Aspartame is one of the world's most popular sweeteners, used in products from Coca-Cola diet sodas to Mars' Extra chewing gum.

The sweetener aspartame is a “possible carcinogen” but it remains safe to consume at already-agreed levels, two groups linked to the World Health Organization (WHO) declared on Friday.

The WHO said the existing consumption levels meant, for example, that a person weighing 60-70kg would have to drink more than 9-14 cans of soda daily to breach the limit. (File)

The WHO said the existing consumption levels meant, for example, that a person weighing 60-70kg would have to drink more than 9-14 cans of soda daily to breach the limit. (File)

The rulings are the outcome of two separate WHO expert panels, one of which flags whether there is any evidence that a substance is a potential hazard, and the other which assesses how much of a real-life risk that substance actually poses.

Aspartame is one of the world's most popular sweeteners, used in products from Coca-Cola diet sodas to Mars' Extra chewing gum.

In a press conference ahead of the announcement, the WHO's head of nutrition, Francesco Branca, suggested consumers weighing beverage choices consider neither aspartame nor sweetener.
"If consumers are faced with the decision of whether to take cola with sweeteners or one with sugar, I think there should be a third option considered - which is to drink water instead," Branca said.

In its first declaration on the additive, announced early on Friday, the International Agency for Research on Cancer (IARC), based in Lyon, France, said aspartame was a "possible carcinogen".

Read Here: Aspartame sweeteners 'possibly carcinogenic'? What are the alternatives?

That classification means there is limited evidence a substance can cause cancer.

It does not take into account how much a person would need to consume to be at risk, which is considered by a separate panel, the WHO and Food and Agriculture Organization (FAO) Joint Committee on Food Additives (JECFA), based in Geneva.

After undertaking its own comprehensive review, JECFA said on Friday that it did not have convincing evidence of harm caused by aspartame, and continued to recommend that people keep their consumption levels of aspartame below 40mg/kg a day.

JECFA first set this level in 1981, and regulators worldwide have similar guidance for their populations.

Several scientists not associated with the reviews said the evidence linking aspartame to cancer is weak. Food and beverage industry associations said the decisions showed aspartame was safe and a good option for people wanting to reduce sugar in their diets.

The WHO said the existing consumption levels meant, for example, that a person weighing 60-70kg would have to drink more than 9-14 cans of soda daily to breach the limit, based on the average aspartame content in the beverages - around 10 times what most people consume.

"Our results do not indicate that occasional consumption could pose a risk to most consumers," said Branca.

LIMITED EVIDENCE

Reuters first reported in June that the IARC would put aspartame in group 2B as a "possible carcinogen" alongside aloe vera extract and traditional Asian pickled vegetables.

The IARC panel said on Friday it had made its ruling based on three studies in humans in the United States and Europe that indicated a link between hepatocellular carcinoma, a form of liver cancer, and sweetener consumption, the first of which was published in 2016.

It said limited evidence from earlier animal studies was also a factor, although the studies in question are controversial. There was also some limited evidence that aspartame has some chemical properties that are linked to cancer, the IARC said.

Read Here: What is Aspartame, possibly causing cancer? List of products that use this

"In our view, this is really more a call to the research community to try to better clarify and understand the carcinogenic hazard that may or may not be posed by aspartame consumption," said Mary Schubauer-Berigan, acting head of the IARC Monographs programme.
Scientists with no links to the WHO reviews said the evidence that aspartame caused cancer was weak.

"Group 2B is a very conservative classification in that almost any evidence of carcinogenicity, however flawed, will put a chemical in that category or above," said Paul Pharaoh, a cancer epidemiology professor at Cedars Sinai Medical Center in Los Angeles. He said JECFA had concluded there was no "convincing evidence" of harm.

"The general public should not be worried about the risk of cancer associated with a chemical classed as Group 2B by IARC," Pharaoh said.

Nigel Brockton, vice president of research at the American Institute for Cancer Research, said he anticipates research into aspartame will take the form of large, observational studies that account for any intake in aspartame.

Some doctors expressed concern that the new classification of "possible carcinogen" might sway drinkers of diet soda to switch to caloric sugar beverages.

Therese Bevers, medical director of the Cancer Prevention Center at the University of Texas MD Anderson Cancer Center, in Houston, said "the possibility of weight gain and obesity is a much bigger problem and bigger risk factor than aspartame could ever be."

The WHO conclusion "once again affirms that aspartame is safe," said Kate Loatman, executive director of the International Council of Beverage Associations, based in Washington.

"Aspartame, like all low/no calorie sweeteners, when used as part of a balanced diet, provides consumers with choice to reduce sugar intake, a critical public health objective," said Frances Hunt-Wood, secretary general of the Brussels-based International Sweeteners Association.

**Overactive gene**

**Overactive gene disrupting DNA repair found to be behind premature aging in Down’s Syndrome (The Tribune: 20230714)**


Down’s Syndrome affects around 7 million people worldwide

Premature aging in Down’s Syndrome could be caused by an overactive gene on chromosome 21 that disturbs the DNA-damage-repair mechanisms, leading to accelerated aging, according to a new research.
An overactivity of the gene, called DYRK1A, on enzymes that quicken chemical reactions in the body disturbed the DNA-damage-repair mechanisms, causing cells to develop more DNA damage and become more fragile, thereby accelerating the aging process, the research led by Queen Mary University of London, UK, found.

Adults having Down’s Syndrome, caused by being born with an extra copy of chromosome 21 or with trisomy 21, have been known to exhibit early signs of conditions associated with the biological process of aging such as reduced tissue regeneration capacity, delayed wound healing, osteoporosis, senescence of the brain and immune cells, among others.

Further, people having this non-heritable genetic disorder were biologically older than their chronologically-aged counterparts by 19.1 years, on an average, and that the premature ageing process starts very early in childhood, this study published in the Lancet Discovery journal eBioMedicine found.

“We have uncovered that trisomic overdose of this gene (DYRK1A) is one of the main contributors to premature biological ageing in Down’s Syndrome.

“Further research is needed to understand how much this contributes to brain development and function, and also in finding ways of precisely inhibiting the overdose of this gene back to physiological levels,” said lead researcher Dean Nizetic, professor of cell and molecular biology.

The research also showed that limiting this gene’s activity could potentially correct the cellular ageing defects, opening up possibilities for early therapeutic interventions for people having Down’s Syndrome.

Studying genetically caused accelerated aging may help us understand aging mechanisms better and devise strategies to slow down the ageing process, the study said.

Down’s Syndrome affects around 7 million people worldwide.

Alzheimer’s disease

New study links gum disorder to Alzheimer’s disease (The Tribune: 20230714)


‘Gum disease can lead to changes in brain cells called microglial cells, responsible for defending the brain from amyloid plaque, a type of protein that is associated with cell death’

Scientists have found a link between periodontal (gum) disease and the formation of amyloid plaque, a hallmark of Alzheimer’s disease.
The study, published in the Journal of Neuroinflammation, found that gum disease can lead to changes in brain cells called microglial cells, responsible for defending the brain from amyloid plaque, a type of protein that is associated with cell death.

The research provides important insight into how oral bacteria makes its way to the brain, and the role of neuroinflammation in Alzheimer’s disease, a brain disorder that slowly destroys memory and thinking skills.

“We knew from one of our previous studies that inflammation associated with gum disease activates an inflammatory response in the brain,” said senior study author, Alpdogan Kantarci, from the Forsyth Institute in the US.

“In this study, we were asking the question, can oral bacteria cause a change in the brain cells?” Kantarci said in a statement.

The microglial cells the researchers studied are a type of white blood cell responsible for digesting amyloid plaque. They found that when exposed to oral bacteria, the microglial cells became overstimulated and ate too much.

“They basically became obese. They no longer could digest plaque formations,” Kantarci said.

The finding is significant for showing the impact of gum disease on systemic health. Gum disease causes lesions to develop between the gums and teeth.

“The area of this lesion is the size of your palm. It’s an open wound that allows the bacteria in your mouth to enter your bloodstream and circulate to other parts of your body, Kantarci explained.

These bacteria can pass through the blood/brain barrier—a protective layer that lines the inner surfaces of the blood vessels inside the brain—and stimulate the microglial cells in the organ.

Using mouse oral bacteria to cause gum disease in lab mice, the scientists were able to track periodontal disease progression in mice and confirm that the bacteria had travelled to the brain. They then isolated the brain microglial cells and exposed them to the oral bacteria. This exposure stimulated the microglial cells, activated neuroinflammation, and changed how microglial cells dealt with amyloid plaques.

“Recognising how oral bacteria causes neuroinflammation will help us to develop much more targeted strategies,” said Kantarci.

“This study suggests that in order to prevent neuroinflammation and neurodegeneration, it will be critical to control the oral inflammation associated with periodontal disease,” Kantarci added.
TB

Prisoners in India 5 times more at risk of TB: Lancet study(The Tribune: 20230714)


Study finds that incidence of TB in India is 1,076 cases per 1,00,000 persons in prisons

Prisoners in India are five times more at risk of developing tuberculosis (TB) than the general population, according to a global study published in the Lancet Public Health journal.

Analysing data from 193 out of 195 countries between 2000 and 2019, an international team of researchers estimated the rate of TB in incarcerated persons for the first time.

The study, published in the July edition of the journal, found that the incidence of TB in India was 1,076 cases per 1,00,000 (one lakh) persons in prisons. The country’s TB incidence for the year 2021 is 210 per 1 lakh population, according to the Global TB Report released by World Health Organisation (WHO) last year.

Globally, people in prison are nearly 10 times more at risk of developing tuberculosis than the general population, the researchers found.

Approximately, 125,105 (1.2 lakh) of the 11 million people in prisons globally developed TB in 2019 – a rate of 1,148 cases per 100,000 people per year. This is significantly higher than the global incidence rate among all persons – 127 cases per 100,000 people per year, they said.

However, the case detection rate was very low—just 53 per cent of all TB cases in prisons globally, according to the study.

The researchers found a strong relationship between country-level tuberculosis incidence rates and overcrowding in prisons.

“This connection between TB and overcrowding suggests that efforts to limit the number of people who are detained may be one potential public health tool to combat the TB epidemic in prisons,” study lead Leonardo Martinez from Boston University in the US said in a statement.

The greatest incidence rate in the African region -- 2,242 cases per 100,000 people per year— is almost double the global estimate for this population, the researchers said.

The Americas region, largely driven by Central and South America, had the largest estimated absolute number of TB cases among incarcerated persons – 30,509, they said.
“These findings give us a much clearer picture of tuberculosis in prisons than we’ve ever had before,” said Anthony D Harries, senior advisor at the International Union Against Tuberculosis and Lung Disease.

“The high rate of tuberculosis and low rate of detection indicates that current control measures are insufficient for preventing the spread of the disease in prisons globally. Therefore, further research is vital to identify and implement the most effective interventions,” Harries said.

The high incidence rate globally and across regions, low case detection rates, and consistency over time indicate that this population represents an important, under-prioritised group, he added.

**Chronic kidney disease**

**6 stages of chronic kidney disease and how it spreads (The Times of India: 20230714)**


Chronic Kidney disease, also known as CKD, is a serious health condition that affects the proper functioning of the kidneys. CKD is the result of various kidney ailments which over a period of time become irreversible and progressive in nature. It progresses through different stages, with each stage exhibiting specific symptoms. Recognizing these symptoms is crucial for early detection and appropriate management of kidney disease. We will outline the symptoms experienced in various stages of kidney disease.

Dr. Saurabh Pokhariyal, Head Of Department And Consultant – Nephrology, HCMCT Manipal Hospital, Dwarka says, “In the early stages, kidney disease may be asymptomatic, with few or no noticeable signs. However, some individuals may experience subtle symptoms such as fatigue, increased urination (especially at night), and mild swelling in the extremities. These symptoms are often nonspecific and can be easily attributed to other causes.”

As kidney function declines further, symptoms become more evident. Fatigue and increased urination persist, and individuals may notice changes in the color and frequency of urine. Mild swelling, particularly in the legs and ankles, may worsen. Additionally, there may be occasional pain or discomfort in the lower back.

According to Dr. Pokhriyal, “At this stage, symptoms become more pronounced. Fatigue intensifies, and individuals may experience persistent itching due to the accumulation of waste products in the blood. High blood pressure can develop or worsen, leading to headaches. Edema
(swelling) becomes more noticeable in the face, hands, and feet. Urine output may decrease, and it may appear foamy or contain blood.”

As kidney function declines significantly, symptoms become severe and life-threatening. Fatigue and weakness may be overwhelming, and the individual may experience difficulty concentrating and memory problems. Anemia can develop, causing shortness of breath and pale skin. Edema spreads throughout the body, including the abdomen. Blood pressure may rise further, leading to chest pain, irregular heart rhythms and breathlessness.

“In this advanced stage, the kidneys are no longer able to perform their vital functions. Symptoms may include severe fatigue, persistent nausea and vomiting, loss of appetite, muscle cramps, and easy bruising. Fluid overload can cause severe swelling and shortness of breath. The accumulation of waste products in the blood may result in confusion and even coma,” says Dr. Pokhriyal.

If you experience any of the aforementioned symptoms, it is important to consult a healthcare professional for appropriate evaluation and treatment. Regular check-ups, healthy lifestyle choices, and prompt medical intervention can help slow the progression of kidney disease and improve outcomes.

**Blood pressure causes**

**Shocking ways how unmanaged blood pressure causes heart problems (The Times of India: 20230714)**


Unmanaged blood pressure, also known as hypertension, can have significant impacts on your heart health. It is a serious condition that, if left untreated or poorly managed, can lead to various cardiovascular complications. Understanding the link between unmanaged blood pressure and its effects on the heart is crucial for maintaining optimal heart health.

Dr. (Col.) Monik Mehta, Chief of Cardiac Science, Manipal Hospital, Gurugram says, “When the force of blood against the walls of your arteries is consistently too great, you have high blood pressure. Over time, this increased pressure can cause damage to the arteries, leading to atherosclerosis (hardening and narrowing of the arteries) and other heart-related problems.”

Here are some ways unmanaged blood pressure can affect your heart READMORE

02/8 Increased risk of heart disease
Unmanaged high blood pressure puts a strain on the heart, causing it to work harder to pump blood. This increased workload can weaken the heart muscle and lead to various cardiovascular conditions, such as coronary artery disease, heart attack, and heart failure.

Dr. Mehta says, “Persistent high blood pressure can damage the inner lining of the arteries, making them more susceptible to the buildup of fatty deposits known as plaques. These plaques can restrict blood flow to the heart, leading to chest pain (angina) and increasing the risk of a heart attack.”

Unmanaged hypertension can weaken the walls of blood vessels, increasing the risk of developing an aneurysm. An aneurysm is a bulge that forms in weakened areas of blood vessels, and if it ruptures, it can cause life-threatening internal bleeding.

“High blood pressure is a leading risk factor for stroke. When blood pressure is uncontrolled, it can damage the blood vessels in the brain, increasing the likelihood of a stroke. A stroke occurs when the blood supply to the brain is interrupted or reduced, leading to brain damage and potentially long-term disability,” says Dr. Mehta.

Unmanaged hypertension can damage the blood vessels in the kidneys, impairing their ability to filter waste and excess fluids from the body. This can result in kidney disease and, in severe cases, kidney failure.

Here are some expert-recommended tips to control and manage blood pressure effectively:

Healthy lifestyle: Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit sodium intake, avoid excessive alcohol consumption, and quit smoking. Maintain a healthy weight and engage in regular physical activity.

Proper medication: If your blood pressure requires medication, take it as prescribed by your healthcare provider. Follow up regularly to monitor your blood pressure and adjust medication dosages if needed.

Monitor your blood pressure: Dr. Mehta says, “Regularly check your blood pressure at home using a reliable blood pressure monitor. Keep a record of the readings and share them with your doctor.”

Reduce stress: Find healthy ways to manage and reduce stress, such as practising relaxation techniques, engaging in regular physical activity, or seeking support from a therapist or counsellor.

Regular medical check-ups: Visit your healthcare provider for regular check-ups and screenings. They can assess your blood pressure, provide necessary interventions, and monitor your overall heart health.

It's important to work closely with your healthcare provider to develop a personalised plan for managing your blood pressure. Remember, early detection, proper management, and lifestyle modifications are key to maintaining optimal heart health. If you have concerns about your blood pressure or heart health, consult with a healthcare professional for expert guidance and support.
Ovarian cancer is a growth of cells that forms in the female organs that produce eggs (ovaries). Due to lack of early warning signs in most cases, ovarian cancer often goes undetected until it has spread within the pelvis and stomach. At this late stage, it is more difficult to treat and can be fatal. A new research has identified professions that can put females at a higher risk of ovarian cancer.

A study in Canada looked for associations between the risk of ovarian cancer and profession in 1,388 women. They found that working as a beautician, hairdresser or in construction may increase your risk of developing ovarian cancer. Further, working long-term in accounting, sales, retail and for the clothing industry may be also associated with a higher risk of ovarian cancer.

The study was undertaken by environmental epidemiologist Dr Anita Koushik of the Université de Montréal in Quebec and her colleagues.

Researchers analyzed 491 subjects from the Prevention of Ovarian Cancer in Quebec (PROVAQ) study, all of whom were adults aged 18–79 that had been recruited from Montreal hospitals between 2010–2016 after being diagnosed with epithelial ovarian cancer. These participants were then compared to 897 peers without ovarian cancer who were matched up based on age and electoral roll district.

The study found associations of ovarian cancer with high exposure to particular agents such as ammonia, bleach, talcum powder, petrol and propellant gasses.

They also found that the women who had been diagnosed with ovarian cancer tended to have lower levels of educational attainment, shorter oral contraceptive use, and either no children or fewer than the women in the comparison group.

As per the research, working for a decade or more as either a hairdresser, beautician or construction worker was associated with a threefold increase in ovarian cancer risk. A similar time spent in accountancy was linked to a doubling in the risk.

Long-term work in the clothing industry — including embroidery — was associated with an 85 percent increase in the risk of ovarian cancer, while retail and sales were linked to 59 and 45 percent increases, respectively. The findings of the study are published in the journal ‘Occupational and Environmental Medicine’.

Hairdressers, beauticians and those in related fields were the most frequently exposed to 13 of the agents of concern, including ammonia, hydrogen peroxide, organic dyes and pigments.

More research is needed as the team cautioned that it was not clear if the associations with increased ovarian cancer risk were driven by a single agent, a combination of agents, or other workplace factors.
Carcinogenicity in humans

Limited evidence for carcinogenicity in humans, from non-sugar sweetener ‘aspartame’: WHO (The Hindu: 20230714)

With a can of diet soft drink containing 200 or 300 mg of aspartame, a 70kg adult would need to consume 9–14 cans per day to exceed the acceptable daily intake.

Diet Coke is seen on display at a store in New York City, U.S. For example, with a can of diet soft drink containing 200 or 300 mg of aspartame, an adult weighing 70kg would need to consume more than 9–14 cans per day to exceed the acceptable daily intake, assuming no other intake from other food sources.

There is “limited evidence” for carcinogenicity in humans, from non-sugar sweetener aspartame, said an assessment of its health impact report released by the International Agency for Research on Cancer (IARC) and the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) Joint Expert Committee on Food Additives (JECFA).

In the report released on July 14 IARC classified aspartame as possibly carcinogenic to humans (IARC Group 2B) and JECFA reaffirmed the acceptable daily intake of 40 mg/kg body weight.

Food and Nutrition

Mindful eating: Chhavi Mittal shares ‘a healthy breakfast option’ (Indian Express: 20230714)

Chhavi shares a healthy recipe (Source: Chhavi Mittal/Instagram)
Indulging in a healthy breakfast is vital for kickstarting a productive day and maintaining overall well-being. It fuels the body, enhances concentration, and boosts metabolism, helping to manage weight effectively. Moreover, a balanced breakfast supports stable blood sugar levels, reduces cravings, and improves mood, contributing to a positive outlook and increased productivity.

Chhavi Mittal, who regularly gives glimpses into her diet and fitness routine, believes in something similar. As such, she recently took to Instagram to share a healthy breakfast option with her followers. “Looking for a healthy breakfast option? If yes, then MANGO CHIA PUDDING has to be on your list!” she captioned the post.

“It’s very very simple and it’s very tasty,” she added, sharing that all you need to prepare this meal is coconut milk, chia seeds, and mango.

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**Mental health.**

**NewsLifestyleHealth**

**Know Your Body: Why is the gut called the second brain? (Indian Express: 20230714)**


Apart from digestion, gut is also responsible for your immunity and good mental health.

Gut health can impact your immunity and mental wellness. (Pic source: Freepik)

Did you know that the gut, often referred to as the second brain, does much more than digesting food and absorbing minerals? It also has a profound impact on your mood and mental health. Isn’t that fascinating? A healthy gut not only promotes strong immunity but also contributes to overall physical and mental well-being. In today’s article of Know Your Body, we will explore the intricacies of the gut, its functions, the reasons behind its nickname as the second brain, its influence on mental health, the phenomenon of a leaky gut, and essential tips for maintaining optimal gut health.

**What is gut?**

The gut simply refers to the gastrointestinal tract, which is a long tube running from the mouth to the anus. It includes organs such as the stomach, small intestine, and large intestine (colon). The gut is responsible for the digestion and absorption of nutrients from food, as well as the elimination of waste.

Functions of gut
The gut has several important functions. “It breaks down food into smaller particles, absorbs nutrients, transports food through the digestive system, and houses trillions of beneficial bacteria that aid in digestion and support overall health. Additionally, the gut is involved in immune function and produces certain hormones and neurotransmitters,” Dr Nanda Rajaneesh, laparoscopic surgeon, Apollo Spectra Hospital, Bangalore, told indianexpress.com.

Vitamin D deficiency

What are the signs of vitamin D deficiency? (Indian Express: 20230714)

https://indianexpress.com/article/lifestyle/health/what-are-the-signs-of-vitamin-d-deficiency-8830070/

Individuals need to have their vitamin D levels checked regularly, said Dr Manoj Vithlani, internal medicine, senior consultant physician and diabetologist, HCG Hospitals, Ahmedaba

Here’s what to consider (Source: Getty Images/Thinkstock)

Recognising the signs of vitamin D deficiency is crucial for maintaining optimal health, experts urge as more and more people are tested for it. Despite being a tropical country, many Indians suffer from the deficiency. “Vitamin D deficiency in Indians is still as high as 68 per cent. Not only is it seen in urban areas, it is also seen in rural areas. Reasons for this include urbanisation, lifestyle, skin colour, dress code, and most importantly, our genetic predisposition,” said Dr Aparna Bhanushali, head of growth and scientific support, Haystack Analytics.

It is, therefore, very important to identify and overcome the deficiency. This is where the first few signs of deficiency need to be analysed.

Nutritionist Ruchita Batra enlisted fatigue and weakness, lacking energy, and experiencing general weakness as general indicators of deficiency. “If you find yourself frequently fatigued, even after getting enough sleep, it might be worth considering your vitamin D levels,” said Batra in a post on Instagram.
इन दिनों पूरे देश के हिस्सों में बारिश हो रही है और इससे डेंगू का प्रकोप बढ़ गया है, यह जानलेवा बीमारी है इसलिए अपने किसी भी लक्षण को नजरअंदाज नहीं करना चाहिए।

dengue cases rises in monsoon season know dengue symptoms, treatment and prevention tips
Dengue Prevention Tips: मानसून में बढ़ा डेंगू का प्रकोप, Dengue Fever के ये 6 लक्षण दिखते ही जाएं अस्पताल (navbharat Times: 20230714)


Dengue Prevention Tips: मानसून में बढ़ा डेंगू का प्रकोप, Dengue Fever के ये 6 लक्षण दिखते ही जाएं अस्पताल

शॉपिंग अलर्ट - ₹1,999 के अंदर सर्वाधिक बिकने वाले इलेक्ट्रॉनिक्स और सहायक उपकरण

मानसून का मौसम जारी है और दिल्ली में पिछले कई दिनों से बारिश हो रही है। राजधानी की नदी, नाले और सड़कें पानी से जलमग्न है। यमुना नदी में पानी उफान पर है जिससे बाढ़ का खतरा बना हुआ है। अधिक जमा पानी जमा होने से डेंगू जैसी कई मच्छर जनित बीमारियों के मामलों की संख्या बढ़ गई है।

TOI की रिपोर्ट के अनुसार, इस साल 8 जुलाई तक दिल्ली में डेंगू के 136 मामले दर्ज किए गए हैं।

डेंगू एक वायरल बीमारी है जो एडीज एडिशनमेंट नामक एक विशेष मच्छर के काटने से होती है। डेंगू दो तरह का होता है एक है क्लासिकल डेंगू बुखार, जिसे हड़प होंगे। इसके बाद अन्य मच्छरों के दौरान इसका संक्रमण होता है।

इन लक्षणों के साथ ही डेंगू के शुरुआती संकेत और लक्षण आपको इससे निपटने के लिए क्रममें उठाने चाहिए।

डेंगू के शुरुआती संकेत और लक्षण
डेंगू के प्रारंभिक लक्षण मच्छर काटे जाने के 5-6 दिनों के बाद विकसित होते हैं, इन लक्षणों में शामिल हैं:-

अचानक तेज बुखार आना
पीठ के पीछे दर्द
आंखें, मांसपेशियों, जोड़ों और हड्डियों में दर्द
गंभीर सिरदर्द
पेट में बेचैनी होना
त्वचा पर लाल धब्बे होना
क्यों गिर जाती है डेंगू में प्लेटलेटस

Dengue Fever: क्यों गिर जाती है डेंगू में प्लेटलेटस, क्या है इसके बचाव और उपाय?
अगर डेंगू हो जाए तो क्या करें
अगर डेंगू हो जाए तो क्या करें
डेंगू होने पर आपको पानी और तरल पदार्थों का सेवन बढ़ा देना चाहिए
हल्का भोजन करें
खुब आराम करें
डेंगू का इलाज
डेंगू का इलाज
डेंगू के उपचार में बुखार के लिए पेरासिटामोल, मतली के लिए एंटीएमिटिक की सलाह दी जाती है। उपचार के साथ-साथ तरल पदार्थों के सेवन की सलाह दी जाती है। ध्यान रखें कि डेंगू के लिए कोई एंटीवायरल उपचार उपलब्ध नहीं है और एंटीबायोटिक दवाओं की कोई भूमिका नहीं है।
डेंगू से ठीक होने में कितना समय लगता है
डेंगू से ठीक होने में कितना समय लगता है
डेंगू के अवधि दो से सात दिनों की होती है और चौथा व पांचवा दिन काफी घातक होते हैं क्योंकि इस दौरान प्लेटलेट काउंट गिर जाता है और तब आपको बहुत सावधान रहना होगा। इस दौरान त्वचा के दानों पर तुम्हें दाने नहीं होने चाहिए। यदि आपको तीसरे, चौथे या पांचवें दिन दाने निकलते हैं तो आपको अपना प्लेटलेट काउंट की जांच करानी चाहिए।

डेंगू से बचने के लिए क्या करें
डेंगू से बचने के लिए क्या करें
Stage 1 Cancer Treatment

Stage 1 Cancer Treatment: 5 लक्षणों से समझें आपको हो गया है स्टेज 1 कैंसर, ये 5 उपचार बचा लेंगे मरीज की जान( navbharat Times: 20230714)


ऐसा माना जाता है कि कैंसर के लक्षणों का अगर सही समय पर पता चल जाए तो कैंसर को पहली स्टेज में ही खुद किया जा सकता है, नीचे बताए लक्षणों को कभी भी नजरअंदाज न करें।

5 early sign and symptoms of stage 1 cancer and treatment option

Stage 1 Cancer Treatment: 5 लक्षणों से समझें आपको हो गया है स्टेज 1 कैंसर, ये 5 उपचार बचा लेंगे मरीज की जान

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कैंसर के शुरुआत और जानलेवा बीमारी है। इसे फैलने या मौत की वजह बनने से पहले सही समय पर इलाज जरूरी है। समस्या यह है कि कैंसर के शुरुआती संकेत और लक्षणों का सही समय पर पता नहीं चल पाता है। जब तक पता चलता है तब तक यह बाकी हिस्सों में फैल रहा होता है फैल चुका होता है।

कैंसर की कई स्टेज होती हैं और ऐसा माना जाता है कि अगर पहली स्टेज में इसका पता चल जाए, तो काफी हद तक इलाज सही और सफल हो सकता है। यह वो स्थिति होती है, जब कैंसर शरीर में विकसित हो जाता है लेकिन दूसरे हिस्सों में नहीं फैलता है और आस-पास के उत्तरों में गहराई तक नहीं बढ़ता है।

चलिए जानते हैं कि कैंसर की पहली स्टेज में किसी को क्या-क्या संकेत और लक्षण महसूस हो सकते हैं और इस स्टेज में कैंसर के इलाज के लिए क्या-क्या विकल्प हैं।

Stage 1 cancer क्या है?

Stage 1 cancer क्या है?
स्टेज 1 कैंसर वह कैंसर है जो छोटा होता है और एक हिस्से में होता है, जो लिम्फ नोद्स या शरीर के अन्य भागों में नहीं फैलता है। एक ही चरण के कैंसर का अक्सर एक जैसा इलाज किया जाता है। उदाहरण के लिए, स्टेज 1 कैंसर के उपचार में आम तौर पर सर्जरी शामिल होती है।