Loneliness - Pregnancy

Loneliness leads to risk of mental health issues during pregnancy: Study
(The Tribune: 202303060)


Published in BMC Psychiatry, the meta-synthesis of qualitative research pulled together accounts from 537 women, from 27 research papers on four continents

Loneliness leads to risk of mental health issues during pregnancy: Study

Loneliness frequently causes depression in expecting and new moms, according to a recent study conducted by UCL experts.

Researchers revealed those who interact with expectant mothers, such as in antenatal classes or consultations, should be aware of the significance of loneliness and the need of promoting new moms' creation and maintenance of healthy social relationships. According to the research, more family and medical support may be beneficial in easing the negative effects of loneliness on mental health.

Published in BMC Psychiatry, the meta-synthesis (an evidence review using a systematic method) of qualitative research pulled together accounts from 537 women, from 27 research papers on four continents.

Lead author Dr Katherine Adlington (UCL Psychiatry and East London NHS Foundation Trust) said: "We found that loneliness was central to the experiences of expectant and new mothers with depression. We know that depression and loneliness are often interconnected - each one can lead to the other - and this may be particularly true for perinatal depression.

"Having a baby is a period of huge transition and upheaval that can involve losing touch with people and existing networks, such as work colleagues. This research suggests that loneliness is a major risk for mental health problems during pregnancy and for new mothers." Depression is common during the perinatal period, affecting one in six pregnant women and one in five
women during the first three months after birth, and can significantly affect new parents' quality of life and can have long-term adverse impacts on their child's cognitive and emotional development.

For this review of evidence, the authors found that while very little research has been conducted specifically investigating loneliness in perinatal depression, loneliness came through prominently across the studies as a key contributing factor.

Some of the causes of loneliness included stigma, self-isolation, emotional disconnection and not receiving enough support. Many women reported a fear of judgement as a 'bad mother', and both perceived and experienced mental health stigma, which contributed to them hiding symptoms of mental ill-health and often led to self-isolation and withdrawal.

Many women also reported a sudden sense of emotional disconnection after birth, from their previous lives before getting pregnant, from other mothers, and from the baby. Others also reported a mismatch between expected and actual support provided by their partner, their family, and their community more broadly. The researchers also identified a double burden faced by mothers from disadvantaged communities, due to increased stigma and decreased social support, highlighting the need for more targeted support that is culturally appropriate and without language barriers.

The review also shed light on potential solutions. Many women reported that validation and understanding from healthcare professionals was helpful and may alleviate their loneliness, suggesting that clinical staff may have a greater than expected impact on reducing loneliness.

Peer support from other mothers with experience of perinatal depression was also helpful - but only if those mothers had similar stories to share, as speaking to mothers who appeared to be doing well could in fact make loneliness worse.

Senior author Professor Sonia Johnson (UCL Psychiatry and Camden and Islington NHS Foundation Trust), who co-leads the Loneliness and Social Isolation in Mental Health Network at UCL, said: "Helping women to understand early on in pregnancy how common loneliness is, and how it can lead to mental health problems, and that it's okay to feel such feelings, could be an important way to reduce the impact of perinatal mental ill health.

"We found that healthcare professionals also have an important role to play in helping women to feel heard and validated in their experiences of loneliness, so we would suggest that asking expectant and new mothers about potential feelings of loneliness could be highly beneficial, in addition to signposting them to peer support.

"Peer, social and family support are likely to be crucial in reducing perinatal depression; this study helps understand the importance of social connection at this time, but there is a lot more to be done to understand why loneliness is so important in the perinatal period, and to develop effective ways of preventing or reducing it."
**Influenza**

**Influenza A subtype causing cough, fever, say ICMR experts; IMA advises against indiscriminate antibiotics use** *(The Tribune: 202303060)*

Fever goes away after three days but cough can persist for up to three weeks, says Indian Medical Association

Influenza A subtype causing cough, fever, say ICMR experts; IMA advises against indiscriminate antibiotics use

A persistent cough, sometimes accompanied by fever, running through India for the past two-three months is due to Influenza A subtype H3N2, ICMR experts said.

The H3N2, which has been in wide circulation for the past two-three months, causes more hospitalisations than other subtypes, said Indian Council of Medical Research (ICMR) scientists who keep a close watch on ailments caused by respiratory viruses through the Virus Research and Diagnostic Laboratories network.

They have also suggested a list of ‘Dos and Don’ts’ for people to follow to protect themselves from contracting the virus.

The Indian Medical Association (IMA), on the other hand, has advised against indiscriminate use of antibiotics amid rising cases of cough, cold and nausea across the country.

Seasonal fever will last five to seven days, it said.

The fever goes away at the end of three days but the cough can persist for up to three weeks, the IMA’s Standing Committee for Anti-Microbial Resistance said.

Viral cases have also surged due to air pollution, it said, adding that it mostly occurs in people aged below 15 and above 50 and causes upper respiratory infections along with fever.

The association also asked doctors to prescribe only symptomatic treatment and not antibiotics.

“Right now, people start taking antibiotics like Azithromycin and Amoxiclav, etc, that too without caring for frequency and stop it once start feeling better. This needs to be stopped as it leads to antibiotic resistance. Whenever there will be a real use of antibiotics, they will not work due to the resistance,” the IMA said in a statement.

The most misused antibiotics are Amoxicillin, Norfloxacin, Oprofloxacin, Ofloxacin and Levofloxacin. These are being used for the treatment of diarrhoea and UTI, it said.
“We have already seen widespread use of Azithromycin and Ivermectin during Covid and this too has led to resistance. It is necessary to diagnose whether the infection is bacterial or not before prescribing antibiotics,” it said.

**Brain oxygen levels,**

**Long Covid associated with reduced brain oxygen levels, cognitive impairment: Study** *(The Tribune: 202303060)*


Older women were more affected than others in the case of brain imaging outcomes, says paper

**Long Covid associated with reduced brain oxygen levels, cognitive impairment: Study**

Long COVID is associated with reduced brain oxygen levels, declined cognition and heightened levels of depression and anxiety, according to new research studying the impacts of the disease.

Researchers from the University of Waterloo, Canada, combined the results of two new parallel studies - a laboratory study involving cognitive testing and imaging of oxygen levels in the brain, and a national population survey of Canadians in 2021 and 2022.

The laboratory study found that individuals who had experienced symptomatic COVID-19 illness performed worse on two computer tasks - one measured inhibition and the other impulsive decision-making, the research describing the findings said.

Compared to those who had not been infected, people who had been infected showed a lack of increase in oxygen saturation in an area of the brain that is normally engaged during one of the tasks, the study said.

“We are the first to show reduced oxygen uptake in the brain during a cognitive task in the months following a symptomatic COVID-19 infection,” said Peter Hall, lead author and researcher at the University of Waterloo.

“This is important because a lack of sufficient oxygen supply is thought to be one of the mechanisms by which COVID-19 may cause cognitive impairment,” said Hall.

The second study in this paper, a population survey of more than 2,000 Canadians aged 18 to 56, examined the relationships among COVID, cognitive function and psychiatric symptoms.

Respondents who had COVID reported difficulty concentrating and problems with inhibition, as well as increased symptoms of anxiety and depression, the research said.

These effects appeared to be marginally stronger among unvaccinated individuals and were still detectable after controlling for how long ago respondents were infected, the research said.
Previous studies have shown a link between COVID and test performance, self-reported cognitive symptoms and differences in brain structure measured by MRI, but not oxygenation changes in the brain, the paper said.

Older women were more affected than others in the case of the brain imaging outcomes, the paper said.

“We don’t know for sure why this was the case, but there have been other studies showing that older women are especially impacted by some post-COVID-19 syndrome symptoms,” Hall said.

In the case of the population study, “It appears that, regardless of gender and other demographic factors, COVID-19 infection at baseline is correlated with increased problems with emotion regulation six months later: depression, anxiety and agitation.

“In some cases, we are talking about symptom levels that are at or above recommended as cut-off scores for psychiatric diagnoses,” said Hall.

The studies were conducted during earlier waves of the pandemic. The researchers did not examine whether Omicron and later variants have the same effects on the brain as earlier variants.

Skin cancer

Laser treatments help prevent skin cancer, says study (The Tribune: 202303060)


Additionally, it's important to take proper precautions to reduce risk of skin cancer

Laser treatments help prevent skin cancer, says study

Basal cell carcinoma and squamous cell carcinoma, jointly known as keratinocyte carcinoma and the most prevalent types of cancer diagnosed in the United States, are thought to be preventable with simple laser skin treatments, according to new research.

A group of scientists from Massachusetts General Hospital, a founding member of Mass General Brigham, carried out the research. It provides an approach to safeguarding people's skin health that is simple to execute and was published in Dermatologic Surgery.

Nonablative fractional lasers (NAFL) deliver heat in a fractional manner that leaves it fully intact after treatment (unlike ablative fractional lasers that remove the top layer of skin), and they're currently used to treat scars, sun-damaged skin, age spots, and more; however, their effectiveness for preventing skin damage is unknown.

To investigate, Mathew Avram, MD, JD, director of the Mass General Dermatology Laser & Cosmetic Center, and his colleagues studied patients who had been successfully treated for
facial keratinocyte carcinoma in the past. Such patients have a 35% risk of experiencing a subsequent keratinocyte carcinoma within 3 years and a 50% risk within 5 years.

In the study, 43 patients received NAFL therapy and 52 served as controls and did not receive NAFL therapy.

The rate of subsequent facial keratinocyte carcinoma development over an average follow-up of more than 6 years was 20.9% in NAFL-treated patients and 40.4% in controls, indicating that patients treated with NAFL had about half the risk.

When controlling for age, gender, and skin type, control patients were 2.65 times more likely to develop a new facial keratinocyte carcinoma than NAFL-treated patients.

Also, among patients who developed a facial keratinocyte carcinoma, the time to development was significantly longer in patients treated with NAFL compared with untreated patients.

"These findings suggest that NAFL treatment may have an important role in protecting against subsequent keratinocyte carcinomas," said Avram.

"While the mechanism of NAFL's protective effect is not completely understood, it is suspected that NAFL treatment reduces the overall burden of photo damaged keratinocytes and may promote a wound healing response, which gives healthy skin cells a selective advantage." Avram noted that additional studies are warranted to more critically assess the role of NAFL in skin cancer prevention, to reveal the duration of its protective effects, and to determine optimal treatment parameters.

"Based on this research, it's encouraged for patients to have nonablative laser treatments to help prevent skin cancer if they are at risk or notice abnormalities," said Avram.

Additionally, it's important to take proper precautions to reduce risk of skin cancer, including wearing sunscreen daily, wearing hats and protective clothing in the sun, and performing self-skin examinations.

Neutral maternal behaviour

Neutral maternal behaviour linked with epigenetic changes in children: Study (The Tribune: 202303060)


Neutral maternal behaviour linked with epigenetic changes in children: Study

Neutral maternal behaviour towards their infants has been linked with an epigenetic change related to stress response in children, according to a new study which added evidence to the importance of early development.

Epigenetics are molecular processes independent of DNA that influence gene behaviour.
In this study, researchers found that neutral or awkward behavior of mothers with their babies at 12 months correlated with an epigenetic change called methylation, or the addition of methane and carbon molecules, on a gene called NR3C1 when the children were 7 years old.

This gene has been associated with regulating the body's response to stress, the study said.

"There is evidence of a relationship between the quality of maternal-infant interaction and methylation of this gene though these are small effects in response to a relatively small variation in interaction," said Elizabeth Holdsworth, a Washington State University biological anthropologist and lead author of the study.

The study is published in the American Journal of Human Biology.

Other studies have connected extreme stress in early life, like neglect and abuse, to more dramatic methylation on this particular gene in adults.

However, Holdsworth emphasized that the small difference indicated by this study may be an indication of normal human variation and it is hard to determine if there are any long-term effects.

For this study, Holdsworth and her co-authors analyzed a subsample of 114 mother-infant pairs from the Avon Longitudinal Study of Parents and Children, a project that tracks a cohort of children born in 1991 and 1992 in Avon, UK.

The researchers first analyzed data from an observational study of the mothers sharing a picture book with their children at 12 months, in which their interactions were coded on warmth.

The study focused on mothers because they are often infants' primary caregivers. The vast majority of the women in this sample were white, college-educated and from middle-income households, it said.

The range of warmth they displayed only varied slightly with the "coldest" behavior classified as awkward or neutral, but this is exactly what the researchers hoped to test: that if even small differences in social interaction could be linked to an epigenetic change, the study said.

The observed behavior was then compared against data from an epigenetic analysis of the children's blood samples taken at age seven, the study said.

The researchers found that the mothers showing awkward or neutral behavior toward their infant correlated with a small increase of methylation on the NR3C1 gene, the study said.

This gene encodes a receptor involved in the regulation of the HPA axis - the interaction between the body's hypothalamus, pituitary and adrenal glands. This axis plays a role in stress response, including production of the body's primary "stress" hormone, cortisol.

The HPA axis can be activated by almost anything that requires a quick release of energy from reacting to a real threat to watching a scary movie to simply exercising.

The NR3C1 gene is known to be involved in activating this axis, but more research is needed to understand how methylation of that gene is associated with stress response, Holdsworth said, as some studies have shown increased methylation linked to hypo-reactivity, or blunted response while others have shown hyper-reactivity.
Researchers are working to uncover how these changes happen, particularly during infancy when the body is developing rapidly, as well as what they might mean, they said.

"Within developmental biology, we know humans grow to fit the environment that they're in, which contributes to normal human biological variation. It's not necessarily good or bad," said Holdsworth.

**Vitamin D supplements**

**Vitamin D supplements may help prevent dementia, study finds (The Tribune: 202303060)**


Researchers found that Vitamin D effects were significantly greater in females

Vitamin D supplements may help prevent dementia, study finds

Taking vitamin D supplements may help ward off dementia, according to a large-scale study.

Researchers at the University of Calgary in Canada and the University of Exeter in the UK explored the relationship between vitamin D supplementation and dementia in more than 12,388 participants of the US National Alzheimer's Coordinating Center.

The participants had a mean age of 71 and were dementia-free when they signed up. Of the group, 37 per cent (4,637) took vitamin D supplements.

The study, published in the journal Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring, found that taking vitamin D was associated with living dementia-free for longer.

The team also found 40 per cent fewer dementia diagnoses in the group who took supplements.

Across the entire sample, 2,696 participants progressed to dementia over ten years; amongst them, 2,017 (75 per cent) had no exposure to vitamin D throughout all visits prior to dementia diagnosis, and 679 (25 per cent) had baseline exposure.

"We know that vitamin D has some effects in the brain that could have implications for reducing dementia, however so far, research has yielded conflicting results," said Professor Zahinoor Ismail, of the University of Calgary and University of Exeter, who led the research.

"Our findings give key insights into groups who might be specifically targeted for vitamin D supplementation. Overall, we found evidence to suggest that earlier supplementation might be particularly beneficial, before the onset of cognitive decline," Ismail said.

While Vitamin D was effective in all groups, the researchers found that effects were significantly greater in females, compared to males.
Similarly, effects were greater in people with normal cognition, compared to those who reported signs of mild cognitive impairment -- changes to cognition which have been linked to a higher risk of dementia.

The effects of vitamin D were also significantly greater in people who did not carry the APOEe4 gene, known to present a higher risk for Alzheimer's dementia, compared to non-carriers.

The study authors suggest that people who carry the APOEe4 gene absorb vitamin D better from their intestine, which might reduce the vitamin D supplementation effect. However, no blood vessels were drawn to test this hypothesis.

Previous research has found that low levels of vitamin D are linked to higher dementia risk.

Vitamin D is involved in the clearance of amyloid in the brain, the accumulation of which is one of the hallmarks of Alzheimer's disease.

Studies have also found that vitamin D may provide help to protect the brain against build-up of tau, another protein involved in the development of dementia.

**Human antibodies**

**Human antibodies found that can block multiple coronaviruses: Study** *(The Tribune: 202303060)*


Could lead to the development of a broad coronavirus vaccine and related antibody therapeutics

Human antibodies found that can block multiple coronaviruses: Study

Photo used for representational purpose only. iStock

Scientists have found antibodies in the blood of certain Covid-19 donors that can block infection from a broad set of coronaviruses, specifically in people who have recovered from the SARS-CoV-2 virus and were then vaccinated.

The researchers from Scripps Research and the University of North Carolina (UNC), US, found this includes not only the Covid-19-causing SARS-CoV-2, but also SARS-CoV-1 and MERS-CoV.

The study, published in the journal Immunity, could lead to the development of a broad coronavirus vaccine and related antibody therapeutics. Both could be used against future coronavirus pandemics as well as any future variants of SARS-CoV-2.

"We show here that there are individual human monoclonal antibodies that can be found that protect against all three recent deadly coronaviruses: SARS-CoV-1, SARS-CoV-2 and MERS-CoV," said study co-senior author Raiees Andrabi, institute investigator at Scripps Research.
SARS-CoV-2, along with SARS-CoV-1 — the cause of the 2002-04 SARS outbreak — and MERS-CoV, the cause of deadly Middle East Respiratory Syndrome, belong to a broad grouping of coronaviruses known as betacoronaviruses.

These viruses mutate at a modestly high rate, creating a significant challenge for the development of vaccines and antibody therapies against them.

In the case of SARS-CoV-2, although existing vaccines have been very helpful in limiting the toll of disease and death from the pandemic, new SARS-CoV-2 variants have emerged that can spread even among vaccine recipients.

However, over the past two years, the team has been finding evidence that SARS-CoV-2 and other betacoronaviruses have a vulnerable site that does not mutate much. This site, which is in the S2 region (or base) of the viral spike protein, is relatively conserved on betacoronaviruses that infect a variety of animal species.

By contrast, current SARS-CoV-2 vaccines mainly target the viral spike protein's relatively mutable S1 region, with which the virus binds to host-cell receptors.

The S2 site plays a key role in how betacoronaviruses progress from receptor-binding to the membrane fusion that enables entry into host cells in the respiratory tract.

In a study published last year, the team found that some human antibodies can bind to this site on SARS-CoV-2 in a way that apparently disrupts viral fusion and blocks infection.

The existence of such a vulnerable site raises the possibility of targeting it to provide both long-lasting and broad protection against betacoronaviruses.

In the latest study, the researchers made a more comprehensive search for anti-S2 antibodies in blood samples from human volunteers.

These volunteers were individuals who had recovered from Covid-19, had been vaccinated, or had recovered from Covid-19 and then had been vaccinated.

The researchers found that antibodies to the vulnerable S2 site were present in the vast majority of volunteers in the latter group — people who had recovered from Covid-19 and then had been vaccinated — but at a much lower frequency in the others.

Overall, the researchers identified and characterised 32 of these S2-targeting antibodies.

In lab virus neutralisation studies and in virus-challenge studies with mice, the researchers found that several of these antibodies provide protection of unprecedented breadth — not only against SARS-CoV-2 but also SARS-CoV-1 and MERS-CoV betacoronaviruses.

"In principle, a vaccination strategy that can induce such antibodies is likely to provide broad protection against a diverse spectrum of betacoronaviruses," said Burton.

Structural studies of several of the antibodies when bound to S2 illuminated their common binding sites and modes of binding, providing key information that should aid the development of future vaccines targeting this region.
"Targeted rational vaccine strategies could take advantage of this molecular information of the interactions of these antibodies with the S2 domain to inform the design of pan-betacoronavirus vaccines,” Wilson said.

**Heart valve surgery**

**Heart valve surgery now possible through small cuts: Health experts(The Tribune: 202303060)**


Heart valve surgery now possible through small cuts: Health experts

A heart valve surgery is the second most common heart operation after a bypass surgery, noted some health experts during an event organised by Ivy Hospital to create public awareness. A heart valve surgery is the second most common heart operation after a bypass surgery, noted some health experts during an event organised by Ivy Hospital to create public awareness. The doctors stated that various causes like birth defects, infections and an advanced age can lead to heart valve problems.

Dr Pankaj Goel, chief heart surgeon at Ivy Hospital said that there are many misconceptions about heart valve surgery among the people. The Rheumatic heart disease remains the most common cause, he said while adding that patients usually have progressive shortness of breath or palpitations. Initial stages are managed with medicines but eventually a heart valve surgery is required, he explained.

He added that during a surgery, the valve could be repaired or replaced, depending on the severity of the damage. Dr Goel also emphasised that now valve surgery is possible through small cuts. Sanjay Roy, facility director said that the hospital is committed to providing the best healthcare services in the region.

**Influenza subtype**

**Rising cases of cough and fever linked to Influenza subtype A H3N2: ICMR(Hindu:20230306)**


ICMR said Influenza A H3N2 appears to lead to more hospitalisations than other subtypes; it advises people not to take antibiotics without consulting a doctor
Surveillance data from December 15 reflects the rise in number of cases of Influenza A H3N2, the Indian Council of Medical Research said. File

Rising cases of intense cough lasting for over a week coupled with fever, observed in most parts of the country, can be linked to Influenza A H3N2, a subtype of a virus that causes flu, the Indian Council of Medical Research (ICMR) said on Saturday.

“Surveillance data from December 15 reflects the rise in number of cases of Influenza A H3N2,” the health agency has stated.

**Antibiotics**

Avoid antibiotics for seasonal cold and cough, says Indian Medical Association amid rising cases


“It is necessary to diagnose whether the infection is bacterial or not before prescribing antibiotics,” the IMA said in a statement

IMA has warned against overuse and misuse of antibiotics for viral cases.

In response to the rising cases of cough, cold and nausea across the country, the Indian Medical Association (IMA) has advised against an indiscriminate use of antibiotics like Azithromycin and Amoxiclav to alleviate symptoms.

The IMA noted that most cases of seasonal cold and cough — resulting in nausea, sore throat, fever, body ache and diarrhoea in some cases — currently being reported are due to the H3N2 influenza virus. While the fever should last up to three days, the cough can continue for three weeks. Viral cases have also surged due to air pollution, they noted.

**India’s health sector**

World Bank to lend $1 billion to support India’s health sector (The Hindu:20230306)
Bank says the loans will support India’s efforts to improve public healthcare infrastructure across the country

https://www.thehindu.com/sci-tech/health/world-bank-signs-1-billion-programme-to-support-indias-health-sector/article66577131.ece

Rajat Kumar Mishra, Additional Secretary, Department of Economic Affairs, and World Bank India country director Auguste Tano Kouamé, sign two complimentary loans worth $1 billion to support and enhance India’s healthcare infrastructure, in New Delhi, March 3, 2023.

The World Bank is lending up to $1 billion to help India with preparedness for future pandemics as well as to strengthen its health infrastructure. The lending will be divided into two complementary loans of $500 million each.

Through this combined financing of $1 billion, the bank will support India’s flagship Pradhan Mantri-Ayushman Bharat Health Infrastructure Mission (PM-ABHIM), launched in October 2021, to improve the public healthcare infrastructure across the country. In addition to the national-level interventions, one of the loans will prioritise health service delivery in seven States including Andhra Pradesh, Kerala, Meghalaya, Odisha, Punjab, Tamil Nadu, and Uttar Pradesh.

The $500-million Public Health Systems for Pandemic Preparedness Program (PHSPP) will support the government’s efforts to prepare India’s surveillance system to detect and report epidemics of potential international concern. Another $500 million Enhanced Health Service Delivery Program (EHSDP) will support government’s efforts to strengthen service delivery through a redesigned primary healthcare model, which includes improved household access to primary healthcare facilities, stronger links between each household and its primary care facility through regular household visits and risk assessment of noncommunicable diseases.

Both the PHSPP and the EHSDP utilise the Program-for-Results financing instrument that focuses on achievement of results rather than inputs. Both the PHSPP and EHSDP loans from the International Bank for Reconstruction and Development (IBRD) have a final maturity of 18.5 years including a grace period of five years, stated the World Bank.

The agreement was signed by Rajat Kumar Mishra, Additional Secretary, Department of Economic Affairs, Ministry of Finance on behalf of the Government of India and Auguste Tano Kouamé, country director, India, World Bank.

“The COVID-19 pandemic brought to the fore the urgent need for pandemic preparedness and health system strengthening around the world and was a stark reminder that pandemic preparedness is a global public good,” said Auguste Tano Kouamé.

India’s performance in health has improved over time. According to World Bank estimates, India’s life expectancy has increased from 58 in 1990 to 69.8 in 2020. This is higher than
average for the country’s income level. The under-five mortality rate (36 per 1,000 live births), infant mortality rate (30 per 1,000 live births), and maternal mortality ratio (103 per 100,000 live births) are all close to the average for India’s income level, reflecting significant achievements in access to skilled birth attendance, immunisations, and other priority services.

Despite these advances in the health of the Indian population, COVID-19 has underscored the need for developing capacity for core public health functions, as well as for improving the quality and comprehensiveness of health service delivery.

“The two Programs leverage the unique strengths of both the Center and the States to support the development of more accessible, high-quality, and affordable health services,” said Lynne Sherburne-Benz, the World Bank’s South Asia Regional Director for Human Development. “This strengthening of health systems, combined with attention to strong disease response, will improve preparedness and response to future disease outbreaks.”

**Syrup deaths**

*U.S.-CDC probe into cough syrup deaths in The Gambia pins blame on Indian manufacturer (The Hindu:20230306)*


The report says investigation strongly suggests that medications contaminated with Diethylene Glycol or Ethylene Glycol imported into The Gambia led to this Acute Kidney Injury cluster among children.

The Maiden Pharmaceuticals Limited factory in Haryana’s Sonepat district on October 6, 2022.

A probe report by the top public health body of the U.S., Centre for Disease Control, into the death of children in The Gambia due to kidney injury, has suggested a strong link between these deaths and consumption of allegedly contaminated cough syrup manufactured by India-based Maiden Pharmaceuticals.

A CDC report released on Friday said, “This investigation strongly suggests that medications contaminated with Diethylene Glycol [DEG] or Ethylene Glycol [EG] imported into The Gambia led to this Acute Kidney Injury (AKI) cluster among children.”

**World Hearing Day poster**

*WHO puts Kerala girl on World Hearing Day poster (The Hindu:20230306)*
Rizwana, a final year MBBS student, is an example that early newborn screening and consistent interventions can save hearing impaired children from being disabled for life.

https://www.thehindu.com/sci-tech/health/who-puts-kerala-girl-on-world-hearing-day-poster/article66576568.ece

Rizwana was six years old when she first heard the music of the rain and the joyous twitter of birds in the morning. She did not know till then that the anklets on her feet could produce such a melodious jingle... or that hearing her mom’s voice for the first time can bring her such joy.

The world that the cochlear implant opened up for Rizwana, who was born with hearing impairment, was nothing short of magic. It saved her from what would have been a lifetime of disability, helped her attend normal school and pursue her dreams with so much confidence.

A final year MBBS student at the Government Medical College Hospital, Kottayam, Rizwana is a living example that early newborn screening and consistent interventions can save many hearing impaired children from being disabled for life.

It is Rizwana’s story that WHO India has chosen to put on its poster on World Hearing Day (March 3) to send out this powerful message to millions.

Combination therapy

Scrub typhus: combination therapy can save more lives (The Hindu:20230306)

https://www.thehindu.com/sci-tech/science/scrub-typhus-trial-shows-combination-therapy-can-save-more-lives/article66578021.ece

Mortality rate was same in the combination therapy arm and two monotherapy arms, but there was faster resolution of complications in the combination therapy group.
Saving lives by faster resolution of complications

India is one of the hotspots for scrub typhus disease with at least 25% disease burden

- Combination therapy with doxycycline and azithromycin achieved faster resolution of complications compared with monotherapy using either drug

- Combination therapy achieved faster clearance of the bacteria compared with monotherapies

- Faster resolution of thousands of lives

- Scrub typhus infection does not cause typical symptoms, making correct and early diagnosis difficult

- Awareness about the infection and disease is very low, despite the high disease burden and mortality rate

- In Vellore, increased awareness and early diagnosis led to sharp
IVF

How IVF helped Aarti and Ajay become parents after 40: Pune specialist makes them fourth time lucky (Indian Express:20230306)


'The mother's ovarian reserve was low as she had turned 40. But her implantation was successful and she was expected to birth twins. However, midway one of her embryos stopped growing. But since the other one looked robust, we went ahead with the pregnancy,' says Dr Dr Sunita Tandulwadkar, Pune's top IVF specialist

Ajay Gupta his wife Arati Gupta and Child Yashodhan at his residence in Jaipur (Express photo by Rohit Jain Paras)

A chance encounter can mean many things. For Aarti Gupta, who gave up the idea of In-Vitro Fertilisation (IVF) after three successive failures and took to drawing Bal Gopal (baby Krishna) at 40, it was divine intervention. For her husband Ajay, who moved to Muscat as its new airport manager so that Aarti could forget her stressful memories in Chennai, it was about completing the circle of life. For that encounter got them their child through the method they dreaded the most — IVF.

“We longed to have a child of our own but after several failed attempts, naturally and through IVF, I gave up,” recalls Aarti. All of her maternal instincts she poured into her Bal Gopal series of paintings, which adorn the walls of her home. Motherhood seemed a closed chapter till a late night call from an irate airline passenger to Ajay changed the direction of their lives.

1Can chia seeds beat animal protein? Are they better in controlling cholesterol and blood sugar?

2How a busy AIIMS OPD is a test case of mental health: Burnout tops depression

3Can you still do yoga after a heart problem or procedure? Know which asanas work for you

The agitated caller was Dr Sunita Tandulwadkar, a well-known IVF specialist from Pune. Her flight to India had been delayed, which meant that she could not be in time to retrieve eggs from her patient, who had been prepped and given injections almost 35 hours before. Her patient would lose her chance and she would lose a family’s faith. For Ajay, pacifying passengers was part of his duty. Not wanting another couple to lose hope, he arranged a seat for Dr Tandulwadkar on an Air India flight. The doctor wanted to return the favour and they
formed a bond that resulted in Aarti agreeing to a fourth IVF procedure and giving birth to her son. “In fact, we celebrated Yashodhan’s sixth birthday in Pune,” says Ajay.

Aarti and Ajay married in 2011 and for the first couple of years, they consulted gynaecologists to understand their chances of having a biological child. Aarti had a blockage in her fallopian tube that led to infertility. Doctors recommended IVF that would involve placing a fertilised egg inside her womb. And since she was healthy and had no medical ailments, she seemed like an ideal candidate. The couple were recommended an IVF consultant in Chennai but all three cycles of embryo implantation failed.

Ajay Gupta his wife Arati Gupta and Child Yashodhan at his residence in Jaipur (Express photo by Rohit Jain Paras)

Recalling Aarti’s condition when she first met her, Dr Tandulwadkar says, “She was past her peak reproductive years and fertility levels start declining faster once the woman is in her mid-30s. There is a fixed number of eggs in the ovaries and they too decrease as one gets older.” Perhaps it was the quality of Aarti’s embryos or the stress and anxiety of “what if” she had internalised that worked against the treatment in those years. Ajay and Aarti started consulting Dr Tandulwadkar and it took six visits from Muscat in 2016 for the IVF pregnancy to work. Aarti delivered a healthy boy in February 2017.

Cut to present time. At Dr Tandulwadkar’s Solo Clinic in Pune, a team of experts are busy counselling a couple on IVF. “The entire process is explained in detail to all our patients. We emphasise that despite all medical advancements, there are chances of failure. IVF is not cent per cent successful and people should know that in equal measure. Aarti was 40 and I told her that she should not expect miracles but go with the flow,” says she. Besides, IVF is the safest medical procedure with the Assisted Reproductive Technology (ART) (Regulation) Rules, 2022, coming into effect. The functioning of ART clinics and banks is being closely monitored. “Criteria are laid down on who requires IVF and what kind of standardisation is needed at the ART lab. This boosts the confidence of couples wanting to be parents,” says Dr Tandulwadkar.

Ajay, who is 60 and has now retired and settled in Jaipur, says they were mentally prepared to take a leap of faith and stop if the procedure failed. And the couple gave it their all, booking hotels for the long haul till the embryo was successfully implanted in Aarti’s womb. It was not easy. Since her ovarian reserve was low, Aarti had to be given injections daily for at least eight to ten days so that the little eggs she had could be stimulated. This is standard protocol in all women. Once these eggs look healthy and agile, they are retrieved to make embryos. Ultrasound examination is conducted and if all parameters look good, no special blood test is carried out. Follicular monitoring is conducted to check if the eggs are mature and ready for fertilisation. A special injection is then given 35 hours in advance so that the eggs can be released and retrieved. “The embryologist has to keep the egg in the incubator for further maturity after which the sperm is brought in for fertilisation. However, this may not necessarily translate into an embryo as faulty eggs do not grow,” Dr Tandulwadkar explains. This involves repeated participation from the couple and the process may take between two and six weeks. Stress can impair the quality of the egg as can other factors like age and obesity. “The younger the couple, the better the result,” says the IVF expert.

The difficult part may be over but once the embryo is ready to be transplanted, doctors have to monitor its growth for 12 weeks. Aarti’s implant was successful and she was expected to birth
twins. However, midway one of her embryos stopped growing. But since the other one looked robust, Dr Tandulwadkar assured her of a healthy pregnancy. Finally, Aarti became a mother at a hospital in Muscat.

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cold cough
New flu virus causing bronchitis, persistent cough lasting over 2 weeks a...
chia seeds
Can chia seeds beat animal protein? Are they better in controlling chole...

Vitamin K is very important for keeping the heart healthy. It has been found that the deficiency of this particular vitamin leads to inactive formation of the protein GLA, which increases the risk factor for vascular calcification.

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Spouses need to do a lot of hand-holding during their IVF journey. And Ajay was with Aarti every step of the way, learning to administer injections and keeping a close watch on her tendency to develop gestational diabetes and high blood pressure, common for most women in the third trimester. They still back each other up. At 46, Aarti has no trouble keeping up with her energetic son in his growing up years. “We keep ourselves fit, walk a lot and are stress-free,” says Ajay, waiting for his son to return from school.

**Mental Health**

**How a busy AIIMS OPD is a test case of mental health: Burnout tops depression (Indian Express:20230306)**

[https://indianexpress.com/article/health-wellness/young-people-cities-burnouts-depression-8479584/](https://indianexpress.com/article/health-wellness/young-people-cities-burnouts-depression-8479584/)

AIIMS Psychiatry professor Nand Kumar has developed a deep understanding of urban angst by talking to each patient at his OPD

burnoutA burnout is a scenario where you do not like doing the job you once loved (Source: Getty Images)

AIIMS, Psychiatry Department OPD, Thursday, 12 noon: It is mid-week, by which time the spillover rush from the weekend is expected to settle. But Professor Nand Kumar’s patients mill around him, vying for attention, stretching well past lunch hour. A 30-year-old complains of burnout and wants to know how he can keep on doing the job he hates because he needs the
money. Another restless young woman complains of insomnia that has made her irritable and socially disconnected. Yet another young man has issues dealing with road rage.

One would wonder why Dr Kumar spares so much time listening to mundane issues instead of more serious mental health concerns. “But this is just as serious. At least, people are honest enough to admit they have a problem and are coming forward to deal with it in the early stages. This could save them from slipping into depression and more complicated issues of mental health,” says he, positing a counterpoint. That has helped him map mental health disorders of the city, burnout at work emerging at the top.

1Can chia seeds beat animal protein? Are they better in controlling cholesterol and blood sugar?
2How IVF helped Aarti and Ajay become parents after 40: Pune specialist makes them fourth time lucky
3Can you still do yoga after a heart problem or procedure? Know which asanas work for you

“A burnout is a scenario where you do not like doing the job you once loved. That’s because you have been exposed to chronic interpersonal stressors over a long period of time which nobody has bothered to address. So, you feel exhausted, frustrated, overused and valued less, alienated, cynical and detached. Very few know that burnout and depression are not the same. The first is still a manageable problem, the last takes longer and needs a different treatment protocol. We suggest some lifestyle modifications, change the complainant’s perception of the workplace, encourage social and emotional connectivity with peers and reduce digital addiction, all of which neutralises the feeling of victimhood and isolation,” says Dr Kumar.

The next big concern in exam season is performance anxiety in students, especially those preparing for competitive entrance examinations to institutions.

He sees around 70 mental health patients a day, their unique experiences giving him an opportunity to understand mental health disruptors at a granular level. “People have started paying attention to issues like anxiety, depression, maladjustment and insomnia. Earlier we used to see a majority of patients with schizophrenia, bipolar disorder, Post-Traumatic Stress Disorder (PTSD) or Obsessive Compulsive Disorder (OCD). This means that people are reporting triggers before they degenerate into a full-fledged disorder, which makes it easier for us to bring them back on the rails. This OPD now has people trying to come to terms with a job loss, a divorce, family conflicts and other trauma,” says he.

Does the trauma induced by COVID-19 have anything to do with it? Dr Kumar is not sure but admits that people have been exposed to the vulnerability and fragility of life for a prolonged period and do not want their lives to be broken down to pieces. So, they are more self-aware and not even averse to the medication that he advises in some cases.

AIIMS caters to a large cross-section of society, a fact that has made Dr Kumar sensitive to the varied needs of his patients. “Most underprivileged patients lack cognitive maturity and usually manifest their mental depression through physical discomfort like body ache, fatigue, sleeplessness and listlessness. So, when we prescribe medication to them, the acceptability is much more. But the psychological sophistication is higher in the privileged classes, especially those in their 20s and 30s. We manage this group with lifestyle modification — walking, yoga,
balanced diet — and medication. We recommend breathing exercises because they reduce anxiety and modulate the autonomic nervous system,” says Dr Kumar.

Vitamin K is very important for keeping the heart healthy. It has been found that the deficiency of this particular vitamin leads to inactive formation of the protein GLA, which increases the risk factor for vascular calcification.

Why Vitamin K in spinach, broccoli and lettuce may lower your risk of heart...

He has also analysed how men and women react differently to mental health disorders. “The bodily symptoms, like headache and fatigue, are much more in women than men, who are more prone to angry outbursts and mood swings,” he adds. Dr Kumar introduced brain stimulation techniques at AIIMS but now learns much more from the stimulating conversations he has with his patients.

Heart problem

Can you still do yoga after a heart problem or procedure? Know which asanas work for you (Indian Express:20230306)

https://indianexpress.com/article/health-wellness/yoga-heart-problem-procedure-asanas-8479137/

Certain practices of yoga address not only the physiological aspects of heart problems, but in the long run, help get rid of causes like addictions to smoking, alcohol, harmful diet, poor lifestyle, stress, lack of sleep and emotional upheavals, says yoga guru Kamini Bobde

makarasanaHere are some simple practices (representative) (Express Photo by Partha Paul)

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The scourge of heart attacks continues the world over unabated. About 17.9 million die every year globally due to heart diseases. A new twist in the tale is that women and younger people, who were earlier less prone to cardiac problems, are now dying of sudden cardiac arrest or suffering coronary problems.

Yoga can be both preventive and curative for heart-related problems provided you practise it under an experienced yoga teacher. This confident assumption on yoga’s potential is based on certain practices of yoga, which address not only the physiological aspects of the heart problems, but in the long run, help get rid of causes like addictions to smoking, alcohol or harmful diet, bad lifestyle, stress, lack of restful sleep, and emotional upheavals.

1Can chia seeds beat animal protein? Are they better in controlling cholesterol and blood sugar?
2 How IVF helped Aarti and Ajay become parents after 40: Pune specialist makes them fourth time lucky

3 How a busy AIIMS OPD is a test case of mental health: Burnout tops depression

Before proceeding, I would like to dwell on the precautions and contra-indications for your yoga practice. Heart patients, especially after a stent procedure, must not do most of the pranayamas or any strenuous asanas. Only after six months to a year of simple asana and gentle yogic breathing practice can they, in consultation with the doctor, start full-fledged yoga under an expert teacher.

One of my students had undergone open heart surgery, so I made him do 15-20-30 minutes of Shavasana or Yoga Nidra. He was doing the few exercises that his doctor had given him.

Following is the yoga capsule with a timeline that anyone who has had a heart attack, gone through some procedure for the heart or even open heart surgery can do with full confidence of getting back to a healthy and full life.

Yoga to be done one month after emergence of the cardiac problem

1. Breath awareness: This will relax the whole mind-body system and slowly wipe out the mental stress and shock of a health setback. Sit relaxed in a chair or on the bed. Gently close your eyes. Deliberately, consciously run your awareness throughout the body. Wherever you feel tightness, tension, just relax. Unclench your teeth, relax your jaws, leave your shoulders loose and relaxed.

   Take your awareness to your breath. Merely watch the passage of air at the nose tip. Feel cool air touching your nostrils as you inhale and warm air coming out of your nostrils as you exhale.

   Then shift your awareness inside the nostrils. Watch every aspect of your breath keenly. Is it heavy or light, sharp or soft, rhythmical or not, is one nostril more open than the other? If the mind wanders, gently bring awareness back to observing your breath and every aspect and quality of your breath.

   Do this for as long as it is comfortably possible. Usually, one can easily do five rounds of inhalation and exhalation, then slowly stretch it to 10.

2. Shavasana practice: This is the most important practice for anyone recovering from any cardiac problem. It is a practice in which the person lies down on his back, feet slightly apart flopping to the side in complete relaxation. Hands a little away from the body, palms facing upward and fingers curled in relaxation. Head and spine are aligned. The whole body is relaxed and then the instructor calls out the different parts of the body in a specific order so that it connects with particular centres in the brain.

   By the end of the practice sometimes the person goes off to sleep. At such times one must not touch, or loudly instruct to wake up. It is an indication that he needs restful sleep.

3. Yoga Nidra: This is similar to Shavasana but a much longer practice with a few crucial differences. The rotation of awareness through the different body parts is followed by instructions to visualise certain things which are archetypical or have primordial connections. Therefore, it relaxes at a deep level; eradicates deep rooted psychological complexes like
neurosis, inhibitions; psychosomatic problems; rejuvenates the whole system. It addresses all the complex issues responsible for the cardio condition the person has got into.

Yoga capsule for 3 months

1. Pawan Mukta Asana (Body Limbering Up practice): These are a set of limbering up poses of your whole body.

2. Bandha Hastha Uthanasna (Locked Hand Raising pose): This is an enjoyable practice which directly influences the heart and improves blood circulation. The whole body and brain get a better supply of oxygen. Stand with feet together, hands by the side of the body and relax your whole body. Cross your wrists and keep them in front of the body. Inhale and raise your crossed wrist from the front of your body over your head and tilt your head back to look at the wrist. Then as you exhale, spread your arms to the side with palms facing upward and look straight. Then inhale again, cross your wrists over your head and look up. Exhale and lower your wrists to the starting position and look straight. This is one round. Start with three and build up to five rounds.

3. Makrasana (Crocodile pose): This is good for the heart as it increases oxygen levels in the lungs when done with deep breathing. Lie down, cup your jaws in your palms with elbows together in front of the chest. As you inhale, fold your right leg at the knee and move the heel toward the hips. With exhalation bring it back on the floor. Repeat with the left leg. Do five sets.

4. Advasana: This is a good relaxation pose and can be done in between asanas or any time in the day. Lie down on the stomach. Keep your hands stretched out with palms flat on the floor, forehead on the ground and feet together with toes stretched and the sole of the feet facing up. Relax your whole body. Practise a few rounds of relaxed deep breathing. If the forehead on the floor causes difficulty in breathing, you can put a pillow under your head.

5. Saral Bhujang asana (Easy Cobra pose): This asana opens up the chest, lungs and helps improve oxygen levels and blood circulation. It happens to be an excellent asana for the spine and nervous system. Lie down on the mat with the forehead or the chin resting on the floor and relax your whole body. Place your palms flat on the mat along the shoulders but a little away from them. Keep elbows close to the body. As you inhale, raise your head gradually, then your chest area, taking support of the arms and come up to a little more than your navel, such that your pelvic area is still on the floor. Your arms may or may not be straight, depending on the flexibility of your spine. Remain in the final position for as long as you can hold the inhalation or the pose. With exhalation, slowly come down.

6. Matsyakrida asana: This is again a restful, enjoyable posture to be practised between asanas or by itself anytime of the day. Since forward bending may not be advisable for heart patients, this is a good asana as a counter pose to backward bending like Bhujangasana. Lie down on your stomach, interlock your fingers and place them under your head. Rest your head to the right on the palms. Then pull your right knee up as much as possible so that it is almost touching or close to the right elbow. The left leg remains straight on the floor. Close your eyes and feel relaxation in your whole body as you breathe in and out. Then turn your head to the left and pull up your left leg. Practise for five to ten rounds of breathing on each side.
After six months of these mild practices, under expert guidance, you can slowly up your practice by introducing some more simple asanas and also other pranayamas listed below:

1. Anulom Vilom pranayama

2. Ujjai pranayama

3. Yogic breathing

4. Brahmari pranayama

Along with your yoga practice, follow a good diet, lifestyle, free yourself of stress and maintain a positive outlook.

**World Obesity Day**

World Obesity Day: How obesity in children, teens can cause blood clots, raise heart attack risk in later life (Indian Express: 20230306)


‘If obese as a child or adolescent, then almost 70 per cent body weight is carried into adulthood. This group has a five-time higher risk of severe obesity and susceptibility to clot formation,’ says Dr Shashank Shah, consulting bariatric surgeon at Lilavati Hospital, Mumbai

Written by Anuradha Mascarenhas

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March 4, 2023 12:53 IST

Newsguard
obesity

Now a new study by the University of Gothenburg shows that being obese as a child and a young adult can be discrete risk factors for blood clots later in life (Source: Getty Images/Thinkstock)

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Blood clots can affect anyone and several studies, including the US Centers for Disease Control and Prevention, have said that being overweight is one of the risk factors. If blood clots do not dissolve naturally, then they can pose a serious health risk. Now a new study by the University of Gothenburg shows that being obese as a child and a young adult can be discrete risk factors for blood clots later in life. This year, the theme of World Obesity Day (March 4) is “Changing perspectives: Let’s talk about obesity.”

WHAT THE STUDY SAYS

The present study comprises 37,672 men in Sweden, born between 1945 and 1961. It is based on information about height, weight and Body Mass Index (BMI) from the men’s records, first from school health care services (at the age of 8 years) and, second, from medical examinations on enrolment in the Armed Services (at age 20), along with register data on any blood clots up to age 62 on average. Results, now published in the Journal of Internal Medicine, have shown that BMI at both ages 8 and 20, independently of each other, can be linked to venous blood clots. These may occur in, for example, the leg (deep vein thrombosis, DVT) or the lung (pulmonary embolism).

Diabetes

Can weak muscles and a poor hand grip increase your diabetes risk two-fold? (Indian Express:20230306)


When you have a low muscle mass, you tend to have more insulin resistance. So, people with or without diabetes should throw in resistance training in their workout schedule in order to improve muscle strength and mass, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare

A study from Singapore shows that women with weaker upper and lower body muscles were more than two-fold likely to have diabetes as compared to those with normal strength. The study found that upper body strength, as measured by hand grip strength, was independently linked to 1.59-fold higher cases of diabetes. What this means, says diabetologist Dr Ambrish
Mithal, is that people with or without diabetes should throw in resistance training in their workout schedule in order to improve muscle strength and mass.

What is the link between diabetes and muscle mass?

Muscles are one of the key targets of insulin. And it is now known that when you have low muscle mass, you tend to have more insulin resistance. This is actually one of the reasons why prevalence of diabetes is high in India – not only do we have central fat; it is accompanied by a low muscle mass. People who have a higher fat percentage and lower muscle mass are the ones who have the worst outcomes.

**Vitamin K**

**Why Vitamin K in spinach, broccoli and lettuce may lower your risk of heart disease**(Indian Express:20230306)


A deficiency accelerates calcium deposits in the blood vessels and increases the risk of cardiovascular disease. Vitamin K causes an anti-inflammatory action, which prevents plaque calcification, says Dr Atul Bhasin, Director, Internal Medicine at BLK-Max Super Speciality Hospital.

Vitamin K is very important for keeping the heart healthy. It has been found that the deficiency of this particular vitamin leads to inactive formation of the protein GLA, which increases the risk factor for vascular calcification. (Pic source: Pixabay)

At a time when cardiovascular health is in focus, the role of Vitamin K needs to be re-emphasised as part of our preventive diet routines. Vitamin K is a fat-soluble vitamin which the body absorbs easily and it delivers nutrients through fat molecules. The most prevalent forms of vitamin K are vitamin K1 and vitamin K2. Both are essential but science has yet to lay down their differences fully.

Vitamin K has a crucial role in developing blood clots. The authors of the 2019 review, published in the Journal of Nephrology, found that the body requires various proteins for coagulation. Vitamin K is essential for many of these proteins, which are called vitamin K-dependent proteins (VKDPs) to function.
kidney disease

Itchy skin and unusual rashes can signal towards kidney disease (Indian Express: 20230306)


01/6 The increasing risk of kidney disease:

Chronic kidney disease is a very common condition and it is also very common in India because of the high incidence and prevalence of diabetes, colitis as well as hypertension, which are the most common causes of chronic kidney disease.

02/6 Some common symptoms of kidney disease:

Dr. Mohit Khirbat, Consultant - nephrology, CK Birla Hospital, Gurugram says, “Kidney disease tends to have a variety of symptoms including shortness of breath, tiredness, difficulty sleeping, and blood in the urine amongst others. In the early stages, some of the very subtle signs are swelling of the feet.”

03/6 Skin problems that signal towards kidney disease:

The patient will also develop certain skin conditions such as itchiness of the skin or skin rashes or dryness of the skin which is because of the high urinary levels present in the body. It is often seen that patients who are on dialysis have complained of a lot of skin symptoms such as itching especially, which is again because of the high urine levels present in the body, and sometimes because they scratch, they also have a number of rashes on the body.

04/6 Diagnosis of kidney disease:

According to Dr. Khirbat, if a patient has an unexplained skin rash or unusual rashes, it is a good idea to get a kidney test for CKD done. And sometimes one is surprised to find that the underlying cause of the skin problem is nothing but chronic kidney disease.

05/6 What works in these patients?

These skin conditions in chronic kidneys are often difficult to treat. Unless the underlying chronic kidney disease can be treated and the kidney test can be improved, then in that case, of course, the kidney condition will be improved. However, otherwise what we normally use are a number of general-purpose creams or something to make the skin softer. They usually help in reducing the itching.
06/6Kidney disease prevention through diet

If you wish to keep your kidneys healthy, avoid anything that has too much salt. Do not eat food with added salt and processed foods like frozen dinners, canned soups, and fast food. Try to limit the amount of sodium you consume daily and your protein intake. Choose lower-potassium foods if kidney problems run in your family.

Healthy food

Healthy food swaps that can save you from bad cholesterol (Indian Express: 20230306)


01/7Cholesterol deposition in the blood is mostly due to unhealthy food habits

Human body is very sensitive to unhealthy ways of life. Even though it does not react to below the par healthy practices immediately, the damaging effects erupt as a volcano at some point. Despite the damaging effects of the unhealthy diet practices, our body keeps pushing itself. In order to save the body from the devastating effects of cholesterol, here are some food swaps that will cost you almost nothing.

02/7Fish is better than chicken

For non-vegetarians, who have a special liking for animal foods, there is no healthier option than fish. Fish has a different nutritional profile than meat and this fact negates the common belief that every non-vegetarian food is alike. Fish is rich in omega 3 fatty acid, thiamine, selenium and iodine albeit the nutritional values vary between sea fish and freshwater fish. Fish is considered to be good for those with cholesterol as it contains less amount of saturated fat content.

03/7Popcorn is a healthy snack than chips

Popcorn is another wonder food for controlling cholesterol. It is loaded with fiber and is low in calories. Meanwhile, chips have a huge amount of trans fats which elevate the cholesterol level of the body.

04/7Quinoa is a better option than rice
Quinoa as a replacement for rice is good for those with cholesterol. Quinoa is dense in fiber. One cup of quinoa contains 5 grams of dietary fiber. Fibers control cholesterol and also regulate blood sugar levels. It also keeps the person fuller for a longer duration hence the person is less likely to overeat.

05/7 Nuts and seeds are better than salty crunchy snacks

Instead of snacking on salty and crunchy packaged foods, munch on nuts and seeds. Nuts and seeds are rich in antioxidants. Also, these are excellent sources of plant protein, unsaturated fats and soluble fibers. Replacing these with salty snacks can lower cholesterol.

06/7 Dark chocolate over milk chocolate

Dark chocolate reduces LDL and total cholesterol level. Several studies have found that dark chocolate lowers cardiovascular risks and stroke risk. A 2020 research study published in the European Journal of Preventive Cardiology found that having chocolate once per week reduced the risk of clogged arteries by 8 per cent. Flavonoids in dark chocolate relaxes blood vessels.

07/7 Swap one non-veg meal with a complete plant based meal

This may sound simple and doable, but it is a task for someone who is keen on consuming non-vegetarian foods. Plant products are known to be excellent for cholesterol. So, if you are a regular fish and meat eater, swap at least one of your meals with a complete vegetarian meal. Try salads, seasonal vegetables and fruits, nuts and seeds for the right nutrition.

Sushmita Sen suffered a heart attack, was diagnosed with Addison’s disease in 2014: Is there

**Blood Sugar**

**How To Control Blood Sugar At Night:** दबाएं नहीं, बस सोने से पहले करें 4 काम पूरी रात कंट्रोल रोगान लग्न ग्रुण (Navbharat Times :20230306)


How to Lower Blood Sugar at bedtime: ब्लड शुगर कंट्रोल रखने के लिए पर्याप्त नींद बहुत जरूरी है। अगर आप डायबिटीज को मनेंज करने के साथ-साथ अच्छी नींद चाहते हैं, तो आपको नुट्रिशनिस्ट के बताए इन उपायों पर काम करना चाहिए।

nutritionist shares 4 simple bedtime routine for diabetics to control blood sugar level naturally

**How To Control Blood Sugar At Night:** दबाएं नहीं, बस सोने से पहले करें 4 काम पूरी रात कंट्रोल रोगान लग्न ब्लड शुगर
डायबिटीज (Diabetes) एक गंभीर और लाइफ चीमायरी है। यह बीमायरी जितनी तेजी से फैलती है, कंट्रोल करना उतना ही मुश्किल है। दरअसल टाप 1 डायबिटीज हो या टाप 2 डायबिटीज, इसे मैनेज करना फूल टाइम जीव है। ब्लड शुगर चेक करना, व्य, एसससाइज और डाइट का ध्यान रखना डायबिटीज को कंट्रोल करने के उपाय हैं, जिनका दिन-रात स्वाभाविक है।

दिनभर की रहन-पर्याल खाना खाकर वेस्पिस रोल जो बने वह मतलब विलक्त नहीं है कि आपका ब्लड शुगर (Blood Sugar) कंट्रोल है। वास्तव में डायबिटीज की बजह से आपकी हालत कभी भी विलक्त नहीं है इसलिए रात को भी ब्लड शुगर कंट्रोल रखना और अच्छी नीद लेना जरूरी है। न्यूट्रिशनल लाइफ स्टाइल आपको कुछ ऐसे आसान उपाय दे रहे हैं, जो नीद में सुधार करने के साथ आपका ब्लड शुगर कंट्रोल रख सकते हैं।

ब्लड शुगर कंट्रोल करने के उपाय

View this post on Instagram

A post shared by Lovneet Batra (@lovneetb)

कैमोमाइल चाय
कैमोमाइल चाय
आप आय डायबिटीज के मरीज हैं, तो आप ब्लड शुगर को कंट्रोल रखने के लिए सोने से पहले 1 कप कैमोमाइल चाय लें सकते हैं। अपने मजबूत करें, एंटी इंफ्लेमेटरी और एंटीऑक्सीडेंट गुणों की बजह से यह ब्लड शुगर को कंट्रोल करने में सहायक है।

7 भीगे हुए बादाम
7-
रात की सोने से पहले आय रात भीगे बादाम खा सकते हैं। बादाम में मौजूद मैनीकरियम और ट्रिकोफेन नीट की गुणवत्ता में सुधार करने में मदद करते हैं, रात की भूख दूर करते हैं और शुगर कोपिंग को कम करते हैं।

1 चमच भीगे हुए मेथी दाने
1-
ब्लड शुगर कंट्रोल रखने के लिए आप रात की सोने से पहले एक चमच भीगे हुए मेथी दाने सकते हैं। मेथी के हंग के हाइपोग्लाइसिक गुण ब्लड शुगर को कम करने और नीद को बढ़ावा देने में सहायक है।

15 मिनट ब्राउसन करें
15-
दिनभर की रहन-पर्याल और ब्लड शुगर लेवल कंट्रोल करने के लिए आप सोने से पहले 15 मिनट ब्राउसन कर सकते हैं। इसमें डायबिटीज को मैनेज करने के साथ-साथ ब्लड फ्लो में भी सुधार होता है।
इस बात का रखें विशेष ध्यान

इस बात का रखें विशेष ध्यान

अधिकतर लोगों को सोने से पहले मोबाइल स्क्रीन पर चिपके रहने की आदत होती है, जो सेहत के लिए पातक है। आपको रात में कम से कम 7 घंटे की नींद लेनी चाहिए मोबाइल स्क्रीन पर लचपके रहने की आदत होती है, जो सेहत के ललए खराब है। यदि यह लक्षण हमेशा बन रहे हैं, तो आपने डॉक्टर से बात करें।

**Diabetes-Thyroid**

**Diabetes-Thyroid** जैसी 12 बीमारियों का नाश करेगा धनिया, Ayurveda डॉ. ने बताया कैसे करें

[इस्तेमाल](Navbharat Times:20230306)


Benefits of Coriander (Dhaniya Pani Ke Fayde) : आपके किचन में रखे धनिया सिर्फ़ खाने का जायका नहीं बढ़ाता बल्कि यह कई गंभीर स्वास्थ्य समस्याओं का इलाज़ भी कर सकता है। आयुर्वेद डॉक्टर ने बताया कि किन-किन बीमारियों के लिए धनिया कैसे इस्तेमाल करें।

ayurveda dr told coriander health benefits and uses to treat acidity, diabetes and thyroid like 12 diseases

**Diabetes-Thyroid** जैसी 12 बीमारियों का नाश करेगा धनिया, Ayurveda डॉ. ने बताया कैसे करें

Dhaniya Pani Ke Fayde: आपके किचन में रखे मसाले सिर्फ़ खाने का स्वाद नहीं बढ़ाते हैं बल्कि इनमें औषधीय गुण भी होते हैं, जो कई तरह से सेहत की लाभ पहुंचाते हैं। ऐसे ही एक जबरदस्त मसाला धनिया है। आयुर्वेद डॉक्टर ने बताया कि ऐसे मसाले धनिया के लिए उपयोग कैसे करें।

आपने खाने में तैयार किए खाने के अंतराल, धनिया आयुर्वेदिक डिटॉप्स के रूप में भी काम करता है जो अपनी लाभ भिन्नता अनोखी अंगों की सफाई करता है। यह भी सबसे अच्छा है क्योंकि यह सभी दोषों- वात, पित और कफ को संतुलित करता है।
वैसे तो सभी लोग धनिया का इस्तेमाल खाने बनाने में करते हैं लेकिन आप इसके ज्यादा फायदे लेने के लिए अलग-अलग तरीकों से इस्तेमाल कर सकते हैं। डॉक्टर धनिया के पायदे आप इस्तेमाल के लिए बताते हैं।

धनिया के आयुर्विदिक फायदे

**धनिया के आयुर्विदिक गुण (बीज और पत्ते)**

रस (स्वाद): क्षय (कसैल), तिक्त (कड़वे)

गुण (गुण): लघू (पानी में हल्के), लस्ना (चिकना, तेलीय)

विषय (पानी के बाद प्रभाव): मसूर (मीठा)

शर्करा (शर्करा): उष्ण (मीठ)

विद्रोष पर प्रभाव: विद्रोषों को संतुलित करता है

फैटी लीवर-डायबिटीज के लिए धनिया की चाव

चुरिया के दोष को कम करने के लिए आप और 1 ग्लास पिसा हुआ धनिया की मिलाई पानी में रात भर के लिए पिलाएँ। सुबह इसे आप करें और छान लें। इसे दिन और चयनक बढ़ाने में मदद मिल सकती है। इसका ज्यादा लाभ लेने के लिए इसे उबालते समय इसमें करी पत्ते और सूखी गुलाब की पंखुड़ीयां भी डाल सकते हैं।

**थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल**

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

थायरोइड के लिए ऐसे करें धनिया का इस्तेमाल

अगर आप थायरोइड के मरीज हैं, तो आपको अपनी गोली लेने के 1 प्लेट बाद ही धनिया पानी लेना चाहिए। गोली लेने के बाद एक प्लेट तक सादे पानी के अलावा कुछ भी पिने/खाने से बचना सबसे अच्छा है।
ब्लीलडंग-एलसलडटी के लिए ऐसे करें उपयोग
ब्लीलडंग-एलसलडटी के लिए ऐसे करें उपयोग
ब्लीलडंग, एलसलडटी और जलन जैसी समस्याओं से राहत पाने के लिए 25 प्राम परियोजना को मोटा पीस लो। एक रजिन में पानी लें और इसे रात को या 8 घंटे के लिए डक कर रख दें। अगली सुबह इसे खानकर पोड़ी सी मिश्रित मिलाकर खाली पेट सेवन करें।

Omega -3 Fattey Acid

ओमेगा 3 फैटी एसिड की कमी सेकेवल हार्ट रिस्क नहीं, इन बीमारियों का भी रहता हैहेकता(Hindustan :20230306)


Lack Of Omega 3: बिल की बीमारियों के रिस्क को कम करने के लिए ओमेगा 3 फैटी एसिड को जरूरी बताया जाता है। लेकिन ओमेगा 3 की कमी सेक्ससन के साथ हड़प्पियों की सेहत पर भी असर पड़ता है और बीमारी होती है।

Aparajita लाइव हिंदुस्तान,नई दिल्ली
Sun, 05 Mar 2023 03:19 PM
हमेंफॉलो करें
स्वस्थ रहनेके लिए सही खानपान बहुत जरूरी होता है। सेहतमंद खाना ना खानेकी बजते शरीर मेंकई सी बीमारियों घेरनेलगती हैं। कैल्शियम, प्रोटीन,
विटामिन्स, मैगनिशियम और सामान्यता के साथ ओमेगा 3 फैटी एसिड भी शरीर के लिए बेहद जरूरी होता हैं। ओमेगा 3 फैटी एसिड का कनेक्शन ज्यादातर लोग
ऐप मेंकि
ई-पेपर डाउनलोड ऐप शाह चूर्य
होम रक्ष प्रकरण वीडियो ब्राउँस्फेर देश मनोरंजन विज्ञान विज्ञान कार्यालय धर्म लाइफटाइम
आगाता
लेख
ऐप पर पढ़ें
3/6/23, 10:59 AM skin dryness to weak bones these 5 signs of deficiency of omega 3 fatty acid
- ओमेगा 3 फैटी एसिड की कमी से केवल हार्ट रिस्क नहीं, ही में इन …


हरी हियोज सेल्गातेहैं। लेकिन बेकैटी एसिड शरीर में और भी कई सारी बोधिमायियों की बजह बन जाता है। इसलिए केवल दिल की बोधिमायियों के लिए ही नहीं
बल्कि न ही तकलीफ़ों के होने पर भी ओमेगा 3 फैटी एसिड की मात्रा डाइट मेंबढ़ देनी चाहिए।

विकास
एकांतता या ध्यान मेंमिय
अगर आप किसी बात पर ध्यान नहीं लगता तो विकास से कमी होती है। हार्ट ड्री, ओमेगा 3 फैटी एसिड को भी ज़रूर शामिल करें। इसकी कमी से
विकास न होता है और किसी चीज़ पर पूरा ध्यान नहीं कर पाता।

बाद दें।

जोड़ों मेंदर्द
हड्डियों और जोड़ों की मजबूती के लिए कैल्सियम और विटामिन डी की प्रमुख माना जाता है। लेकिन ओमेगा 3 फैटी एसिड की कमी सेंसेटर और जोड़ों मेंदर्द महसूस होता है।

नींद ना आनेकी समस्या
अगर स्ट्रेस रहता है और तनाव-चक्कर की बजह सेनींद नहीं आती तो ओमेगा 3 फैटी एसिड वालेफूड को भी ज़रूर खाएं।

अगला
लेख
एं पर पढ़ें

3/6/23, 10:59 AM skin dryness to weak bones these 5 signs of deficiency of omega 3 fatty acid
- ओमेगा 3 फैटी एसिड की कमी से केवल हार्ट रिस्क नहीं, ही में इन …


स्किन इरिटेशन और डाइर्नस
स्किन पर भी ओमेगा 3 की कमी का असर दिखाता है। इसकी कमी सेसेंसेट्रिंग, डाइर्नस और बिना बजह सेल्सेंसेट्रिंग कई बार ओमेगा 3 की कमी की बजह से होता है। ऐसा इसलिए कि ओमेगा 3 विक्स न के मौद्रक को व्यवहार है और किसी भी तरह के डाइर्नस और इरिटेशन को होमेस्ट्रीक्ट कै है।
इन चीज़ों मेंहोता है ओमेगा 3 फैटी एसिड
ओमेगय 3 फैटी एसिड का मुख्य खोल साल्मन फिझा, हेरिंग, सार्डिन जैसी फिझा होती है। लेकिन वेलजटेररर्न लोग अखरोट, बिन्यास सीड्स, सोयाबीन, एलसड और
कैनोला ऑयल के जरिए ओमेगय 3 फैटी एसिड की कमी को दूर कर सकते हैं।

Monk Fruits

डायबिटिज रोगियों के लिए सुरक्षित हैयमीठा फल 'मोंक फ्रूट', हजार रुपयेप्रनत नकलो नबकनेवालेइस फल की येहैखानसयत (Hindustan :20230306)


मोंक फ्रूट चीनी से 300 गुना गु मीठय है, लेकिन न यह रक में रास्ता बढ़ाता हैऔर न ही मधुमेह रोगियों के लिए तुकसानदायक पाया गया है। बड़ी बात यह हैकि इसमें कार्बोहाईड्रेट नहीं होती है।

फिलहाल देश में रक में नौ करोड
Manju Mamgain मदन जैड़, नई लदल्ली
Mon, 06 Mar 2023 07:18 AM

हैलक इसमें करें
मधुमेह रोगियों के लिए मिठा जान का दर्शन होता है। दूकान उन्हें मीठी चीजों सेपरहेज करने की सलाह देते हैं। लेकिन, अब ऐसे रोगियों के लिए मोंक फ्रूट मीठे का बिच्चा बिकल्प बन रहा है। इसे मेहदी देने भी गुरु हो गई है।

एप बैन्क
ई- पेपर डाउनलोड एप शाहर चुनें
होम राज्य WPL 2023 चुनाव फोटो वीडियो फ्रीफ देश में भोजन विच्छेद की रीढ़ भर्म लाहौस्टाईल
अपलोड
लेख
एप पर चलें
3/6/23, 11:01 AM monkey fruit sweetener: diabetes patients can too enjoy this fruit as sweet alternative luo han guo or Swingle fruit benefits - हायबिटिज…

विश्वास
मोंक फ्रूट चीनी से 300 गुना गु मीठय है, लेकिन न यह रक में दूर बढ़ता हैऔर न ही मधुमेह रोगियों के लिए तुकसानदायक पाया गया है। बड़ी बात यह हैकि
इसमें कोई लोरी नहीं होती है। फिलहाल देशः मंगोलिया नी करोड़ मधुमेह रोगी हैं।

हिमालय प्रदेश में ल्युगू हुई खेती मोक फ्रूट की खेती अब तक भारत में नहीं होती थी, लेकिन विज्ञान एवं प्रौद्योगिकी मंत्रालय की पारिस्थितिक प्रयोगशाला सीएसआईआर इंस्टीट्यूट्स आफ विज्ञान वायुसशास्त्र एवं टेक्नोलॉजी (आईएचबीटी) ने हिमालय प्रदेश के पालमपुर, चंबा और कुल्लू रोमेनोक फ्रूट की खेती शुरू करा दी है।

सात स्थानों पर शुरुआत हाल में खेती की गई है। संबंधित कुमार ने बताया कि मोक फ्रूट के पीयर्स को एक समाजीय तथा आइलेन्ड देश में करीब नौ करोड़ मधुमेह रोगी हैं।

लहमयचल प्रदेश में शुरू हुई खेती मोक फ्रूट की खेती अब तक भारत में नहीं होती थी। लेकिन लवज्ञपन एवं प्रौद्योगिकी मंत्रालय के पारिस्थितिक प्रयोगशाला सीएसआईआर इंस्टीट्यूट्स आफ विज्ञान वायुसशास्त्र एवं टेक्नोलॉजी (आईएचबीटी) ने हिमालय प्रदेश के पालमपुर, चंबा और कुल्लू रोमेनोक फ्रूट की खेती शुरू करा दी है।

पौधे छह महीने में फल देते हैं। मोक फ्रूट का पौधा छह महीने में देता है। यह में खिड़की खोलकर इसका रस निकाला जाता है। दो में फाउडर बनाकर प्राकृतिक मिटास के रूप में स्वयंसेवक किया जाता है।

डॉ. संजय कुमार के अनुसार, मोक फ्रूट में मोंगोसाइड्स नामक चीनी बहुत ज्यादा होता है, जो तीव्र लमठयस के ललए लजम्मेदयर होते हैं। अब तक जिलोंभी अध्र्र्न हुए हैं, उसमें समय स्थानों के लिए फूलक्षण पाया गया है। अमेरिकी दवा प्रशस्न नेशनल के लिए सुरक्षित बताया गया है।

लेख

एप पर पढ़ें

3/6/23, 11:01 AM monk fruit sweetener: diabetes patients can too enjoy this fruit as sweet alternative luo han guo or

Swingle fruit benefits - डयर्लबलट…


पौधे छह महीने में फल देता है।

मोक फ्रूट का पौधा छह महीने में देता है। इसका पेड़ पांच में सतत तक फल देता है। छिलके को हटाकर इसका रस निकाला जाता है। बाद में पाउडर बनाकर प्राकृतिक मिटास के रूप में स्वयंसेवक किया जाता है। इससे फ्रूटकि प्रति हेक्टेयर प्रति फसल 3-4 लाख रुपये कम सकते हैं। लेकिन, मोक फ्रूट पाउडर 30 हजार रुपये प्रति किलो बिकता है।

Diabetes

पढ़ें Lifestyle tips in Hindi लाइफस्टाइल न्यूज़ के अन्तर्गत लेटेस्ट travel tips, fashion trends और Health Tips