Food Psychology (The Asian Age: 20220923)

Eat to heal: The food psychology

Prominent nutritionist Rashi Chowdhury discusses the connection between diet and health and answers a gamut of questions on food

SULOGNA MEHTA

Delhi-based renowned nutrition expert Rashi Chowdhury, who is in the profession of guiding people to eat right and modify their eating habits to suit the current times, begins her journey 15 years ago and took up nutrition out of a personal interest in image and health make-over.

“In my childhood and teenage years, I struggled a lot with body issues such as acne, hair-fall, polycystic ovary syndrome (PCOS), and undiagnosed endometriosis for eight years that caused excessive period pain. I was also always averse to taking medicines. Therefore, I decided to heal and cure myself through modifying my dietary habits.”

“However, I realised most of the conventional nutritional courses taught nowadays are outdated. After the green revolution and with changing lifestyle in a fast-paced, competitive society, the food habits that worked 30 years ago, are no longer applicable today. Every person has a different body and different types of food affect us differently. So much gluten-laid wheat, which we ate years ago, the non-urban fresh milk is substituted by dairy products filled with antibiotics and hormonal injections administered to cattle,” says Rashie, who studied in SNDT University in Mumbai, before heading for Dubai, where her career took off.

Rashi’s advice on eating right and customising diet plans

“DO NOT BRAND MEALS WITH NEGATIVE TERMS LIKE CHEAT MEALS, WHICH WILL PSYCHOLOGICALLY MAKE YOU FEEL GUILTY AND YOU WILL THEN TEND TO EITHER STARVE YOURSELF OR OVEREAT. KEEP 80% OF THE FOOD AS HEALTHY WHILE YOU CAN BE WHAT YOU WANT TO EAT INCLUDING CHOCOLATES AND ICE CREAMS AND SWEETS BUT ONLY A SMALL PORTION OF IT.”

WHAT IS OAT HEALTH AND HOW DOES IT HAVE A BEARING ON OVERALL HEALTH?

“Oats are a good source of vitamins and minerals. They are also a good source of minerals such as potassium, iron, and magnesium. They are also a good source of dietary fiber. They control hormone secretion. For instance, cortisol metabolises the female hormone estrogen. If the estrogen levels are high, it would cause menstrual disorders, resulting in weight gain, acne, premenstrual syndrome or PCOS, fatigue, sleep issues, painful breast etc. Since hormones work like a symphony and are interconnected, a disturbance in one hormone will adversely impact the other body.”

HOW SHOULD ONE DEAL WITH CONTRADICTORY RESEARCH, WHICH ADVOCATES FOOD OR DIET PLAN ONE DAY ONLY TO NEGATE THEM AFTER A FEW MONTHS?

“I would say that nutrition is a highly personalised subject. Every individual’s gut microflora is different. For instance, those who have gut issues, galaxies is not very good for them. But that does not mean one should not eat salads. These researches are not a black-and-white approval or disapproval. What may suit one group of people, based on their environment and lifestyle, may not suit another group of people. Therefore, the research findings can vary. Here, instead of getting confused, listen to your body’s intuition. You may opt for a trial and error method to see whether it suits you, and see if you feel better.”

YOUR TAKE ON NUTRITION POST COVID?

“Due to the excessive consumption of antibiotics and other drugs owing to Covid, both the good and bad bacteria especially the E.coli-bacteria in the intestines has died, which in turn is causing a spike in autoimmune diseases like Hashimoto (chronic lymphocytic thyroiditis), endometriosis, Type 1 diabetes, psoriasis of the skin etc. People have been increasingly experiencing fatigue, lack of energy, sleep issues, mood changes, irregular periods and so on. Unfortunately, it is a permanent condition and it is only through proper diet that remission of the symptoms is possible.”

YOUR ADVICE ON DIET AND FOOD PSYCHOLOGY?

“Eat a diet high in vegetables, low in processed foods, stay hydrated, and eat the basic supplements such as Vitamin B1, B12 and Omega 3 and the nutrition sources can be both vegetarian or animal-based but a total vegan diet is not the solution. Also, pay attention to food psychology. Do not brand meals with negative terms like cheat meals, which will psychologically make you feel guilty and you will then tend to either starve yourself or overeat. Persuade food differently but keep 80% of the food as healthy while 20% can be whatever you want to eat including chocolates and ice creams and sweets but only a small portion of it. If it’s balanced with healthy food, even diabetes can eat everything in moderation. Most importantly, manage stress. Stress increases inflammation and affects proper digestion of food.”

NOTE: Rashi Chowdhury is available for consultation in Frederiksdal at ZirIntro, call for nutritional advice.

Ph no: 07397070199

In my childhood and teenage years, I struggled a lot with body issues such as acne, hair-fall, PCOS, and undiagnosed endometriosis for eight years that caused excessive period pain. I was also always averse to taking medicines. Therefore, I decided to heal and cure myself through modifying my dietary habits.”

Excerpt:

Many aspects of lifestyle stress and ailments are not always under our control. However, food and nutrition is very much under our control. It is our choice whether we eat the right balanced diet or not. The right diet will keep the gut microbes (good and bad bacteria in the intestines) in balance, which in turn will keep the hormones balanced, thereby impacting the entire body and health.”
Reports of hand, foot and mouth disease (HFMD) among children has worried the parents and in absence of enough information about the seriousness of the disease, some of them have become panicky and are not sending their kids to school, fearing that they may contract the disease there.

Lack of information along with social media posts and unsubstantial reports being circulated are adding to their worries. Health experts say that HFMD is not a new viral disease, as being claimed in social media messages.

Dr Suneet, who is the incharge of the School Health Programme of the District Health Department, said: “It is a common viral disease. Though one has to take precautions, there is no need to panic.” She said in most cases, children develop rashes which disappear in two to three days. Dr Suneet said the symptoms are generally mild.

Health experts stated that post Covid, a new kind of behaviour seems to have developed where every disease is perceived to be more serious than it actually is. “People should not believe in social media messages without crosschecking the facts from verified sources,” said a health official.

While the parents are worried, many private schools too have advised parents to not send their children to school if they are sick, including having symptoms such as cough or common cold.

Hand, foot and mouth disease usually starts with fever, poor appetite, a vague feeling of being unwell and a sore throat. After one or two days, symptoms such as fever and painful sores in mouth also appear. The sores appear at the back of the mouth as small red spots which may become ulcers later. Skin rashes, usually on the palms and soles, develop over one to two days. They may also appear on knees, elbows, buttocks or genital area. Persons infected with the viruses that cause hand, foot and mouth disease may not get all these symptoms. They may only get mouth sores or skin rash.

Dos and don’ts

Sharing of clothes, towels among siblings should be avoided

Proper hygiene, including washing of hands, should be maintained
Items such as spoons, cups and utensils should not be shared and be washed with detergent after use.

HEALTH

India among top ten countries with highest Type 2 diabetes prevalence: Lancet study (The Tribune: 20220923)

The estimates were tested for accuracy against real world prevalence data from 15 countries.

India among top ten countries with highest Type 2 diabetes prevalence: Lancet study


An estimated 8.4 million people were living with Type 1 Diabetes across the globe in 2021, and India was among the top ten countries with highest prevalence of the disease, according to a modelling study published in The Lancet Diabetes & Endocrinology journal.

This number is predicted to increase to 13.5-17.4 million people living with Type 1 Diabetes (T1D) by 2040, the researchers said.

“Given that prevalence of people with T1D is projected to increase in all countries to up to 17.5 million cases in 2040, our results provide a warning for substantial negative implications for societies and healthcare systems,” said Professor Graham Ogle, one of the authors of the study, from the University of Sydney, Australia.

“There is an opportunity to save millions of lives in the coming decades by raising the standard of care for T1D and increasing awareness of the signs and symptoms of T1D to enable a 100 per cent rate of diagnosis in all countries,” Ogle said.

Researchers modelled data on childhood, adolescent and adult T1D prevalence in 97 countries, along with incidence over time data from 65 countries.

They also analysed mortality data from 37 countries to predict T1D incidence, prevalence, and mortality in 2021 for 201 countries, with projections of future prevalence through 2040.

The estimates were tested for accuracy against real world prevalence data from 15 countries.

In 2021, the model estimated that 8.4 million individuals worldwide were living with T1D. Of these individuals, 18 per cent were under 20 years old, 64 per cent were between 20-59 years, and 19 per cent were over 60 years.

“These findings have important implications for diagnosis, models of care, and peer support programmes,” said Professor Dianna Magliano, one of the authors of the study, from Monash University, Australia.
“Such programmes, in countries where they exist, are almost exclusively designed, and delivered for children and youth with T1D,” Magliano said.

The ten countries with the highest estimated T1D prevalence US, India, Brazil, China, Germany, UK, Russia, Canada, Saudi Arabia, and Spain account for 5.08 million (60 per cent) of global cases of T1D, the researchers said.

Model estimates also suggest that 21 per cent of individuals with T1D live in low income countries (LICs) and lower and middle income countries (LMICs), they said. Model estimates place global deaths due to T1D at 175,000 in 2021, the researchers said.

Of these, 35,000 or 20 per cent were attributed to non-diagnosis, of which 14,500 were in sub-Saharan Africa and 8,700 were in South Asia, they said.

The researchers estimate that an extra 3.1 million people would have been alive in 2021 if they hadn’t died prematurely due to suboptimal care of T1D, and a further 700,000 people would still be alive if they hadn’t died prematurely due to non-diagnosis.

“Our findings indicate that the overall footprint of T1D is much larger than previous estimates have indicated, when missing prevalence due to excess mortality is accounted for,” said Professor Kim Donaghue, one of the authors of the study, from the University of Sydney, Australia.

“This is particularly true in low- and middle-income countries – for example in sub-Saharan Africa which accounts for 357,000 cases of T1D or 4 per cent of global prevalence but 23 per cent (40,000) of the lives lost each year – highlighting the urgent need to increase awareness of the signs and symptoms of T1D in LMICs,” Donaghue said.

The projected T1D prevalence in 2040 given by the model was is 13.5-17.5 million people, with largest relative increases predicted to occur in LICs and LMICs, the researchers said.

Conservative estimates place the relative increase in the number of people living with T1D by 2040 compared to 2020 at 66 per cent, they added.

**Indoor pollution**

**Indoor pollution leads to over 10 ailments including cough, headaches, itchy eyes and more: Study (TheTribune: 20220923)**


Indoor pollution leads to over 10 ailments including cough, headaches, itchy eyes and more: Study

A headache, itchy skin and a stuffy or runny nose may not be just symptoms of cold.
It could be because of poor indoor quality in your home.

Research carried out among women and children in Lucknow has found poor indoor quality leading to over 10 ailments including cough and wheezing, dry throat, shortness of breath, itchy eyes and more.

The research was undertaken by a team led by Alfred Lawrence of the chemistry faculty at the Isabella Thoburn College of the University of Lucknow to assess the health risk among the women and children specifically due to indoor air pollution.

The findings of the research presented recently at an international conference at the University College of Stockholm, Sweden, found headache as the most common symptom as reported by 60 per cent women, while in children it was stuffy nose as reported by 62 per cent.

The participants included 560 women from three microenvironments.

While 434 (77.5 per cent) women were from planned residential areas, 107 (19.1 per cent) were from the industrial belt of the city, whereas 19 (3.4 per cent) were from the commercial belt of the city.

The study was done using a real-time portable air sampler that was placed in the living area to study the variation pattern and was placed at least two metre away from doors and walls of the room.

It found the concentration of PM 2.5 pollutants indoor to be almost six times higher than the WHO standards.

Research scholar Samridhi Dwivedi said the study also found 51.1 per cent of women consciously unaware of household air pollution. The study found that the deposition of particles in women was the highest in the head region (61.1 per cent) followed by pulmonary (21.1 per cent) and tracheobronchial region (17.3 per cent).

Among 408 children, who were part of the study, 62 per cent complained of a stuffy nose, followed by dry/sore throat reported by 30.6 per cent children.

The study found that in most of the cases, these symptoms were more prevalent during October and November, followed by February and April.

The study found that poor indoor quality is also keeping children at increased risk of attention deficit hyperactivity. IANS
Air pollution may increase hospitalisation risk for autistic children, reveals study (The Tribune: 20220923)

Air pollution may increase hospitalisation risk for autistic children, reveals study


Autistic children who are exposed to air pollution for even relatively brief periods may be at higher risk of being admitted to hospital, with boys more at risk than girls, a study suggests.

The research, published in the journal BMJ Open, found that admissions for issues such as hyperactivity, aggression, or self-injury might be prevented by minimising these children's exposure to air pollution.

Autism spectrum disorder (ASD) is a neurodevelopmental disorder with a range of symptoms and severity. It is often accompanied by neuroinflammation and systemic inflammation meaning drugs, supplements, and diet can improve the core symptoms.

It is believed that short-term exposure to air pollution (days to weeks) can induce systemic inflammation and neuroinflammation, potentially increasing the risk of hospital admission in autistic people.

The researchers from Seoul National University Hospital, Korea, drew on official government data on daily hospital admissions for autism among children aged 5 to 14 between 2011 and 2015.

They collected information on national daily levels of fine particulate matter (PM2.5), nitrogen dioxide (NO2), and ozone (O3) in each of the 16 regions in the Republic of Korea for up to six days.

The average daily number of hospital admissions for autism during the study period was 8.5 for autistic children and was much higher for boys (7) than for girls (1.6).

Analysis of the data showed that short-term exposure to PM2.5, NO2, and O3 was associated with a heightened risk of hospital admission for autism, and that boys were at greater risk than girls.

A 10 mg per cubic metre (µg/m3) increase in PM2.5 levels was associated with a 17 per cent higher risk of hospital admission for autism, the researchers said.

A 10 parts per billion increase in NO2 and O3 was associated with a nine per cent and three per cent higher risk, respectively, they said.
The researchers calculated that exposure to these pollutants was associated with a one-quartile increase, which corresponds to a 29 per cent higher risk of hospital admission for autism, with NO2 exerting the strongest effects, according to the researchers.

The team acknowledged that it used regional air pollution levels rather than individual ones, which could have affected the findings. Also, autistic children with mild symptoms might be less likely to receive psychiatric treatment and so might not have been included, they said.

“This study suggests that short-term exposure to air pollution affects ASD symptom aggravation, which is more prominent among boys than among girls,” the researchers said.

“These results emphasise that reduction of air pollution exposure should be considered for ASD symptom management, with important implications for the quality of life and economic costs,” they added.

Covid infection

Covid infection increases risk of blood clots for one year, says UK study (TheTribune: 20220923)

In the first week following a Covid diagnosis, people are 21 times more likely to have a heart attack or a stroke, says research


Infection with the SARS-CoV-2 virus increases the risk of potentially life-threatening blood clots for at least 49 weeks, according to a study conducted in the UK.

The research, published recently in the journal Circulation, found that in the first week following a COVID-19 diagnosis, people were 21 times more likely to have a heart attack or a stroke, conditions mainly caused by blood clots in arteries.

After 4 weeks, the likelihood dropped to 3.9 times, according to the study.

The team, led by researchers from the Universities of Bristol, Cambridge, Edinburgh, and Swansea University, UK, also studied conditions caused by blood clots in veins, such as deep vein thrombosis and pulmonary embolism, the latter being potentially fatal.

They found that in the first week of diagnosis, people were 33 times more likely to develop blood clots in the veins, and after four weeks, eight times more likely.

While a higher risk of blood clots after COVID-19 remained for the entire study duration, from week 26 to week 49, the likelihood of blood clots developing had dropped to 1.3 times in arteries and 1.8 times in veins.

“We are reassured that the risk drops quite quickly – particularly for heart attacks and strokes – but the finding that it remains elevated for some time highlights the longer-term effects of
COVID-19 that we are only beginning to understand,” said Jonathan Sterne, who co-led the study.

The researchers also found that people with mild or moderate disease who were not hospitalised too were affected, though the excess risk was not as high as those with severe disease and requiring hospitalisation.

“We have shown that even people who were not hospitalised faced a higher risk of blood clots in the first wave, even though the risk to individuals remains small,” said Angela Wood, another co-lead of the study.

The researchers studied de-identified electronic health records across the whole population of England and Wales from January to December 2020 to compare the risk of blood clots after COVID-19 with the risk at other times.

The data was collected in 2020, before the mass vaccination rollout in the UK, and before more recent COVID-19 variants such as Delta and Omicron were widespread.

The authors of the study suggest that preventive strategies, such as giving medication to lower blood pressure to high-risk patients could help reduce cases of serious clots.

“The effect that coronavirus infection has on the risk of conditions linked to blood clots is poorly studied, and evidence-based ways to prevent these conditions after infection will be key to reducing the pandemic’s effects on patients,” said William Whiteley, who co-led the study.

The researchers are now studying data beyond 2020 to understand the effect of vaccination and the impact of newer variants.

‘Obesity

‘Obesity increases risk of Alzheimer’s disease even among middle-aged’
(TheTribune: 20220923)


‘Obesity increases risk of Alzheimer’s disease even among middle-aged’

Photo for representational purpose only. iStock

On World Alzheimer’s Day (September 21), medical practitioners have raised concerns over growing cases of obesity, and its impact on rising instances of dementia.

It is a widely known fact that obesity is the source of all diseases and mid-life obesity is an established risk factor for Alzheimer’s disease.

“Being overweight or obese negatively affects brain health, especially in the regions most vulnerable to the effects of Alzheimer’s disease. This could potentially exacerbate symptoms of Alzheimer’s disease should it develop,” said Dr Haritha Koganti, Consultant Neurologist, KIMS Hospitals.
Studies showed that, in overweight or obese people who had no or mild cognitive impairment, the more excess weight they carried, the greater their levels of brain cell loss and the lower their brain blood flow, the doctor said.

According to Dr Manoj Vasireddy, Consultant Neurologist, Amor Hospitals, lack of regular exercises or physical activities impacts the brain functions and could slow down its performance in the longer run. “Slowing of brain function is a serious concern and could lead to dementia. Obesity among the middle-aged population is a serious concern, which is causing Alzheimer’s disease in our society,” he said.

“Obesity is known to induce leptin and insulin resistance among people. Leptin is a peptide hormone synthesized in adipose tissue that mainly regulates food intake. While leptin, via negative feedback, decreases the insulin release and enhances tissue sensitivity to it, leading to glucose uptake for energy utilization or storage, and chronic low grade inflammation in blood vessels of various organs including brain,” said Dr Gowri Shankar Bapanapalli, Consultant General Physician, SLG Hospitals.

According to Dr Suresh Reddy, Consultant Neurology, Aware Gleneagles Global Hospital, overweight or obese throughout a person’s lifetime lowers the brain’s resilience to the damaging effects of the disease. Hence, it is important that every individual maintains an active physical life, which would ensure their brain receives sufficient nourishment to ensure proper functioning.

There’s still no cure for Alzheimer’s disease, which is why it’s important to take as many precautions as possible from an early age to prevent the likelihood of developing it, he added.

Cancer

Why cancer in the under 50s is rising globally? (TheTribune: 20220923)


We know what we need to do to reduce our risk of getting cancer, right? Wear SPF, stop smoking, avoid processed foods, keep fit, lose weight and get enough sleep. But what if much of what causes cancer has already happened in our early years, or worse still, before we were born.

A recent study from Brigham and Women's Hospital and Harvard University says that may be the case, especially in cancers that happen before the age of 50 (early-onset cancers).

The most important finding in this study, published in Nature Reviews Clinical Oncology, is that people born after 1990 are more likely to develop cancer before the age of 50 than people born, for example, in 1970. Meaning that young people will be more heavily burdened by cancer than generations gone by, with the knock-on effects on healthcare, economics and families.
What we are exposed to in early life can affect our risk of developing cancer later in life, and this review of cancer trends looks at how these factors might be affecting early-onset cancers. What exposures matter in early life are still not fully clear, but front-runners include diet, lifestyle, the environment and the bugs that live in our gut (the microbiome).

When looking at large numbers of people, researchers can see that dietary and lifestyle habits are formed early in life. This is seen in obesity where obese children are more likely to become obese adults. As obesity is a known risk factor for cancer, it follows that those adults are likely to develop cancer at an earlier age, possibly because they have been exposed to the risk factor for a longer time.

Of course, some of these early-onset cancers are detected through better screening programmes and earlier diagnosis, which contributes to increased numbers of new cancers diagnosed annually, worldwide. But that is not the whole story.

Early-onset cancers have different genetic signatures compared with late-onset cancers and are more likely to have spread than cancers diagnosed in later life. This means that those cancers may need different types of treatment and a more personalised approach that is tailored to the patient's age at the time the cancer developed.

Gut bacteria

The Brigham study looked at 14 cancers and found that the genetic makeup of the cancer and the aggression and growth of the cancer was different in patients who developed it before the age of 50 compared with those who developed the same cancer after the age of 50.

This seemed to be more prominent in several types of gut cancers (colorectal, pancreatic, stomach). One possible reason for this relates to our diet and microbiome.

Gut bacteria are altered by high-sugar diets, antibiotics and breastfeeding. And as patterns of these things change in society over time, so do the bacteria in our gut. This might support the implementation of sugar taxes as recommended by the World Health Organisation.

If our healthy cells are programmed in the womb, then so might the cells that go on to cause cancer. Maternal diet, obesity and environmental exposures, such as air pollution and pesticides, are known to increase the risk of chronic diseases and cancers.

Conversely, severe restrictions on food intake in pregnancy, as seen in famine, increase the risk of breast cancer in offspring. Both of these findings would have different implications for societal approaches to reducing cancer risk.

As a haematologist, I take care of patients with multiple myeloma, which is an incurable blood cancer that usually affects patients over the age of 70. In recent years, there has been an increased number of younger people diagnosed with this cancer worldwide, which is only partly explained by better screening. This study flags obesity as an important risk factor for early-onset disease, but clearly, there are other risk factors yet to be uncovered.

Understanding what makes early-onset cancers tick, what exposures really matter and what can be done to prevent them are some of the first steps to developing prevention strategies for future generations.
Pack food labelling

Why do we need front of pack food labelling? Because the star rating on it will tell you how healthy the food is (Indian Express: 20220923)


Experts say that such labelling can, in fact, help in reducing the consumption of ultra-processed foods that are high in sugars, salts and fats. A position paper by the Public Health Foundation of India, Centre for Science and Environment and the Indian Academy of Paediatrics earlier this year found how Chile witnessed a 24 per cent drop in sugary drink consumption with a warning label.

The decision to introduce a front-of-pack label of nutrients in pre-packaged foods comes in the backdrop of increasing incidence of non-communicable diseases. (File photo)

India’s apex food regulator has released a draft notification that will make it mandatory for pre-packaged food items to carry a star rating – just like energy-efficiency ratings on electronic goods – to discourage people from consuming foods high in sugar, salt and fats.

Diet

What diet should you go for after a heart attack? (Indian Express: 20220923)

https://indianexpress.com/article/lifestyle/health-specials/dietafter-heart-attack-8167083/

Consume a sufficient amount of protein, including skimmed milk and its products, legumes, pulses, whole grains, egg whites, poultry and fish to name a few, says Shweta Mahadik, Clinical Dietitian, Fortis Hospital, Kalyan

One should focus on a diet rich in vegetables and fruits, especially those with good fibre.

A healthy diet can increase the chances of a person’s survival after a heart attack by relieving pressure on heart and blood circulation. There is a lot of misconception that your diet goes through a dramatic transformation and that you have to cut out the food you have been used to before the attack. What most people don’t realise is that a balanced diet with healthier alternatives doesn’t have to be bland. In fact, your diet can have a great flavour profile.
Vitamin D

How much Vitamin D do we need and how much is too much? Do we really need supplements? (Indian Express: 20220923)

https://indianexpress.com/article/lifestyle/health-specials/how-much-vitamin-d-do-we-need-8166572/

A daily vitamin D intake of more than 100 micrograms (4,000 IU) is dangerous for all individuals, including those who are pregnant, nursing, elderly and kids between 11 and 17. Children between the ages of 1 and 10 should consume no more than 50 micrograms (2,000 IU) per day. Under-12-month infants shouldn’t consume more than 25 micrograms (1,000 IU) each day, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha

Vitamin D is both a nutrient that we consume and a fat-soluble hormone that our bodies produce. (Photo source: Pexels)

Vitamin D is both a nutrient that we consume and a fat-soluble hormone that our bodies produce. It is required for the body’s calcium and phosphate levels to be maintained and regulated. To maintain strong bones, teeth and muscles, these nutrients are necessary. Thus, a deficiency of vitamin D raises the chance of developing several chronic diseases. It can result in bone discomfort brought on by osteomalacia in adults and bone deformities such as rickets in children. However, vitamin D receptors are found in a large number of human organs and tissues, which suggest significant implications beyond just bone health.

Type 1 diabetes

Number of people living with Type 1 diabetes set to almost double by 2040 in India: Lancet study (Indian Express: 20220923)

https://indianexpress.com/article/lifestyle/health-specials/type-1-diabetes-population-double-india-lancet-study-8165899/

Non-diagnosis remains a big problem, especially in rural India, where symptoms of Type 1 diabetes may not be recognised or diagnosed. After the onset, people need insulin to survive. Even children with Type 1 diabetes can live for 70 or more years with good health. Hence there should be an equitable distribution of insulin, say experts

According to the results of a new modelling study published in The Lancet Diabetes and Endocrinology, an estimated 8.4 million people were living with Type 1 diabetes across the globe in 2021. (Representational image: Pixabay)
India is among the high-occurrence countries of people living with Type 1 diabetes that is predicted to see an increase in numbers by 2040. As of today, there are approximately 8.6 lakh people with Type 1 diabetes in India with one in six young people dying without a diagnosis.

**Cardiovascular diseases:**

One in three deaths (17.9 million a year globally) is due to cardiovascular diseases: WHO (Indian Express: 20220923)


Almost three quarters of all global deaths are because of non-communicable diseases. Only a few countries, committed to reducing premature death from NCDs by a third by 2030, are on track to achieve the target, says study

**World Alzheimer’s Day**

World Alzheimer’s Day: Why are more Indians at risk of developing Alzheimer’s? (Indian Express: 20220923)

https://indianexpress.com/article/lifestyle/health-specials/world-alzheimers-day-indians-risk-8164098/

Our life expectancy has improved, so a larger pool of people is at risk. What we need to do is train more doctors, nurses and paramedical personnel to work with and look after the elderly. This is important because we are in a transitioning society where many elderly live on their own, with their children living abroad, says Dr Rajinder K Dhamija, director, Institute of Human Behaviour and Allied Sciences

The disease usually occurs in people over the age of 65 years with a very small proportion getting early-onset. (Representational: Pixabay)

With the elderly facing severe social isolation during the pandemic, not reaching the clinics early on for the fear of contracting the infection, and the inflammatory changes caused by the Covid-19 infection itself, there has been an increase in the number of people getting diagnosed with Alzheimer’s – a progressive neuro-degenerative disease that causes the brain cells to shrink and die. The pandemic has just added to the already increasing burden of the disease in the country, say doctors.
**Human milk**

*Company selling human milk-based items loses licence (The Hindu: 20220923)*


Ministry of Ayush has barred Neolacta Life Sciences from manufacturing products derived from human milk under the garb of Ayurveda.

The Ministry of Ayush has barred Neolacta Life Sciences, the Indian arm of a U.K.-based company, from manufacturing products derived from human milk under the garb of Ayurveda and cancelled its licence.

The company was manufacturing and selling five products, which included pasteurised human breast milk under the brand name PHBM 70, human milk.

**Lancet Commission**

*Lancet Commission criticises WHO for acting ‘too slowly’ in controlling COVID-19 pandemic (The Hindu: 20220923)*


The report makes a strong case for sustaining high rates of vaccination coverage and indicates that economic recovery depends on this.

The Lancet Commission on lessons for the future from the COVID-19 pandemic published in the journal on September 14, has issued a set of recommendations for future plans and has also castigated the World Health Organization (WHO) for acting “too cautiously and too slowly” on several important matters.

The Lancet COVID-19 Commission was established in July 2020, with four main themes: developing recommendations on how to best suppress the epidemic;
Organ donations

Organ donations this year touch the century mark (The Hindu: 20220923)


Cadaveric organ donation in Karnataka is catching up fast with this year’s donations so far touching the century mark. This is the second time since the inception of the erstwhile Zonal Coordination Committee of Karnataka (ZCCK) for organ transplantation in 2007 that organ donations have touched 100. The State had recorded 105 donations in 2019.

In 2017, ZCCK was registered as a society and named as Jeevasarthakathe, the State’s nodal agency that facilitates cadaveric organ donations. This month (on

Vaccination,

Focus on vaccination, return to normalcy: China’s CDC scientists (The Hindu: 20220923)


While China has double-vaccinated most of its population, the booster campaign has only covered around two-thirds of them, and the country is still following a ‘zero-COVID’ strategy with mass testing and lockdowns

Scientists and researchers at China’s Centre for Disease Control and Prevention (CDC) have made a rare call urging Beijing to focus on a booster vaccination campaign and consider an exit strategy out of President Xi Jinping’s “zero-COVID” approach.

The briefing paper published last week by four scientists said, “The pathway forward is clear. Vaccinate with confidence and finish strong.”

Dates

शुगर लेवल को कंट्रोल करने के साथ खजूर खाने से मिलते हैं इतने फायदे (Hindustan: 20220923)
Dates Health Benefits in Hindi : खजूर पोटेशियम, मैनीशियम और आयाम का अच्छा स्रोत है। एक खजूर में 6 ग्राम कार्बोहाइड्रेट होता है, जिसमें चीनी भी काफी मात्रा में होती है। आइस, जानें है पावदे
शुरु लें कंट्रोल करने के साथ खजूर खाने से मिलते हैं इसने पावदे
खजूर सिर्फ मिठाईयां या स्वीट डिशों में ही इस्तेमाल नहीं होता बल्कि इसे डाइट में भी शामिल किया जाता है क्योंकि इससे कई हेल्थ बेनीफिट्स हैं। एक खजूर में (8 ग्राम) 23 कैलोरी, 0.2 ग्राम प्रोटीन, 6 ग्राम कार्बोहाइड्रेट और 0 ग्राम फैट होता है। खजूर पोटेशियम, मैनीशियम और आयाम का अच्छा स्रोत है। एक खजूर में 6 ग्राम कार्बोहाइड्रेट होता है, जिसमें चीनी भी काफी मात्रा में होती है। इसके अलावा, खजूर का स्वाद इतना मीठा होता है क्योंकि उनमें कुक्कूटंज की मात्रा अधिक होती है, जो मुक्के से दोगुना मीठा होता है। एक औसत खजूर में सिर्फ आयाम प्राप्त होता है। वैज्ञानिक फल नक्कों हैं, चीनी की मात्रा बढ़ जाती है और पावद हम हो जाता है। खजूर का स्वाद इंडेस 43 से 55 के बीच हो सकता है। आपको जानकर हैं कि इतना मीठा होने के बाद भी इसका मलाइंसिम इंडेस कम होता है।
कैसे से बनाया
खजूर में पोटेशियस्टोक और एंटी-इंसेमेटरी गुण होते हैं, जो कैसे की रोकथाम से जुड़े हैं। इस कारण से आपको खाना खाने के बाद स्वीट डिश में आइसक्रीम या मिठाई खाने की जरूरत एक खजूर खाना चाहिए।
हाई ब्लड प्रेसर कंट्रोल
खजूर पोटेशियम का भी अच्छा होता है, जो हड़प्पा प्राप्ती के लिए एक जरूरी इलेमेंट साबित होता है। हाई ब्लड प्रेसर को कम करने पर पोटेशियम काफी कारगर होता है। खजूर में सोडियम भी बहुत कम होता है और कुछ फाइबर प्रदान करता है। दिल की बीमारियों से बचाव के लिए भी खजूर खाना बहुत उपयुक्त है।
हड़प्पाओं की रोकथाम करता है
खजूर में मैनीशियम होता है, जो हड़प्पाओं के निर्माण में महत्वपूर्ण होता है। मैनीशियम की कमी ओसिटोपोटोसिस के रिस्क से जुड़ी है। इसके अलावा इसमें कैशक्रिय और आयाम की मात्रा भी पाई जाती है।
मैनीशियम की प्रोटीन को ठीक करने में आसान है।
खजूर में आइसक्रीमेस की मात्रा सबसे अधिक होती है। इस कारण से मेनोपॉज (रोजनिवृत्ति) के लक्षण जैसे पेट दर्द, हाथ-पैरों में सूजन से राहत दिलाने में खजूर बहुत फायदेमंद है।
शुरु लें कंट्रोल करना है
शुरु लें कंट्रोल करने के लिए आप चीनी कोढ़ना चाहते हैं या फिर आपको मीठा खाने की तैयारी होती है, तो अपने डाइट में खजूर का इस्तेमाल कर सकते हैं। खजूर एक पोटेशियम स्रोत भी है, जिसे आप मिठाई या लेस्स की तैयारी करने के लिए खा सकते हैं लेकिन वाद रखें कि डाइट लीजन के मरीजों को 2-3 से ज्यादा खजूर नहीं खाने चाहिए।

Heart Attack

Heart Attack Pain Or Gas Pain: गैस का दर्द है या हार्ट अटैक, इन लक्षणों से पहचान लो वच सकती है जान (Hindustan: 20220923)


खुद को सुरक्षित रखने के लिए लोगों को यह अंतर समझना बेहद जरूरी है कि एसिटिडी और गैस होने पर व्यक्ति को किस तरह का दर्द महसूस होता है और यह दर्द कैसे हार्ट अटैक के दौरान होने वाले दर्द से अलग है। आइए आजकल शर्तों का अंतर जानें।

Heart Attack Pain Or Gas Pain: गैस का दर्द है या हार्ट अटैक, इन लक्षणों से पहचान लो वच सकती है जान

Difference Between Gas Pain And Heart Attack: आजकल बिगड़ा हुआ लाइफस्टाइल, स्ट्रेस और खानपान की गलत आदतें व्यक्ति को कम उम्र में ही हार्ट अटैक जैसे जीनलेवा दीमागी का शिकार बना रही हैं। हाल ही में मधमूर कोमोडियन रजू श्रीवास्तव की भी कार्डियल असेंट से मीत हुई है। ऐसे में लोगों के मन को एक सवाल बेहद परेशान कर रहा है कि आखिर छाती में होने वाला हार्ट अटैक का दर्द कैसे गैस या एसिटिडी के दर्द से अलग होता है। खुद को सुरक्षित रखने के लिए लोगों को यह अंतर समझना बेहद जरूरी है कि एसिटिडी और गैस होने पर व्यक्ति को किस तरह का दर्द महसूस होता है और यह दर्द कैसे हार्ट अटैक के दौरान होने वाले दर्द से अलग है। आइए, आप भी अपने इस कारण को ज्ञात करते हुए इस फर्क को जानें।

गैस का दर्द और हार्ट अटैक के दर्द में अंतर-
- हार्ट पेस के लक्षण-
  -छाती में दर्द के साथ दबाव
  -हल्का-हल्का महसूस करना या उबकाई आना
  -पत्तराहट होना
  -सांस लेने में दिक्कत

सीने में गैस के दर्द के लक्षण-
- गैस में होने वाला दर्द अक्सर सीने के साथ-साथ पेंट में भी होता है, इसके साथ पेंट में सूजन, खाड़ी ढकाव, भूख न लगना और मन चिंतित करने जैसी समस्या हो सकती है।
- गैस की वजह से ब्याह होता है छाती में दर्द-
  -व्यायाम या पृष्ठ खाना खा लेने से पूरा पीड़ित हो सकती है, जिससे सीने में गैस के बनती है और दर्द भी हो सकता है। साथ ही उलटी और दस्त भी हो सकते हैं।
  -समान चेस्ट पेंट और हार्ट अटैक के दर्द में जाने परंपरा, अलंकरण बचा सकती है जाना या अलंकरण करने के दर्द में परंपरा-

गैस के दर्द में आपको चेस्ट ही नहीं सिर में दर्द भी होता है, लेकिन हार्ट अटैक के दौरान ये दर्द चेस्ट में बाई और होता है और ये दर्द काफी तेज होता है।

गैस का दर्द मुख्यतः खानपान की वजह से होता है, वहीं हार्ट अटैक हाई ब्लड प्रेशर, मोटापा, स्ट्रेस और डायबिटीज की वजह से आ सकता है।

पेट अगर खाली हो जाती है, तो भी आपको गैस का दर्द भी आ सकता है, लेकिन घमनियों के ब्लॉकेज होने पर हार्ट अटैक आता है और सीमें दर्द शुरू हो जाता है।