Cancer Cure

Chasing Cancer Cure
As the world processes the miracle of cancer disappearance with immunotherapy alone in 14 patients, experts are looking ahead (The Tribune: 20220613)


Something unheard of happened last Sunday. Medical oncologists from New York told the world that they had removed all traces of rectal cancer in 14 patients without using standard treatments of radiation, surgery or chemotherapy. All they used was immunotherapy, a drug called Dostarlimab, administered intravenously every three weeks for six months under a landmark trial at the city’s Memorial Sloan Kettering (MSK) Cancer Center. Post treatment, none of the patients showed any evidence of cancer.

'It's a miracle': It was hard to believe, but tumour was gone, say Cancer patients

Patient Imtiaz Hussian with medical oncologist Dr Andrea Cercek.
“I was stunned and ecstatic. The doctors told me they could not find any traces of cancer so there was no need for me to endure radiation anymore,” MSK’s trial success video quotes Sascha Roth as saying. At 38, Roth was the first patient to enrol for what has today become a game-changing study with the potential to change the face of oncology forever.

From left: Dr Luis Diaz, Dr Andrea Cercek, clinical trials nurse Jenna Sinopoli, clinical research supervisor Jill Weiss and clinical fellow Melissa Lumish. photos: MSK Cancer Center & istock
Roth, like 13 co-subjects in the trial, has now been cancer-free for two years and continues to be followed up by the MSK team led by Andrea Cercek and Luis Diaz Jr, who started probing,
for the first time, whether immunotherapy alone could beat rectal cancer that had not spread to other tissues in a certain subset of patients.

Sascha Roth, the first person to join the MSK clinical trial for rectal cancer. These 14 patients had tumours with a specific genetic makeup called mismatch repair-deficient (MMRd), which is characterised by cells with multiple DNA mutations that cause cancer.

IMMUNOTHERAPY, THE NEW HOPE

Experts say immune cells have a safeguard called a checkpoint to prevent them from attacking normal cells, but cancer can break this safeguard, shutting immune cells down and allowing the tumour to hide and grow.

Immunotherapy can fight this. An immunotherapy agent called a checkpoint inhibitor can activate the immune cells, allowing them to recognise and attack cancer cells, especially the MMRd tumours which look strange with their multiple mutations.

“So immune cells attack the tumour with a greater force,” Cercek explains in MSK’s research document. Importantly, the pioneering colorectal trial flows from a previous work where Luis Diaz showed how checkpoint inhibitors could help people with MMRd tumours that had spread to other organs. “This time we thought of trying immunotherapy as the first line of treatment before cancer metastasises and spreads to other organs,” says Diaz.

The second objective of the research The New England Medical Journal published for its tremendous potential, despite the miniscule subject size, was avoidance of toxicity associated with advanced cancer treatments.

Like Cercek explains, “Standard treatment with surgery, chemo and radiation can be particularly hard on people because of the location of the tumour. They can suffer life-altering bowel and bladder dysfunction, incontinence, infertility, sexual dysfunction and more. This can lead to a lot of self-esteem issues.”

Doctors, she says, use various approaches to manage these toxicities, including shrinking the tumour size with chemotherapy and radiation to facilitate the surgery.

In the trial at hand, MSK experts premised that immunotherapy in MMRd patients may similarly reduce tumour size enabling surgery. But it was their decision to completely omit chemo, radiation and surgery after immunotherapy that opened a whole new world of possibilities.

“It was a world class moment when Dr Cercek decided to cut out other treatments and stick to immunotherapy alone. It worked,” recalls Diaz, as other surviving trial patients Imtiaz Hussain, Nisha Varughese and Avery Holmes celebrate their new-found painless lives.

THE NEXT STEPS

When Sascha Roth’s results came, doctors thought these could be a one-off. So they followed up on other trial participants. Soon they were at the 10th patient with 100 per cent response to therapy and no side-effects whatsoever.
The same results would be repeated for all 14 — and counting — as MSK continues to enrol and expand the trial.

While the world processes the miracle of cancer disappearance with immunotherapy alone, MSK experts are already looking ahead rather than rest on their incredible results.

They have asked people with MMRd rectal cancer tumours to get tested and enrol for the trial that is ongoing. Between 5 and 10 per cent of all rectal cancer patients are believed to have MMRd tumours, with 45,000 rectal cancer patients diagnosed in the US alone, annually.

All patients who enrol at the MSK trial must have stage 2 or 3 rectal tumours that are MMRd which, experts say, makes their cancer particularly sensitive to immunotherapy.

The ray of hope emanating from MSK is not confined to colorectal cancer alone, with Diaz terming the results the “tip of the iceberg”. The wonder oncology team is now probing if the same therapy would also help patients with other cancers where treatments can be life-changing and tumours are MMRd. MSK has begun a parallel trial enrolling patients with gastric, prostate and pancreatic cancers.

In the world where cancer is the second leading cause of death, accounting for nearly 10 million deaths in 2020 — nearly one in six deaths — these small steps could lead to something big.

CAUTIOUS OPTIMISM AT HOME

As in other parts of the world, the news of the MSK trial has enthused oncologists at home too. DC Doval, the doyen of medical oncology in India, says nothing like this has ever happened before.

“This is fantastic. The therapy has almost cured the cancer. Whether the results will apply to a larger trial population is a matter for the future. But the study has generated a lot of hope at a time when cancer burden is rising,” says Doval, chair of medical oncology at the leading Rajiv Gandhi Cancer Institute in New Delhi.

He flags something even more important — the cost of immunotherapy where Indian pharma can play a leading role. Estimates suggest that the drug used in the MSK trial funded by GlaxoSmithKline costs $11,000, which is nearly Rs 8.55 lakh a dose, a prohibitive cost.

“The percentage of cancer patients who can pay that kind of money is very small. Indian pharma should take the lead in bringing innovative molecules to the market. If India can develop some generic anti-cancer molecules, we could drive the costs down and benefit so many patients,” Doval explains, urging the government and the pharmaceutical sector to invest in anti-cancer R&D, as they did in Covid-19 vaccines.

dostarlimab is already in use

The MSK trial is significant for another reason. It has opened the doors for future research by providing a lead that oncologists worldwide can use in their own populations and races since trial success can vary depending on the demographic lineage of people, which means what has worked on American patients may not work that well on Indians.
Leading gastrointestinal oncologist at a New Delhi government hospital Sanjiva Kumar says Dostarlimab is not a new cancer drug and has been used for over two decades to treat endometrial cancers (cancer of the inner lining of the uterus wall). “It is used very sparingly, though, where all other lines of treatment have failed and cancer has recurred. It is an imported drug. In India, Solu Pharma in Mumbai markets it, the cost being $6,788 per injection (Rs 5.31 lakh).”

American specialists, he says, have used Dostarlimab for the first time as the first line of treatment in rectal cancer patients with locally advanced cancers which have not spread to other organs. “Trial results are hugely promising. However, these can be termed miraculous only if similar results are repeated for at least 200 patients or more with five-year survival. I would say a promising cricketer has emerged on the horizon and we must wait to see his performance in Test matches,” says Kumar.

He, however, lauds the research as it has opened the possibility of oncologists worldwide to replicate the MSK trial in local populations.

“The MSK investigation will serve as a lead to cancer investigators globally. Others will also start using the same treatment line. Nearly 146 countries that are part of the International Clinical Trial and Research Norms can share their investigations as long as the drug being used in that trial is not a proprietary drug and, hence, is not patent-protected. As I said, Dostarlimab is a common cancer drug and has been widely used. We will also start experiments here. It will help as rectal cancer among youngsters is rising,” the expert says, lamenting the lack of cancer research in India where Tata Memorial in Mumbai is the only major research institute while the burden of disease continues to rise.

THE INDIA STORY

The Indian Council of Medical Research (ICMR) recently unveiled the National Cancer Registry Programme Report 2020 estimates, which say cancer cases in the country will rise from 13.9 lakh in 2020 to 15.7 lakh by 2025 based on current trends. Prashant Mathur, Director at the ICMR’s National Centre for Disease Informatics and Research at Bengaluru, which tracks cancer trends through 28 Population Based Cancer Registries and 58 Hospital Based Cancer Registries, says in 2020, tobacco-related cancers were estimated to have contributed 3.7 lakh (27.1 per cent) of the total cancer burden.

Among women, breast cancer is estimated to contribute 2 lakh (14.8 per cent) and cervix cancer 0.75 lakh (5.4 per cent), whereas for both men and women, cancers of the gastrointestinal tract are estimated to contribute 2.7 lakh (19.7 per cent) of the total cancer burden.

The cancer incidence rate for the male population ranges from 269.4 in Mizoram’s Aizawl district (highest in India) to 39.5 in Maharashtra’s Osmanabad and Beed district per 100,000 population.

Similarly, the cancer incidence rate for women population ranges from 219.8 (Arunachal’s Papumpare district) to 49.4 (Osmanabad and Beed district) per 100,000 population.

PGI TOPS REGISTRIES IN NORTH INDIA
Evidence of a growing cancer burden in Punjab and adjoining areas flows from the fact that among 58 hospital-based cancer registries run by the ICMR, the one at PGI, Chandigarh, saw the maximum cancer patients at 30,218 (16,786 males and 13,432 females) registered between 2012 and 2016.

The data, experts say, does not reveal the actual burden as PGI alone cannot take the entire regional load. Several patients continue to flock Rajasthan’s Bikaner for treatment as Punjab lacks a dedicated government cancer centre and private treatment is prohibitive. The cancer train that runs from Bathinda to Bikaner remains a grim reminder that India has a long way to go on the road to cancer therapy.

Drug that is making waves

Dostarlimab is a monoclonal antibody which works by blocking receptors on the surface of cancer cells, thereby unmasking these cells and enabling the immune system to identify and attack them.

Dr Pankaj Chaturvedi, Deputy Director of the Centre for Cancer Epidemiology at Tata Memorial Centre, Mumbai, says Dostarlimab has been used to manage advanced endometrial cancers earlier and is an expensive therapy. “The MSK study is welcome but we require more data on a larger patient base. Also, a complete response does not mean a complete cure,” he adds.

Its first time use in the MSK trial in rectal carcinoma with MMRd tumours has made it a novelty, pushing up the costs.

The US FDA approved this GSK manufactured drug, marked as Jemperli, for treatment of adult patients with advanced MMRd solid tumours in 2021.

Second leading cause of death worldwide

Cancer is the second leading cause of death worldwide, accounting for nearly one crore deaths in 2020.

The most common cancers in 2020 were breast (22.6 lakh cases); lung (22.1 lakh); colon and rectum (19.3 lakh); prostate (14.1 lakh); skin (non-melanoma) 12 lakh cases; and stomach (10.9 lakh cases).

The most common causes of cancer death in 2020 were lung (18 lakh); colon and rectum (9.16 lakh); liver (8.3 lakh); stomach (7.69 lakh); and breast (6.85 lakh).

Each year, approximately 4 lakh children worldwide develop cancer. Cervical cancer is the most common in 23 countries. Cancer cases registered at leading hospitals

PGI, Chandigarh (2012-16): 30,218 (16,786 males, 13,432 females)
Sher-e-Kashmir Institute of Medical Sciences, Srinagar (2012-16): 16,297 (9,433 males, 6,864 females)
Medanta Cancer Centre, Gurugram (2012-16): 7,724 (4,197 males, 3,527 females)
Max Super Speciality Hospital, New Delhi (2013-16): 9,600 (4,773 males, 4,827 females)
Regional Cancer Centre, Indira Gandhi Medical College, Shimla (2014-2016): 5,678 (3,045 males, 2,633 females)
Government Medical College, Jammu (2014-2016): 5,175 (2,846 males, 2,329 females)
Tata Memorial Hospital, Mumbai (2012-2014): 81,260 (46,621 males, 34,639 females) #cancer

New Cases

India logs 8,084 new covid cases, 10 deaths
While daily positivity rate has increased to 3.24 pc, weekly positivity rate stands at 2.21 pc (The Tribune: 20220613)

https://www.tribuneindia.com/news/nation/india-logs-8-084-new-covid-cases-10-deaths-
403532

India logs 8,084 new covid cases, 10 deaths
covid-19 testing of a vendor as coronavirus case surge countrywide. PTI Photo

India on Monday reported 8,084 fresh covid-19 cases in the last 24 hours, a decline against the 8,582 infections registered the previous day, the Union Health Ministry said.

The active caseload increased to 47,995, accounting for 0.11 per cent of the country's total positive cases.

The recovery of 4,592 patients in the last 24 hours took the cumulative tally to 4,26,57,335. Consequently, India's recovery rate stands at 98.68 per cent.

Also in the same period, a total of 2,49,418 tests were conducted across the country, increasing the overall tally to over 85.51 crore.

As of Monday morning, India's covid-19 vaccination coverage exceeded 195.19 crore, achieved via 2,50,56,366 sessions.

Prediabetes

Prediabetes linked to heart attack risk; regular exercise can make difference
‘Based on our findings, we encourage everyone to make lifestyle changes, follow a healthy diet and regularly exercise for at least 150 minutes each week in patients with prediabetes to decrease the risk of heart attacks’(The Tribune: 20220613)

https://www.tribuneindia.com/news/health/prediabetes-linked-to-heart-attack-risk-regular-
exercise-can-make-difference-403326
Prediabetes linked to heart attack risk; regular exercise can make difference
Photo for representation. — iStock

Prediabetes appears to be a substantial risk factor for heart attacks on its own, says a new study.

The study, presented at ENDO 2022, showed that prediabetes was associated with 25 per cent increased odds of a heart attack, compared with patients without prediabetes.

"Our study serves as a wake-up to everyone to shift the focus to managing prediabetes, not just diabetes," lead author Kavin Raj from Saint Peter's University Hospital in the US.

"Based on our findings, we encourage everyone to make lifestyle changes, follow a healthy diet and regularly exercise for at least 150 minutes each week in patients with prediabetes to decrease the risk of heart attacks," Raj added.

Prediabetes is a condition in which blood glucose levels are higher than normal, but not high enough to be considered diabetes.

People with prediabetes are more prone to develop diabetes.

For the study, the researchers analysed data from 1.79 million hospitalisations of patients who had a heart attack. Of these patients, 1 per cent had prediabetes.

After adjusting for risk factors for heart disease including age, sex, race, family history of heart attack, high blood pressure, high cholesterol, diabetes, smoking and obesity, prediabetes was associated with a 25 per increased odds of a heart attack as compared to patients without prediabetes.

Those with prediabetes also were at 45 per cent increased odds of having percutaneous intervention (a heart treatment to open blocked blood vessels) and almost double the risk of having heart bypass surgery. IANS

Infectious diseases,

Covid decline may be giving rise to other viruses like flu, TB: Report
Reduced exposure due to Covid restrictions may have lowered immunity to infectious diseases, making people more vulnerable to new outbreaks, reports CNBC(The Tribune: 20220613)


Covid decline may be giving rise to other viruses like flu, TB: Report
Photo for representational purpose only. iStock
Even as global cases of Covid-19 are on the decline, a number of other viruses such as influenza, respiratory syncytial virus, adenovirus, tuberculosis, and monkeypox are on the rise, and have also exhibited strange behaviours in recent months, according to a media report.

Health experts state that reduced exposure due to Covid restrictions may have lowered immunity to infectious diseases, making people more vulnerable to new outbreaks, CNBC reported. The report noted that during Covid the diseases caused by these viruses were subdued.

Flu during winters of 2020 and 2021 in the US was one of the mildest on record both in terms of deaths and hospitalisations. But as Covid abated and restrictions were removed, the virus-led diseases began ticking upward beginning February and extending well into summers.

“We’ve never seen a flu season in the US extend into June,” Dr. Scott Roberts, associate medical director for infection prevention at Yale New Haven Hospital, was quoted as saying.

“Covid has clearly had a very big impact on that. Now that people have unmasked, places are opening up, we’re seeing viruses behave in very odd ways that they weren’t before,” he added.

Respiratory syncytial virus, a cold-like virus common during winter months, exhibited an uptick last summer, with cases surging among children in Europe, the US and Japan.

Adenovirus 41, usually responsible for gastrointestinal illness, is suspected to be the reason behind acute hepatitis among young children - infecting about 700 children in 34 countries and claiming 10 lives. Further, Washington state in the US has seen the worst flare-up of tuberculosis in 20 years, the report said.

Another is the monkeypox outbreak that has over 1,000 confirmed and suspected cases emerging in 29 non-endemic countries.

At least two genetically distinct variants of the rare viral infection typically found in Central and West Africa, has been detected in the US, likely stemming from two different spillover infections from animals to humans, The World Health Organisation noted earlier last week that the virus, whose symptoms include fever and skin lesions, may have been going undetected in society for “months or possibly a couple of years”.

DNA sequencing of the monkeypox virus by researchers at the University of Edinburgh in the UK showed that the virus has been circulating since 2017.

The recent outbreak is the first ever to be seen in non-endemic countries outside Africa, and being manifest in men who have sex with men, even after not being a sexually transmitted disease. In addition, symptoms are also appearing in new ways.

“Patients are presenting differently than we were previously taught,” said Roberts, noting that some infected patients are bypassing initial flu-like symptoms and immediately developing rashes and lesions, specifically and unusually on the genitals and anus.

“There’s a lot of unknowns that do make me uneasy. We are seeing very atypical behaviours in a number of ways for a number of viruses,” he said.
Besides Covid-induced restrictions and mask-wearing over the past two years, the viruses were also missed as public health surveillance that were largely focussed on curbing pandemic, the experts said.

Covid-led lockdowns also curtailed childhood vaccinations, potentially raising the risks of other vaccine-preventable illnesses such as measles and pertussis.

“During the Covid pandemic, access to primary care, including childhood vaccinations, was unavailable to many children,” Jennifer Horney, professor of epidemiology at the University of Delaware, told CNBC.

“To prevent increases in these diseases, catch-up vaccination campaigns are needed globally,” she added. — IANS

Covid (The Asian Age: 20220613)

Covid is here to stay

However, the good news is that despite an uptick in cases in a few states, experts assure it is not indicative of a fourth wave as of now and no new variants of concern have been detected. But the bad news is that people would have to live with the coronavirus the rest of their lives just like other flu viruses and the only safeguard against it is to continue wearing masks, maintaining hand hygiene and avoiding crowds.

Dental health

Tips to maintain good dental health in the summer season

Take vitamin C to keep your gums healthy and avoid gulping sugary drinks, says an expert (The Indian Express:20220613)

https://indianexpress.com/article/lifestyle/health/incorporate-these-tips-for-good-dental-health-in-summer-7924149/
In summers, one is likely to consume desserts and cold drinks to beat the heat. This can not only impact the overall health, but may also have an adverse effect on dental health.

Dr Yogita Tripathi Dubey, a paediatric dentist, warned against consuming sugary drinks excessively, mentioning that it is essential to stay hydrated to maintain proper dental health.

Avoid sugary drinks and foods

We tend to consume more sugary liquids and soda in summers to quench our thirst. “Excess sugar consumption can lead to plaque formation and can serve as a perfect environment for bacteria to colonise and multiply. This can further lead to tooth damage. You should avoid sugary drinks like cold drinks and opt for healthy fruits and fruit juices.”

Avoid chewing ice

Directly chewing on ice can exacerbate your tooth pain, warned the doctor. “Especially in summers, chewing on ice can lead to sudden temperature variation in the oral cavity. This unexpected thermal change causes sensitivity and pain.”

Keep yourself hydrated

Water is important to keep oral health. Citing the effect of dehydration on dental health, she said, “When you are dehydrated in summers, saliva flow is reduced in the oral cavity. Saliva helps in self cleansing as it washes away food particles and bacteria, thus preventing plaque formation. Sipping water in regular intervals can save you from tooth pain, bleeding gums and halitosis.”

Keep your lips hydrated

Dr Yogita explained melanin deposition is low in lips as compared to other parts of the body. “We tend to apply sunscreen to avoid heat in summers but forget to take care of our lips. Apply lip balms and have sufficient water to keep your lips hydrated,” she said.
The doctor talked about the importance of consuming vitamin C during summers. She said, “Summer leads to dehydration which further leads to weakness, tremors and nausea. It is advisable to take vitamin C to keep your gums healthy and multivitamins to cope with dehydration.”

Vitamin C for dental health The expert encourages to consume Vitamin C to keep your gums healthy. (Photo: Getty/Thinkstock)

Don’t forget to visit your dentist

“One of the most common mistakes people make is that they don’t visit the dentist every six months. In case people have a stomach pain, they rush to the gastroenterologist immediately. But they do not prefer to go to the dentist for a single tooth until and unless the pain is unbearable,” Dr Yogita concluded.

In addition to this, she insisted on paying careful attention to one’s dental health by brushing twice a day and flossing regularly.

**Herd immunity**

**Herd immunity was sold as the path out of the pandemic. Here’s why we’re not talking about it any more**

*If enough people in the community develop immunity to an infectious agent such as a virus, an epidemic is unable to grow. (The Indian Express:20220613)*

https://indianexpress.com/article/lifestyle/health/herd-immunity-was-sold-as-the-path-out-of-the-pandemic-heres-why-were-not-talking-about-it-any-more-7965584/

In short, the more infectious the virus and the less effective the vaccine, the more people you need to vaccinate to achieve herd immunity. (File)

Early in the pandemic, the term “herd immunity” hit the headlines, along with a polarised discussion on how to achieve it.

Some groups were attached to the now-discredited notion of letting a dangerous virus rip through the population to reach the critical level of population immunity needed to reduce transmission.

But a more serious conversation focussed on the prospect of attaining herd immunity by vaccination.
Food safety index: how it is worked out, how the states have performed

The SFSI is released annually for a financial year. For instance, the latest SFSI, released on World Food Safety Day, June 7, is for the fiscal 2021-22. This is the fourth edition of the SFSI since its inception in 2018-19. (The Indian Express: 20220613)

Express Explained, Express exclusive, Food Safety and Standards Authority of India, State Food Safety Index, Indian Express, India news, current affairs, Indian Express News Service, Express News Service, Express News, Indian Express India News

The SFSI takes into account the performance of the states on five key parameters, each of which is assigned a different weightage in the assessment.

Last week, the Food Safety and Standards Authority of India (FSSAI) released the State Food Safety Index (SFSI) 2021-22. A look at how the index assesses and ranks states, and their performances.

What is the SFSI?

Developed by the FSSAI, the index aims to measure the performance of states and Union Territories on selected “parameters” of food safety. According to the FSSAI, the index is aimed at encouraging states and UTs to “improve their performance and work towards establishing a proper food safety ecosystem in their jurisdiction…”

Also read | State Food Safety list: Tamil Nadu tops big states, Goa smaller ones

This was the fourth State Food Safety Index award, which

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BEST OF EXPRESS PREMIUM

The SFSI takes into account the performance of the states on five key parameters, each of which is assigned a different weightage in the assessment.

HUMAN RESOURCES & INSTITUTIONAL DATA: This carries a weightage of 20% and measures the “availability of human resources like number of Food Safety Officers, Designated Officers facility of adjudications and appellate tribunals, functioning of State/ District level Steering Committees, pendency of cases and their monitoring and participation in Central Advisory Committee meetings of the Food Authority”.

COMPLIANCE: This carries the highest weightage, 30%. “This is the most important parameter and measures overall coverage of food businesses in licensing & registration commensurate with size and population of the State/UTs, special drives and camps organized, yearly increase, promptness and effectiveness in issue of state licenses/ registrations,” the
FSSAI says. “Promptness” in attending to consumer grievances, and availability of a help desk and web portals, too, come under this parameter.

**Breastfeeding**

**Explained: Why babies must only be breastfed for 6 months**
Doctors say breastfeeding should start as soon as possible, preferably within one hour of birth, and babies should be exclusively breastfed for six months. (The Indian Express:20220613)

https://indianexpress.com/article/explained/why-babies-must-only-be-breastfed-for-6-months-7966401/
In recently published guidelines on nutrition, the Central Council for Research in Ayurvedic Sciences recommended that newborns be given a mixture of ghee and honey, a paste of gold, and several herbs some of which contain psychoactive ingredients. The guidelines recommend just honey and butter with some herbs on the first day of birth, ghee with herbs on the second day, and colostrum (mother’s first milk) with ghee and honey only on the third day of birth.

**Strides Pharma recalls**

**Strides Pharma recalls over 6 lakh bottles of blood pressure treatment tablets in U.S. (The Hindu :20220613)**


The affected lot of blood pressure lowering drug tablets have been manufactured by Vivimed Life Sciences in a Tamil Nadu-based plant. Strides Pharma Inc. is recalling over six lakh bottles of blood pressure lowering drug Losartan Potassium tablets in the US market in multiple strengths due to deviation from standard manufacturing norms, according to a USFDA report.

As per the latest enforcement report by the US Food and Drug Administration (USFDA), the company, which is a unit of Bengaluru-headquartered Strides

**Heterologous booster vaccine**

**Explained | What is a heterologous booster vaccine, and what are its advantages? (The Hindu :20220613)**


With COVID cases rising again, does a heterologous booster vaccine give the best shot at immunity?
The story so far: With the number of COVID-19 cases creeping up the curve since May 24, a certain sense of guarded concern has naturally crept into pandemic control activities. With the number of cases, rising by the thousands on a daily basis, (on June 11, in a span of 24 hours, over 8,000 fresh cases were reported), repeat infections, breakthrough infections for those who
have had the double dose of vaccine, the debate about getting a booster or precaution dose has
gotten shriller.

Health and happiness,

What we eat has a direct impact on our health and happiness, says Ayurveda institute chief (The Hindu :20220613)

https://www.thehindu.com/opinion/interview/what-we-eat-has-a-direct-impact-on-our-health-and-happiness-says-ayurveda-institute-chief/article65514186.ece

‘We must remember that less is always more, and we must eat only when we are hungry,’ says Tanuja Manoj Nesari
All India Institute of Ayurveda (AIIA), the apex institute of Ayurveda in India, is working towards ensuring that we eat right and is currently working on ‘Ready to eat’ products under Ayurveda Aahaar. In this interview, AIIA director Tanuja Manoj Nesari busts some common food myths and says excess consumption, ignorance on what is good and what to avoid, going only by popular fads and not respecting local traditions are rushing us towards a sharp rise in lifestyle diseases.

Unhealthy food habits, according to experts, have a direct relation to India’s battle with rising cases of hypertension, morbid obesity, heart disease, rising cases of stroke and diabetes. These diseases together contribute to rising mortality, compromised quality of life and productivity.

Comments will be moderated by The Hindu editorial team. Comments that are abusive, personal, incendiary or irrelevant cannot be published. Please write complete sentences. Do not type comments in all capital letters, or in all lower case letters, or using abbreviated text. (example: u cannot substitute for you, d is not ‘the’, n is not ‘and’).

COVID-19 vigilance

Health Ministry asks States to increase COVID-19 vigilance (The Hindu :20220613)


India recorded 7,240 new COVID-19 cases
Maharashtra, Kerala, Delhi, and Karnataka have been directed again to employ a five-fold strategy to tackle upsurge in COVID-19 cases of test-track-treat-vaccine and adherence to COVID-19 Appropriate Behaviour.
Health secretary Bharat Bhushan has written to these states to keep an eye on COVID clusters. Stating that 81% of the cases in the last 24 hours were from

Coronavirus

Char mah bhar korona samvram dar 3 fisadhi par, 8084 naye kesh, 10 marojooyi mai (Amar Ujala: 20220613)


Railwa subh samva 24 phate me 8582 mambale darr hue he aur char loogoyi mai mait hue piasambar suvah 8 bhe apedet aacondo ke mutabith bote 24 phate me desa me sakhi kesh me 3,482 ka izafa hue.

Desa me bote 24 phate me korona ke 8084 naye kesh samane aur 10 marojo tyi mai mait hue gahi. Iske saath he danik samvram dar badkar 3.24 fisadhi hue gahi hain. Badhti samvram dar chirntanjak hain. Yeh 5 fisadhi me jyada hore per nahi larh ka sankeet ho jakhtyati hain.

Kendriya swasamh mantalay dharo sambhav ko apedet aacondo ke anumarg desa me abh kuuk koronid kesh ke samba badkar 4,32,30,101 hue gahi. Charbhar mahiyo ke bad danik samvram dar teen pritishat se anchhik hue hain.

Rawiwa subh samva 24 phate me 8582 mambale darr hue per aur char loogoyi mai mait hue the. Kendriya apedet aacondo ke mutabith bote 24 phate me desa me sakhi kesh me 3,482 ka izafa hue. Yeh badkar kulk 47,995 hue gahi.

Nahi larh ke aasanaka

Desa me bote kuch chunthi se sanvatar badho nay sakmiyoy ke dhaare hue the korona ke nahi larh ke aasanaka patha ho rahi hain. Halakhty, vishistyo ne abhi isse iznaka kriya hain.

Sarkar ne jyada samvram bahle rathiyo ke 28 jisli ko rand jone me rakh gaya hain. Kendal, maharastra, dilrani samvat jyada samvram bahale rathiyo ke kend me satvadhanvita v satlentiful bartane ke vianada hote hain. Swasamh mantalanam bhi halat per najar khade hue hain.

Keral va dilrani me teen-teeni maiti

Bote 24 phate me mukt 10 loogoy me keral aur dilrani ke teen-teeni, maharastra ke dho aur maojum aur pauboj me hue ek-ek mait hue hain. Desa me koronam se abh tak kulk 5,24,771 mait hue hain. Isme mahastra me 1,47,870, keral me 69,835, karntak me 40,108, tamiyana me 38,025, dilrani me 26,221, uttar pradesh me 23,525 aur pauboj bangaal me 21,205 loogoyi mai mait hue hain.

Saasamh samvram dar 2.21 fisadhi

Issi takh 10 aur fisadiyo ke saath maharajya se abh tak mukt loogoy ke samba badkar 5,24,771 hore gahi hai. Vahi, kulk sakmiyoy me bhojada sakhi kesh ko dhaare lo the 0.11 fisadhi hain. Koronid pakwariya dar 98.68 fisadhi hain. Saasamh samvram dar 2.21 fisadhi aur muku dar 1.21 fisadhi hain.

Abh tak 4,26,57,335 loog maharajya se umar buke hain. Koronam ke khilaf desawaparya tirkakarn jaari hain. Abh tak desa me 195.19 korodi se anchhik khudark da ja chuki hain.
India sees 8,084 new Covid cases,

India sees 8,084 new Covid cases, 10 deaths in 24 hours (Hindustan Times: 20220613)

The active cases in the country currently stand at 47,995 with 3,482 fresh cases. 
India on Monday recorded 8,084 fresh Covid cases amid a constant spike in the daily cases. 
While this is the third straight day that the tally has passed the 8,000-mark, five percent fewer cases have been logged as compared to the day before. Earlier on Sunday, India had added 8,582 new cases. 
With the fresh cases, the overall count currently stands at 43,230,101. 
The country recorded a total of 10 deaths in the last 24 hours, taking the overall fatalities due to 5,24,771, as per the union health ministry data.
The active cases in the country currently stand at 47,995 with 3,482 fresh cases. 
The active cases account for 0.11 percent of the total caseload.
According to the health ministry data, a total of 4,592 people have recovered in the last 24 hours, taking the total recoveries to 42,657,335. The recovery rate in India is at 98.68 percent.

Mumbai alone has been logging over 1,000 cases. This is the third straight day that the tally has passed the 8,000 mark, five percent fewer cases have been logged as compared to the day before. Earlier on Sunday, India had added 8,582 new cases. With the fresh cases, the overall count currently stands at 43,230,101. 
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The daily positivity rate is at 3.24 percent, while the weekly positivity rate is at 2.21 percent. 
Meanwhile, Maharashtra has been accounting for most cases with over 2,000 fresh cases being reported over the last few days- Mumbai alone has been logging over 1,000 cases. This is followed by Kerala, Delhi, and Karnataka.

Suger Control

इंस्टेंट शुगर कंट्रोल करने के लिए डायवबटीर् के मरीज रोजाना पिए यह देसी ड्रिक (Dainik Jagran: 20220613)


एक शोध में खुलासा हुआ है कि डायवबटीर् के मरीजों के लिए करी पत्ता किसी दवा से कम नहीं है। इसके सेवन से शुगर इंस्टेंट कंट्रोल में रहता है। 
यह शोध चूहों पर किया गया था। इसमें चूहों को एक महीने तक करी पत्ते का अर्क दिया गया।

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रक्त की कमी को दूर करने के लिए डाइट में इन चीजों को जरूर करें शामिल (Dainik Jagran: 20220613)

https://www.jagran.com/lifestyle/health.include-these-things-in-your-diet-to-get-rid-of-anemia-22796732.html

विशेषज्ञों की मानें तो मासिक धर्म के समय रक्त के अधिक खाब से महिलाओं में आयरन की कमी हो जाती है। यह भीमारी बेहद खतरनाक होती है।

नई तिल्ली, लाइफस्टाइल डेस्क। शरीर में आयरन की कमी के चलते एनीमिया होती है। वह भीमारी से पीड़ित व्यक्ति के शरीर में रक्त की कमी होने पर लगती है। एक रिपोर्ट की माने तो भारत में हर छठा व्यक्ति एनीमिया से पीड़ित है। वहीं, 55 पीसदी महिलाओं को एनीमिया है। पुरुषों की तुलना में महिलाओं को एनीमिया का खतरा अधिक रहता है। विशेषज्ञों की मानें तो मासिक धर्म के समय रक्त के अधिक खाब से महिलाओं में आयरन की कमी हो जाती है। वहीं, लीफर में आयरन की कमी से सिरोसिस का खतरा बढ़ जाता है। यह भीमारी बेहद खतरनाक होती है। समय पर उपचार न होने पर बैक्स में मरीज हो जाती है। इससे लिए महिलाओं को अपनी सेहत पर विशेष ध्यान देना चाहिए। वहीं, शरीर में रक्त की कमी को दूर करने के लिए डाइट में इन चीजों को जकर शामिल करें। आइए जानते हैं- किसानिया खाएं।

शरीर में रक्त की कमी को दूर करने के लिए रोजना सुबह और शाम में किसानिया खाएं। किसानिया में आयरन प्रमुख भाग में पाया जाता है। इसके सेवन से प्रशारिता शरीर में रक्त का उत्पादन होता है। इससे शरीर में रक्त की कमी दूर होती है।

दाल का सेवन करें।

दाल में आयरन, फाल्किक एसिड, प्रोटीन, पाहर, फैटिशियम, मैग्नीशियम, फाल्किक एसिड और एंटीऑक्स्डेंट्स के गुण पाए जाते हैं। इसके सेवन के सेवन से प्रशारिता में प्रोटीन और आयरन की कमी दूर होती है। इससे लिए, दाल में होर मटर, जाड़ी बीन्स, मूंगफली, शराबरी, एल्के०डो, लेट्यूस, स्वीट कॉन्ज, पालक, मटर, राजमा और ससूर दाल जकर शामिल करें।

गुड खाएं।

गुड को फाल्किक एसिड और आयरन का मुख्य स्रोत माना जाता है। इसके सेवन से भी आयरन की कमी को दूर किया जा सकता है। साथ ही शुगर यानी डायवबटीर्स का खतरा भी कम हो जाता है। इसके लिए महिलाएं अपनी डाइट में गुड को जमकर शामिल करें।