Diabetes (The Times of India: 20230728)


Taking a rain check on diabetes? 6 tips to keep your blood sugar levels in control during monsoon season

1. Increased risk of blood sugar spike in monsoon

Countless cups of chai, piping hot pakoras & listening to music while gazing outside the window, these are a few things that have become synonymous with monsoon, the season that always casts a spell on us. While the season oozes nostalgia for some, it can be difficult for others, especially for people with health conditions like diabetes. Some prepare for the season by stocking up with enough umbrellas and taking their yellow raincoats out of retirement. However, people with diabetes must have a game plan ready on how to best navigate the season while managing the lifestyle disease.
Dr. Abhijit Bhograj, Endocrinologist, Manipal Hospital, Bangalore says, “For people living with diabetes, the onset of monsoon signals the arrival of a host of infections like the flu and waterborne diseases. These can affect their immune system and lead to other health problems, making this a particularly challenging time. People with diabetes must take extra care and follow preventative steps to avoid health concerns and glucose fluctuations during this time and stay healthy. Therefore, monitoring is extremely vital during the rainy season, and this can be supported through solutions like continuous glucose monitoring (CGM).”

“During this season, it becomes extremely important that people with diabetes not take a raincheck on regular monitoring. Additionally, one must try to keep their blood sugar level in check. This can be easily done using tools like SMBG/continuous glucose monitoring (CGM) devices, which don’t involve finger pricking to give you glucose level insights. Such devices have metrics like Time in Range, which indicates the amount of time in a day that one’s glucose levels stay within a specified range. Checking your readings more often is also associated with more time spent in this optimal range, which can improve your glucose control,” he adds.

Here are a few tips on how to enjoy the monsoon season while managing your diabetes this year:
Diabetes can compromise your immunity. Therefore, while it may be tempting to eat at your local street food vendor’s, people with diabetes should avoid outside to limit being exposed to waterborne diseases. Stick to home-cooked meals enriched with immunity-boosting and antioxidant-rich foods, while staying away from raw food. This can lower your risk of contracting infections or diseases at this time. Additionally, make sure to properly wash leafy vegetables that could host worms or bacteria.

According to Dr. Bhograj, “People with diabetes must take extra care of their feet during this season. Feet care 101 should include washing one’s feet after being exposed to rain and the infections that could come with it. You should also carry an extra pair of socks as getting your feet wet is more of an
eventuality than a probability. Wear comfortable shoes that are dry and clean to avoid fungal infections (and don’t walk through puddles).

1.1.5 **Regularly monitor blood sugar levels**

As you may change your everyday exercise or diet routines during this season, checking your glucose levels frequently is a must. Fortunately, there are more ways to do this. Wearable CGM devices, like FreeStyle Libre for instance, can provide you real-time access to your glucose readings. You should try to stay in the optimal glucose range (commonly 70 – 180 mg/dl) for about 17 out of the 24 hours each day. In this way, you can manage your diabetes, come rain or shine.

1.1.6 **Don’t skip on exercise**

“The rainy season brings with it the feeling of wanting to sit and relax at home. However, people with diabetes must remain active and maintain a consistent exercise routine. While some outdoor options may be unavailable due to the rain, you can always try a low intensity workout indoors. A short 30-minute workout or daily morning walk indoors, for example, can help immensely in maintaining blood-sugar levels,” says Dr. Bhograj.
1.1.7 07/8 Stay Hydrated

Even though water is everywhere during the monsoons, that doesn’t mean your body is automatically getting hydrated. Humidity coupled with heat that is the signature of Indian monsoons can lead to dehydration. People with diabetes should ensure that they are consuming an adequate amount of water.

1.1.8 08/8 Protect your eyes

“Moisture in the air makes it easy for eye infections to travel. Therefore, people with diabetes must be careful to touch one’s eyes only after washing their hands. If possible, wear protective glasses if you are getting soaked in the rain. Make sure to have regular eye checkups to rule out diabetic retinopathy,” advises Dr. Bhograj.
Cardiologists and diabetologists (The Times of India: 20230728)


7 facts cardiologists and diabetologists want you to know today

1.1.9 01/7 If you have diabetes, you should get your heart screened regularly

Doctors often suggest diabetes patients get their heart checked regularly. There is a strong link between diabetes and cardiovascular diseases as both events influence each other. As per a research report, coronary artery disease is responsible for as many as 30% of deaths in the diabetic population and more than two-thirds of diabetic patients aged 65 years or older die because of vascular problems. Hence it is imperative to get your heart tested regularly if you have a high blood sugar level.

1.1.10 02/7 If you have diabetes, you are more likely to develop the risk factors for heart diseases

Doctors want you to know that diabetes is not just a disease of the blood sugar level, instead, they want you to know that if left untreated it can cause immense damage to the heart by blocking the
blood vessels and the flow of blood to the heart. Given the strong connection between diabetes and cardiovascular diseases, you are more likely to put your heart at risk earlier than someone who does not have diabetes.

1.1.11 If you have diabetes you will develop heart disease at younger age if proper care is not taken

"People with diabetes tend to develop heart disease at a younger age than people without diabetes. Adults with diabetes are nearly twice as likely to have heart disease or stroke as adults without diabetes," says the US National Institute of Diabetes and Digestive and Kidney Diseases.

1.1.12 Having low blood sugar does not mean that you are okay

Doctors want you to know that having low levels of blood sugar does not mean you can carry on with your life without paying attention to your health. They want you to understand that getting diagnosed at a stage where your blood sugar level is low is an indication that you need to be extra careful about your health. In fact, this is the stage where you have higher chances of delaying the progress of the disease and can even reverse it.
Doctors want you to know that diabetes and heart diseases are no more old age-related problems. Off late, the prevalence of diabetes and heart disease is seen more in young adults. This shift of the disease into the younger population is a big indication that our young generation is leading an unhealthy life and delayed diagnosis is a detrimental factor. These days doctors urge youngsters to get medical check ups done at least once a year.

Doctors want you to know that since diabetes increases the risk to your heart, you need to discard unhealthy habits like smoking, eating processed foods, and eating too much salt and sugar. Other factors like high blood pressure, and high cholesterol levels should also be kept under control if you have diabetes. Doctors also urge to maintain body weight. Obesity is a big risk factor for several complications and not just diabetes. They want you to understand that having medicines only won’t help you manage the disease and you need to make changes to your daily routine.
You can lower the risk of heart complications by doing these

Doctors want you to know that you can lower the risk of heart disease if you can manage your diabetes with regular testing, a good lifestyle, healthy eating, monitoring blood pressure and cholesterol, and cutting down on smoking and alcohol consumption.

Conjunctivitis cases surge in Delhi (The Times of India: 20230728)

Conjunctivitis cases surge in Delhi, 100 cases in AIIMS daily; know the signs of this contagious eye infection

Amidst spells of heavy rainfall, Delhi is witnessing a rise in this infection

Several cases of conjunctivitis are being reported on a daily basis in the national capital region. "We are getting at least 100 cases of conjunctivitis per day. There is usually a seasonal increase in conjunctivitis cases, which coincides with the flu season. The conjunctivitis cases are mostly caused
by virus," Dr JS Titiyal, chief of RP Centre for Ophthalmic Sciences at AIIMS told news agency ANI.

"The actual number of cases might be more than that"

"In a daily OPD of 100 patients, we observe 10 to 15 cases of conjunctivitis. Because of this, various eye illnesses account for roughly 10% - 15% of patients that visit the OPD. However, these are only those with severe conjunctivitis who seek medical attention and visit the OPD; since many mild conjunctivitis patients have online video consultations, their true number may be more than that of OPD visitors," says Dr. Parul Sharma, Director & HOD, Ophthalmology, Max Hospital, Gurgaon.

Conjunctivitis or pink eye is caused by adenovirus

"The most prevalent cause of eye flu during the rainy season is eye conjunctivitis, often known as pink eye. This condition is caused by a group of the adenovirus family, which are highly contagious and spread quickly," says Dr. Sharma. "Despite the fact that the monsoon season is the ideal time for viruses and bacteria to multiply due to heat, humidity, and water logging, the viral conjunctivitis
outbreak this time is considerably worse than in years past. However, due to the virus's apparent increased contagiousness, this year's frequency of conjunctivitis is unusual, nearly doubling that of previous years," the expert adds.

04/7 How does it spread?

"It is community acquired infection which is very contagious and spread rapidly though bacteria, viruses and germs present in the nearby surroundings. It spreads via personal contact, and an uninfected person can become infected by coming into contact with an infected person's ocular secretions and then touching their own eyes," says Dr. Sharma and urges to avoid getting the infection.

05/7 What are the signs?

The common signs of conjunctivitis which is being seen in patients these days are redness, swelling, watery eyes and itching in the eyes. In this infection there is a swelling of the conjunctiva or the thin layer in the eyes; there is an increase in tear production, there is fluid discharge from the eyes and one has crusts in the eyes, especially in the morning.
How to prevent conjunctivitis?

"It is targeting every age group be it young, adults, Senior citizens but nowadays we are seeing more of kids and children coming to us with such symptoms of eye flu and it is advised to them and their parents to follow the necessary prevention tips and be safe," says Dr Sharma.

She advises to wash hands frequently, avoid touching eyes, wear spectacles, and goggles, and avoid sharing personal belongings like towels, handkerchiefs or bedding with a person having conjunctivitis at home, avoid public places like water parks and swimming pools.

Do not self medicate"

Dr Sharma shares an important message for all. She advises people not to self medicate during this infection and instead get treated from the doctor at the earliest or as soon as the signs of the infection are seen. "Avoid wearing contact lens and visit nearest eye specialist immediately in such cases," she says.
VARANASI: Usha Maurya, now 26, was beginning to dread that sharp twinge of pain in her abdominal region that had bothered her for some time. A resident of Bela village in Varanasi's Cholapur block, Usha approached an ASHA worker from her village when the pain became too frequent. That was May 2020 - the first Covid lockdown.

The ASHA worker took her to a private nursing home run by Dr Praveen Tiwari in Gola. On running a few tests, Usha was diagnosed with stones in her gall bladder. On May 28, 2020, she was operated on for removal of gall bladder at the doctor's clinic. Discharged a couple of days later, Usha felt relieved. And it seemed like a happy ending.

Fast forward to March 2023, Usha had a bad feeling about a familiar sharp pain in her abdomen. She took a digestive tablet and used a hot water bag to ward off the apprehension. But like the pain, it persisted.

She was taken to another private nursing home, this time in Baniyapur. On a thorough examination, disturbing facts came to light - her gall bladder was intact with stones, but her uterus was found missing. Shocked but unsure, Usha went back to Dr Praveen Tiwari with the test reports and demanded an explanation. He allegedly started threatening her.

After making various rounds to police stations, she approached a local court, after which a case was lodged against the accused doctor on July 25.

Cholapur station officer Rajesh Tripathi said, “Following the court order, we have
booked the doctor and have begun our investigation. Her allegations include botched-up surgery and threatening.”

The doctor has been booked under IPC’s sections 336, 337, 338 (causing grievous hurt by act endangering life or personal safety of others) and 504 (intentional insult with intent to provoke breach of the peace) among others.

Chief medical officer Dr Sandeep Chaudhary told TOI that the matter will be investigated by a panel of doctors after the police ask for an inquiry.

**Anxiety, burnout and depression (Hindustan Times: 20230728)**


**EXPERT TIPS FOR THE GEN-Z TO DEAL WITH ANXIETY, BURNOUT AND DEPRESSION**

**EXPERTS SHARE TIPS ON HOW GEN Z CAN LEARN TO MANAGE ANXIETY, BURNOUT AND DEPRESSION, FOSTERING A HEALTHIER AND MORE BALANCED LIFE**

In our rapidly changing and demanding world, Gen Z is grappling with significant mental health challenges such as anxiety, burnout and depression since unlike previous generations, Gen Z has little to no memory of a world without the Internet, smartphones and social media. Being continuously connected, constantly comparing their lives, expecting instantaneous gratification in nearly every aspect of their lives can leave them overwhelmed, mentally exhausted and have a negative impact on their psychological well-being.
In an interview with HT Lifestyle, Dr Alisha Lalljee, Consultant Psychologist and Special Educator in Mumbai, shared, “Feeling anxious is normal but one must learn to deal with it by forming certain coping mechanisms that work for them. It is essential to take breaks to break the monotony of the strenuous workload, spend time around people who make you smile, pursue a hobby that would help you identify and channelise your other potentials too. Keeping five minutes a day to ‘do nothing’ and only introspect helps to gain better insight.”

Suruchi Shah, Life Coach, Psychology Counsellor and NLP and Mindfulness Practitioner in Mumbai, recommended the following tips that can help support the mental well-being of Gen Z -

1. **Create meaningful connections:** Spend time to build a strong support system by connecting with friends, family, and like-minded individuals. Being part of a community creates a sense of identity and helps feel secure and supported.

2. **Connect with yourself:** Learning to connect with your feelings and sharing them with people you trust or journaling daily can help reduce anxiety. Practicing mindfulness meditation and deep breathing practices can help develop improve mental wellbeing.

3. **Invest time in self-care:** Engage in activities that bring joy and relaxation, such as gardening, reading, exercise, meditation. Spending time doing things you like can improve your mental well-being.

4. **Practice mindful social media consumption:** Take a moment to reflect on your social media usage and the content you engage with. Develop an awareness of how much time you spend and the impact it has on your well-being – whether it leaves you feeling positive, motivated, or drained. By making conscious choices about the content you consume, you can protect your mental and emotional well-being.

5. **Seek professional help:** If anxiety, burnout, or depression persist, reach out to a mental health professional. You do not have to struggle with this alone, reach out for support.

Adding to the list of tips, Dr Sugami Ramesh, Psychologist at Apollo Hospitals in Bangalore, suggested -

- First, recognise the symptoms of anxiety, burnout and depression.
- Secondly accept it, do not be in a defensive mode or denying mode.
- Thirdly look for the immediate emotional support system available to you nearby.
- Fourthly look for professional support, with whom you can trust and keep the issue confidential.
Fifthly, since you have taken the initiative to deal with the issues please continue to do so until the symptoms disappear.

Lastly following up with the therapist regularly is required to monitor about the medication.

Dr Sugami Ramesh revealed, “Psychiatrists will administer medication if required, accordingly one must follow and go for therapy sessions regularly so that medication can be reduced and maintained. Apart from therapy and medication, one must have a positive mind set to be all right and lead a normal healthy lifestyle. Maintaining a regular routine and exercise will help to a great extent. One must follow consistency in their life. Following regular diet habits and exercise will gain self-confidence and self-esteem.”

Remember, it is essential to prioritise mental well-being and seek help when needed. By practicing these tips, Gen Z can learn to manage anxiety, burnout and depression, fostering a healthier and more balanced life.

Liver detox to managing diabetes (Hindustan Times: 20230728)


Liver detox to managing diabetes; many benefits of wheatgrass juice

Drinking wheatgrass juice daily can work wonders for liver health, diabetes and blood pressure. Here are all the benefits.
Wheatgrass is commonly known as 'living food' because of the presence of the highest chlorophyll content which contributes 70% of the total chemical constituent. Wheat grass juice is a powerhouse of vitamins, calcium, iron, magnesium, sodium, many kinds of amino acids, says Nutritionist Lovneet Batra.(Freepik)

Wheatgrass juice promotes wound healing being anti-inflammatory in nature and also reduces odour. Chlorophyllin has bacteriostatic properties aiding in wound healing, and stimulates the production of haemoglobin.(Shutterstock)

The liver’s vitality is important for an individual’s general health since it is the primary organ involved in detoxifying. Wheatgrass juice also has like choline and high mineral content which also add to its many benefits.(Unsplash)
Wheatgrass juice is alternative medicine (CAM) approach of anticancer therapy, due to its high antioxidant content chlorophyll, laetrile, and antioxidant enzyme superoxide dismutase (SOD). (Freepik)

It is a natural treatment for lowering high blood pressure. The fibre content can help sweep away cholesterol from the digestive tract and by dilating the blood pathways throughout the body. (Freepik)
Wheatgrass restores energy by fulfilling the nutritional deficiencies. It supplies high-quality proteins, enzymes, vitamins, and minerals so that the body is not deficient in any vital nutrient. (Freepik)

Wheatgrass is also helpful in Type II diabetes as it has compounds that have an insulin-like effect as per an animal study. It also helps lower glycaemic index of foods. (Freepik)

World Hepatitis Day 2023 (Hindustan Times: 20230728)
World Hepatitis Day 2023: Date, history, theme and significance of the day
World Hepatitis Day raises awareness about viral hepatitis and the need for prevention, testing, and treatment. From theme to date, here’s all you need to know.

World Hepatitis Day is observed every year on July 28 to raise awareness of viral hepatitis and its impact on global health. The day aims to promote prevention, testing and treatment, and to show support for those affected by hepatitis. The distressing figures showing that someone dies from hepatitis or other associated illnesses every 30 seconds globally give rise to the necessity of this awareness campaign. A hidden killer that causes many fatalities each year is viral hepatitis. The goal of World Hepatitis Day is to increase public awareness of the issue and the steps that need to be taken to improve efforts at viral hepatitis prevention, screening, and control.

World Hepatitis Day aims to increase public awareness of viral hepatitis and its effects on public health.(WHO)

1.2 When is World Hepatitis Day?
World Hepatitis Day is observed on July 28 every year with the primary objective of raising awareness about hepatitis on a global level.

1.3 World Hepatitis Day 2023 theme
World Hepatitis Day aims to create awareness about viral hepatitis, with this year’s theme being 'One life, one liver.' Each year, the day centres around a specific theme to enhance understanding of the global hepatitis situation and
drive positive action. Diverse events, including campaigns, seminars, and lectures, encourage worldwide participation to educate people about the disease and promote a healthier future.

1.4 History of World Hepatitis Day

World Hepatitis Day, initially observed on May 19, was later moved to July 28 in 2010. The World Hepatitis Alliance, established in 2007, organized the first community-driven World Hepatitis Day in 2008. This decision came after the World Health Assembly decided to honour the birthday of Dr Baruch Samuel Blumberg, the American physician credited with discovering Hepatitis B in the 1960s. On July 28, World Hepatitis Day serves as an occasion to enhance national and international efforts against hepatitis, encouraging action and involvement from individuals, partners, and the public.

It highlights the need for a stronger global response, as outlined in the WHO's Global Hepatitis Report of 2017. The chosen date of July 28 coincides with the birthday of Dr Baruch Blumberg, who made groundbreaking contributions to hepatitis research by discovering the hepatitis B virus (HBV) and developing a diagnostic test and vaccine for the virus. To achieve the global elimination goals for hepatitis by 2030, addressing the significant gap in testing and treatment coverage is crucial.

1.5 Significance of World Hepatitis Day

The significance of World Hepatitis Day is to increase public awareness of viral hepatitis and its effects on public health. On this day, communities, people, and politicians may learn about the many varieties of hepatitis, as well as about preventative strategies, testing, and treatment choices. It promotes global advocacy and cooperation in the fight against the rising number of hepatitis-related diseases and fatalities. World Hepatitis Day is essential for encouraging a coordinated worldwide response and working towards the WHO's target of eradicating viral hepatitis as a significant public health hazard by 2030 by stressing the need for greater immunisation, early diagnosis, and improved access to healthcare services.
India faces a double burden of rising infertility owing to lifestyle changes (The Tribune: 20230728)


PATIENT-CENTRIC APPROACH, BETTER INSURANCE COVERAGE NEEDED TO COUNTER INFERTILITY EPIDEMIC: EXPERTS

INDIA FACES A DOUBLE BURDEN OF RISING INFERTILITY OWING TO LIFESTYLE CHANGES, COUPLED WITH STIGMA AND TABOO ATTACHED WITH THE CONDITION

Addressing the challenges of the Assisted Reproductive Technology (Regulation) Act, 2021, along with an integrated patient-centric approach can play a pivotal role in countering infertility in India, experts said on Thursday.

At the fourth edition of the IVF Summit, stakeholders from verticals such as insurance, public health, policy regulations, pharma and in-vitro fertilisation (IVF) experts, deliberated on the critical aspects associated with infertility treatment in the country.

Fullscreen

The day-long virtual summit on July 21 was organised by Integrated Health and Wellbeing Council in partnership with Bharat Serums and Vaccines ahead of the World IVF Day, which is observed on July 25.
Dr K Madan Gopal, an advisor of the Public Health Administration Division in the Union Health Ministry’s National Health Systems Resource Centre, said, “Affordable and cost-effective fertility treatment is essential and it is a work in progress as far as government perspective is concerned.” “Meanwhile, we need to ensure that the Assisted Reproductive Technology (Regulation) Act is implemented in letter and spirit for better patient outcomes,” he added.

Bharat Serums and Vaccines Managing Director and CEO Sanjiv Navangul said infertility is a growing public health concern and the stigma attached with the condition needs to be addressed in a holistic manner.

“As a market leader in this business, Bharat Serums and Vaccines remains committed to bringing the most advanced treatments that address reproductive health challenges while working towards expanding access and ensuring availability of these treatments to all couples seeking these,” Navangul said.

“In our endeavour to build an Atmanirbhar Bharat, as an industry, we must remain focused on driving supply chain efficiencies and cost optimisation by reducing our dependence on imports of raw materials,” he explained.

The summit witnessed discussions on the Assisted Reproductive Technology (Regulation) Act, role of awareness, the need to make infertility treatment affordable through insurance and the future revolutions driving IVF technology in the country.

Integrated Health and Wellbeing Council CEO Kamal Narayan said the diagnosis and treatment of infertility frequently receive inadequate prioritisation in development policies and reproductive health strategies, and are seldom covered by public health financing.

“At certain patient-centric approach that empowers patients as the most important aspect of the treatment journey, along with improving their quality of life, mental health and family life, is imperative and the Integrated Health and Wellbeing Council continues to be associated with the cause to highlight the uncertainty and distress that such couples face and create a better health care ecosystem for them,” he said.
India faces a double burden of rising infertility owing to lifestyle changes, coupled with stigma and taboo attached with the condition. This makes it impossible to discuss the issue and seek medical intervention, Narayan added.

He pointed out that the absence of insurance coverage for procedures such as IVF makes it difficult for a large population to take advantage of advanced techniques in fertility treatments.

The experts at the summit highlighted the need for better policy regulations and insurance, counselling and attitudinal change among families through engagement and awareness.

Eye flu cases increasing among children (The Tribune: 20230728)

Eye flu cases increasing among children, here are dos and don’ts

DO NOT RUB EYES AND FACE AND AVOID TOUCHING FACE, WASH/SANITISE CHILDREN’S HANDS FREQUENTLY, CONSULT DOCTOR

With monsoon comes the risk of many diseases, including the eye infections.

Amid the incessant rainfall that lashed the national capital and other areas for past few weeks, there have been multiple cases of Conjunctivitis reported in Delhi NCR.

The eye flu cases are reported each year during monsoon season. Symptoms could be redness and itching in eyes.

Experts and doctors say children are more susceptible to eye infections. Also, along with eye infections, cases of cough and cold are also reported among children. Dr Soveeta Rath, Paediatric Ophthalmology, Strabismus and Neuro Ophthalmology Dr Shroff’s Charity Eye Hospital, Daryaganj, said, “We have observed a notable surge of 50 per cent in conjunctivitis cases in our OPDs now. Particularly affecting children and teenagers, these cases typically present with symptoms like redness, discharge, and foreign body sensation in the eyes.”

“It is necessary to maintain hygiene and keep our personal belongings separate, like towel hankies not to be shared to avoid spread to other family members and seek
prompt medical help to manage these conditions effectively. These conditions effectively,” Dr Rath said.

Dr Anuj Mehta, Ophthalmologist, Safdarjung hospital: “We are getting about 80-100 cases per day for last two days and 30 pc are children. As for precaution Hygiene is the main thing. Those who have conjunctivitis should avoid crowded places and children should avoid going to school. As it gets transmitted through touch, children should avoid touching their eyes and then touching other objects. They should keep their handkerchief and towels separate.”

“It’s highly transmissible for initial 3-4 days, they should avoid and isolate themselves. Those people who haven’t got it should wash their hands or use sanitiser. Children must avoid swimming because it can spread easily while swimming,” he said.

Dr (Prof) Charu Mithal Senior Consultant Ophthalmology MAX Eye Care, “In the ongoing epidemic of Conjunctivitis it is very important to know the precautions we can take for our children. Firstly, do not rub the eyes and face and avoid touching the face. Secondly wash/sanitize children’s hands frequently and lastly in case of any redness, watering or pain in eyes seek Ophthalmologists opinion.”