Brain tumour: (The Times of India: 20230215)

https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/lung-cancer-doctors-thought-womans-cough-was-from-covid-19-induced-pneumonia-it-was-stage-4-cancer/photostory/97916126.cms

Lung cancer: Doctors thought woman's cough was from COVID-19 induced pneumonia; it was stage 4 cancer

1.1.1 Case study raises hope for cancer treatment

Emily Walthall, 39, a lawyer who lives in North Carolina, US, was a healthy woman enjoying her life with her husband and their dogs. However, everything changed overnight.

The next day after Thanksgiving 2021, she woke up with a weight on her chest. “It was very abrupt. It was very uncomfortable,” Walthall shares with Today.
“I felt like I couldn’t get a full breath and within a couple of days, I started coughing… Within a couple of weeks, I was coughing to the point that I would sometimes gag,” Walthall talked about her symptoms. She tested for COVID just to be sure, even though she had no fever or sore throat. The result was negative.

Her dry cough persisted and so Walthall went to see her primary care doctor. X-rays of her chest revealed opacities throughout both lungs and there was also a mass in the upper right lobe. “Both of my lungs just looked like a mess,” she realizes after her CT scan.
Even though Walthall never tested positive for COVID, she was diagnosed with COVID-19 pneumonia. “I remember the primary care doctor saying to me, ‘If you were ten years older and a smoker, we would have this mass in your upper right lobe biopsied right away. But you don’t have cancer, you have pneumonia,’” she recalls. He was wrong.

Walthall didn’t respond to a course of strong antibiotics and had a follow-up CT scan in February 2022. Further scans plus a biopsy revealed she had stage 4 non-small cell lung cancer. It had also spread to her spine and brain. Walthall and her husband were shocked. “I certainly did not have any thought that it could be cancer. I thought only people who smoke get lung cancer, which I never had,” she says.
Walthall had an RET gene rearrangement, which leads to the production of abnormal RET proteins, which drive the growth of cancer cells. Walthall went for targeted therapy known as selpercatinib or Retevmo, which blocks the activity of these proteins.

Walthall takes three pills in the morning and at night. These have limited side effects such as dry mouth. Five days after she received the first dose, she stopped coughing. After three months, her scans showed significant tumor reduction and there was no evidence of cancer in her brain. The lesions on her spine have also been healing and she has remained stable since

“Today, physically, my energy is as it was before. I exercise like I did before. The biggest challenge is emotional and psychological — just living with a serious disease for which there is not a cure,” Walthall says.
Marburg disease outbreak confirmed in the Equatorial Guinea

The World Health Organisation (WHO) has declared the first ever outbreak of Marburg disease in Equatorial Guinea as nine people have died due to the viral haemorrhagic fever.

Marburg virus is the causative agent of Marburg virus disease.

It has a fatality ratio of up to 88%.

These viruses belong to the same family as Ebola virus

The Marburg virus and Ebola virus both belong to the members of the Filoviridae family (filovirus). These are clinically similar diseases. The first time Marburg virus was detected was in 1967 after simultaneous outbreaks in Marburg and Frankfurt in Germany, and in Belgrade, Serbia.

How is it transmitted?

Marburg virus is transmitted from exposure to habitats of Rousettus bat colonies, which are usually mines or caves. From an infected human to a normal human the virus spreads through blood, secretions, organs or other bodily fluids. The virus also gets transmitted through sharing the bedding and clothing of the infected individual. Healthcare workers are at a higher risk of the infection as they work in close contact with the infected individuals.
What are the symptoms seen in Marburg infection?

Marburg infection is typically characterized by high fever, severe headache and malaise which start abruptly. People also experience severe muscle ache and pain during this period. The incubation period varies from 2 to 21 days. On the third day, the patient is likely to experience diarrhea, abdominal pain and cramping, nausea and vomiting. The diarrhea can persist for a week. "The appearance of patients at this phase has been described as showing “ghost-like” drawn features, deep-set eyes, expressionless faces, and extreme lethargy," the WHO says. Between 5 and 7 days, many patients develop severe hemorrhagic conditions like fresh blood in vomitus and faeces, bleeding from nose, gums, and vagina.

Other symptoms seen in patients

During the severe phase of illness, patients have high fevers. As the infection progresses it affects the central nervous system of the patient which results in confusion, irritability and aggressive behaviors. Many patients have also reported having orchitis or inflammation of one or both testicles. This usually happens during the late phase of disease. "In fatal cases, death occurs most often between 8 and 9 days after symptom onset, usually preceded by severe blood loss and shock," a WHO report says. Maculopapular rash is also seen in some patients.

How to treat Marburg disease?

There are no approved vaccines or antiviral treatments to treat the virus. "A range of potential treatments, including blood products, immune therapies and drug therapies, as well as candidate vaccines with phase 1 data are being evaluated," the WHO has said in a recent report. "However, supportive care – rehydration with oral or intravenous fluids – and treatment of specific symptoms, improves survival," the health agency says.

HIGH BLOOD PRESSURE: (The Times of India: 20230215)


High Blood Pressure: Beware of the warning signs in your feet
Warning signs of hypertension

High blood pressure occurs when the force of blood flowing in and through your blood vessels is too. 120/80 or lower is said to be a normal pressure. However, if it reaches 130/80 or exceeds it, it is considered high blood pressure. If your blood pressure reads 180/110 or higher, then it is important that you seek immediate medical assistance.

Why high blood pressure is a 'silent' killer?

High blood pressure, also known as hypertension, does not showcase any symptoms. This is why it is often referred to as a 'silent killer'. According to the American Heart Association (AHA), many people with high blood pressure don’t even know they have it. The signs and symptoms are often misunderstood with something else, which results in delayed diagnosis and treatment. This in turn raises one's risk of heart problems including heart attack and stroke.

Your feet may reveal some signs

There are times when high blood pressure can show itself in the body. When you experience symptoms, it is usually because the blood vessels around your body have been damaged. Many
of the complications are said to occur in the lower body, which includes the leg and feet. A high blood pressure can damage arteries and blood vessels in the lower part of the body. Often this can cause poor circulation in the legs. The condition associated with it is called peripheral artery disease (PAD). According to the Mayo Clinic, PAD is a common condition in which narrowed arteries reduce blood flow to the arms or legs. It occurs because the legs and arms don’t receive enough blood flow to keep up with demand. This may cause leg pain when walking (claudication) and other symptoms, explains the health body. One of the symptoms of this condition is cold feet. This could arise along with cold hands, says the US Advanced Foot & Ankle Care Specialists. The health body added: “Red or blue toes, tingling in the feet, and unexpected hair loss on the legs may all point to circulation issues.”

04/6 Other common symptoms of hypertension

The British Heart Foundation lists down some of the symptoms that can occur due to the silent disease. - Blurred vision- Nosebleeds- Shortness of breath- Chest pain- Dizziness- Headaches

1.1.14 05/6 How to regulate high blood pressure?

There are many ways to control and regulate high blood pressure. While your doctor may prescribe you some medications, you can always seek natural means to heal yourself. These include maintaining a healthy weight, exercising regularly, eating a healthy diet, reducing salt in your diet and also refraining from unhealthy habits that include limiting alcohol and quitting smoking.

1.1.15 06/6 Foods to avoid
The UK National Health Services (NHS) explains, "The more salt you eat, the higher your blood pressure is. It recommends eating less than 6g (0.2oz) of salt a day, which is about a teaspoonful. A low-fat diet that includes lots of fiber, such as wholegrain rice, bread and pasta, and plenty of fruit and vegetables can also help lower blood pressure.

No magic pill for weight loss (Telegraph India: 20230215)


The columnist offers the best solution to your health-related queries

I am planning to take pills to lose weight. Are there any side effects?

All medication has side effects. Diet pills are usually meant to control sugars in diabetics. They control appetite and may even produce an aversion to food. The downside is if you do not lose at least four per cent of your weight after 12 weeks, it is unlikely to work for you.

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They can produce side effects like liver and gallbladder disease, low blood pressure and depression. Sometimes subcutaneous fat can be lost, particularly from the face, causing an appearance of premature ageing.

Please consult a physician; do not buy these medications over the counter. The combination of a calorie-controlled diet and exercise might just do the trick without medication.

SIBO diagnosis

I have frequent and watery diarrhoea every night. After extensive investigations and endoscopy, I was diagnosed with SIBO (small intestinal bacterial overgrowth).

This occurs because of previous surgery changing the anatomy of the intestines, diverticulosis, blind loops in the intestine, diabetes and various other medical conditions. It is challenging to treat. In addition to diarrhoea, it can eventually cause vitamin deficiencies.

Avoid all milk and milk products. Do not eat wheat in any form. Take a tablespoon (30ml) of homemade curd on an empty stomach in the morning. This will repopulate your intestines with good bacteria and may help reduce diarrhoea frequency.

Low-grade fever

I have had a low-grade fever of 38°C for 10 days. I feel very tired.
Persistent documented low-grade fever can be a symptom of many medical problems like urinary tract infections, tuberculosis, autoimmune diseases or thyroid problems. You need a complete physical examination and a blood workup to arrive at a proper diagnosis before starting treatment.

Folic acid

I am planning to get married in a month’s time. My friend told me I needed to start folic acid.

It is recommended to take folic acid daily while you’re trying for a baby (ideally for three months before) and during the first 12 weeks of pregnancy.

Folic acid can help prevent congenital disabilities due to neural tube defects like spina bifida. Although green leafy vegetables do contain folic acid, it is difficult to get the required amount of folic acid from diet alone, especially with the increased requirement in pregnancy.

Natural detox

I want to detox my body and rid it of harmful chemicals. I was told that I could buy solutions in the market to do this.

Detoxing has become fashionable. A variety of “redimix” solutions are commercially available and can be purchased OTC. Some are good while others are not safe, even when they are endorsed by celebrities. They may be made from fruit and vegetable juices but they can still cause diarrhoea or even kidney problems, especially if you take them continuously for three days or more.

You can do a natural detox by having a spoon of homemade curd on an empty stomach and alternating it with half a lime squeezed into a glass of water. This may work slowly but will do no harm.

Athletic performance

I run in the morning and want to increase my speed and endurance. I do not want to take the supplements they are offering me at the gym.

Coffee works as an excellent supplement to boost energy and performance. Athletes reported a 5 per cent improvement in performance 45 minutes after drinking a cup of coffee. It appears to boost muscle efficiency enzymes. If you add a banana as well, you will also have provided yourself with slow-release energy and potassium. This will help fight fatigue.

No Sugar Diet Benefits (Dinik Jagran: 20230215)

NO SUGAR DIET BENEFITS: क्या होगा अगर आप एक महीने तक नहीं करते हैं चीनी का सेवन?

No Sugar Diet Benefits अगर आप डाइट से चीनी को निकाल देते हैं तो इससे आप दिन भर ज्यादा सतर्क और एनर्जिजिक महसूस करेंगे। ज्यादा चीनी का सेवन हमारी आंत की सेहत को प्रभावित करता है जिससे मोटापा कब्ज़ दस्त आदि से लेकर हाइपरटेंशन का जोखिम बढ़ता है।

नई दिल्ली, लाइफस्टाइल डेस्क। No Sugar Diet Benefits: आप चाहे कैसी भी डाइट फॉलो करते हों, चीनी का सेवन किसी न किसी तरह हो ही जाता है। सुबह की चाय या कॉफी से लेकर कोल्ड-ड्रिंक्स, यॉर्कलेट और यहां तक कि फलो से भी हमारे शरीर में चीनी पहुँच जाती है। हालांकि, कुछ ऐसी भी शुगर हैं, जिसकी शरीर को ज़रूरत होती है, लेकिन रिफाइंड शुगर कई तरह की बीमारियों का कारण बनती है।

खाने की कई चीज़ों में चीनी छिपी हुई होती है, जो मोटापे, डायबिटीज़, हाइपरटेंशन, दिल की बीमारियों आदि का कारण बनती है। अगर आप डाइट से चीनी को कम से कम कर देंगे, तो एक महीने में ही आपको फायदा देखने को मिलेगा।

तो आइए जानें कि एक महीने तक अगर चीनी का सेवन न किया जाए, तो शरीर को क्या फायदे होते हैं?

1. चीनी कैलोरी से भरी होती है और शरीर में फाट्स बढ़ती है, जिससे वजन जल्दी बढ़ता है। जब आप चीनी को अपनी डाइट से हटा देते हैं, तो आपका कैलोरी काउंट कम होता है, जिससे वजन भी कम हो जाता है।

2. एक्सपर्ट्स मानते हैं कि चीनी से भरपूर फूड्स खाने से आपके ब्लड शुगर का स्तर भी बिगड़ता है, जिससे टाइप-2 डायबिटीज़ का खतरा बढ़ता है। अगर आप चीनी को डाइट से हटा देते हैं, तो इससे ब्लड शुगर और इंसुलिन का स्तर कम होना शुरू हो जाएगा।

3. चीनी को डाइट से निकाल देने से आप महसूस करेंगे कि शरीर में एनर्जी का स्तर भी बढ़ रहा है। चीनी का सेवन ब्लड शुगर के स्तर को तेज़ी से बढ़ाता है जिससे आप थकावट और बेहोशी सी महसूस करने लगते हैं। चीनी का सेवन बंद करने आप फाइल्ड और ज्यादा सतर्क करने के लिए एनर्जिजिक महसूस करेंगे।

4. चीनी का सेवन बंद कर देने से आपका मूड भी बेहतर होगा, क्योंकि इससे शरीर में इंफ्लामेशन और ऑक्सीडेटिव स्ट्रेस कम होता है। रिफाइंड शुगर का सेवन दिल की सेहत को भी नुकसान करता है।
5. हाइ ब्लड प्रेशर, हाइ कोलेस्ट्रॉल और दिल से जुड़ी दूसरी बीमारियों के पीछे चीनी एक बड़ी वजह होती है। चीनी का सेवन कम कर देने से आपके दिल की सेहत में सुधार होने लगता है और हार्ट अटैक का जोखिम भी कम होता है।

6. स्वस्थ दिमाग के लिए आंत का घुस्त दुरुस्त होना ज़रूरी होता है। ज्यादा चीनी खाने से आंत में सूजन हो जाती है और फायदा पूर्व-घात गट बैकटीरिया को नुकसान पहुंचता है। जिससे ब्लोटिंग, कब्ज़ और दस्त जैसी दिक्कतें शुरू हो जाती हैं।

7. अगर आप एक महीने तक चीनी को डाइट में शामिल नहीं करते हैं, तो इससे आपकी सेहत पर पॉजिटिव असर पड़ना शुरू हो जाता है। अगर आप अपनी ज़िंदगी और सेहत पर पॉजिटिव बदलाव की चाहत रखते हैं, तो शुरूआत नो-शुगर डाइट से की जा सकती है। हालांकि, इसे सिर्फ एक महीना नहीं बल्कि लंबे समय तक जारी रखना होगा।