Woman diagnosed with liver cancer (The Times of India: 20230504)


WOMAN DIAGNOSED WITH LIVER CANCER AFTER EXPERIENCING THESE UNUSUAL SYMPTOMS

01/5 Case study warns to not ignore symptoms
A 52-year-old woman's case study, published in the journal The Eurasian Journal of Medicine, underlines the importance of paying attention to any unusual cancerous symptoms so that treatment can be taken before it is too late.

In this case, the woman was admitted to a hospital in May 2005, following a slew of uncomfortable symptoms. She was later diagnosed with liver cancer.
The liver is the football-sized organ in the upper-right area of the stomach. Liver cancer may not always show symptoms or the warning signs might be too vague to identify as that of cancer. The 52-year-old unfortunately died from this cancer.

The patient had a series of stomach-related problems – abdominal discomfort, bloating and nausea.

Her symptoms resulted in a weight loss of 12 kilograms within 45 days. Warning signs on her
skin included itching and jaundice.

It was found that alcohol was not the cause. “The patient denied previous use of alcohol or tobacco and had no history of drug use of blood transfusion,” the case report noted.

1.1.3 04/5 Explaining the cause of symptoms

During her hospitalization, tests revealed she had ascites, in which fluid collects in the spaces within your abdomen.

Her bilirubin levels were also found to be elevated, which happens when something is stressing your liver, such as a tumor. Bilirubin is an orange-yellow pigment formed in the liver by the breakdown of hemoglobin. High bilirubin levels can lead to jaundice – yellowing of the skin and the whites of the eyes.

Sadly, the woman’s tumor was deemed inoperable by the doctors. She died in the hospital.

05/5 Other signs of liver cancer
According to the NHS UK, apart from the woman’s symptoms, other signs of liver cancer include:

- Darker pee and paler poop than usual
- Loss of appetite
- Feeling tired
- Feeling generally unwell or having symptoms like flu
- Lump or pain in the right side of your tummy
- Pain in your right shoulder
- A very swollen tummy

It is important to note that while these are some of the key symptoms of liver cancer, they are also quite common and could be caused by other conditions that are not cancer. Experiencing them does not mean you definitely have liver cancer.

Still, it is important to consult your doctor if you experience any suspicious symptoms.

**Pancreatic cancer (The Times of India: 20230504)**


**Pancreatic cancer: Study claims these two early symptoms can help in quick detection of cancerous growth**

Pancreatic cancer is the 12th most common cancer in the world.

As per health reports and surveys, pancreatic cancer is one of the most common types of cancer in the world. It is the 4th leading cause of cancer-related deaths in the world.

As per the Indian Council of Medical Research (ICMR), the incidence of pancreatic cancer in India is lower in comparison to western countries however, "irrespective of the incidence of
the disease, survival in patients with pancreatic cancer is generally low with the 1-year and 5-year relative survival rates for all stages being 29% and 7%, respectively."

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A recent study finds two early signs of the disease

Now, two symptoms that can appear up to a year before diagnosis have been identified. These are increased thirst and dark yellow urine, Huffington Post has reported citing a study by Nuffield Department of Primary Health Care Sciences.

"Of course, these symptoms may not be an indicator of pancreatic cancer, researchers found that patients diagnosed with the cancer had a higher chance of experiencing these symptoms up to a year before diagnosis," the report adds.

Patients can be easily referred for urgent tests"

As per Dr Wiqi Liao from the Nuffield Department of Primary Health Care Sciences, these symptoms can help physicians and doctors to quickly refer the patients for urgent tests.
While Dr Liao's statement focuses on diagnosis, detecting these symptoms can be helpful for patients as well. People often ignore these signs assuming these to be something less serious.

**What are the classic symptoms of pancreatic cancer?**

As per ICMR report on pancreatic cancer, the initial symptoms seen in those who develop pancreatic cancer are weight loss, abdominal pain, nausea, and dyspepsia or indigestion.

The ICMR report talks about the pattern of the incidence of symptoms in pancreatic cancer. It says that more than 60% of these cancers start in the head of the pancreas and the symptoms are jaundice, pale stools, and itching.

**Diabetes and pancreatic cancer**

The ICMR report also talks about diabetes and incidence of pancreatic cancer. Diabetes is also a symptom of pancreatic cancer. Cancerous growth in the pancreas can make the body
resistant to insulin.

The ICMR report says that some patients may have new onset diabetes, depression, or thrombophlebitis. "In a long-standing diabetic patient sudden unexplained weight loss, or loss of blood sugar control may be features of pancreatic cancer," it says.

06 What are the risk factors for pancreatic cancer?

Inherited mutation in the BRCA2 gene is the reason behind familial pancreatic cancer which accounts for 10% of the cases.

Common risk factors for pancreatic cancer are Peutz-Jeghers syndrome, a genetic condition that leads to formation of polyps in the digestive tract, hereditary breast and ovarian cancer syndrome.

Smoking, obesity, diabetes, especially long term diabetes are considered biggest risk factors for pancreatic cancer along with alcohol consumption, improper dietary habits and less physical activity.

**Diet and lifestyle tips (Hindustan Times: 20230504)**


**HEALTH EXPERT SUGGESTS 5 DIET AND LIFESTYLE RECOMMENDATIONS TO HELP REVERSE FATTY LIVER DISEASE**

Hepatic steatosis, another name for fatty liver disease, is brought on by an accumulation of fat in the liver where damage to the liver and
other health issues are possible consequences. You can help reverse fatty liver disease and improve liver health by adopting some lifestyle modifications but to decide the appropriate course of action for your particular circumstance, you must however, speak with your doctor or a trained dietitian.

**5 diet and lifestyle tips that can help reverse fatty liver disease** (Photo by Twitter/144Health)

In an interview with HT Lifestyle, Dr Abhai Singh, Senior Consultant, Gastroenterologist at Primus Super Speciality Hospital in New Delhi, suggested 5 dietary and lifestyle recommendations to help with fatty liver disease recovery:

1. **Lose weight:** A major risk factor for fatty liver disease is excess weight, especially around the waist. So, one of the best strategies to treat the illness is to lose weight. Even a small amount of weight loss, roughly 10% of your body weight, can benefit your liver.

2. **Maintain a balanced diet:** Fatty liver disease can be reversed with a healthy diet. Consume lots of fruits, vegetables, whole grains, lean proteins, avocados, nuts, and fatty fish as well as other healthy fats. Limit or stay away from alcohol, added sugars, and processed and fried foods.

3. **Regular physical activity** is crucial for treating fatty liver disease. Five days a week, try to get in at least 30 minutes of moderate-intensity activity, such as brisk walking, cycling, or swimming.

4. **Control your blood sugar:** Fatty liver disease can develop as a result of high blood sugar levels. Consume less sugary foods and beverages and instead choose complex carbs like those in whole grains, fruits, and vegetables.

5. **Reduce your alcohol consumption** because it can harm your liver and make fatty liver disease worse. The best course of action if you have fatty liver disease is to never drink alcohol. If you do drink, keep your daily intake to one drink for women and two for men.
Amla to apple cider vinegar (Hindustan Times: 20230504)


AML A TO APPLE CIDER VINEGAR, HERE ARE INGREDIENTS THAT CAN ENHANCE THE HEALING PROCESS OF DAMAGED LIVER

THERE ARE PLENTY OF SIMPLE INGREDIENTS IN EVERYDAY USE THAT CAN BRING POSITIVE OUTCOMES AND ENHANCE THE HEALING PROCESS OF DAMAGED LIVER. HERE ARE 4 OF THEM

There are two types of fatty liver disease – Non-Alcoholic Fatty Liver Disease (NAFLD) and Alcoholic Fatty Liver Disease where non-alcoholic fatty liver disease is further categorized into 2 types – Simple Fatty Liver and Non-Alcoholic Steatohepatitis (NASH). In the case of NASH, the inflammation of the liver can lead to cancer or cirrhosis.

Amla to apple cider vinegar, here are ingredients that can enhance the healing process of damaged liver (File Photo)

On the other hand, Alcoholic Steatohepatitis is a condition that results from excessive consumption of alcohol. The liver releases toxic substances while breaking down alcohol which damages the organ's cells and causes inflammation.
Though globally 25% of the adult population is affected by NAFLD, the prevalence rate is 9% to 32% in India, as per the reports. In an interview with HT Lifestyle, Dr Shanmugam, Assistant Chief Medical Officer at Jindal Naturecure Institute, revealed, “Individuals of all age groups can be affected by non-alcoholic fatty liver disease. But, it is commonly observed in people within the age group of 40-50 who have certain pre-existing conditions like obesity, type 2 diabetes, high cholesterol, PCOS, sleep apnea, and metabolic syndrome. Usually, NAFLD doesn't cause any symptoms; however, those with any of the above condition/s can experience enlarged spleen, abdominal swelling, enlarged blood vessels, yellowing of the skin and eyes, and red palms.”

Insisting that there are plenty of simple ingredients in everyday use that can bring positive outcomes and enhance the healing process of damaged liver, Dr Shanmugam highlighted:

1. **Turmeric**
   Curcumin present in turmeric helps protect the liver cells from non-alcoholic fatty liver disease (NAFLD) when appropriately administered.

2. **CINNAMON**
   Cinnamon has strong anti-inflammatory properties that are effective in bringing down the inflammation in the liver.

3. **INDIAN GOOSEBERRY**
   Amla or Indian Gooseberry is stuffed with antioxidants and Vitamin C that protects the liver from damage and cleans the toxins.

4. **APPLE CIDER VINEGAR**
   When it comes to home remedies, apple cider vinegar is a preferred choice since it has amazing detoxification properties. Apple Cider Vinegar works by helping the liver flush out the toxins that can interfere with the body's normal functioning.

**Vtuber Fulgur (Hindustan Times: 20230504)**
VTuber Fulgur Ovid's hiatus sheds light on the human side of a streamer

Fulgur’s announcement on Twitter did not provide that much of details, but he promised to update his fans once he will back.

VTubing, a trend in which streamers posed as anime-like avatars to represent themselves, has become increasingly popular in recent years. However, like any job, it can take a toll on content creators, especially when they are dealing with personal issues, such as health issues or family problems. This was the case for popular NIJISANJI's Fulgur Ovid, a beloved VTuber, who announced on April 24 that he would be taking a short break from his Zatsudan (Free Talk) streams due to some personal reasons.

![Fulgur Ovid behind the virtual avatars. (Image Credit: Twitter)](image)

“I’m really sorry to do this but due to personal reasons I have to cancel the zatsudan tomorrow too. I’ll on break for a little while and tweet when I next have a schedule. Rest well comfydants. I’ll be back soon,” the tweet read.

On May 2, NIJISANJI confirmed that Fulgur would be going on hiatus for health reasons.

“We are sorry to announce that Fulgur Ovid will be going on hiatus due to health reasons from May 2nd,” Nijisanji EN Official Twitter handle announced.

Fulgur's announcement on Twitter did not provide that much of details, but he promised to update his fans once he will back. His cancellation of Zatsudan streams was just the beginning of his long stretched break. NIJISANJI's announcement was more specific, pointing to Fulgur's health as the reason for his more extended hiatus. The situation is similar to that of Ironmouse, another very popular VTuber who opened up about her hurdles with physical health and well-being. Ironmouse's fans
also showed their support by donating to charities for the immunocompromised and defending her, emphasizing that her well-being sat top of the priority list.

VTubing is a goofy content creation platform in which streamers use virtual avatars to represent themselves. The popularity of VTubing has grown in recent years, with many viewers drawn to the charming and quirky personalities of VTubers. However, as with any job, VTubing can be taxing on content creators, especially when they are dealing with major personal issues such as health problems. Fulgur Ovid's decision to take a break for health reasons is a reminder that content creators are human in flesh and blood with their own struggles and difficulties. Several fans and fellow VTubers expressed their love for Fulgur and wished him a speedy recovery.

It's also worth noting that Fulgur's agency, NIJISANJI, took the initiative to provide more specific information about his hiatus. This shows that agencies and companies have a responsibility to prioritize the well-being of their employees, even in the realm of virtual content creation.

**Tips for pregnant women (Hindustan Times: 20230504)**


**TIPS FOR PREGNANT WOMEN TO MANAGE COMMON PREGNANCY SYMPTOMS, STAY COMFORTABLE IN YOUR THIRD TRIMESTER**

**Third trimester of pregnancy is when a lot of women experience physical discomfort. Experts share tips to stay comfortable and manage these pregnancy symptoms**

A positive pregnancy result can trigger a range of emotions for a new expectant mother where in addition to the thrill of embarking on a new journey in life, there are many women who also feel anxious and uneasy about the numerous changes that they will experience however, a few simple measures can help women enjoy a more comfortable pregnancy and alleviate any worries. Many women mistakenly assume that pregnancy entails numerous restrictions whereas in reality, there are few limitations on what one can and cannot do while pregnant.
Tips for pregnant women to manage common pregnancy symptoms, stay comfortable in your third trimester (Photo by Mauricio Gutiérrez on Unsplash)

The third trimester of pregnancy is a time when a lot of women experience physical discomfort and from difficulty sleeping to backache, staying comfortable during the last trimester can be a significant challenge. In an interview with HT Lifestyle, Dr Geeth Monnappa, Consultant Obstetrician and Gynecologist at SPARSH Hospital shared a few tips to manage them:

- **Managing Heartburn**
  Heartburn is a common discomfort experienced by pregnant women during the first trimester and in the last month of pregnancy. However, there are some useful tips that can alleviate the symptoms. It is recommended to avoid spicy, fatty, and citrus foods that can trigger heartburn. Sitting upright after a meal can help prevent the reflux of food into the esophagus. Additionally, having an early dinner and engaging in physical activity after meals can aid digestion and reduce heartburn. These simple measures can help pregnant women manage heartburn and have a more comfortable pregnancy experience.

- **Frequent urination**
  Frequent urination is a common occurrence during the early months of pregnancy when the uterus presses against the bladder, and in the last month when the baby's head descends into the pelvis. However, it is important to consult an obstetrician to rule out a urine infection that can also cause frequent urination.

- **Backache in pregnancy**
  During pregnancy, the body goes through several changes, one of which is the relaxation of joints and connective tissue that support the bones. This can lead to
aches and pains, particularly in the back. However, there are several tips that can help alleviate the discomfort. It is recommended to use chairs with good back support to maintain a proper posture. Wearing good and stable footwear can also help distribute the body's weight evenly and reduce the stress on the back. Additionally, engaging in regular exercise can help strengthen the muscles and improve flexibility, ultimately reducing the chances of experiencing backache during pregnancy.

- **Braxton Hicks contractions**
As the due date approaches, you may encounter irregular cramps in the lower abdomen that do not last long. These are known as Braxton Hicks contractions. Try taking a mild walk, move your position, take a relaxing bath, and drink good amounts of water. Also, let your healthcare provider know about the contractions.

- **Dealing with anxiety**
As you are nearing your due date, it is common for pregnant women to experience anxiety about the delivery process. It is advisable to discuss childbirth, birth companion, and pain relief options with a doctor. Talking to other women who have had positive experiences can also be helpful, and it's essential to maintain a positive attitude. Regular consultations with an obstetrician, taking prenatal vitamins, getting immunizations, and undergoing ultrasounds are crucial for a safe and healthy pregnancy journey. These measures can help alleviate anxiety and ensure a smooth and comfortable pregnancy experience.

Adding to the list of tips, Dr Janani Manoharan, Gynaecologist and Obstetrician, Infertility Specialist, Laparoscopic and Robotic Surgeon at Belenus Champion Hospital in Bangalore, suggested:

1. **Hydration** - During this time, the uterus puts pressure on the bladder causing you to pass urine more frequently, which will unconsciously lead you to reduce your fluid intake. I suggest my patients drink water from a particular bottle throughout the day, so they would have an accountable fluid intake. Drink to thirst, at least 2-3 L/day.

2. **Activity** - Get in more steps. Do kegel exercises to strengthen the pelvic floor muscles. Take the stairs, as much as possible.

3. **Breathe** - Breathing exercises help with strengthening your abdominal and pelvic floor muscles. It also does wonders in getting you through labor pains. Look up YouTube videos on breathing techniques during labor and practice them.

4. **Diet** - The third trimester is notorious for increasing heartburn. This is because the stomach is pushed up further into your chest by your growing uterus. To avoid heartburns, have small frequent meals, reduce the spice level of your foods. Increase your intake of uncooked foods like veggies and fruits in the form of salads,
smoothies, juices. Do not go all out and eat for two, excessive weight gain and decreased calorie intake, both are detrimental to your baby. When in doubt speak to your ObGyn.

5. **Doctor visits** - Be up to date with your tests and health checks. Discuss with your ObGyn the process of labor and what to expect. Ask all of your labor questions, remember no question is too silly. Get the right information from the right source, your ObGyn.

6. **Baby movements** - Make sure your baby is moving a minimum of 10 times a day. Never hesitate to visit your ObGyn if you are doubtful about your baby movements.

7. **Social media** - Stay away from the million labor groups on social media, unless you are there only to have fun. Never let social media get you more anxious. Every pregnancy is different and it's only for you and your ObGyn to take informed decisions regarding your pregnancy.

8. **Family** - Try to get in quality time with your partner coz it's no secret that once the baby gets here, time will always be elusive.

Last but not the least, relax and enjoy your pregnancy. Women have been giving birth since forever and modern medicine can do unimaginable wonders, with this knowledge, be at peace. Enjoy your time with your baby inside of you. You got this.

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**Post heart attack (The Tribune: 20230504)**


**WOMEN TWICE LIKELY TO BE HOSPITALISED POST HEART ATTACK THAN MEN: STUDY REVISITS PEAK WITHIN THE FIRST MONTH OF A PATIENT'S DISCHARGE**
Women aged 55 years and younger have nearly double the risk of being hospitalised in the year immediately after a heart attack compared to men of similar age, according to a study.

The study of 2,979 patients -- 2,007 women and 972 men -- at 103 US hospitals showed that nearly 30 per cent of patients were hospitalised again in the year after first leaving the hospital following a heart attack.

Most of those revisits peaked within the first month of a patient’s discharge, then slowly declined in subsequent months. The researchers found that women had nearly twice the risk (1.65 times higher risk) of hospitalisation than men.

For men and women, coronary-related complications -- those such as heart attacks and angina that are related to blood vessel blockage -- were the leading cause of re-hospitalisation. Yet, the rate of coronary-related complications for women was nearly 1.5 times higher than that of men -- driven in large part by risk factors such as obesity and diabetes.

Higher rates of risk factors such as obesity, heart failure and depression among women most likely contributed to the disparity, revealed the study published in the Journal of the American College of Cardiology.

"We have shown for the first time that rehospitalisations following heart attacks in women aged 55 and younger are accompanied by certain non-cardiac factors, such as depression and low-income, that appear more common in women than men and are associated with more adverse outcomes," said corresponding author Harlan M. Krumholz, a cardiologist and professor of medicine at the Yale School of Medicine, in Connecticut, US.

"The study reveals a need for paying greater attention to these non-cardiac risk factors in younger women in order to help design better clinical interventions and improve outcomes after discharge for a heart attack," Krumholz added.
The re-hospitalisations were also caused by events not related to heart disease or stroke but due to non-cardiac reasons such as digestive problems, depression, bleeding, and pneumonia.

The reasons behind these higher non-cardiac rates are unclear, but the researchers found a higher percentage of women than men tended to identify as low income (48 per cent vs 31 per cent) and had a higher history of depression (49 per cent vs 24 per cent). While low income is not a medical measure, it is often associated with poor health status due to limited access to healthcare.

The risk for depression is known to increase following a heart attack and may be a risk factor in higher hospitalisation rates due in part to under-treatment of the condition in women. However, further studies will be needed to further explore how these factors affect disparate hospitalisations following a heart attack.

**Lilly drug slows Alzheimer's progression (The Tribune: 20230504)**


**LILLY DRUG SLOWS ALZHEIMER'S PROGRESSION BY 35PC IN TRIAL**

THE DRUG, DONANEMAB, MET ALL PRIMARY AND SECONDARY GOALS OF THE TRIAL

SHARE ARTICLE
An experimental Alzheimer's drug developed by Eli Lilly and Co slowed cognitive decline by 35 per cent in a closely watched late-stage trial, the company said on Wednesday, raising hopes for a second effective treatment for the brain-wasting disease.

The drug, donanemab, met all primary and secondary goals of the trial. It slowed progression of Alzheimer's by 35 per cent to 36 per cent compared to a placebo in 1,182 people diagnosed with early-stage disease based on scans showing brain deposits of a protein called amyloid and intermediate levels of a second protein known as tau, Lilly said.

The trial's other 552 patients had high levels of tau, suggesting they would be less likely to respond to the treatment.

After combining both groups, donanemab was shown to slow progression of Alzheimer's by 22 per cent using a Lilly-developed scale to measure cognition and activities of daily living, and by 29 per cent based on a more commonly used scale of dementia progression.

"These are the strongest phase 3 data for an Alzheimer's treatment to date. This further underscores the inflection point we are at for the Alzheimer's field," said Maria Carrillo, chief science officer for the Alzheimer's Association.

Using the commonly used dementia scale, trial results published last year showed that Eisai Co Ltd and Biogen Inc's Leqembi reduced the rate of cognitive decline by 27 per cent compared to a placebo in patients with early Alzheimer's.

Eli Lilly's shares rose 8.3 per cent to $437.55, while Biogen fell nearly 5 per cent to $293.99 in premarket trading.

In the donanemab treatment group, Lilly said brain swelling, a known side effect of drugs of this type, occurred in 24 per cent of the participants, with 6.1 per cent experiencing symptoms. Brain bleeding occurred in 31.4 per cent of the donanemab group and 13.6 per cent of the placebo group.
In the Leqembi Phase 3 trial, the drug was associated with brain swelling in nearly 13 per cent of its study participants.

Lilly said the incidence of serious brain swelling in the donanemab study was 1.6 per cent, including two participants whose deaths were attributed to the condition and a third who died after an incident of serious brain swelling.

Dr. Eric Reiman, executive director of the Banner Alzheimer's Institute, which is running an Alzheimer's prevention study of donanemab in presymptomatic patients, said he was "very excited" about the findings. "Clearly, one saw benefits here, but there is some risk that needs to be considered."

The company said it plans to file for traditional U.S. approval by the end of June and with regulators from other countries shortly thereafter.

"There are risks in medicine, but I think when you look at these results in the context of a fatal life-threatening disease, these results are quite meaningful," said Lilly Neuroscience executive Anne White in an interview with Reuters.

Study participants received a monthly intravenous infusion of donanemab. When follow-up brain scans showed that amyloid had been removed, the treatment was stopped and volunteers were moved to the placebo-arm of the study. Half of the trial participants had no evidence of amyloid plaques at 12 months, the company said.

It also said 47 per cent of donanemab patients in the 18-month trial had no disease progression at 12 months, compared with 29 per cent of the placebo group.

Lilly's drug is likely to become the third in its class on the market following U.S. approval of two similar medicines developed by partners Eisai and Biogen - Leqembi and Aduhelm, which failed to gain traction with doctors or insurers after showing little evidence that they slowed cognitive decline.

Both were approved under the FDA's accelerated review program, based on their ability to remove amyloid plaques.
Leqembi is currently undergoing the FDA’s standard review process, which will weigh its impact on cognitive function, with a decision due by July 6.

More than 6 million Americans are living with Alzheimer's, and the number is projected to rise to nearly 13 million by 2050, according to the Alzheimer's Association. Reuters

**COVID-19 (The Indian Express: 20230504)**

https://indianexpress.com/article/health-wellness/long-covid-joint-pains-damaging-bones-8589275/

**IS LONG COVID CAUSING YOUR JOINT PAINS, DAMAGING YOUR BONES?**

The exact mechanism by which COVID-19 may lead to Avascular Necrosis (AVN) is not fully understood but it is related to the systemic inflammation and blood clotting abnormalities that can occur in severe Covid cases and disrupt blood supply to the bone, says Dr Vaibhav Bagaria, Director, Orthopaedics, Sir H N Reliance Foundation Hospital and Research Centre, Mumbai

Joint and bone pains are some of the most frequently reported symptoms of long COVID. However, the precise long-term effects of the condition on joint health are not yet fully understood. (Pic source: Pixabay)

Long COVID, what is clinically called Post-acute sequelae of SARS-CoV-2 infection (PASC), is a condition that affects individuals who have recovered from COVID-19 but continue to experience symptoms for weeks or months.
Joint and bone pains are some of the most frequently reported symptoms of long COVID. However, the precise long-term effects of the condition on joint health are not yet fully understood. Recent studies have shown that up to 50 per cent of people with long COVID experience joint pain or arthritis-like symptoms. However, the underlying cause and biological mechanisms behind these are not well understood. Out of many proposed hypotheses, there is some evidence to suggest that COVID-19 infection can trigger a prolonged inflammatory response in the body, which can lead to joint pain and other musculoskeletal symptoms. This inflammation can damage the joints and surrounding tissues, which could potentially lead to long-term joint problems. This pathophysiology is similar to autoimmune inflammatory arthritis.

To understand this better, more in-depth research is needed to fully understand the effects of long COVID on joint health. It is important for individuals with long COVID, who are experiencing joint pain or other musculoskeletal symptoms, to seek medical evaluation and treatment to manage their symptoms and prevent potential long-term joint damage. One of the other bone and joint conditions related to COVID is avascular necrosis, also called AVN. This is a condition in which bone tissue dies due to a lack of blood supply. AVN can occur in various bones of the body, including the hip joint, knee joint and shoulder joints. The commonest site of occurrence is the hip joint. The exact mechanism by which COVID-19 may lead to AVN is not yet fully understood, but it is believed to be related to the systemic inflammation and blood clotting abnormalities that can occur in severe COVID-19 cases. These factors can cause disruption to the blood supply to the bone, leading to AVN. In addition, some individuals with COVID-19 may also be at an increased risk of developing AVN due to concomitant risk factors, like the use of corticosteroid medications, which are sometimes used to treat severe COVID-19 cases. Prolonged use of corticosteroids can increase the risk of AVN by impairing blood flow to the bones and interfering with bone remodelling, which is a critical step in repairing a damaged bone tissue. Overall, while the exact
The relationship between COVID-19 and AVN is still being studied, it is important for individuals with COVID-19 who develop joint pain or other musculoskeletal symptoms to seek medical evaluation and treatment to prevent potential complications, including AVN.

The treatment of avascular necrosis (AVN) depends on the stage and location of the affected bone, as well as the patient’s age and overall health. The goal of treatment is to reduce pain, preserve joint function and prevent further damage to the affected bone. Non operative treatment includes pain relieving medications, the use of injectable and oral bisphosphonates, and physical therapy. The surgical treatment for the early stage includes core decompression and use of bone grafting or adjuvants like bone marrow and bone morphogenic proteins. The treatment of later stages, where the femoral head has collapsed, include joint replacement surgeries.

The success of treatment in AVN depends on many factors, including the stage and location of the affected bone, the age of the patient, and the overall health of the patient. Early diagnosis and treatment of AVN can improve outcomes and help prevent long-term joint damage.

**Exercising in the night (The Indian Express: 20230504)**

https://indianexpress.com/article/health-wellness/late-evening-exercise-sleep-bedtime-routine-8589182/

**CAN EXERCISING LATE EVENING AFFECT MY SLEEP? WHAT KIND OF ROUTINES SHOULD I KEEP TO?**

Various researches have concluded that exercising in the night does not have any adverse effect on sleep, and in fact, may improve its quality. But avoid heavy workout sessions, advises Dr Bimal Chhajer, cardiologist, former consultant at AIIMS and founder of SAAOL Heart Institute.
Certain psychological adaptations throughout the day make late evenings a much better time for working out. (Source: Freepik)

So many times, our busy work lives mean we cannot keep to our morning routine of exercises and shift it to the late evening hours, sometimes even to night. I keep on getting questions as to whether exercising in the evening means disturbed sleep and developing bad bedtime hygiene. Let me bust the myth that exercising late into the evening isn’t detrimental. Various researches have been conducted worldwide and concluded that exercising before hitting the bed does not have any adverse effect on sleep, and in fact, may improve its quality. Of course, there is a rider. You can do gentle exercises like stretching routines and yoga but heavy intense exercises near bedtime can wear you out and keep you alert and awake for a longer time.

According to Harvard Health Publishing, “Researchers examined 23 studies that evaluated sleep onset and quality in healthy adults who performed a single session of evening exercise compared with similar adults who did not. They found that not only did evening exercise not affect sleep, it seemed to help people fall asleep faster and spend more time in deep sleep. However, those who did high-intensity exercise — such as interval training — less than one hour before bedtime took longer to fall asleep and had poorer sleep quality.”

Certain psychological adaptations throughout the day make late evenings a much better time for working out. So, what are the positives of working out in the evening?

1) **Better muscle gain:** Many researchers have shown that people function better and are physically sound in the latter half of the day than early mornings. They show enhanced muscle strength, endurance and flexibility as the day passes by. Moreover, people take at least 20 per cent longer to get exhausted in the evening. Testosterone is required by the body
for building muscles and late evening is the apt time when the body produces more of it, resulting in better strength and muscle gain.

2) **Relieves stress:** Exercising is the best and cheapest way to relieve stress and when it is done late evening, one can really blow it off completely. The body releases endorphins during and after exercise, which will provide a completely blissful sleep.

3) **Helps you junk poor and sedentary lifestyles:** Certain meaningless habits for the body like munching, smoking, drinking, binging on TV screens and sedentary pastimes can give rise to a lot of health complications in the long run. Exercising in the evening can be one of the ways to avoid these.

4) **Relief from insomnia and future cardiac problems:** Insomnia is a potential risk factor of heart attacks in the future. While stress and anxiety are triggers, exercising in the evening helps the body release endorphins, thus promoting the feeling of well-being and happiness, decreasing cortisol levels and making one fall asleep quicker.

5) **Get your circadian rhythm on track:** Various lifestyle stressors like consumption of too much caffeine before bedtime, alcohol and snacking throw off your body’s circadian rhythm. Exercising helps realign your body clock and promotes sound sleep required by the body.

**Blood sugar (The Indian Express: 20230504)**

[https://indianexpress.com/article/health-wellness/walk-for-3-minutes-sit-for-30-new-intermittent-activity-plan-blood-sugar-levels-8588434/](https://indianexpress.com/article/health-wellness/walk-for-3-minutes-sit-for-30-new-intermittent-activity-plan-blood-sugar-levels-8588434/)

**Why a new blood sugar control method works: Walk for 3 minutes, sit for 30, walk for 3 minutes again**

Exercise is a cornerstone of diabetes management. Small bursts of low intensity exercise can not only regulate blood sugar levels in people living with Type 1 diabetes, they hold good in Type 2 diabetics as well, say experts.
It is being called a new “activity snack”, one that involves walking for three minutes after sitting for 30 and improves and maintains sugar levels in Type 1 diabetics. But experts say this works just as well for Type 2 diabetics. A recent study from the University of Sunderland in the UK put 32 participants with Type 1 diabetes through a cycle of interrupted sitting or activity breaks. They analysed their blood sugar readings during their sedentary and active times and found that not only did their blood sugar levels improve, their risk of low sugar actually reduced.

Being sedentary for a long period is unhealthy for everyone but for people with Type 1 diabetes, there is a perceptible dysregulation of insulin levels. “Now, what happens in Type 1 diabetes is that the sugar levels fluctuate a lot. But now it has been proven that doing something as simple as taking a three-minute walk along the corridor or any other common spaces after 30 minutes at the desk can stabilise sugar levels. Usually in Type 1 diabetes, we are concerned about high sugar levels. But this intermittent activity pattern not only brought them down but showed a 14 per improvement in sugar stability. That is, the good zone sugars were better than the normal population by 14 per cent. Similarly, what they found is there is no risk of low sugar in people participating in this short-break activity. So, what does this mean in terms of developing a long-term routine? It gives you a workable middle ground. You do not have to worry about a 30-minute brisk walk or running. If you cannot make the time for a moderate intensity physical activity, you can have small activities three minutes every half an hour. Also, a prolonged strenuous workout enhances the risk of sugar levels falling or hypoglycemia in Type 1 diabetics, which is why they have to wear a glucose monitor while exercising. The short strolls are better in that respect,” says Dr David Chandy, Consultant, Endocrinology, at Sir H. N. Reliance Foundation Hospital, Mumbai.

“Exercise is a cornerstone of diabetes management. This study focusses on the use of small bursts of low intensity exercise to regulate blood sugars in people living with Type 1 diabetes. The same advice holds good in Type 2 diabetes as well,” says Dr Abhijit Bhograj, Consultant, Diabetes and Endocrinology, Manipal Hospital, Bengaluru.

When exercise is part of your daily routine or you are starting a new regime, it is wise to know your glucose levels at the beginning of the session, in the middle and after exercise. “This helps us time a carb snack to keep our energy levels consistent and avoid low sugars. But according to the study, the chances of low sugars are less with short burst activity patterns. Timely exercise is an important tool that we under-utilise. Not only is it a great way to reduce your blood glucose levels without medication, it also reduces glycaemic variability, improves your moods, energy and immunity. But most importantly, time-spaced exercises reduce risk of diabetes complications. Using technological tools, these days you can easily correlate your blood sugar levels with your exercise schedules, food and medication. These
give you a chance to explore what works for you and how to achieve your glycaemic goals,” adds Dr Bhograj.

This is the reason why endocrinologists suggest light post-meal walks. Some studies have shown a reduction in blood glucose of 10 milligrams per deciliter (mg/dl) [7.2 mmol/L] for every block they walk regardless of the intensity.

The researchers found that after the short walks, individuals maintained a blood sugar average of 6.9 millimoles per litre (mmol/L). Their blood sugar levels were higher, 8.2 mmol/L, after the extended sitdowns. Over 48 hours of monitoring, during and after the test period, the blood sugar levels remained in the target range by 14 per cent higher in participants who took walking breaks compared to those who did not.

The researchers presented their findings at the Diabetes UK Professional Conference and published a review in the ‘Canadian Journal of Diabetes.’

In Type 1 diabetes, an individual’s pancreas produces insufficient insulin. So patients usually need multiple insulin shots through the day.