Human live

A timeless debate: How long can a human live? (Hindustan Times: 20230120)

https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=201fe9263c4&imageview=0
The death of French nun Lucile Randon, known as Sister André, at age 118 — in fact, 25 days short of her 119th birthday — has revived the perennial question: how long can a person realistically hope to live?

Sister André, the oldest living person until her death on Tuesday, held that mantle since April 19 last year, following the death of Japan’s Kane Tanaka at age 119 years and 107 days. It now passes on to Spain’s Maria Branyas Morera, whose 116th birthday falls on March 4.

Tanaka led the second longest life on record, behind only France’s Jeanne Calment, who was 122 years and 164 days old when he died on August 4, 1997. Given that the record has stood for 25 years, is it realistic to expect that it will ever be broken?

It apparently is. Recent research has projected that it is near certain that the record will be broken during the current century. Another study put a limit to life expectancy at 150 years, but a lot of things have to work in favour of a person to live that long.

Other research, meanwhile, continues to keep the debate raging. Some findings suggest there is no upper limit involved. Others stress that ageing (and consequently death) is inevitable, even though people are living much longer today than they were a few centuries earlier.

The projection that the record of 122 years is set to be broken came in a study published in June 2021, when Tanaka was 118 years old and Sister André had just crossed her 117th birthday.

Using statistical modelling, researchers from the University of Washington projected that it is:

- Nearly 100% probable that the record will be broken by the end of the century;

- 99% probable that someone or the other will live up to 124;

- 68% probable that even the age of 127 years will be breached; but,

- Only 13% probable that anyone will live up to 130.

The last of these projections need not necessarily be a dampener. Even if the probability of living up to 130 is low, the theoretically possible limit is as high as 150 years, according to another study, also published in 2021, this one in Nature Communications.

The two studies reached their respective conclusions using vastly different approaches. While the one from Washington University was statistical, the other one was based on biology.

Researchers from Gero, a Singapore-based biotech company, in collaboration with Roswell Park Comprehensive Cancer Center, US, used an index called DOSI, based on complete blood counts, to measure the ability of people to recover from various stresses, such as illness, strenuous exercises and lack of adequate sleep.
Extrapolating their findings from study subjects, they found that human body loses its resilience completely at some age around 120-150.

The caveat is that these projections are for individuals without any major illness.

The modelling study used a tool called Bayesian statistics and a database of individuals in 13 countries to calculate what the longest individual human lifespan could be in the year 2100.

Its calculations were based in part on the observations that one’s chances of survival flattens out after a point.

That is to say, a 10-year-old may have a much higher chance of surviving another year than a 90-year-old has of living to be 91, but the difference is narrow between people of very high ages. To illustrate with an example, the oldest living person today, Morera, who is almost 116, has as much chance of living to 117 as the eighth oldest, Japan’s Yasue Okai, who is 114, has of celebrating his 115th birthday, going by the findings.

At those advanced ages, the chance of surviving one more year is roughly 50:50 whether the individual is 110 or 115. Needless to say, it does not remain 50:50 across longer periods: if an individual’s probability of surviving one more year is 50%, then their probability of surviving a second year reduces to 25% (when calculated today), and so on. Hence the differences in projections for someone living up to 122, 124, 127 and 130 years.

The chances of surviving from one birthday to the next flatten out to 50:50 at around age 105, according to an earlier study, this one published in Science in June 2018. It derived its findings from data on all Italian individuals aged 105 or more, and concluded that this plateauing of mortality risk implies that there is no upper limit to human longevity.

That does not by any means end the debate. In June 2021, yet another study in Nature Communications tested the “invariant rate of ageing” hypothesis, which essentially means that the rate of ageing is more or less constant among adults of any given species.

Using the index DOSI to analyse data from 30 primate species, including humans of diverse populations, the researchers concluded that the hypothesis is true.

The University of Oxford, whose researchers were part of this study, summed it up with a statement: “You cannot live forever: Ageing is unstoppable.”

Metabolise Vitamin D differently

High BMI may metabolise Vitamin D differently, could diminish supplement effects: Study (The Tribune: 20230120)


Vitamin D is an essential nutrient involved in many biological processes, most notably helping our body absorb minerals, such as calcium and magnesium
High BMI may metabolise Vitamin D differently, could diminish supplement effects: Study

Scientists have uncovered new evidence that vitamin D may be metabolised differently in people with an elevated body mass index (BMI), diminishing the impact of supplementation in such individuals, according to a new study.

The study, by researchers from Brigham and Women’s Hospital, US, is a new analysis of data from the VITAL trial, a large nationwide clinical trial led by Brigham researchers that investigated whether taking vitamin D or marine omega-3 supplements could reduce the risk of developing cancer, heart disease, or stroke, it said.

“The analysis of the original VITAL data found that vitamin D supplementation correlated with positive effects on several health outcomes, but only among people with a BMI under 25,” said first author Deirdre K. Tobias.

“There seems to be something different happening with vitamin D metabolism at higher body weights, and this study may help explain diminished outcomes of supplementation for individuals with an elevated BMI,” said Tobias.

The study appears in the Journal of American Medical Association (JAMA) Network Open.

Vitamin D is an essential nutrient involved in many biological processes, most notably helping our body absorb minerals, such as calcium and magnesium.

While some of the vitamin D we need is made in the body from sunlight, vitamin D deficiencies are often treated with supplementation.

Evidence from laboratory studies, epidemiologic research and clinical research has also suggested that vitamin D may play a role in the incidence and progression of cancer and cardiovascular disease, and it was this evidence that prompted the original VITAL trial, the study said.

The VITAL trial was a randomized, double-blind, placebo-controlled trial in 25,871 U.S. participants, which included men over the age of 50 and women over the age of 55. All participants were free of cancer and cardiovascular disease at the time of enrolment, the study said.

While the trial found little benefit of vitamin D supplementation for preventing cancer, heart attack, or stroke in the overall cohort, there was a statistical correlation between BMI and cancer incidence, cancer mortality, and autoimmune disease incidence, the study said.

Other studies suggest similar results for type 2 diabetes.

The new study aimed to investigate this correlation.

The researchers analyzed data from 16,515 participants from the original trial who provided blood samples at baseline (before randomization to vitamin D), as well as 2,742 with a follow-up blood sample taken after two years, the study said.
The researchers measured the levels of total and free vitamin D, as well as many other novel biomarkers for vitamin D, such as its metabolites, calcium, and parathyroid hormone, which helps the body utilize vitamin D, the study said.

“Most studies like this focus on the total vitamin D blood level,” said senior author JoAnn E. Manson.

The researchers found that vitamin D supplementation increased most of the biomarkers associated with vitamin D metabolism in people, regardless of their weight. However, these increases were significantly smaller in people with elevated BMIs.

“We observed striking differences after two years, indicating a blunted response to vitamin D supplementation with higher BMI,” said Tobias.

“This may have implications clinically and potentially explain some of the observed differences in the effectiveness of vitamin D supplementation by obesity status,” said Tobias.

“This study sheds light on why we’re seeing 30-40 per cent reductions in cancer deaths, autoimmune diseases, and other outcomes with vitamin D supplementation among those with lower BMIs but minimal benefit in those with higher BMIs, suggesting it may be possible to achieve benefits across the population with a more personalized dosing of vitamin D,” said Manson.

“These nuances make it clear that there’s more to the vitamin D story,” said Manson.

**Simple nasal spray**

**Simple nasal spray significantly reduces snoring and breathing difficulties in children: Study (The Tribune: 20230120)**


Snoring and breathing difficulties about 12 per cent of children and can cause significant long-term issues impacting cognitive function, behaviour and cardiovascular health

Simple nasal spray significantly reduces snoring and breathing difficulties in children: Study

A simple nasal spray significantly reduced snoring and breathing difficulties in children and halved the number needing to have their tonsils removed, according to a new study.

The research, led by the Murdoch Children's Research Institute and published in JAMA Pediatrics, found a saline (salt water) nasal spray was just as effective as an anti-inflammatory steroid nasal spray at easing sleep-disordered breathing in children after six weeks of treatment.

The findings stated both nasal sprays cleared symptoms while asleep in about 40 per cent of cases and those assessed by a surgeon as needing their tonsils and/or adenoids removed was reduced by half. The randomised-controlled "MIST" trial of the sprays involved 276 children,
aged 3-12 years, and was carried out at The Royal Children's Hospital and Monash Children's Hospital.

Tonsillectomy is the most common paediatric elective surgery for children in Australia with more than 40,000 performed each year. Commonly used to treat children's snoring, the procedure is costly, painful and a significant burden on hospital resources.

Murdoch Children's Dr Alice Baker said Victorian children typically waited more than a year in the public system for surgery to remove tonsils and adenoids, prompting a need to look for an alternative treatment for sleep-disordered breathing. Some children may also be having their tonsils and adenoids out unnecessarily, she said.

"Nasal sprays work by cleaning the nose and/or reducing inflammation not just in the nose but all the way down the back of the throat to the adenoids and tonsillar tissue to alleviate the symptoms," Dr Baker said.

Snoring and breathing difficulties during sleep affect about 12 per cent of children and can cause significant long-term issues impacting cognitive function, behaviour and cardiovascular health.

Murdoch Children's Associate Professor Kirsten Perrett said the study found a substantial number of children with sleep disordered breathing could initially be managed by their GP and may not require referral to specialist services as currently recommended.

"A large proportion of children who snore and have breathing difficulties could be managed successfully by their primary care physician, using six weeks of an intranasal saline spray as a first-line treatment," she said.

"Using this cheaper and readily available treatment would increase the quality of life of these children, reduce the burden on specialist services, decrease surgery waiting times and reduce hospital costs." Stephen Graham and Emily Tuner-Graham said their son, Thomas, 7, had stopped snoring and no longer needed his tonsils removed since taking part in the trial.

"From three years of age Thomas started snoring and we were concerned that he would eventually need surgery," they said.

"Prior to joining the trial, a specialist recommended having his tonsils out. It's a such huge relief that by just using a nasal spray his breathing difficulties have cleared." Researchers from the University of Melbourne, The Royal Children's Hospital, Royal Hospital for Children in Glasgow, Monash Health and Monash University also contributed to the findings.

### walking and cycling

**Study identifies neighbourhood characteristics that promote walking and cycling (The Tribune: 20230120)**

‘Cycling and walking are two excellent ways to weave exercise into daily life and meet those fitness goals outlined in many New Year's resolutions’

Study identifies neighbourhood characteristics that promote walking and cycling

How people perceive their own neighbourhoods may have a lot to do with whether they choose to walk and cycle, according to a global study of nearly 40,000 adults.

Simon Fraser University health sciences professor Scott Lear says those most likely to walk more than 150 minutes a week for commuting or leisure purposes reported their neighbourhoods had more desirable features.

The likelihood of cycling and walking was associated with land use mix-diversity (amenities such as stores or parks within a 20-minute walk), street connectivity (number of three and four-way intersections) and safety from crime.

"Cycling and walking are two excellent ways to weave exercise into daily life and meet those fitness goals outlined in many New Year's resolutions," says Lear, who was part of an international team whose research, published in Cities, spanned 21 countries. "We sought to understand how factors in the built environment can either promote or discourage a person from engaging in these forms of physical activity."

Study participants were between the ages of 35-70 living in more than 350 urban communities from low, middle and high-income countries as classified by the World Bank.

"Levels of physical inactivity are rising globally and in high-income countries such as Canada, over 70 per cent of adults are physically inactive," says Lear. "One in four adults do not meet the globally recommended activity level of at least 150 minutes per week of moderate-intensity aerobic physical activity and this trend has negative consequences for our health." The team observed a greater likelihood of cycling with high land use mix and aesthetics levels.

Is jaggery a good sugar substitute for diabetics? (The Times of India: 20230120)

Avoiding sweets for people suffering from diabetes often becomes a challenging situation. To make the festive period more enjoyable for diabetics, it is thought that substituting jaggery for refined sugar is a good option. This is due to the sweetener’s unrefined nature, which allows it to retain more nutrients than refined sugar. But is this really so? But first, let’s know the benefits of jaggery.

Advantages of Jaggery
Jaggery provides a multitude of health advantages, including the ability to control blood pressure because it contains iron. It also improves digestion and helps fight oxidative stress. Because of this, our elders advise us to eat jaggery after meals. The optimum diet for diabetics, however, comprises low-glycemic index items. Because of jaggery’s extremely high glycemic index, it is not recommended for people with diabetes to take jaggery.

03/6 Can jaggery raise blood sugar levels?

Shikha Walia, Diabetes Educator and Senior Nutritionist, BeatO says, “Yes, sugar levels might rise when using jaggery or Gud. Due to its high glycemic index, jaggery may not be a viable choice for people with diabetes. The figure is high enough to be regarded as harmful for a person with diabetes to consume, even if it may not be as high as that of direct sugar and glucose. The bloodstream absorbs it quickly.”

04/6 Why is jaggery not the best substitute?

Since jaggery has a very high glycemic index, it is not suggested that diabetics include jaggery in their diet. People with diabetes must generally avoid eating anything sweet, even desserts that are made with sugar substitutes, because controlling their blood sugar levels requires completely suppressing their sweet tooth.

05/6 Is sugar and jaggery equally harmful?

“Eating jaggery and sugar both have a slight effect on your blood sugar levels. Many people believe that substituting jaggery for sugar will help them maintain a healthy blood sugar level. However, this is untrue. Jaggery includes sucrose, which elevates blood sugar levels when it is absorbed by our bodies despite being complex. That implies that it is just as hazardous as other sugars,” explains Walia.

06/6 The takeaway

Jaggery can be used in place of sugar by those without diabetes. This is a sensible decision for them. For diabetics, doctors advise a low glycemic index diet. Jaggery is therefore not an option for them to eat.

In view of this, jaggery may be used in place of white sugar if you are in excellent health and don’t have any blood sugar issues. However, you must completely avoid jaggery if you have diabetes.
Brown rice

Brown rice recipes to speed up your weight loss(The Times of India: 20230120)

While we cannot eliminate an entire food group from our diet, we can always switch to a healthier version. This stands for the kind of rice we choose to eat. The majority of the people consume white rice, which is often considered an “empty” or “bad” carb. In comparison, brown rice is said to be more nutrient-dense. As far as weight management is concerned, brown rice is said to be a favorable choice. Having said that, here are some brown rice recipes you can choose from.

Also read: Protein-rich dal recipes to help you lose weight

Brown rice pulao

Ingredients:
1 cup brown rice
2 tablespoon ghee
1/2 teaspoon cumin seeds
2 1/2 cup water
salt as required
2 medium chopped onion
1/2 teaspoon minced garlic
5 chopped bean
1/4 cup peas
2 medium chopped into cubes potato
2 clove
2 cinnamon
garam masala powder as required
1 medium carrot
1 handful coriander leaves
Wash and rinse brown rice with water and soak in water for an hour. Take an Instant Pot and press the SAUTE button. Add ghee and let it heat. Next add cumin seeds, cloves, and cinnamon, and let them crackle. Add onions and let it fry until golden brown. Add green peas, green beans, potatoes, and fry for a minute. Keep stirring. Drain the water from the rice and add it to the pot. Pour 2 cups of fresh water. Add salt, garam masala and black pepper powder and stir. Close and secure the lid. Pressure cook on high for 20 minutes. Let the pressure release naturally for 10 minutes. Garnish with some coriander leaves.

**High protein vegetarian**

**Also read: Weight loss: High protein vegetarian recipes to shed kilos(The Times of India: 20230120)**


03/6Veg biryani

Veg biryani

Ingredients:

2 cup brown rice

1 cup curd

1 tsp ginger garlic green chilli paste

1 tbsp red chilli powder

1 tsp coriander powder

1 tsp garam masala powder
to taste Salt

1/2 cup chopped carrot

1/2 cup green peas

1/2+1/4 cup fried onions

Handful chopped coriander leaves

1 tbsp ghee
Wash and rinse brown rice and soak for 45 minutes. Clean and cut vegetables. In a mixing bowl, add curd with all powder spices and ginger garlic paste and mix well. Take a pressure cooker, add oil and let it heat up. Add onions and cook until golden brown. Add the marinated spices and ginger garlic into the pressure cooker and let it cook. Next add all the chopped veggies and green peas and saute. Now, add the soaked brown rice along with 2 cups of water. Add slit green chilli, chop coriander leaves and add desi ghee. Close the pressure cooker lid and cook it on steam for 10 minutes on low flame. Turn off the flame and let it rest for 20 minutes. Serve hot with caramelized onion garnish.

04/6 Khichdi

Khichdi

Ingredients:
- 1/2 cup brown rice
- 1 cup moong dal
- 2 teaspoon ghee
- 1 tsp ginger-chilli paste
- 1 teaspoon cumin seeds
- 1/2 teaspoon asafoetida
- 1/2 teaspoon turmeric powder
- 2 cloves
- 3 black peppercorns
- Handful chopped coriander leaves

Combine brown rice and moong dal and soak in water for 30 minutes. Heat oil or ghee in a pressure cooker and add cumin seeds. Let it crackle. Then add grated ginger-chilli paste along with the curry leaves. Fry for a few seconds and add the onion. Saute for a minute and next, add all the spices. Mix and add vegetables. Then add the brown rice-moong mixture. Add some water, as per the consistency you want. Sprinkle salt to taste, and cook until two whistles. After the pressure is released, remove the lid. Garnish with some coriander leaves and serve hot.

05/6 Brown rice dosa

Ingredients:
- 2 cups brown Rice
- 1 cup Idli par boiled
- 1 cup whole Urad dal
1 tsp fenugreek seeds
Salt as needed

Soak brown rice and idli rice together in water for 5-6 hours. Soak fenugreek seeds for 4-5 hours. Rinse the soaked items and grind everything together until you have a fine paste. Transfer the paste in a large container, cover with a lid. After it ferments, refrigerate it. Add water and salt until you have a pouring consistency. Heat a tawa and sprinkle some oil. Pour the batter in the middle of the tawa. Spread the batter to form a thin crepe. As it turns golden brown, flip to the other side. Add some oil. Fold and remove from the tawa. Serve with sambar and coconut chutney.

READMORE
06/6Other health benefits of brown rice

Besides aiding in weight loss, brown rice has several other benefits. It is rich in calcium, iron, manganese, phosphorus, vitamin B1 and B6, all of which maintain overall health. It is said to improve heart health, improve digestion, control blood sugar levels and also maintain health cholesterol levels in the body. Furthermore, due to its rich calcium presence, it maintains bone health.

COVID variants

China likely to see 36,000 deaths per day: Key points on COVID variants, symptoms and transmission rate(The Times of India: 20230120)


01/6Health analytics firm predicts COVID deaths in China to peak at 36,000 a day

Health analytics company Airfinity has predicted that COVID deaths in China are likely to peak at 36,000 a day on the 26th of January during the Lunar New Year Festival.

The same firm had predicted 25,000 deaths per day.

Its model also predicts that COVID cases can peak at "4.8 million a day with 62 million infections predicted across a fortnight between 13th-27th January before beginning to fall."
Coronavirus: COVID XBB.1.5 more 'cold-like'; how to know if you have COVID or common cold

It reports that provinces like Henan, Gansu, Qinghai and Yunnan have already seen infections peak.

Other experts predict over 1 million will die from the disease this year, news agency Reuters has reported.

02/6 What's driving COVID surge in China?

BF.7, a sub variant of Omicron-the dominant strain of the coronavirus circulating globally right now, is responsible for the COVID surge in China currently, experts have said.

The BF.7 sub variant, one of the latest in the Omicron family which already has a superior transmission rate than its ancestors, has a higher transmission rate than the other sub variants of Omicron.

Soon after China withdrew the zero COVID policy the cases, driven by BF.7, have risen exponentially.

03/6 Demands for intensive care beds can increase

The prediction model estimates an increase in demand for intensive care beds. “Some provinces, such as Hubei and Henan, could see patient demand for intensive care beds being six times hospital capacity,” it has forecasted.

It also says that many patients who might have a chance to recover may succumb to the infection due to lack of hospital care. “Our forecast estimates a significant burden on China’s healthcare system for the next fortnight and it is likely that many treatable patients could die due to overcrowded hospitals and lack of care,” it predicts.

04/6 Why do we need to be serious about COVID symptoms?

It is because of the newer variants which have stronger infection ability and higher transmission rate.

According to Beijing-based expert Li Tongzeng, the BF.7 Omicron sub-variants have the "strongest infection ability" so far and pose a risk of "hidden spread".

Another Omicron sub variant, which is a recombinant variant of two Omicron sub lineages, is also a matter of concern right now. The XBB.1.5 is said to be the most transmissible variant of the Omicron until now.

In view of the infection ability of the viruses, unchecked spread of the infection can infect masses within no time; this would also create a conducive environment for the emergence of newer variants.

05/6 Are there newer symptoms as well?

So far there is no evidence that newer COVID variants lead to newer symptoms.
Currently the symptoms seen in COVID infected individuals is similar to the symptoms seen in infections caused by earlier variants.

Though the prevalence of the symptoms have changed during the waves of infection, in total the nature and the kind of symptoms have remained the same.

The common symptoms of COVID which should not be ignored are: runny nose, sore throat, blocked nose, sneezing, cough, hoarse voice, headache, muscle pain, muscle ache and altered sense of smell.

Anti-COVID protocols still remain germane

In view of the emerging COVID variants, anti-COVID practices like wearing masks, keeping hands sanitized are still considered to be relevant.

Health experts have said that following hygiene practices helps control the spread of the infection to a large extent.

Vaccination is also credited for developing the immunity of people.

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CORONAVIRUS

China's COVID death likely to reach 36,000 per day? Key points on variant, symptoms and transmission rate

China's COVID death likely to reach 36,000 per da...

Cervical cancer

Cervical cancer is the fourth most common cancer among women (The Times of India: 20230120)


As per the World Health Organisation (WHO) data, cervical cancer caused 342 000 deaths in 2020. According to the GLOBOCAN 2018 report, every year, 96,922 women are diagnosed with cervical cancer in India and 60,078 die from the disease.

More than 95% of the cervical cancer cases are due to the human papillomavirus, which causes infection in the reproductive tract mostly.
"It takes 15 to 20 years for cervical cancer to develop in women with normal immune systems. It can take only 5 to 10 years in women with weakened immune systems, such as those with untreated HIV infection," the WHO report says.

Early signs of cervical cancer you should never ignore

02/8 "It started like a simple twinge, like a cramp, in my lower right abdomen"

"It started like a simple twinge, like a cramp, in my lower right abdomen"

Rose T, a cervical cancer survivor, ignored the initial symptoms like abdominal cramps and "just accepted that it was part of growing older".

She was 37 years old when she was diagnosed with cervical cancer, a form of cancer that starts in the cells of the cervix and is the fourth most common cancer among women globally.

A local marathon made her realize that something was "off". A runner, since the age of 12, she could barely finish the 5k run. "That’s when I knew something was “off.” I decided to see my sports medicine doctor because I noticed a limp in my stride and some back pain during the race. What followed was a regimen of physical therapy and rest, but things did not get better," she writes about her journey which is available on the website of the US CDC.

It was after getting excruciating pain and heavy bleeding after being intimate with her husband one night she went to the emergency room.

"In August, 2010, when I was in the hospital finally having the back surgery, an urologist discovered I had a rather large solid mass, approximately 6 to 8cm in size. He was unsure if it was on my cervix or my ovary. Then I had another grand mal seizure, which put me in the ICU [intensive care unit]. There, it was discovered that I had cervical cancer, diagnosed as stage IV, inoperable, and terminal," Rose writes.

After a series of surgery and treatment procedures, Rose emerged a winner.

03/8 "I went in for my annual gynecological exam and got a Pap test; the results came irregular"

"I went in for my annual gynecological exam and got a Pap test; the results came irregular"

Jennie was diagnosed with cervical cancer in 1964 when she was 32 years old. "I did not have any symptoms. I went in for my annual gynecological exam and got a Pap test. My results came back as irregular so the doctor recommended more testing. The results showed that I had cervical cancer," she has shared her story on the US CDC portal.

04/8 "I had the same type symptoms that you have going through menopause"

"I had the same type symptoms that you have going through menopause"

For Nancy Fawn Downing, the symptoms of cervical cancer were similar to those seen during menopause. Taking her experience to Quora, Nancy writes: I had cervical cancer growing for about 30 years before I learned I had it.I was in my late fifties. I had been in menopause for two years.I had the same type symptoms that you have going through menopause but nothing that made me think I needed to see a doctor.I hadn’t had sex in many years and I also hadn’t had regular Pap smears.Now that everyone has insurance, the best advice I can give is to be
tested regularly. I didn’t have strong enough symptoms or insurance for many years. I’m a stage 3 without chemo or radiation—just surgery, and I’m doing quite well in year 3.

05/8 Cervical cancer is curable

Cervical cancer can be treated if the disease is diagnosed at an early stage. Early medical intervention can check the progress of the disease and can help the patient recover. "A major cause of high burden of cervical cancer in India is lack of awareness and lack of cervical screening due to which many cases are detected in advanced stages leading to high mortality rates. Before cancer manifests itself, screening can detect abnormalities in the cervix. It can also detect cervical cancer at an early stage, when it has not spread and is amenable to curative treatable," says Dr. Neha Kumar, Senior Consultant, Gynecologic Oncology, Amrita Hospital, Faridabad. "Every three years, women between the ages of 21 and 29 should get a Pap test. From the age of 30, the optimal method of screening is to undergo testing every five years with a Pap test and an HPV test, OR every three years with a Pap test, until the age of 65," she recommends.

ASER 2022 | 33.7% of mothers, 20.8% of fathers

ASER 2022 | 33.7% of mothers, 20.8% of fathers in rural India do not have any schooling

Rajasthan has the highest percentage of uneducated mothers, and Meghalaya has the highest percentage of uneducated fathers in rural areas. (The Hindu: 20230120)


Image for representational purposes only.

The Annual Status of Education Report (ASER) 2022, has brought out differences in the schooling of parents in rural districts and how this could impact the learnings of the school-going children.

The national-level study shows that in 2022, 33.7% of mothers in India do not have any schooling. This is the highest in Rajasthan where 53.4% of mothers never went to school. It has, however, reduced from 64.5% in 2018. Rajasthan is followed by Bihar (49.4%), Arunachal Pradesh (47.9%), Jharkhand (46.5%), and Uttar Pradesh (46.4%).
Heart attack

No diabetes, BP: Why then did this 42-year-old get a heart attack with 100 per cent blockage (Indian Express:20230120)

https://indianexpress.com/article/health-wellness/42-year-old-safe-heart-attack-no-diabetes-hypertension-but-100-per-cent-blockage-8392371/

‘Your arteries may have a 30 to 40 per cent plaque, which is not sufficient to produce symptoms during routine activity. But when it cracks up, it causes blood clots and blockages in no time,’ says Dr Mukesh Goel, Senior Consultant, Cardio Thoracic Surgery, Indraprastha Apollo Hospitals, Delhi

The man was first taken to a local hospital, where he collapsed following a cardiogenic shock (Source: Getty Images/Thinkstock)

A silent and sudden heart attack can even happen without any underlying conditions of diabetes, hypertension or cholesterol. That’s how a 42-year-old man from Delhi, who was driving to a family event, suffered a massive cardiac arrest. After complaining of discomfort, he collapsed immediately and was found to have almost 100 per cent blockage in the arteries. Yet he had no red flags. But he was saved in the nick of time with angioplasty procedures

Cold and flu

Do you have a cold and flu? Do not reach out for antibiotics like Azithral please (Indian Express:20230120)

https://indianexpress.com/article/health-wellness/cold-flu-antibiotics-azithral-8392097/

Apart from complicating your existing condition, popping antibiotics makes you drug-resistant in the long run, says Dr Rommel Tickoo, Director, Internal Medicine, Max Super Speciality Hospital, Saket, Delhi

cold flu antibioticsA majority of respiratory infections this winter are viral with the usual, identifiable patterns (Source: Getty Images/Thinkstock)

There is a fear psychosis after COVID-19, which is making patients of seasonal flu reach out for any over-the-counter drug to suppress symptoms. And in the worst case of self-harm, I have patients coming in with an aggravated condition, saying they had taken Azithral, an antibiotic, on the pharmacist’s or a family friend’s advice, and that they were none the better for it. That’s a given, because antibiotics are for bacterial infection while colds and flus are caused by viruses. So instead of taking an anti-viral, anti-allergic or anti-inflammatory drug to control the situation and manage symptoms, they ended up taking an antibiotic, which only weakened their body further.
**Chakrasana Yoga**

**Chakrasana Yoga:** आंतों को बचाने के लिए 2 मिनट में खत्म करें कब्ज, ये योगासन है बेहद फायदेमंद

(NAVBHARAT TIMES: 20230120)


How to treat constipation: कब्ज को दूर करने के लिए आंतों को मजबूत बनाना बहुत जरूरी है। रोजाना 2 मिनट चक्रासन करके कब्ज का इलाज किया जा सकता है।

chakrasana yoga or wheel pose can relieve constipation and makes intestine strong know its steps

**Chakrasana Yoga:** आंतों को बचाने के लिए 2 लिंटें खत्म करें कब्ज, ये योगासन है बेहद फायदेमंद

पेट साफ करने के लिए आंतों को काम करना पड़ता है। आंतों की दीवारें मल को अगर डाइट में फाइबर वाले पूष्टि करती हैं तो पेट साफ नहीं हो पाता है। जिसके कारण कब्ज गंभीर हो जाती है।

कब्ज का इलाज कैसे करें? कब्ज का इलाज करने के लिए डाइट में फाइबर वाले पूष्टि करने चाहिए। तो पेट साफ हो जाती है। अगर आंतों को भी मजबूत बनाना होता है। वरना यह समस्या आंतों को और ज्यादा कमजोर बना देगी।

कब्ज 2 मिनट में दूर कर देगा Chakrasana

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कब्ज की समस्या आईबीएस का एक लक्षण है। इसीसे योगासन काफी प्रभावमंद है। रोजाना 2 मिनट इस आसन को करने से आंते एक्स्ट्रिम हो जाती हैं और कब्ज दूर होती है।

चक्रासन करने की सही विधि

सबसे पहले कमर के बल लेट जाएं।

अब पैरों को कूल्हों के बाहर खोलकर फुटने मोड़ लें और तलवारों को जमीन पर रख लें।

अब दोनों हाथों को कानों के साइड में इस तरह रखें कि उंगलियाँ पैरों की तरफ आएं।

इसके बाद सांस लें और कूल्हों को जितना हो सके आसमान की तरफ उठाएं।

सांस छोड़ें और रखें।

फिर से सांस लें और गर्दन को नीचे लटकाते हुए हाथों और पैरों को पास लाने की कोशिश करें।

इस मुद्रा में कुछ देर सांस लें और फिर फिर तेज सांस लाएं।

इस तरह भी कर सकते हैं चक्रासन योगा.
Vitamin D

**Morning Tips:** सुबह उठते ही बॉडी में जगह-जगह होने लगता है दर्द-जकड़न, Vitamin D की कमी समेंं 5 चीजें हैं वजह (Navbharat Times :20230120)


nutritionist kiran kukreja shared 5 reasons why you are waking up with body pain

**Morning Tips:** सुबह उठते ही बॉडी में जगह-जगह होने लगता है दर्द-जकड़न, Vitamin D की कमी समेंं 5 चीजें हैं वजह क्या आप सुबह उठने के बाद देर तक बेड पर अपने शरीर को दबाते रहते हैं? यदि हां, तो जान ले यह दर्द सिफ़ारिश मालिक है नहीं ढील होगा।

शूटिंग विक्रिया कुकरेजा ने अपने हालिया इंस्टाग्राम पोस्ट में सोकर उठने के बाद शरीर में होने वाले दर्द और जकड़न की वजह को बताया है।

बेस्ट डी बढ़ जाता है| कोटिंग डोज के साथ अपग्रेड करने का समय-लैपटॉप पर बड़ी छूट

**Sleeping Habits**

**Sleeping Habits:** लाइट जलाकर सोनें की आदत पड़ सकती है भारी, स्टडी का खुलासा इन बीमारियों का बढ़ जाता है जोखिम (Navbharat Times :20230120)

Side Effects Of Sleeping With Lights On: नींद सेहत के लिए जरूरी है। लेकिन यदि आप लाइट चालू करके सोना पसंद करते हैं, तो आपको इसी बकर इस आदत को छोड़ने की आवश्यकता है। क्योंकि इससे बीमारी का जोखिम बढ़ता है।(Navbharat Times :20230120)


sleeping with light on can cause you chronic diseases like diabetes high bp

**Sleeping Habits:** लाइट जलाकर सोनें की आदत पड़ सकती है भारी, स्टडी का खुलासा इन बीमारियों का बढ़ जाता है जोखिम रात में लाइट जलाकर सोने की आदत बढ़े लोगों में होती है। इसका कारण ध्यानदायक लोगों में अंधेरे का डर होता है। लेकिन क्या आप जानते हैं सोते समय लाइट आना बेहतर आपके सेहत के लिए हानिकारक साबित हो सकता है। यह रोगनी केवल रूप लाइट से संबंधित नहीं है। अतः आपके टीवी या लैपटॉप की रोशनी भी सेहत पर निर्धारण प्रभाव डालती है।
बेस्ट हील के साथ अपग्रेड करने का समय-लैपटॉप पर बड़ी छूट

2022 में हुए एक स्टडी के अनुसार, लाइट में सोने वाले प्रतिभागियों ने बताया कि वे ठीक से सोए, लेकिन मलक्स की रिकॉर्डिंग से पता चला कि उन्होंने गहरी नींद बहुत कम ली, जो संज्ञानात्मक ताज़ाणता के लिए अधिक महत्वपूर्ण है। इसके साथ ही उनके मेटाबॉलिज्म और हार्ट पर प्रभाव और भी अधिक आकर्षक थे। क्योंकि सेरूल से पता चला कि एक रात कभी की रोशनी में सोने से प्रतिभागियों के इंसुलिन प्रतिरोध में वृद्धि भी हुई। यहां हम आपको ऐसे ही लाइट जलाकर सोने के नुकसान के बारे में बता रहे हैं।

मोटापा

महिलाओं पर किए गए एक अध्ययन में पाया गया कि टीवी या लाईट चालू करके सोने वाले लोगों में मोटापे का जोखिम उन लोगों की तुलना में ज्यादा था, जो लाईट बंद करके सोते हैं।

डिप्रेशन

रात में लाइट जलाकर सोने से असरदार को जोखिम बढ़ सकता है। इसना ही नहीं इलेक्ट्रॉनिक उपकरणों से निकलने वाली नींदी रोशनी आपके मूड पर सबसे बुरा प्रभाव डालती है। लाइट नींद की कमी से संबंधित है, जो मूड विक्लंग और चिह्नित होने का पैदा कर सकती है।

डायबिटीज