Life pressure- Multiple Sclerosis

Life pressure can increase the risk of Multiple Sclerosis. Watch out for these signs, check these prevention tips (Hindustan Times: 20230717)


Study claims life pressure can increase the risk of Multiple Sclerosis. Experts reveal symptoms and signs to watch out for, share prevention tips

Multiple sclerosis is a disorder of immunology it affects young person predominantly and is one of the leading causes of disability in youngsters and study claims that life pressure can increase the risk of Multiple Sclerosis hence, diagnosing and treating multiple sclerosis patient early helps improve life expectancy. According to health experts, multiple sclerosis is a demyelinating disorder affecting the nervous system in which the nerves lose their insulation due to immune system attacking person’s own myelin and it leads to impaired electrical signals that control movement, speech and other functions.

Life pressure can increase the risk of Multiple Sclerosis. Watch out for these signs, check these prevention tips (Photo by Twitter/DgteTourism)

Life pressure can increase the risk of Multiple Sclerosis. Watch out for these signs, check these prevention tips (Photo by Twitter/DgteTourism)

In an interview with HT Lifestyle, Dr Santosh Sontakke, Consultant Neuro-Physician at Ruby Hall Clinic in Pune, explained in brief, “Common presenting symptoms are vision loss, double vision, imbalance on walking, weakness in limbs, urinary problem. Acute treatment includes injections, immunology insulin and plasma exchange. The disease modifying therapy is the long-term treatment to prevent recurrent attacks. All these treatment modalities are available and these symptoms should immediately consulted by neurologist.”
Signs and symptoms:

Dr Ishu Goyal, Associate Consultant, Neurologist at Sir HN Reliance Foundation Hospital in Mumbai, shared, “It generally presents as sudden numbness, weakness, loss of balance and cognitive functions and may progress over years leaving a person with disabilities. With the advances in medical science, there are many medications available which halt this autoimmune process and prevents development of new symptoms. However, there are certain personal and environmental factors that predispose a person to relapses and rectifying these factors may prevent relapses.”

She added, “It has been seen that low vit B12 and vit D3 levels may lead to development of symptoms and a special attention should be paid to maintain this nutrient balance. External supplementation of these vitamins is also recommended to maintain adequacy. A proper balanced diet also prevents development of metabolic syndrome which when coexistent with MS may compound the disability. Also maximizing fiber content in diet is useful to avoid constipation which is a common problem faced in people with MS.”

Steps to help prevent life pressure from leading to multiple sclerosis:

Dr Ishu Goyal highlighted, “MS can cause a wide array of sleep problems because of spasms, frequent urination, insomnia and restless leg syndrome etc. A healthy sleeping pattern is of utmost importance as rejuvenation of cells in brain occur during sleep. Sleep hygiene should be given attention by avoiding stimulant drinks at night, restricting water content since evening, eating a light early dinner and reducing screen time at night. If these measures are insufficient for a proper sleep cycle, medical help should be sought for the same.”

She suggested, “Regular exercises play an equally important role in maintaining well being as it helps in muscle strengthening and in keeping the body agile. Moreover, it also ensures cardiovascular fitness and better bladder and bowel control. Aerobic exercises, adaptive tai chi, aqua therapy helps in relieving stiffness of body which is commonly seen in MS. With all these measures, modification of environment is required for normal functioning of individual. Safety features should be installed in bath and shower to prevent falls. It should be ensured that house has enough space to move around without any hurdles. The work environment should also be MS friendly as symptoms may happen anytime leading to imbalance and fall causing severe injuries.”

Simple modifications like these in habits, home and work environment may lead to reduction in overall impact of MS and helps in prolonging independent functioning of individual.
**Diabetes, obesity, heart diseases**

**Is the growing concern for diabetes, obesity, heart diseases changing the food habits of Gen X? (Hindustan Times: 20230717)**


Gen X queued up to eat fast food but is now ready to dump the junk. Is growing concern for diabetes, obesity, heart diseases changing the food habits of Gen X?

Modern-day diseases like heart disease, cancer and diabetes have been becoming major health concerns in India and the WHO estimates that about 61% of all deaths in the country have been caused by such diseases where the incidence of diabetes has gone up from about 41 million in 2007 to around 72 million in 2017. Similarly, there has been an alarming rise in the number of heart disease cases where the total number of people who lost their lives due to heart attacks jumped from 18,000 in 2015 to more than 28,000 in 2021 but things can change for the better very soon, led by those born between 1965 and 1980 i.e. Gen X - the generation that queued up to eat fast food and is also the one that is ready to dump the junk.

Is the growing concern for diabetes, obesity, heart diseases changing the food habits of Gen X? (Photo by Askar Abayev on Pexels)

Almost half of the urban middle class surveyed recently in the country have changed their diet to prevent the onset of lifestyle diseases. A study conducted by The Indian Dietetic Association (IDA), Mumbai Chapter and Country Delight has found that gut or digestive health is the main reason for modern-day or lifestyle diseases since dietary preferences have a huge bearing on the overall health of a person and change in the diet can lead to the prevalence of many lifestyle diseases.

In an interview with HT Lifestyle, Safala Mahadik RD, CDE, Senior Dietitian at KEM Hospital in Mumbai, revealed, “While the traditional Indian food habits have been rich in fiber and important nutrients, there was a gradual shift towards processed foods and fast foods which caused the diets of many Indians to acquire the lethal combination of high-fat and low-fiber intake. This led to a significant imbalance in the gut microbiota, thus causing inflammation and various other health issues.”
Safala Mahadik shared, “Thankfully there is a growing awareness among people about the linkage between Dietary preferences and disease. According to the survey, carried out by Country Delight in association with IDA Mumbai, about 80% of people believe that digestive issues lead to long-term lifestyle diseases. The survey has also highlighted the fact that 7 out of every 10 people suffer from some digestive medical condition and acidity or heartburn. Among those who suffer from these issues, about 59% underwent such conditions every week and 12% experienced it every day.”

She opined, “The marketing campaigns of certain large corporations and food companies may be one reason why there has been a shift in the food habits of people – from fiber-rich to fat-rich. Interestingly, more than 50% of people are aware that junk food or chemically processed food leads to gut health problems, yet a staggering 63% of people choose some form of junk or processed or packaged food every week. Among these, about 19% consume it every day, according to the survey.”

Dietary habits

Cautioning that poor dietary patterns can lead to several health issues including obesity and other diseases, Safala Mahadik said, “Dietary habits that include sugary drinks and high-fat foods can cause obesity which is a significant risk factor for diabetes, heart disease, etc. The poor effect of these kinds of food choices is evident from the fact that the survey respondents who said they consume junk or processed or packaged food every week, about 68% suffer from gastric issues. This is significantly more than those who consume such food items less than once a week.”

She suggested, “To prevent present-day lifestyle diseases, it is paramount to curb the intake of processed foods, and chemical-laden food items. It is also important to curtail the intake of cholesterol and saturated fat that can play havoc with the health of the people. The bright side of the prevailing health quagmire in the country is that 6 out of every 10 people know that their diet played an important role in preventing lifestyle diseases and therefore has brought about alterations in their last few years. About 67% of the survey respondents also said that they look for chemically free natural food items for their daily diet. People in the age group of 35-44 years and quite a few women showed a higher preference for food items with fewer preservatives/ high nutritional value/ longer shelf life/farm fresh. The top purchase drivers that are emerging in the country include chemical-free foods followed by ingredients and nutritive value, something that bodes well for the health of the citizens of the nation.”

According to her, a further push to make people aware of the choices of their food on their health can be fruitful from the point of view of bringing down the health care costs in the country since such lifestyle diseases cause a severe drain on the financial resources and health infrastructure. Safala Mahadik concluded, “Efforts should also be made to check the marketing campaigns of brands that use more chemicals and push junk food. There can also be policy-level support for building an environment where food items and brands that promote natural food items can get more attention from consumers. Such a move will make India even more healthy and will help the nation reap the demographic dividend of being the youngest country in the world.”
National Tattoo Day 2023

National Tattoo Day 2023: Dos and don'ts while getting your first tattoo (Hindustan Times: 20230717)


National Tattoo Day is on July 17, a time to celebrate the art of tattoo design. Here are some important dos and don'ts to keep in mind before getting a tattoo.

National tattoo day is just around the corner. Every year on July 17, people commemorate this day to honour the captivating craft of tattoo design. This day may well be the time to get the tattoo you've been thinking about getting if you've been wanting one for a while. The term "tattoo" is derived from tatau, which is a Polynesian verb that means "to tap or to mark." Tattoo-related cultures exist all around the world, and some have altered very little over time. As technology and acceptability advance, the trend of getting tattoos keeps growing. However, there are several considerations you should make before having a tattoo. Here are some dos and don'ts you must keep in mind. (Also read: National Tattoo Day 2023: Date, history, significance and celebration)

Don't give in to the impulse to get a tattoo just because you feel like it! Since a tattoo will last a lifetime, it is important to give careful consideration to your preferences for design and placement. Once you've made up your choice, do your homework and look for a respectable master who can bring your concept to life.

Not doing proper research before getting a tattoo is a common mistake most people make. Do some research on the tattoo artist before getting one. Not all artists are equally skilled. Check out their work, check sure their aesthetic fits what you're after, and read reviews (if any are available).

Compare prices: Be prepared to spend money since getting a tattoo is an investment. Look around for the best deals, and don't be shy about haggling with the artist to get a lower price.

Before getting a tattoo, avoid using a tanning bed or the sun as it might make it difficult for the artist to see their work.

Before getting a tattoo, avoid applying any lotions, oils, or other cosmetics to your skin since they may impede the tattooing procedure and affect the final design.

Dos:
Wear loose-fitting, comfortable clothing so you may move about and easily reach the tattooed region.

Give your tattoo artist some leeway and freedom to be imaginative during tattooing. Have faith in the artist’s skill and refrain from pressuring them to create an exact replica of a certain design.

The most important tattoo-related guideline is to remain motionless. The tattoo will get hazy if you move, which will make the artist unhappy. You have a few options for staying motionless while getting your tattoo.

During the healing process, keep the tattoo clean. Apply a thin coating of tattoo ointment or lotion and gently wash Vitamin B9: Folate deficiency shown to increase bowel cancer risk; learn symptoms to spot

**Vitamin B9**

**What is folate? (Times of India: 20230717)**

Folate is one of the B vitamins, also known as vitamin B9 and folacin. It is important in red blood cell formation as well as for healthy cell growth and function. Folate is also crucial during early pregnancy to reduce the risk of birth defects of the brain and spine. It is naturally found in many foods.

According to Mayo Clinic, the recommended daily amount of folate for adults is 400 micrograms (mcg). Adult women who are planning pregnancy or could become pregnant should be advised to get 400 to 1,000 mcg of folic acid a day. Deficiency in folate can result in several complications.

Research has suggested that being low in folate could increase your risk of developing bowel cancer. Bowel cancer, also known as colorectal cancer, refers to cancer that starts in the large bowel, which includes the colon and rectum.

A study published in the Annals of Oncology in 2011 trialled the use of folate on more than 5,000 people - some with cancer, others with not, over an eight year period. The researchers said, “Our results not only confirm earlier findings of decreased risk of colorectal and esophageal cancers with a high dietary folate intake but also suggest decreased risk of several other cancers.”

Symptoms of a folate deficiency
Apart from increased bowel cancer risk, folate deficiency can result in several other health problems. It can lead to anemia, where the body does not have enough healthy red blood cells. This can result in signs like paleness, shortness of breath, irritability, and dizziness.

You might also experience a tender, red tongue; mouth sores or mouth ulcers; reduced sense of taste; memory loss; difficulty concentrating; confusion; problems with judgment, lack of energy, muscle weakness, depression, weight loss, and diarrhea.

It is possible to get plenty of folate through diet. Foods rich in folate include peas, beans, legumes, citrus fruits, dark green leafy vegetables, liver, seafood, eggs, dairy, meat, poultry, and fortified foods such as cereal and pasta.

If you experience any of the above symptoms of a folate deficiency, it is worth consulting your doctor for clarity. They might recommend supplements if changing your diet does not work.

**Miracle surgery**

**Miracle surgery: Doctors successfully reattach 12-year-old boy’s 'internally decapitated' head to neck after bike accident(Times of India: 20230717)**


Surgeons at the Hadassah Medical Centre Ein Kerem in Israel performed a miraculous surgery by successfully reattaching a 12-year-old boy’s head to his neck after a serious road accident.

The boy – Suleiman Hassan’s “routine bike ride almost ended in disaster” when he “was forcefully run over by a wild driver,” said the hospital in Jerusalem where the surgery took place in a statement on their website.READMORE

“The injury left him with a fracture in the head and neck joint and tears in all his supporting ligaments,” they continued, adding that Hassan “was turned to Hadassa Ein Kerem by helicopter and was immediately admitted for a long and complex emergency surgery.”

As per the doctors, Hassan suffered a bilateral atlanto occipital joint dislocation. “Due to the serious injury the head almost completely disconnected from the base of the neck,” said Dr. Ohad Einav, a specialist orthopedist who performed the surgery on Hassan, in the statement.

The procedure took place last month, and the result was made public in July. On Instagram, the hospital shared an image of Hassan with the doctors. The caption described it as an "extremely rare and complex operation," where Hadassah Medical Center surgeons "reattached a 12-year-old boy’s head to his neck after a serious accident in which he was hit by a car while riding his bicycle."

The caption on the July 6 post continued, "Suleiman Hassan, from the Jordan Valley, was airlifted to Hadassah’s trauma unit in Ein Kerem, where it was determined that the ligaments
holding the posterior base of his skull were severed from the top vertebrae of his spine. The condition, bilateral atlanto occipital joint dislocation, is commonly known as internal or orthopedic decapitation. The injury is very rare in adults, and even more so in children.”

The doctors said Hassan’s skull got detached from the top vertebrae of his spine and he was immediately operated upon in the trauma unit, according to a Times of Israel report.

As per the report, Dr Einav said the doctors used “new plates and fixations in the damaged area.”

“Our ability to save the child was thanks to our knowledge and the most innovative technology in the operating room,” Dr Einav was quoted as saying by the New York Post.

05/6A miraculous recovery!

The surgeons said the boy had a 50 percent chance of survival, making his complete recovery truly miraculous. “The fact that such a child has no neurological deficits or sensory or motor dysfunction and that he is functioning normally and walking without an aid after such a long process is no small thing,” said Dr Einav.

As reported by Israel's TPS news agency, thanking the doctors, Hassan’s father said, “Thanks to you, he regained his life even when the danger was obvious.”

**Safer drugs**

**New law to ensure high standards on the anvil (The Tribune: 20230717)**


UP for consideration in Parliament’s Monsoon Session is a law promising safer drugs. Considering the alarming regularity with which spurious pills and potions made by Indian firms are harming unsuspecting patients not only at home but also abroad, the Drugs, Medical Devices and Cosmetics Bill, 2023, must be vigorously brainstormed by the lawmakers to plug the gaps in the pharmaceutical ecosystem. The Bill seeks to repeal the Drugs and Cosmetics Act of 1940 with the objective of ensuring high regulatory standards in the manufacture, sale, import and export of drugs, medical devices and cosmetics.

At the same time, Parliament needs to be mindful of the repercussions that the new Bill would have for the pharmaceutical industry at the state level as it is likely to take away powers of state drug controllers to license drugs. Pertinently, the attempts to empower the Central Drugs Standard Control Organisation twice earlier came to a nought as the Drugs and Cosmetics (Amendment) Bills of 2007 and 2013 were eventually withdrawn by Parliament.
In 2021, when the new Bill was in the making, Punjab’s pharma industry, for example, had objected to the proposed centralisation of licensing and other regulatory procedures. Fearing a bleak future, representatives of the 200-odd small pharma units in the state felt they lacked the financial muscle to approach Central agencies or upgrade infrastructure in line with the changed rules. They were eclipsed by their Himachal Pradesh counterparts, who benefited from the tax holiday that they enjoyed for 12 years before the GST regime provided a level playing field to everyone. A way out is needed as the problems plaguing the small units would impact the generic drug market, which caters to the common man.

Alzheimer's diagnosis

Alzheimer's diagnosis revamp embraces rating scale similar to cancer(The Tribune: 20230717)


The draft guidelines are open for expert review and comment and will be revised later to reflect that input

Alzheimer's diagnosis revamp embraces rating scale similar to cancer

Alzheimer's disease experts are revamping the way doctors diagnose patients with the progressive brain disorder - the most common type of dementia - by devising a seven-point rating scale based on cognitive and biological changes in the patient.

The proposed guidelines, unveiled by experts on Sunday in a report issued at an Alzheimer's Association conference in Amsterdam, embrace a numerical staging system assessing disease progression similar to the one used in cancer diagnoses. They also eliminate the use of terms like mild, moderate and severe.

The revamp - replacing guidelines issued in 2018 - was prompted by the increased availability of tests detecting key Alzheimer's-related proteins such as beta amyloid in the blood and new treatments that require confirmation of disease pathology prior to use.

The new system is designed to be more accurate and better reflect a person's underlying disease, according to Dr. Clifford Jack of the Mayo Clinic in Rochester, Minnesota, lead author of the report sponsored by the Alzheimer's Association and the National Institute of Aging, a part of the U.S. government's National Institutes of Health.

The change comes at a time when doctors are preparing to identify and treat patients with Eisai and Biogen's drug Leqembi, which won Food and Drug Administration approval this month, and Eli Lilly's experimental drug donanemab, which is now under FDA review.
"We really are getting into an era of much more personalized medicine, where we're starting to understand that there are certain biomarkers that are elevated to certain degrees in people in different stages," said Dr. Maria Carrillo, chief scientific officer for the Alzheimer's Association.

Under the new diagnostic approach, patients would receive a score of 1 to 7 based on the presence of abnormal disease biomarkers and the extent of cognitive changes. The system also includes four biological stages ranked a, b, c and d. For example, Stage 1a is when a person is completely asymptomatic but has abnormal biomarkers.

"Stage 1a is really the beginning of evidence that someone has the disease," Jack said.

In Stage 2, an individual may have abnormal biomarkers and very subtle changes in cognition or behavior. Stage 3 is roughly equivalent to the current presymptomatic stage known as mild cognitive impairment, while stages 4, 5, and 6 are equivalent to mild, moderate and severe dementia.

The new scale also includes a Stage 0 for people who carry genes that guarantee they will develop Alzheimer's. This category includes people with Down Syndrome, 75% of whom develop Alzheimer's as adults.

Noting the new system's similarity to cancer stages, Jack said, "There's no such thing as mild breast cancer. They're numeric stages." Jack also noted that many other conditions can cause dementia but not all dementia is Alzheimer's disease.

The proposed guidelines are intended for doctors to use in clinical practice as many face the prospect for the first time of offering patients treatments that can slow the course of the disease, rather than just treat symptoms.

The draft guidelines are open for expert review and comment and will be revised later to reflect that input, according to a spokesperson for the Alzheimer's Association.

Alzheimer's, which gradually destroys memory and thinking skills, is characterized by changes in the brain including amyloid beta plaques and neurofibrillary, or tau, tangles that result in loss of neurons and their connections.

The 2018 guidelines, which were intended for research use, incorporated existing technologies for detecting Alzheimer's proteins based on PET scans of the brain and tests of cerebrospinal fluid, which were only accessible via a lumbar puncture. Such tests were costly and not typically used in standard medical practice. Reuters
Parents who talk to infants more boost their brain development: Research (The Tribune: 20230717)

Using MRI and audio recordings, researchers demonstrate how caregiver speech is related to newborn brain development in ways that support long-term language development.

A team led by a neurodevelopment researcher from the University of Texas at Dallas has uncovered some of the most compelling evidence to date showing parents who talk to their newborns more boost their brain development.

Using MRI and audio recordings, the researchers demonstrated how caregiver speech is related to newborn brain development in ways that support long-term language development. The work was published in Developmental Cognitive Neuroscience’s print issue in June and online on April 11. Dr. Meghan Swanson, an assistant professor of psychology in the School of Behavioral and Brain Sciences, is the report’s principal author.

“This paper is a step toward understanding why children who hear more words go on to have better language skills and what process facilitates that mechanism,” Swanson said. “Ours is one of two new papers that are the first to show links between caregiver speech and how the brain’s white matter develops.”

White matter in the brain facilitates communication between various gray matter regions, where information processing takes place in the brain.

The research included 52 infants from the Infant Brain Imaging Study (IBIS), a National Institutes of Health-funded Autism Center of Excellence project involving eight universities in the U.S. and Canada and clinical sites in Seattle, Philadelphia, St. Louis, Minneapolis, and Chapel Hill, North Carolina. Home language recordings were collected when children were 9 months old and again six months later, and MRIs were performed at 3 months old and 6 months old, and at ages 1 and 2.

“This timing of home recordings was chosen because it straddles the emergence of words,” Swanson said. “We wanted to capture both this prelinguistic, babbling time frame, as well as a point after or near the emergence of talking.” It’s long been known that an infant’s home environment—especially the quality of caregiver speech—directly influences language acquisition, but the mechanisms behind this are unclear. Swanson’s team imaged several areas of the brain’s white matter, focusing on developing neurological pathways.

“The arcuate fasciculus is the fiber tract that everyone in neurobiology courses learns is essential to producing and understanding language, but that finding is based on adult brains,” Swanson said. “In these children, we looked at other potentially meaningful fiber tracts as well, including the uncinate fasciculus, which has been linked to learning and memory.”
researchers used the images to measure fractional anisotropy (FA). This metric for the freedom or restriction of water movement in the brain is used as a proxy for the progress of white matter development.

“As a fiber track matures, water movement becomes more restricted, and the brain’s structure becomes more coherent,” Swanson said. “Because babies aren’t born with highly specialized brains, one might expect that networks that support a given cognitive skill start out more diffuse and then become more specialized.” Swanson’s team found that infants who heard more words had lower FA values, indicating that the structure of their white matter was slower to develop. The children went on to have better linguistic performance when they began to talk.

The study’s results align with other recent research showing that slower maturation of white matter confers a cognitive advantage.

“As a brain matures, it becomes less plastic—networks get set in place. But from a neurobiological standpoint, infancy is unlike any other time. An infant brain seems to rely on a prolonged period of plasticity to learn certain skills,” Swanson said. “The results show a clear, striking negative association between FA and child vocalization.”

**Sense of taste**

**I have lost my sense of taste (The Tribune: 20230717)**

https://www.tribuneindia.com/news/features/i-have-lost-my-sense-of-taste-525885

Only the wearer knows where the shoe pinches. Well, that’s true, at least in my case.

For months, I was struggling post-Covid. Little did I know that there were many others, too, who were wearing the same maker’s shoe. Whether it is the maker (of the virus) to be blamed or your toe (body), nobody knows.

I kept fighting that lonely battle for months, but when I thought it was becoming unbearable, I resolved to seek medical help. After almost four months of my continuous struggle post-Covid, I finally consulted a doctor when I started facing a plethora of problems after contracting this disease.

When I caught the infection, I had high-grade fever for almost two weeks, became extremely weak and lost appetite soon after. The day my report came positive, my head was heavy. I caught a severe cold and lost my sense of smell and taste. I thought it was temporary and would go away, but to my shock and disbelief, even after more than two years, it lingers on. I stay alone away from my family. Cooking for myself in such a situation was all the more troublesome. Sometimes, I would wake up in the middle of the night with my heart pounding 120 beats per minute and my legs shivering. I found it difficult to somehow find my ground, literally.
What’s food without any flavour? I have been a foodie all my life. I used to enjoy cooking, eating out, trying out different dishes and cuisines. But eventually, that love for food started fading away. After a month or so, when I started gaining my strength back, I used to have the urge to eat proper meals, but I just could not swallow anything. The very sight of food was nauseating and distressing. I would still force myself to eat but I used to feel full midway after forcing a few morsels inside. Gradually, I noticed that even though I could make out what’s sweet, salty or sour, flavours and aroma that tickle our taste buds were not there anymore. I stopped enjoying my food and my cravings died a sudden death. I would just imagine the flavour in my head and ate whatever I was able to so as to have some strength for my body.

Certain food items felt disgusting. The taste of several things, including capsicum, guava (one of my favourite fruits) and peanuts, felt like paint or turpentine. I couldn’t explain all this to my peers, thinking they would make fun of me. I used to enjoy working but now I was unable to give my hundred per cent at the workplace.

Eventually, when I visited PGI and discussed my symptoms with the doctor, he wrote on the prescription — c/o hyposmia (cacosmia), ageusia. I looked up these unpronounceable terms on the Internet and came to know that I was not the only one suffering from this problem. At least 10 per cent of all Covid patients were going through the same physical, mental or emotional turmoil globally after contracting the virus. The doctor prescribed a few anti-oxidants and multi-vitamins. “That’s it?” I asked in disbelief. He replied: “That’s all we can do.” It seemed even he had given up, for the doctors, too, were dealing with such a pandemic for the first time.

Nevertheless, just when I thought I was getting slightly better, I contracted the virus again, after a year. This only made things worse. I am still struggling with those palpitations, weakness, tightness in chest, pain and extreme fatigue. The sense of taste is still lost. As somebody who likes to stay fit and in shape, I can’t do strenuous exercises even now. My lungs give up. Going for a walk is the only option, but a few extra steps and I feel exhausted. Wonder when it will be fine.

**Covid**

**Long Covid How it continues to affect (The Tribune: 20230717)**


Even three years after being affected by Covid, many people continue to suffer from various medical issues. Over 200 symptoms have been reported and there is no specific diagnostic test. Treatment is symptomatic and time the biggest healer, say doctors

Sukhjeet Kaur (32), who was feeling extremely fatigued, requested leave from office. Her employer was reluctant to accede as she had utilised all her leave a few months earlier when she was admitted to the hospital for Covid-19 infection. The employer wondered if she had lost interest in her job as otherwise, Sukhjeet appeared to be well but had slowed down considerably.
What is long Covid

Covid-19 was primarily thought to be a cause of pneumonia, which could result in death due to respiratory failure. In the early days of the pandemic, Covid-19 was recognised as an illness that could impact virtually any organ system of the human body. However, it took some time for the medical community to accept the persisting and delaying symptoms that could occur months after the initial infection. The credit for recognising this variably named entity — Long Covid, Post-Covid, or Long-haul Covid — actually goes to the patient community. Those who suffered from debilitating manifestations after Covid-19 made the medical community take note of this increasing problem. What initially began as a Twitter trend and a topic for discussion on patient forums is now widely recognised as a distinctive clinical conundrum, with agencies such as the WHO and Centers for Disease Control and Prevention, US, providing case definitions. Long Covid is an umbrella term used to describe any (new or ongoing) symptom(s) that persists long after the Covid-19 infection, typically beyond three months.

Since this is a relatively new entity, there is a lack of knowledge about why these post-Covid symptoms occur. The persistence of the virus, autoimmune reactions to the infection, reactivation of other pathogens, inflammation-mediated changes, and alterations in gut microbiota have all been blamed as the cause. Due to this lack of clarity and in the absence of a specific diagnostic test, symptoms are often attributed to stress or psychological issues after Covid.

There is no single defining feature, but the common thread is the presence of Covid-19 infection in the past. While post-Covid symptoms may be more likely in those who developed severe Covid, nobody is immune. Individuals with mild Covid-19 infection, too, can develop these symptoms. Post-Covid medical issues may also be more common in those who have additional underlying diseases such as diabetes mellitus.

How many are impacted

Long Covid contributes to significant psychological morbidity, economic losses, and disability. Millions across the globe are affected — probably 10 per cent of all of those who got infected with Covid-19.

Patients with Long Covid-19 could have an extremely variable clinical presentation. Around 200 symptoms have been reported. Fatigue is a very common symptom, and can be extremely incapacitating. These individuals report an inability to exercise or even perform routine activities. Others describe a kind of cognitive dysfunction, commonly described as brain fog. The term is used to denote the slowing of mental functions, confusion, sluggish thinking or responses, inability to concentrate on routine tasks and loss of memory and words. Certain symptoms pertaining to the lungs, such as persistent shortness of breath and cough, have also been described as a part of Long Covid. Many patients report symptoms such as palpitations (pounding of the heart) and uneasiness. In fact, there have been reports of an increased risk of
sudden death after Covid. Lack of sleep, chest pain, ongoing fever, abnormal sensations such as pins and pricks in fingers and toes, menstrual abnormalities, and joint pains have all been reported.

Gastrointestinal issues

We have come across patients who developed severe gastrointestinal symptoms such as extremely bad reflux disease. In some cases, it was so severe that it affected the ability to sleep while lying flat. Patients had to endure many sleepless nights or sleep in a reclining position, making changes in lifestyle and even avoiding dinner. Others have complained of severe diarrhoea seriously affecting daily functioning and requiring prolonged treatment. Some patients had a prolonged loss of smell and taste, even experiencing abnormal unpleasant taste or smell. The other reported symptoms are an extreme lack of appetite, feeling nauseous, abdominal pain and constipation.

Managing long Covid

With such unpredictable clinical presentations, it is natural that the diagnosis is difficult and takes time. Nobody really knows how long the symptoms could last, but these could continue for many months and even beyond a year. Most of the routine lab tests turn out to be normal, and the lack of explanation for these symptoms becomes distressing for patients. Many, therefore, end up with anxiety and depression.

Because so little is known about the underlying mechanisms, the therapy is primarily supportive. Doctors usually try to rule out other putative causes. There is no sure-shot cure for post-Covid issues and the best measure is to avoid catching the Covid infection. Some medicines could alleviate symptoms to an extent, but the biggest healer is time. A holistic care that addresses the symptoms (using drugs), physical well-being (rehabilitative therapy), and mental health (addressing psychiatric issues) may be required in managing Long Covid.

— The writer is Associate Professor, Department of Gastroenterology, PGIMER, Chandigarh
Bone marrow transplantations

Chennai’s RGGGH records increase in bone marrow transplantations (The Hindu: 20230717)

https://www.thehindu.com/sci-tech/health/rggh-record-increase-in-bone-marrow-transplantations/article67084143.ece

Infrastructure and manpower were put in place which led to more patients benefiting from the treatment. Moreover, the treatment is covered under the Chief Minister’s Comprehensive Health Insurance Scheme, says E. Theranirajan, dean, RGGGH

In the last year, 47 persons, including 29 children, underwent bone marrow transplantation (BMT) at the Rajiv Gandhi Government General Hospital (RGGGH). Doctors at the Department of Haematology, while measuring the transplant outcomes, have logged more than 90% success rate in treating these patients.

Aruna Rajendran, Haemato Oncologist and Bone Marrow Transplant Physician, Madras Medical College/RGGGH, said that 75 patients have undergone BMTs since the inception of the unit in 2018. “We had about four to 10 patients a year. In the last one year, the number has increased nearly four or five fold,” she said.

Indian cough syrups

The Indian cough syrups they bought were toxic. Now Gambian parents seek justice(The Hindu: 20230717)

https://www.thehindu.com/sci-tech/health/the-indian-cough-syrups-they-bought-were-toxic-now-gambian-parents-seek-justice/article67079074.ece

At least 70 children died from acute kidney injury in Gambia last year, cases the World Health Organisation linked to medicines made by Indian drugmaker Maiden Pharmaceuticals. Maiden has denied any wrongdoing.

A family holds up a sign during a news conference, calling for justice for the deaths of children linked to contaminated cough syrups.

A family holds up a sign during a news conference, calling for justice for the deaths of children linked to contaminated cough syrups. | Photo Credit: Reuters
Families of 20 Gambian children who died after consuming cough syrups made in India will take their government to court this month for allegedly mishandling drug imports – a rare step in one of Africa's poorest countries, where few have the means to challenge authorities.

The parents' allegations and testimony, detailed in court documents shared exclusively with Reuters, paint the most comprehensive picture yet of the panic, confusion and heartbreak caused by the drugs in an already stretched medical system.

Carcinogenicity

limited evidence for carcinogenicity in humans, from non-sugar sweetener ‘aspartame’: WHO

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(The Hindu: 20230717)


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).
Medical researcher’s job

If AI had the medical researcher’s job (The Hindu: 20230717)

https://www.thehindu.com/sci-tech/health/if-ai-had-the-medical-researchers-job/article67074786.ece

Undoubtedly, we can make use of software to help us in our research, but asking programs like ChatGPT to write the full paper defeats the very purpose of scientific inquiry.

During pre-Google days, a research paper would have to be written by hand before being keyed in on a manual typewriter.

During pre-Google days, a research paper would have to be written by hand before being keyed in on a manual typewriter. | Photo Credit: Special Arrangement

I read the article by Gemma Conroy (in Nature) on how scientists used ChatGPT to generate an entire research paper from scratch. I was both amused and annoyed when I saw this report. Having started publishing research papers in the 1970s, when I was an undergraduate medical student, this gave me a chance to reflect on how a lot has changed during the last 50 years.

When I started my journey in publishing research papers, there was no PubMed or Google, why, there were no computers! One had to go to the medical college library which, if one was lucky, would have a journal relevant to one’s topic, but the articles would have been published several months ago as the journals were being sent by surface mail from abroad. One had to go through articles manually, look up the references at the end of the article, tabulate the cross references, make a list of relevant papers needed and then start the process of trying to get those articles. A few would be available at the National Medical Library at Delhi, but it would mean a trip to Delhi to get the references, and that was not cheap. Moreover, after spending a day or two browsing through the journals, one would have to request for copies of the articles, which could take a few weeks as they had to be photocopied and sent to Chennai.
This week in health: a drug-resistant fungus, a silver bullet for type 2 diabetes and the myth of image of COVID-19 tests for representational purpose only. Image of COVID-19 tests for representational purpose only. | Photo Credit: PTI

If we are lucky, it is a mixed bag at the health desk. Assailed by stories of resurgence of diseases, or emergence of newer pathogen, and buffeted by questions of access to quality health care, we are irrevocably revived by some good news, some development, a reduction in the number of cases, a government scheme that will go an extra mile to take health care to the people. If multiple news items weigh us down, there’s also the good news that gives us a fair bit of weightlessness from time to time, and we celebrate that, even while calling for a continued unflagging vigil. Prime among that kind of news this week is the World Health Organisation’s declaration that the South East Asian region had a 69% decrease in number of new COVID-19 cases from June 5 to July 2, as compared to the previous 28-day period.

Oral polio vaccines

Unethical to continue using polio-causing oral polio vaccines (The Hindu: 20230717)


Switching from trivalent to bivalent OPV vaccine and introducing one dose of IPV was supposed to eliminate all type 2 vaccine-derived poliovirus cases, but such cases only increased sharply

In 1988, the World Health Assembly declared WHO’s commitment to global eradication of polio by 2000. But in 1993, the goalpost was shifted — the goal was to eradicate only wild poliovirus globally by 2000. That meant that eradicating vaccine-derived poliovirus (VDPV) and vaccine-associated paralytic poliomyelitis (VAPP) was no longer the objective. The
reason: developing countries using oral polio vaccine reported many vaccine-derived or vaccine-associated polio cases annually. Meanwhile, the developed countries switched to inactivated polio vaccine thus eradicating polio decades ago.

Though the last case of type 2 wild poliovirus was reported in October 1999 from India (and declared eradicated globally in 2015), more than 90% of vaccine-derived poliovirus outbreaks are due to type 2 virus present in oral polio vaccines. Also, 40% of VAPP are caused by type 2 oral polio vaccine. Similarly, the last case of type 3 wild poliovirus was reported in November 2012 (and declared eradicated in 2019). But many cases of VAPP from type 3 virus occur in countries using oral polio vaccine.

Endometriosis and an infectious bacterium

The curious link between endometriosis and an infectious bacterium (The Hindu: 20230717)


A new study could help expand the range of treatment options for a condition that affects millions of women with chronic pain and infertility.

Endometriosis, a reproductive disease affecting one in 10 women worldwide, involves the growth of lesions on pelvic organs such as the ovaries.

These lesions are composed of endometrium, a layer of tissue lining the uterus. It causes infertility, chronic pain during periods, pelvic pain, bloating, nausea, fatigue, and is also associated with depression and anxiety among women.
Superfood

Can chia seeds be the superfood for weight loss? Know all about the right way to have them (TheIndian Express: 20230717)

https://indianexpress.com/article/health-wellness/chia-seeds-diet-weight-time-to-have-8842935/

While the dietary logic of keeping hunger pangs at bay holds because of the fibre-protein combination, there is limited data backing the theory that the seeds can solely impact body weight. Use them in combination with other foods and exercise, says Bhakti Samant, Chief Dietician, Kokilaben Dhirubhai Ambani Hospital, Mumbai.

Chia seeds are an excellent source of plant protein (Source: Getty Images/Thinkstock)

History has it that warriors had chia seeds before they set out to last the day on the battlefield, keep fit and taut and not put on any layer of fat that could impede them. The reason for this is not too difficult to find. Chia seeds are very rich in fibre, which adds bulk to your meals and hence prolongs their satiety value, slows down digestion and delays release of glucose in the blood. In short, the seeds aid body metabolism and stop your food cravings, both of which are crucial for losing and managing weight. Chia seeds are also an excellent source of plant protein, which is vital for building muscle mass, balancing blood sugar and burning fat. Protein helps you feel fuller longer and reduces appetite, which in turn reduces your calorie intake.

chia Nutrition profile of chia seeds (Designed by Abhishek Mitra)

Compared to animal protein — eggs, chicken, goat meat — which contains little to no fibre, chia seeds, with 34.4g/100 g of fibre, have a higher quantity of it than all other superfoods such as flaxseeds, quinoa, pumpkin seeds or almonds. That’s the reason why chia seeds figure in any discussion on diets for fat loss. But let me also clarify that there is no single food to lose weight. Chia seeds can be part of a structured diet regime for sure but must be backed up by other lifestyle correctives like moderate intensity exercise, a consistent cycle of sleep and wakefulness and assessing conditions like obesity and diabetes. But yes, they are a safe choice for restricting calories.

The other reason why chia seeds are good for weight management is because of their role in boosting gut health and metabolism, which prevent fat accumulation. They are rich in both insoluble and soluble fibres that nourish the gut bacteria. Short chain fatty acids produced by this type of fibre have beneficial effects while the gelatinous substance the seeds produce in the gut repairs the intestinal lining.
Hypertension t

A wake-up call at 23: Aman’s journey from ignored hypertension to a kidney transplant (TheIndian Express: 20230717)

https://indianexpress.com/article/health-wellness/kidney-transplant-saves-herbal-medicine-hypertension-8840859/

Six years ago, Aman Yadav had headaches and was diagnosed with BP. But he abandoned medicines midway thinking he was healthy enough and trusted herbal pills. His hypertension was a result of an underlying kidney condition. That’s why KFT should be recommended to under-25 youngsters with hypertension, says Dr Anuja Porwal, additional director of nephrology at Fortis Hospital, Noida.

kidney transplant

Aman Yadav is one of the many kidney transplant recipients who has got a second chance at life and is seemingly just a part of a statistical pie.

At 23, Aman Yadav is one of the many kidney transplant recipients who has got a second chance at life and is seemingly just a part of a statistical pie. But his story works backwards because he could have avoided a transplant had he been mindful about his symptoms. He ignored his headaches for a long time, thought he had an eye problem and was finally detected with high blood pressure. But then he relied on herbal alternatives instead and never realised that his uncontrolled hypertension was the result of an underlying kidney condition that had damaged the crucial organ in his body. “I wish I had gone to the right doctor,” says Aman as he’s now preparing to helm his family’s travel business.

It all began with raging headaches six years ago when he was just 18. He was diagnosed with high blood pressure at a local clinic. He took routine medication and gave up the moment his symptoms of discomfort receded, thinking his BP was a temporary aberration. Seemingly healthy, he relied on alternative medicine whenever he felt discomfort. Several rough patches later, he landed up at Fortis Hospital, Noida. “Usually it is uncontrolled hypertension, fuelled by lifestyle factors, that leads to kidney damage. But, in this case, it was an underlying kidney disease that led to Aman’s blood pressure shooting up. That’s why we should look at hypertension at very young age seriously. While lifestyle-related hypertension is now being detected at younger and younger ages — sometimes even in teenage years — a kidney function
test (KFT) should be recommended when it is diagnosed in people below the age of 25. He was prescribed the normal blood pressure medication, but he stopped taking them after a few days when he started feeling better. Had he continued taking the medicines, he would not have landed up in hospital with damaged kidneys so soon,” says Dr Anuja Porwal, additional director of nephrology at Fortis Hospital, Noida.

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How do kidneys impact blood pressure and vice versa? “Other than filtering the blood, the kidneys also secrete various compounds needed for maintaining blood pressure levels. They remove water and salt from the blood. They produce hormones which are involved in maintaining healthy red blood cells. So an impaired kidney function automatically raises blood pressure, which is what happened to Aman. Similarly, even uncontrolled high blood pressure can damage the kidneys. Over time, uncontrolled high blood pressure can cause arteries around the kidneys to narrow, weaken or harden, affecting their capacity to filter the blood or regulate the fluid balance, hormones, acids and salts,” explains Dr Porwal.

**BP, heart and knee problems**

**Low back pain: How Makrasana can strengthen your spine and help even those with BP, heart and knee problems** *(TheIndian Express: 20230717)*

https://indianexpress.com/article/health-wellness/low-back-pain-makrasana-strengthen-spine-8839303/

Makrasana addresses problems like slipped disc, sciatica and all other types of lower back pain. It prompts the vertebral column to align and resume its normal shape. It also releases compression of the nerves between the vertebrae, says yoga expert Kamini Bobde

Makrasana can be done by even those who are not familiar with the yoga practice or have never done it. (Source: Unsplash)

The spine is what literally props up your life. Any problem in it can get you spiralling down in every aspect of your being. A chronic back pain can get you down mentally and emotionally. It impacts the smooth functioning of the nervous system, mobility and your work routine.

Four out of five people experience back problems some time in their life. It is also the most common problem with which people come for yoga. This malaise is only getting worse with the use of devices at work and for entertainment which has put additional strain on the back besides sedentary lifestyle. The medical world has not much to offer by way of cure. In severe cases, painkillers and steroids are prescribed and in worse conditions, surgery is advised.

The good news is that yoga can guarantee relief for most back problems. This is because the ultimate aim of yoga is to strengthen the person’s spine so much that he/she can sit erect in
Padmasana or the meditation pose for any length of time. Moreover, the Sushumna Nadi, which passes through the spinal cord, plays an important role in the higher practices of yoga. Therefore, health and strength of the spine is in-built in the practices of yoga.

**laparoscopic surgery**

**Worried about uterus removal? Advanced laparoscopic surgery will get you back at work in no time (The Indian Express: 20230717)**


Laparoscopic hysterectomy offers a minimally invasive alternative with quicker recovery time, reduced post-operative pain and minimal scarring. Robotic-assisted laparoscopic hysterectomy allows surgeons to navigate complex anatomical structures with greater ease, helping women with conditions such as uterine fibroids, endometriosis or heavy menstrual bleeding, says Dr Anjali Kumar, Director, Obstetrics, and Gynaecology, CK Birla Hospital, Gurugram.

uterus removal

In recent years, gynaecological laparoscopic surgeries have emerged as ground-breaking interventions in the field of women's health. (Source: Getty Images)

When 52-year-old Uma Sharma was suggested hysterectomy – the surgical removal of the uterus – because her lesions and polyps had overgrown and become a potential cancer risk, she worried about the long recovery time. More than her health, she worried about how this would completely throw her off her work schedule and the need to get a backup at home. That’s when I told her that it would be a laparoscopic procedure that would not only be neat and less painful but reduce her recuperative period.

In recent years, gynaecological laparoscopic surgeries have emerged as ground-breaking interventions in the field of women’s health. These minimally invasive procedures utilize small incisions and specialized instruments to diagnose and treat a wide range of gynaecological conditions. They offer numerous benefits:

1. Reduced post-operative pain: Minimally invasive techniques, such as laparoscopic procedures, generally result in less postoperative pain compared to open surgeries. This is because smaller incisions are made, which means less trauma to the surrounding tissues. As a result, women undergoing minimally invasive procedures often experience less discomfort and require fewer pain medications during their recovery.
Blood sugar

How does it matter if my fasting blood sugar is 120 mg/dL and post meal, a little short of 200 mg/dL? What’s there to worry about? (TheIndian Express: 20230717)

https://indianexpress.com/article/health-wellness/fasting-blood-sugar-prediabetes-diagnosis-medication-8829255/

Many patients consider prediabetes as still a safe zone. Prediabetes can be interpreted as “prevent diabetes.” With lifestyle measures like diet and exercise, you can lose excess body weight and reverse prediabetes to normal, or at least slow down conversion to diabetes. So look at prediabetes as a window of opportunity, says Dr Ambrish Mithal, Chairman of Endocrinology and Diabetes, Max Healthcare.

The global number of people with prediabetes probably exceeds a billion. (Source: Freepik)

One of the most interesting aspects about being a doctor is the wide variety of people one meets every day. It enables us to observe how the same condition can elicit divergent responses from different people. This week I saw two patients who had just been detected to be “prediabetic” while undergoing a routine health check-up. Patient 1 was a 25-year-old man working in Gurgaon in a large firm. His reaction? “It’s prediabetes, not diabetes. It’s just some jargon that doctors make up. I don’t believe there is anything wrong with me and came to you because it was part of my corporate package.” Patient 2, a jittery, 35-year-old woman said, “I am doomed. Everyone in my family has diabetes. I don’t want to get diabetes, doctor, please do something about it.”

So, who was right in their approach? Let us first understand what prediabetes is. This means that your blood sugar is higher than usual but not high enough for you to be diagnosed with Type 2 diabetes. Prediabetes is also sometimes called borderline diabetes that most people tend to take casually.

The diagnosis of prediabetes is made by blood tests.

1. Fasting blood glucose 100 – 125 mg/dl (impaired fasting glucose, IFG)
2. Two hours after taking 75-gram glucose dissolved in water — blood glucose value between 140 and 199 mg/dl (impaired glucose tolerance, IGT)
3. HbA1c value between 5.7 to 6.4 per cent.
Hypertension

A wake-up call at 23: Aman’s journey from ignored hypertension to a kidney transplant (The Indian Express: 20230717)

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Eye Flu
बाढ़ के बाद दिल्लीवालों पर एक और कहर, अचानक बढ़ा Eye Flu का प्रकोप, 5 लक्षण दिखते ही भागें डॉक्टर के पास( Navbharat Times : 20230717)


dिल्ली और बाढ़ का सितम बेशक धोड़ा कम हो गया है लेकिन अब महामारी का खतरा मंडराने लगा है, राजधानी में आई फ्लू संक्रमण के मामले तेजी से बढ़ रहे हैं, जानिये सस्ते बचने के उपाय क्या हैं।
eye flu or conjunctivitis cases rise in delhi dr told symptoms treatment and prevention tips of pink eyes

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dिल्ली में पिछले एक हफ्ते से बारिश और बाढ़ का खतरा बना हुआ है। यमुना नदी में बढ़े जलस्तर ने सारे रिकॉर्ड तोड़ दिए हैं। बेशक पिछले कुछ दिनों से बारिश थमी है लेकिन मौसम विभाग ने आगे भी बारिश होने की भविष्यवाणी की है। बारिश और बाढ़ से सिर्फ़ लोगों के घर तबाह नहीं हुए हैं बल्कि इसका सेहत पर भी गंभीर प्रभाव पड़ रहा है।

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देश की राजधानी दिल्ली में बारिश के बाद आंखों से जुड़ी बीमारियों का खतरा बढ़ने लगा है। पिछले कुछ दिनों से हिमाचल में आई फ्लू (Eye Flu) का प्रकोप बढ़ा है। खासकर बच्चों में यह तेजी से फैल रहा है। इससे बच्चों की आंखों में इन्फेक्शन हो रहा है जिससे आंखों में लालपन, सूजन और गंभीर दर्द हो रहा है।

आम आदमी मोहल्ला क्लिनिक में जनरल फिजिशियन डॉक्टर इला भट्ट के अनुसार, आई फ्लू को मेडिकल भाषा में पिंक आई (Pink Eye) या कंजूनक्टिवाइटिस (Conjunctivitis) भी कहा जाता है। चाहिए जानना कि इसके लक्षण, बचाव और इलाज क्या है।

आई फ्लू इन्फेक्शन बना एपिडेमिक
आई फ्लू इन्फेक्शन बना एपिडेमिक

राजधानी में जिस रफ्तार से आई फ्लू का संक्रमण फैल रहा है उसे एपिडेमिक कहा जा सकता है। इसका मतलब यह है कि एक ही समय में एक ही रोग से बड़ी संख्या में लोग पीड़ित हो रहे हैं। डॉक्टर ने बताया कि पिछले हफ्ते से उनके क्लिनिक में रोजाना औसतन 50 से 60 मामले आ रहे हैं।

आई फ्लू क्या है?
आई फ्लू क्या है?
आई फ्लू को कंजूनक्टिवाइटिस या पिंक आई भी कहा जाता है। यह आंखों के सफेद हिस्से में होने वाले संक्रमण है। बरसात के मौसम में यह बहुत आम है। इसके अधिकांश मामले सर्दी-खांसी वाले वायरस की वजह से बढ़ते हैं। कुछ मामलों में विशेषकर बच्चों में जीवाणु संक्रमण भी इसकी वजह हो सकती है।

आई फ्लू के लक्षण
आई फ्लू के लक्षण
डॉक्टर ने बताया कि आई फ्लू बहुत ज्यादा गंभीर नहीं होता है और आंख को कोई स्थायी नुकसान पहुंचाए बिना एक या दो सप्ताह के भीतर ठीक हो जाता है। हालांकि आपको इसके लक्षणों को नजरअंदाज नहीं करना चाहिए। इसके लक्षणों में शामिल हैं:
आंखों का लाल होना
आंखों में सफेद रंग का कीचड़ आना
आंखों से पानी बहना
आंखों में सूजन
आंखों में खुजली और दर्द होना
आई प्लू होने पर क्या करें
आई प्लू होने पर क्या करें
डॉक्टर ने बताया कि यह संक्रमण एक आंख से शुरू होता है और जल्दी ही दूसरी आंख में भी फैल जाता है। कोई भी लक्षण दिखने पर आपको तुरंत डॉक्टर के पास जाना चाहिए। डॉक्टर आपको नीचे बताई सलाह दे सकता है

मोक्सीफ्लोक्सासिन आई ड्रॉप्स का इस्तेमाल करें
आंखों को गुनगुने पानी से क्लीन करें
आंखों को साफ करने के लिए साफ और सूती कपड़े का इस्तेमाल करें
लक्षण गंभीर होने पर तुरंत डॉक्टर के पास जाएं
आई प्लू को फैलने से रोकने के लिए क्या करें
आई प्लू को फैलने से रोकने के लिए क्या करें
डॉक्टर ने बताया कि यह एक संक्रमक रोग है इसका मतलब यह है कि यह एक व्यक्ति से दूसरे व्यक्ति में तेजी से फैल सकता है इसलिए इसे रोकने के लिए कुछ बातों का विशेष ध्यान रखना जरूरी है, उदाहरण के लिए

पीड़ित व्यक्ति काला चश्मा पहनकर रखें
टीवी या मोबाइल देखने से बचें
आंखों को बार-बार छूने से बचें
आंखों को साफ करने के लिए गंधे कपड़े का इस्तेमाल न करें
आंखों को छूने के बाद साबुन से हाथ धोना न भूलें
किसी से भी आई टू आई कांटेक्ट न बनाएं