीदने के लिए दबाव

नहीं बना सकें। इमरजेंसी की स्थिति में दिल्ली सरकार द्वारा जारी आदेश पालन अनिवार्य है।

दिल्ली सरकार की वेबसाइट पर यह ड्राफ्ट बिल मौजूद है, जिस पर एक्सपर्ट से राय मांगी गई है। इस बिल के अनुसार अस्पतालों को डिस्चार्ज के दौरान डायग्नोसिस से संबंधित रिपोर्ट, इलाज की जानकारी, डिस्चार्ज के समय मरीज की स्थिति, रिपोर्ट की कॉपी भी देनी होगी।

लागू होने पर डेंटल क्लिनिक से लेकर डायग्नोस्टिक लैब, आइवीएफ सेंटर, सहित सभी प्रकार के सेंटरों को रजिस्ट्रेशन कराना जरूरी हो जाएगा जहां पर इलाज व स्वास्थ्य सुविधाएं मुहैया कराई जा रही हैं। वर्तमान में दिल्ली में नर्सिंग होम रजिस्ट्रेशन एक्ट लागू है। इसके तहत डायग्नोस्टिक लैब आदि का रजिस्ट्रेशन नहीं होता है। बिल पास होने के बाद दिल्ली सरकार स्टेट काउंसिल का गठन करेगी।

Sugar (Navbharat Times: 20190101)

http://epaper.navbharattimes.com/details/63388-67916-1.html

शुगर के खिलाफ सबसे अच्छा है वजन घटाना

■ **एनबीटी, नई दिल्ली :** अगर आप टाइप-2 डायबीटीज को मात देना चाहते हैं तो वजन घटाना फायदेमंद साबित हो सकता है। एक शोध में विशेषज्ञों ने पाया कि टाइप-2 डायबीटीज के इलाज के कुछ समय बाद वजन घटाने से इस बीमारी को हराने में मदद मिलती है। शोध में सामने आया कि जिन लोगों ने अपना वजन 10 फीसदी भी घटाया उनमें इस बीमारी से उबरने के चांस ज्यादा पाए गए। विशेषज्ञों का कहना है कि मोटापा टाइप-2 डायबिटीज का बड़ा कारण है। 867 लोगों को इस स्टडी में शामिल किया गया जिनकी उम्र 40 से 69 थी।