



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 2020709

WHO

**Hundreds of scientists say coronavirus is airborne, ask WHO to revise rules
(The Tribune:
2020709)**

<https://www.tribuneindia.com/news/health/hundreds-of-scientists-say-coronavirus-is-airborne-ask-who-to-revise-rules-109281>

WHO had said coronavirus spreads primarily from person to person through small droplets from nose or mouth

Hundreds of scientists say coronavirus is airborne, ask WHO to revise rules
The WHO did not immediately respond to a request for comment.

Hundreds of scientists say there is evidence that novel coronavirus in smaller particles in the air can infect people and are calling for the World Health Organization to revise recommendations, the New York Times reported on Saturday.

The WHO has said the coronavirus disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks.

In an open letter to the agency, which the researchers plan to publish in a scientific journal next week, 239 scientists in 32 countries outlined the evidence showing smaller particles can infect people, the NYT said <https://nyti.ms/2VlXp67>.

The WHO did not immediately respond to a request for comment from Reuters.

Whether carried by large droplets that zoom through the air after a sneeze, or by much smaller exhaled droplets that may glide the length of a room, the coronavirus is borne through air and can infect people when inhaled, the scientists said, according to the NYT.

However, the health agency said the evidence for the virus being airborne was not convincing, according to the NYT.

"Especially in the last couple of months, we have been stating several times that we consider airborne transmission as possible but certainly not supported by solid or even clear evidence," Dr. Benedetta Allegranzi, the WHO's technical lead of infection prevention and control, was quoted as saying by the NYT. Reuters

Desperation science'

Desperation science' slows the hunt for coronavirus drugs (The Tribune: 2020709)

<https://www.tribuneindia.com/news/health/desperation-science-slows-the-hunt-for-coronavirus-drugs-110234>

Scientific shortcuts have slowed understanding of the disease
Desperate to solve the deadly conundrum of COVID-19, the world is clamouring for fast answers and solutions from a research system not built for haste.

The ironic, and perhaps tragic, result: Scientific shortcuts have slowed understanding of the disease and delayed the ability to find out which drugs help, hurt or have no effect at all.

As deaths from the coronavirus relentlessly mounted into the hundreds of thousands, tens of thousands of doctors and patients rushed to use drugs before they could be proved safe or effective. A slew of low-quality studies clouded the picture even more.

"People had an epidemic in front of them and were not prepared to wait," said Dr Derek Angus, critical care chief at the University of Pittsburgh Medical Center. "We made traditional clinical research look so slow and cumbersome."

It wasn't until mid-June – nearly six months in—when the first evidence came that a drug could improve survival. Researchers in the United Kingdom managed to enroll one of every six hospitalised COVID-19 patients into a large study that found a cheap steroid called dexamethasone helps and that a widely used malaria drug does not.

The study changed practice overnight, even though results had not been published or reviewed by other scientists.

In the United States, a smaller but rigorous study found a different drug can shorten recovery time for seriously-ill patients, but many questions remain about its best use.

Doctors are still frantically reaching for anything else that might fight the many ways the virus can do harm, experimenting with medicines for stroke, heartburn, blood clots, gout, depression, inflammation, AIDS, hepatitis, cancer, arthritis and even stem cells and radiation.

“Everyone has been kind of grasping for anything that might work. And that’s not how you develop sound medical practice,” said Dr Steven Nissen, a Cleveland Clinic researcher and frequent adviser to the U.S. Food and Drug Administration. “Desperation is not a strategy.”

Few definitive studies have been done in the US, with some undermined by people getting drugs on their own or lax methods from drug companies sponsoring the work.

And politics magnified the problem. Tens of thousands of people tried a malaria medicine after President Donald Trump relentlessly promoted it, saying, “What have you got to lose?”

Meanwhile, the nation’s top infectious disease expert, Dr. Anthony Fauci, warned “I like to prove things first.” For three months, weak studies polarized views of hydroxychloroquine until several more reliable ones found it ineffective for treatment. — AP

Anti-Covid drug Remdesivir

Anti-Covid drug Remdesivir being sold for up to Rs 60K, drug controller orders clampdown on hoarders (The Tribune: 2020709)

The MRP of the drug is Rs 5,400 for a 100 mg vial

<https://www.tribuneindia.com/news/health/anti-covid-drug-remdesivir-being-sold-for-up-to-rs-60k-drug-controller-orders-clampdown-on-hoarders-110170>



The government has ordered a countrywide crackdown on hoarders and black marketers of antiviral drug Remdesivir—allowed for use in severe COVID-19 cases—after evidence that patients have to pay between Rs 16,000 to Rs 60,000 for it.

The MRP of the drug is Rs 5,400 for a 100 mg vial.

Remdesivir was included in India's COVID clinical management protocol as investigational therapy to be used in patients facing oxygen stress on June 14.

The Drug Controller later clarified that the medicine will not be sold off the rack and will have to be supplied to hospitals for use in severe COVID cases.

In a letter to state drug controllers on July 6, Drug Controller VG Somani said the black marketing of the drug needs to be cracked down on and MRP strictly enforced considering the short supply of the medicine.

Somani said complaints had been received by the Health Ministry saying Remdesivir was being black marketed and sold at overpriced rates.

Remdesivir injectable formulation was recently allowed in India under emergency use authorisation.

Only three Indian companies have been permitted to manufacture its generic version after agreements with US-based drug developer Gilead. Haryana Assistant Drug Controller, Manmohan Taneja, on Wednesday said the state had taken note of the issue and directed every distributor and agent of Remdesivir to submit a daily stock and sale position. The state drug regulator's field officers have been asked to verify the same every day.

He said the state has not yet received any complaint of black marketing of the drug.

Remdesivir is still at experimental stages worldwide and is part of the WHO Solidarity Trial which is soon expected to share results of a large Remdesivir trial undergoing in many places.

Emergency use authorisation is granted for drugs still at an experimental stage but showing potential for therapy. They are yet to be proven through all stages of drug clinical trials.

Hypertension

Hypertension main risk factor in brain stroke' (The Tribune: 2020709)

<https://www.tribuneindia.com/news/health/hypertension-main-risk-factor-in-brain-stroke-109456>

'Hypertension main risk factor in brain stroke'

High blood pressure is defined as a systolic blood pressure at or above 140 mm Hg and a diastolic blood pressure at or above 90 mm Hg. Systolic blood pressure is the maximum

pressure in the arteries when the heart contracts. Diastolic blood pressure is the minimum pressure in the arteries between the heart's contractions. This situation is called hypertension.

A public awareness programme was organised at Fortis Hospital under the leadership of Dr Sandeep Chopra, additional director, Interventional Cardiology, Fortis Hospital.

Dr Chopra said hypertension was a risk factor for coronary heart disease and the single most important risk factor for brain stroke. Hypertension stresses the body's blood vessels, causing them to clog or weaken. Hypertension could lead to atherosclerosis and narrowing of the blood vessels, making them more likely to block from blood clots or bits of fatty material breaking off from the lining of the blood vessel wall. Elevated blood pressure in people less than 50 years old was associated with an increased cardiovascular risk.

“As you get older, your systolic blood pressure becomes a more important predictor of the risk of the cardiovascular disease. Though increasing blood pressure is part of aging, a healthy low salt diet, physical activity and maintaining a healthy weight can reduce the risk of this happening,” said Dr Chopra.

Critical Care (Hindustan: 2020709)

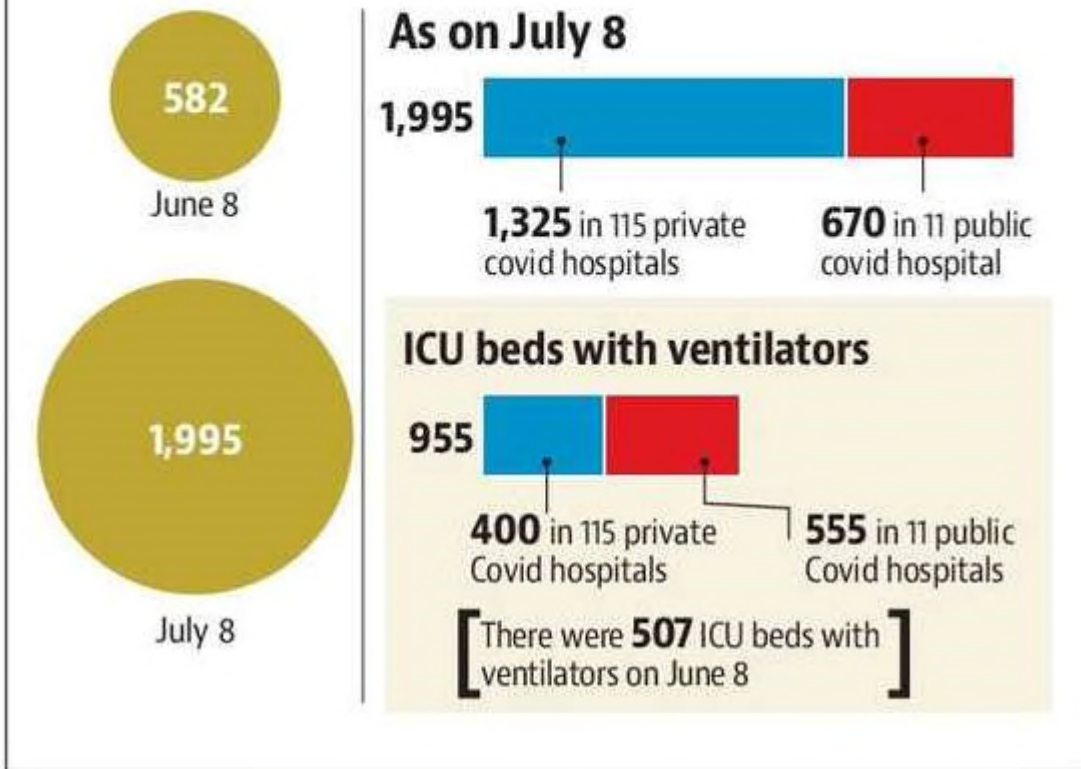
<https://epaper.hindustantimes.com/Home/ArticleView>

Ready for critical care

Most of the ICU beds are spread across 115 private hospitals

ICU BEDS IN PVT, GOVT HOSPITALS IN DELHI

(both with and without ventilators)



Abhishek Dey

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New Delhi : The number of intensive care unit (ICU) beds in the city to treat coronavirus disease (Covid-19) patients have more than tripled in a month — from 582 on June 8 to 1,995 on Wednesday, government data showed.

The 115 private hospitals in the city that had Covid-19 wards accounted for 1,325 ICU beds, almost double the number in the 11 public hospitals. The public hospitals include five each under the Delhi government and central government and one under a municipal corporation. The numbers include ICU beds with and without ventilators.

As of Wednesday, there were 23,452 active cases of Covid-19 in the national capital, and 4,859 are in hospital.

Private Covid hospitals in the city also have a higher occupancy rate of ICU beds. As on Thursday, government data showed around 66% of such beds in private hospitals were occupied, as against 40% in public hospitals.

ICU beds with ventilators too have increased during the same period — from 507 to 955 — with almost 54% of them in public hospitals.

Senior government officials said ICU beds were ramped up after roping in more hospitals, as part of a health care infrastructure augmentation plan put in place after a spike in cases.

On June 19, Delhi deputy chief minister health minister Manish Sisodia, who also holds temporary charge of the health ministry, asked an advisory committee set up by the Delhi government to focus on ICU beds as the number of cases continued to grow. Since then, chief minister Arvind Kejriwal has on multiple occasions stressed that Delhi needed more such beds. Covid-19 treatment rates in private hospitals were capped last month as well.

On Wednesday, Sisodia told HT, “Delhi has set an example in the fight against Covid-19. When the number of Covid cases was increasing in June, chief minister Arvind Kejriwal left no stone unturned to bring the Centre, municipal corporations, NGOs, volunteer doctors and all resources together to enhance the health infrastructure in Delhi. He directed the health department to immediately ramp up the number of ICU beds in government hospitals.”

“As a result, the ICUs at three main Delhi government hospitals Lok Nayak Hospital, Guru Teg Bahadur Hospital and Rajiv Gandhi Super Speciality Hospital were not only scaled up to almost triple their capacity, but the services in terms of patient care provided in the government hospitals is also at par with the private hospitals. Today we are in a comfortable position to tackle any emergency situation,” he said.

Dr Jugal Kishore, head of the community medicines department in Safdarjung Hospital, said: “There was a shortage of ICU beds in Delhi before the Covid-19 pandemic hit the city. Now that the ICU capacity has been augmented, it should be permanent. They are needed to tackle day-to-day medical emergencies in Delhi other than potential waves of the pandemic in future.”

“The occupancy rate of ICU beds in private Covid hospitals is higher because of two reasons — first, they offer more beds in general and, second, there is a perception about quality of service among people. In terms of patient care, government hospitals in Delhi have witnessed significant changes in the last few years, but there is still large room for improvement,” he added.

The Delhi chief minister’s office on Wednesday also said the government planned to add 500 more ICU beds in Covid hospitals by the end of July.

Gagan D Bharti, manager of Charity Beds, a non-profit organisation that has been helping people in Delhi avail beds during the pandemic, said: “In the last one month, Delhi has seen some stability in terms of demand for hospitals beds for two reasons. First, the number of total beds and ICU beds have increased. Second, people have also become more aware that not all Covid cases need hospitalisation.”

“Delhi, however, needs a proportionately higher number of ICUs. It is because only severe Covid cases are landing in the hospitals and a large number of them would potentially need ICU. General beds’ availability would remain static even if there is a spike in cases again because most mild and moderate cases are isolated at home. In the last one month, 9 out of 10 people we helped with a hospital bed ultimately required ICU,” said Bharti.

Covid infections

Record 60k cases take US Covid infections past 3mn UNRELENTING: California, Oklahoma, Texas witness record high daily infections

<https://epaper.hindustantimes.com/Home/ArticleView>

Police fire tear gas in front of the parliament in Belgrade to disperse protesters angry at the return of a coronavirus curfew. AFP

The Covid-19 outbreak in America has crossed a grim milestone of 3 million cases, US vice-president Mike Pence said on Wednesday, while the country reported a record 60,000 infections in the last 24 hours.

California, Hawaii, Idaho, Missouri, Montana, Oklahoma and Texas on Tuesday shattered their previous daily record highs for new cases. The biggest jumps occurred in Texas and California with over 10,000 each.

US President Donald Trump, however, sought to dismiss the spike to increased testing. "In Germany, Denmark, Norway, Sweden... schools are open with no problems," he tweeted. "May cut off funding if not open!"

UAE: sniffer dogs to detect cases in crowd

The UAE is considering to use sniffer dogs to sniff out positive cases from the crowd following experiments.

The interior ministry has completed trials on K9 police dogs who may now be employed to help them curb the spread of Covid-19, Khaleej Times has reported.

Coronavirus |

Coronavirus | Hyderabad-based pharma firm ties up with CSIR to take up COVID-related drug trials (The Hindu: 2020709)

<https://www.thehindu.com/sci-tech/health/hyderabad-based-pharma-firm-ties-up-with-csir-to-take-up-covid-related-drug-trials/article32021198.ece>

CSIR said that the unique combinatorial strategy (antivirals and HDTs) with repurposed drugs having complementary, additive and synergistic role, has been adopted to increase options for COVID-19 treatment.

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Coronavirus | AIIMS

Coronavirus | AIIMS starts tele-consultation guidance on COVID-19 for State doctors(The Hindu: 2020709)

<https://www.thehindu.com/news/cities/Delhi/aiims-starts-tele-consultation-guidance-on-covid-19-for-state-doctors/article32020780.ece>

Objective is to reduce mortality.

Aimed at reducing coronavirus (COVID-19) mortality, the All India Institute of Medical Sciences (Delhi) has started tele-consultation guidance for State

Population

Coronavirus | India's COVID-19 tally, fatality rate per million population lowest in world: Health Ministry (The Hindu: 2020709)

<https://www.thehindu.com/news/national/coronavirus-indias-covid-19-tally-fatality-rate-per-million-population-lowest-in-world-health-ministry/article32012829.ece>

India has ramped up its hospital infrastructure to adequately and effectively manage coronavirus cases, the Ministry said.

India's total number of coronavirus cases and fatalities per million population is one of the lowest in the world, the Union Health Ministry said on July 7 even as the country's infection tally went past the 7 lakh-mark and the death toll rose to 20,160. Referring to the 'WHO Situation Report-168' dated July 6, the Ministry said India's COVID-19 cases per million population is 505.37 as against the global average of 1,453.25.

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Physical activity

Physical activity of older people needs tailored monitoring: Study (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121836.htm>

Helsinki [Finland], July 8: The ability to move swiftly tends to deteriorate when ageing, a phenomenon which needs to be considered when assessing physical activity in older people. A study on active ageing at the University of Jyväskylä examined movement that exceeds the intensity of preferred walking speed in older people.

Improving physical performance requires exercising regularly beyond one's usual level of exertion. The body then adapts to the new level of exertion by improving performance. Many activity monitors on the market have been developed for young and middle-aged people who have higher physical performance than older adults. Therefore, activity monitors may underestimate the exertion level of older adults' activity.

In the study at the University of Jyväskylä, preferred walking speed was measured in a six-minute walking test. In addition, the participants wore an activity monitor while living their day-to-day life.

"By measuring their preferred walking speed we were able to assess the time that our participants exercised more strenuously than what is their usual exertion level and what is beyond their comfort zone," explained postdoctoral researcher Laura Karavirta from the Gerontology Research Center and Faculty of Sport and Health Sciences.

The participants in the study accumulated 62 minutes of activity, on average, beyond the intensity of their preferred walking speed. Interestingly, the amount of activity was similar in 75-, 80- and 85-year-old people, regardless of age.

"The new method enables us to investigate physical activity as individual behaviour, which is not influenced by fitness level. A physically active lifestyle is about challenging oneself according to one's own abilities. Light intensity movement is also important, but at least moderate exertion is required for improving physical performance," Karavirta explained.

The prevailing recommendation for all adults is a minimum of 150 minutes of at least moderate-intensity physical activity per week. The general definition for moderate-intensity is equivalent to exceeding three times the energy consumption of rest. Individual exertion at this intensity varies according to a person's fitness level.

"For most young adults, it feels easy and corresponds to slow walking but for some older adults it may be the hardest effort they can perform," Karavirta said.

The study is part of a larger AGNES study for 75-, 80-, and 85-year-old people living independently in Jyväskylä, which is funded by the Academy of Finland and the European Research Council.

Out of 1,021 participants, 444 took part in this study, where a motion sensor was attached to the thigh for a week, and preferred walking speed was measured in the laboratory as the average speed in a self-paced six-minute walking test.

Obesity

Tall children have higher risk of developing obesity: Study (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121688.htm>

If your child is taller, kindly take note. Researchers have found that children who are relatively tall for their age have a higher risk of developing obesity.

Several studies have shown that height in childhood is correlated with body mass index (BMI) and with body fatness. "As about half of this association is independent of the initial body mass index of the child, the use of height may be a simple way to more accurately classify which children will become obese," said study lead author David S Freedman from Centers for Disease Control and Prevention in the US.

For the findings, the research team examined the health records of 2.8 million children who were initially examined between two and 13 years of age. When they were re-examined with an average of four years later (but up to 13 years later), taller children were more likely to have a higher body mass index than shorter children.

For example, among the thinnest children at the start, the prevalence of obesity at the second exam was 5-fold higher in the tallest children than in the shortest children (3.1 per cent versus 0.6 per cent). Among the heaviest children at the start, the respective prevalence rates of obesity were 89.5 per cent versus 53.4 per cent.

The findings showed that the association between taller height and obesity at the second exam was strongest in children who were initially examined when they were younger than seven years old.

"Health professionals should recognise that greater childhood height for age before 12 years of age may be a marker for increased risk of subsequent obesity," the study authors wrote.

Remdesivir

How remdesivir can save lives in nations with lower hospital capacity (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121650.htm>

How remdesivir can save lives in nations with lower hospital capacity

New York, July 8 : Amid news that the US has bought up virtually the entire global supply of remdesivir, a new study outlines how the drug could save lives in countries with a lower hospital capacity, such as South Africa, where Covid-19 is beginning to overwhelm intensive care units (ICUs).

The study, published in the journal *Clinical Infectious Diseases*, estimated that remdesivir's ability to shorten ICU stays could increase the number of patients treated in South Africa's ICUs by more than 50 per cent.

"There are many countries with limited ICU capacity that could benefit from this double impact on mortality," says study lead author Dr Brooke Nichols, Assistant Professor at the Boston University.

For the remdesivir study, the research team used their South African National Covid-19 Epidemiology model to look at the estimated three to six months when severe cases will exceed the country's 3,450 available ICU beds. If every one of South Africa's ICU patients with Covid-19 received remdesivir, reducing the average ICU stay, the researchers estimated that the number of patients treated in ICUs from June to December would increase from between 23,443 and 32,284 patients to between 36,383 and 47,820.

The findings showed that the increased capacity of remdesivir could save as many as 6,862 lives per month as the country's cases peak and the drug could prevent the deaths of as many as 13,647 South Africans by December.

The mortality rate for Covid-19 in ICUs varies from country to country and hospital to hospital, so the number of lives saved from increased ICU capacity would also vary, the study said.

The research team has been modelling South Africa's Covid epidemic to help the country's government make informed decisions, and previously predicted that the country's ICU capacity could be overwhelmed as early as this month. "The hardest-hit province, the Western Cape, exceeded ICU capacity in June," the study authors informed.

Earlier this month, the European Commission had authorised anti-viral drug remdesivir for the treatment against coronavirus, making it the first drug authorised at the European Union level for the treatment of Covid-19.

(IANS)

Perimenopause

All you need to know about perimenopause (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121637.htm>

All you need to know about perimenopause

Most women know the signs of menopause which happens around the age of 50. But there is another phenomenon called perimenopause which many are unaware of and tend to ignore.

Perimenopause - The term means "around menopause", is a time when your hormones undergo changes in preparation of menopause, points out Dr Asha Baxi, Consultant Obstetrician iamp; Gynaecologist, Motherhood Hospital.

Here, the level of estrogen (the female hormone) falls and women may also begin to have cycles where they do not ovulate (release an egg). Most women begin their perimenopause period at some point after their mid-40s. Many could also skip this stage entirely and directly experience menopause. But there are also cases when perimenopause could hit you as early as in your mid-30s, she adds.

The symptoms of perimenopause can be subtle, they come on gradually and many women fail either to notice it or just tolerate the changes. This phenomenon is generally ignored by most people. But it is very important that whenever you experience changes in your menstrual cycle that interfere with your day to day life and well-being that you go see a doctor as these symptoms may indicate perimenopause, Dr Baxi says. If experienced at an early age like in your 30s, perimenopause will cause problems in conceiving and can cause infertility.

The expert shares some features of perimenopause

Periods are irregular The length of time between periods will start to vary as a woman starts experiencing perimenopause. Ovulation becomes irregular and you may have a space of 60 days or more between periods.

Hot flushes iamp; night sweating You may suddenly feel feverish during perimenopause. Hot flashes may also be accompanied by redness of skin and excessive sweating. Your sleep patterns are also likely to be affected.

Fertility decreased Due to irregular ovulation, you may experience problems in conceiving. The levels of estrogen, progesterone and other essential hormones decrease during perimenopause. The quality of the egg decreases leading to infertility.

Mood swings Due to change in sleeping patterns and hot flashes, women tend to get irritable and depressed during perimenopause.

Problems related to the Vagina and the bladder Low levels of estrogen will lead to loss of lubrication and elasticity in the vagina. Due to this intercourse may be painful. Libido also decreases. Diminishing estrogen levels will make women more susceptible to urinary and vaginal infections.

Decrease in Bone Mass Estrogen is the hormone that protects the bones in women. During perimenopause, as estrogen levels fall leading to bone loss. This also makes women more vulnerable to osteoporosis. This is a disease where your bones become so brittle that a simple fall or even mild bending/stretching may lead to fractures.

When should you see a doctor?

She replies "Irregular periods are quite common due to multiple reasons and most often than not women tend to generally ignore them. However, it is important to pay attention if this becomes a regular occurrence and schedule an appointment when one experiences the below symptoms

Extremely heavy bleeding or if the bleeding has clots

Spotting between periods

Bleeding last for more than 7 days

Spotting after intercourse

Painful bleeding or painful intercourse

Diagnosis and Treatment

Doctors take many things into consideration before determining whether a woman has entered perimenopause or not. There are a number of factors like age, menstrual history, the symptoms shown etc. There is no one test or process to determine this, Dr Baxi says.

She adds perimenopausal complications can be treated with drug therapies like

Hormone Therapy This is the most effective form of treatment used to relieve the complications. Estrogen doses are given in the form of pills, skin patch, gels or creams to reduce your perimenopausal symptoms.

Estrogen administered into vagina This form of treatment will help reduce the vaginal dryness caused due to decrease in the estrogen levels due to perimenopause. It will provide relief from vaginal and urinary infections.

Art procedures like IVF/ ICSI may be needed for women wanting to become pregnant.

It is very important to consult a gynaecologist to plan the course of medication. It is very easy to ignore mild symptoms like irregular periods or mood swings but remember these may all indicate underlying perimenopause. Detecting perimenopause and offering treatment in time provide a window of opportunity for long term benefits in conditions like protection against cardiovascular disease or osteoporosis. Talk to your doctor about the options available, check for risks and benefits and then make an informed decision.(Puja Gupta can be contacted at puja.g@ians.in)
(IANS)

Dietry Patterns

Food that improves sleep (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121588.htm>

There is a strong correlation between sleep quality and dietary pattern. High intake of confectionary and noodles was associated with poor sleep quality, whereas a high intake of fish and vegetables was associated with good sleep quality.

Pariksha Rao, Chief Nutrition Officer, and Co-Founder Lil' Goodness and SCOOL Meal points out the importance of food quality and its impact of sleep, as evidenced by global Pittsburg Sleep Quality Index score.

Junk food contains high amounts of refined or simple carbohydrates which have a detrimental impact when compared to the total quantity of carbohydrate. Frequent consumption of energy drinks and sugar-sweetened beverages was associated with poor sleep quality. Other eating patterns like skipping breakfast and eating irregularly were strongly associated with poor sleep quality, she adds.

Rao lists down some food items that can improve sleep quality

Protein rich foods with some carbohydrate

An amino acid called tryptophan plays a vital role in sleep quality. On the other hand carbohydrates make tryptophan more available to the brain, and that is why carbohydrate-heavy meals make us feel drowsy. Protein rich foods like milk and milk products, nuts etc. are the building blocks of tryptophan. So, the best bedtime snack is one that contains both a carbohydrate and protein, such as oats with milk, peanut butter on whole wheat toast, or cheese and vegetable crackers.

Omega-3 fatty acid rich food

Low levels of omega-3 fatty acids can lead to sleep problems in children. Salmon or other fatty fish are great source of omega-3 fatty acids and can be a great dinner. Other rich sources of omega 3 are eggs, poultry, walnuts, chia seeds, broad beans, cauliflower greens, brussel sprouts, broccoli, wild rice, berries, plant oils such as flax oil, soybean oil, and canola oil or fortified foods such as yogurt, milk, and soy beverages.

Other Foods That May Promote Sleep

Several other foods have sleep-promoting properties, like

Bananas They contain tryptophan and are a good source of magnesium. Both of these properties may help you get a good night's sleep.

Oatmeal Similar to rice, oatmeal is high in carbs and has been reported to induce drowsiness when consumed before bed. Additionally, oats are a known source of melatonin.

Cottage cheese Contains a significant amount of casein- a milk protein that is well known to sustain overnight muscle repair and growth when consumed before bed.

Dark Chocolate Dark chocolates also contain serotonin, which has a calming effect on your mind and nerves and help you catch up with some valuable sleep. Unfortunately many children don't have a taste for dark chocolate as it is low in sugar and has a little bitter taste. If one can build that taste, can be a perfect post dinner dessert. Don't forget to motivate them to brush before bedtime in that case.

Cherries They contain melatonin, a hormone that regulates our sleep-wake cycle. Eating 10-12 cherries a day could help you catch some good sleep.

On the other hand try and keep your children away from high sugar containing beverages, caffeinated beverages and junk food, especially in late evening hours. Good hydration is a must throughout the day. Avoid a lot of liquid intake after dinner to prevent frequent visits to the bathroom at night, that can disrupt the sleep.

Acute skin problems

Acute skin problems in the summer (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121568.htm>

Summers are for eating mangoes, watermelons, and other nutrient fruit like apricots. The bright sun improves of Vitamin D and lightens our mood as the sweat detoxifies us making us lose weight. Monsoons are for blissful rainy days and cups of tea with samosa. But this is the time when your skin can break out leading to acute skin problems which can spoil all the fun.

Your skin and hair, especially uncovered parts are victim to harsh rays of the Sun, harmful polluted gases and humidity, add to that the woes of wearing a protective mask most times.

The situation is aggravated by more sweating which acts like a magnet and attracts the dust particles as well as pollutant. Summers and monsoons have a combination of heat and more sweat which leads to an increase in the skin problems.

Dr Swati Mohan, Senior Consultant, Dermatology, Fortis Escorts Hospital, Faridabad shares skin problems and solutions for these months

Dehydration Hot weather causes water loss from body increases sweating and cause dehydrations

Sun-burn Excessive exposure to sun especially between 11 am to 4 pm can create an acute sun-burn.

Dry irritated skin Even with a hot iamp; humid outdoors air one can have a dry iamp; irritated skin due to culprits like air conditioning, pool iamp; off course sun.

Prickly Heat / Heat Rash Because sweat can not get out it builds under your skin causing itchy tiny bumps because of sweat create a prickly sense which is very troublesome.

Skin Allergies People on antibiotics like doxy, ciprofloX (Flu, Antifungal, Anti-depressant like Amitriptyline makes more sensitive to sun iamp; heat. hair dryer, mehendi, perfumes disinfects on sun can create severe rash. Sum sun rashes can induce systematic disease like Lupus Erythematosus, Porphyrias etc.

Fungal Infection Fungal infection is warm and damp environment especially if one wear tight clothes, denims or synthetic clothes for long time. Fungal infections like athlete foot (due to excessive wearing shoes), Jockey Itch (Fungus Infections) are troublesome and need to be treated.

The best form of prevention is to drink plenty of water and cooling drinks like lime water, jaljeeras, coconut water and fruit like water melon.

Regular shampoo and mild cleansers are best for baths. The use of a fragrance-free moisturiser within 5 minutes of your bath helps keep the moisturiser in the skin.

Temperature of air conditioning should be moderated as it makes your room too dry.

Use antifungal products or talcum powder, cooling agents like calamine. Protection from sun is of course like most important lotion precaution.

Meditation

Meditation helps boost immunity, says study (New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121453.htm>

Meditation helps boost immunity, says study

Hyderabad, July 8 : Heartfulness meditation improves immunity against infections and cancer and is an effective adjunct in the treatment of several autoimmune disorders, a study said.

In the current context of the Covid-19 pandemic, with no vaccines available, it has been advocated strongly by medical and other research fraternities that the fundamental defence against the virus is to have strong immunity.

In an article published in the International Journal of Recent Scientific Research, authors Raja Amarnath, Director, Critical Care Services, Sree Balaji Medical College, Chennai, Natwar

Sharma, Pediatrics in-charge, Saveetha Medical College, Chennai, Prasanthi J., Diabetologist, Chennai, Sugirtha Jenitha, Critical Care, Sree Balaji Medical College, Chitra Rajan, Consultant, Environmental Sustainability, IIT Chennai, and Subbulakshmi Balasubramanian, RRT, Michigan, USA, have drawn a comparison between stress and immunity.

According to the authors, when stress becomes chronic, many organ systems in the body get affected. Persistent stress results in excessive levels of cortisol and other corticosteroids circulating in the blood for a longer period that produces irregularities in the immune responses.

This results in increased susceptibility to infections, increased risk of cancer, tendency to develop an allergy, increased gastrointestinal problems and an increased risk of autoimmune disorders. Chronic stress also leads to anxiety, depression, sleep deprivation, hypertension, cardiovascular diseases, diabetes and metabolic syndrome.

The authors say that managing stress through relaxation techniques, meditation, yoga, positive thinking and moulding a healthy lifestyle can dramatically improve mood and strengthen the immune system.

They cited studies which revealed that the relaxation produced after meditation reduces the levels of IL-6, a proinflammatory cytokine produced by T cells, that plays a major role in the pathophysiology of several autoimmune diseases, different types of cancers and Alzheimer's disease.

Regular practice of Heartfulness Meditation can aid in stress reduction and general well-being. Shifting the autonomic balance towards parasympathetic from sympathetic and reducing the secretion of stress hormones are the key reasons.

Relaxation response produced by meditation reduces metabolic rate, reduces breathing and heart rate (HR), lowers blood pressure, brings cortisol and lactate levels down, and elevates blood flow to the key internal organs.

Modified Raja Yoga systems like Heartfulness Meditation, which is simple and practised by the majority of spiritual seekers around the world for the last several decades, needs to be explored much deeper through large and controlled trials.

"Meditation should be made an integral part of life. It acts as a silent regulator for all systems in our being -- physical, mental, emotional and spiritual -- to function in harmony. The impact of this is the ability of the body and mind to respond to internal and external stress with extreme effectiveness. Scientific backing forms the core of the offerings at Heartfulness," said Kamlesh Patel, a guide of Heartfulness.

"The recent study that shows Heartfulness Meditation helps in improving immunity should be motivating for many to embrace the practice, to help deal with situations like we are facing now as well as to strengthen oneself internally for the future challenges," he added.

Brain inflammation

Study links increase in delirium, rare brain inflammation and stroke to COVID-19(New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121436.htm>

Neurological complications of COVID-19 can include delirium (abrupt change in the brain that causes mental confusion and emotional disruption), brain inflammation, stroke and nerve damage, a new study has revealed.

The study led by the research team at University College London (UCL) and University College London Hospitals (UCLH) was published in the journal *Brain*. It identified one rare and sometimes fatal inflammatory condition, known as ADEM, which appears to be increasing in prevalence due to the pandemic.

Some patients in the study did not experience severe respiratory symptoms, and the neurological disorder was the first and main presentation of COVID-19.

Joint senior author Dr Michael Zandi (UCL Queen Square Institute of Neurology and University College London Hospitals NHS Foundation Trust) said "We identified a higher than expected number of people with neurological conditions such as brain inflammation, which did not always correlate with the severity of respiratory symptoms.

"We should be vigilant and look out for these complications in people who have had Covid-19. Whether we will see an epidemic on a large scale of brain damage linked to the pandemic - perhaps similar to the encephalitis lethargica outbreak in the 1920s and 1930s after the 1918 influenza pandemic - remains to be seen."

The study provides a detailed account of neurological symptoms of 43 people (aged 16-85) treated at the National Hospital for Neurology and Neurosurgery, UCLH, who had either confirmed or suspected COVID-19.

The researchers identified 10 cases of transient encephalopathies (temporary brain dysfunction) with delirium, which corresponds with other studies finding evidence of delirium with agitation. There were also 12 cases of brain inflammation, eight cases of strokes, and eight others with nerve damage, mainly Guillain-Barre syndrome (which usually occurs after a respiratory or gastrointestinal infection).

Most (nine out of 12 cases) of those with brain inflammation conditions were diagnosed with acute disseminated encephalomyelitis (ADEM). ADEM is rare and typically seen in children and can be triggered by viral infections the team in London normally sees about one adult patient with ADEM per month, but that increased to at least one per week during the study period, which the researchers say is a concerning increase.

The virus causing COVID-19, SARS-CoV-2, was not detected in the cerebrospinal brain fluid of any of the patients tested, suggesting the virus did not directly attack the brain to cause the neurological illness. Further research is needed to identify why patients were developing these complications.

In some patients, the researchers found evidence that the brain inflammation was likely caused by an immune response to the disease, suggesting that some neurological complications of COVID-19 might come from the immune response rather than the virus itself.

The findings add clinical descriptions and detail to another recent study, which also involved Dr Zandi and co-author Dr Hadi Manji (UCL Queen Square Institute of Neurology) identifying 153 people with neurological complications from COVID-19. This paper also confirms the previously reported findings of a higher than expected number of patients with a stroke which results from the excessive stickiness of the blood in COVID-19 patients.

Joint first author Dr Ross Paterson (UCL Queen Square Institute of Neurology) said "Given that the disease has only been around for a matter of months, we might not yet know what long-term damage COVID-19 can cause.

"Doctors needs to be aware of possible neurological effects, as early diagnosis can improve patient outcomes. People recovering from the virus should seek professional health advice if they experience neurological symptoms," he added.

Joint first author Dr Rachel Brown (UCL Queen Square Institute of Neurology and UCL Infection and Immunity) said "Our study advances understanding of the different ways in which Covid-19 can affect the brain, which will be paramount in the collective effort to support and manage patients in their treatment and recovery."

Joint senior author Dr Hadi Manji said "Our study amalgamates, for the first time, the clinical presentations of patients with Covid-19 neurological disease with MRI and laboratory features including, in one case, a brain biopsy.

"This now sets up a template for other researchers around the world, facilitating coordinated research to optimise the diagnosis and treatments of these complications, which to date, has proved difficult. In addition, patients are going to require long term follow up."

Childhood obesity

Childhood obesity linked to poor heart health signs: Study New Kerala: 2020709)

<https://www.newkerala.com/news/2020/121429.htm>

Childhood obesity linked to poor heart health signs: Study

Sydney, July 8 : Dear parents, read this carefully. Toddlers who were obese or overweight show concerning signs of cardiovascular disease at 11-12 years of age, say researchers.

For the findings, published in the journal Pediatrics, the research team examined 1,811 children whose weight and height were measured every two years (age 0-1 to 9-10 years) to determine cardiovascular disease risk scores.

At age 11-12, the participants underwent further health checks looking at blood pressure, blood vessel health, cholesterol and glucose levels.

The research highlighted the silent effects of obesity in childhood and the need to intervene early.

"Our findings are in line with the World Health Organisation's calls for urgent collaborative action to address the matter through systems-based approaches and policy implementation," said study researcher Melissa Wake from the Murdoch Children's Research Institute (MCRI) in Australia.

"Such policies include increasing taxes on processed foods high in fat and sugar, safer and improved public transport and walking to school pathways and making community-based sporting activities more affordable and accessible," Wake added.

The researchers found that Australian children who were obese or overweight very early in life already show evidence by age 11-12 years of stiffer arteries, thickened arterial lining and are a high risk of later developing metabolic syndrome.

This worsened the longer these young children were overweight or obese.

According to the team, until now little was known about when and how early life body mass index (BMI) impacted heart health in childhood and most studies have previously just looked at standard risk factors such as blood pressure alone.

"Previous studies have tended to rely on a single BMI measurement in childhood and then examined subsequent heart health outcomes in adulthood," said study researcher Kate Lycett.

"This overlooks the considerable BMI changes as part of normal childhood growth," she added.

"This public health crisis threatens the modest decline in cardiovascular deaths in developed countries, which has largely been achieved through preventive efforts focused on cardiovascular risk factors," the study authors wrote.

Vaccine (Navbharat Times: 2020709)

http://epaper.navbharattimes.com/imageview_1118_84780_4_13_09-07-2020_0_i_1_sf.html

'वैक्सीन नहीं बनी तो भारत में हर दिन आएंगे 2.87 लाख केस'

अमेरिका की MIT ने अपनी रिसर्च के बाद किया दावा

■ एनबीटी, नई दिल्ली: अगर भारत में समय रहते वैक्सीन नहीं बनाई गई तो अगले साल की सर्दियों तक देश में रोजाना 2.87 लाख कोरोना के नए मरीज आ सकते हैं। ये दावा अमेरिका मैसाच्युसेट्स इंस्टीट्यूट ऑफ टेक्नोलॉजी (एमआईटी) ने रिसर्च के बाद किया है। उधर, डब्ल्यूएचओ ने फिर चेतावनी जारी की है कि कोरोना का अभी पीक आना वाकी है। अभी आधे ही मामले सामने आए हैं। इसलिए, इस वक़्त ज्यादा सावधानी बरतने की जरूरत है। देश में कोरोना से ठीक होने वालों की तादाद तेजी से बढ़ रही है। रिकवरी रेट अब 61.53 प्रतिशत पर पहुंच गया है।

बीते 24 घंटे में देश में कोरोना के कुल 22752 नए मामले सामने आए हैं। कुल मरीजों की संख्या अब 7 लाख 42 हजार 417 हो गई है। अबतक 4 लाख 56 हजार 831 लोग ठीक भी हो चुके हैं। देश में अबतक कुल 20,642 लोगों की मौत हो चुकी है। झारखंड के सीएम हेमंत सोरेन ने खुद को क्वारंटीन कर लिया है। ▶▶ पेज 12



खेल गांव में 6 दिन में तैयार हुआ 500 बेड वाला कोविड सेंटर (विस)

दिल्ली में 2033 मरीज, 3982 ठीक

दिल्ली में बुधवार को 22 हजार से ज्यादा लोगों की जांच हुई और कोरोना के 2033 मरीज मिले। वहीं, 3,982 मरीज ठीक भी हुए। यह संख्या नए केस से दोगुने के करीब है। इस दौरान 48 लोगों की मौत भी हुई। वहीं, एम्स में 65 साल के एक बुजुर्ग में कोरोना के लक्षण मिले, लेकिन चार बार उनकी RT-PCR तकनीक से जांच हुई, चारों बार रिपोर्ट नेगेटिव आई। पांचवीं बार एंटीबॉडी टेस्ट में वह पॉजिटिव मिले।

Coronavirus Airborn Hindustan: 2020709)

https://epaper.livehindustan.com/imageview_185412_50956060_4_1_09-07-2020_7_i_1_sf.html

सीएसआईआर के वरिष्ठ वैज्ञानिक ने कहा- हवा में अस्थायी है वायरस, इससे डरने और घबराने की कोई जरूरत नहीं है

राहत : हवा में वायरस से सबको खतरा नहीं

हैदराबाद | एजेसी

विश्व स्वास्थ्य संगठन ने मंगलवार को पहली बार माना कि कोरोना वायरस हवा के जरिए भी फैल रहा है। इसके बाद लोगों को चिंताएं बढ़ गईं। उन्हें संक्रमण का खतरा सताते लगा। हालांकि, भारतीय विशेषज्ञों का कहना है कि इससे घबराने की जरूरत नहीं। यह वायरस हवा में अस्थायी तौर पर मौजूद रह सकता है। इसका यह अर्थ बिल्कुल नहीं है कि वायरस हर जगह पहुंच रहा है और हर किसी को संक्रमित कर देगा।

सीएसआईआर-सेंटर फॉर सेल्युलर एंड मॉलिक्यूलर बायोलॉजी (सीसीएमबी) के निदेशक राकेश मिश्रा ने कहा कि अब तक के दावे से पता चलता है कि यह पांच माइक्रॉन से कम आकार की छोटी बूंदों (ड्रोपलेट्स) में हवा में इधर-उधर जा सकता है और बड़ी बूंदों के रूप में यह कुछ ही मिनटों तक हवा में रहेगा। इसका स्पष्ट अर्थ है कि जब कोई व्यक्ति बोलता या सांस लेता है तो कुछ ड्रॉपलेट्स हवा में जाते हैं और कुछ समय तक बने रहते हैं इसलिए लोगों को लंबे समय तक मास्क पहनना जरूरी है।

डॉ. मिश्रा ने कहा, जहां तक मैं समझता हूँ, कुछ संशोधनों को छोड़कर दिशा-निर्देशों में कोई बड़ा बदलाव करने की जरूरत नहीं है। इससे घबराने की भी आवश्यकता नहीं है कि वायरस सभी जगह उड़ रहा है और यह सभी को संक्रमित कर देगा। इसका मतलब सिर्फ इतना है कि लोगों को अधिक समय तक मास्क पहनना चाहिए। वायरस से बचने के लिए सामाजिक दूरी बनाए रखने जैसी अन्य सावधानी बरतना जारी रखना चाहिए।

सीएसआईआर के डीजी रोखर मांडे का कहना है कि जब हम बोलते हैं तो पांच माइक्रॉन तक की बूंदें निकलती हैं और ये हवा में बनी रह सकती हैं। ऐसे में भीड़भाड़ वाले इलाके में एक संक्रमित व्यक्ति कई लोगों को संक्रमण दे सकता है।



चीन के शंघाई रेलवे स्टेशन से बुधवार को बाहर आती भीड़। संक्रमण से बचने के लिए सबने मास्क लगा रखा था।

कुछ आशंकाएं और उनका समाधान

हवा में संक्रमण फैलने को लेकर लोगों में तमाम तरह की आशंकाएं हैं। इन्हीं आशंकाओं के बारे में हमने लेडी लार्डिन अस्पताल में कम्युनिटी मैडिसिन विभाग के डॉक्टर शिवजी देव बर्तन से बात की, आप भी जानिए।

1 एक परिवार में सभी संक्रमित क्यों नहीं होते

परिवार में एक व्यक्ति के संक्रमित होने पर कई लोग बच जाते हैं, उसकी कई वजह हो सकती हैं। संभव है कि व्यक्ति की प्रतिरोधक क्षमता मजबूत हो या फिर सामाजिक दूरी के नियमों और बचाव के तरीके आमतौर से वायरस उन तक पहुंच ही नहीं पाया हो।

2 अब क्या दो गज की दूरी का सिद्धांत पर्याप्त

दो गज की दूरी का सिद्धांत बिल्कुल पर्याप्त है लेकिन इस सिद्धांत के साथ मास्क का लगाना भी जरूरी है। उदाहरण के लिए आप किसी अस्पताल जाते हैं और भले ही दो गज की दूरी रखते हैं अगर मास्क नहीं लगाएंगे तो संभव है संक्रमण हो सकेगा है।

3 तो कैसे खुद को सुरक्षित रखें ?

जो तरीके पहले बताए गए थे वही अपनाएं, यह नई जानकारी नहीं है कि वायरस हवा में नहीं रह सकता। मास्क लगाएं, सामाजिक दूरी के नियमों का पालन करें। मुंह या नाक पर हाथ लगाने से बचें। पैसा करने से पहले हाथ अच्छी तरह धुलें।

वैज्ञानिकों ने चेताया था

बीते रविवार को 32 देशों के 239 वैज्ञानिकों ने डब्ल्यूएचओ को खुला पत्र लिखकर हवा के जरिए संक्रमण फैलने का दावा किया था। वैज्ञानिकों ने विश्व स्वास्थ्य संगठन को इससे जुड़े सबूत सौंपकर दिशा-निर्देशों में बदलाव करने की मांग की थी।

अब डब्ल्यूएचओ ने भी माना, हवा से संक्रमण संभव

डब्ल्यूएचओ में कोविड-19 तकनीकी मामलों की प्रमुख बेनेडेटा एलेग्जांड्री ने कहा कि उन्हें जो सबूत सौंपे गए हैं उनसे इस बात की पुष्टि होती है कि वायरस हवा में फैल रहा है। सार्वजनिक जगहों पर, खासकर भीड़भाड़ वाली, कम हवा वाली और बंद जगहों पर हवा के जरिए वायरस फैलने की आशंका से इनकार नहीं किया जा सकता। हालांकि, इन सबूतों को इकट्ठा करने और समझने की जरूरत है।

ये सवाल अब तक अनसुलझे

1 अलग-अलग लोगों में पाए गए भिन्न लक्षण

देश, राज्य या शहर को छोड़िए, एक घर ही कोरोना से संक्रमित विभिन्न सदस्यों में अलग-अलग लक्षण मिल रहे हैं। मरीज और तीमारदार आशंकित है कि संक्रमण भीतर है या नहीं। एक वरिष्ठ कोरिया नेता के साथ भी ऐसा ही हुआ उनके घर के मरीजों में अलग-2 लक्षण मिले। उन्हें सांस लेने में परेशानी, कमरदर्द या कोई अन्य लक्षण नहीं था। जबकि उनकी पत्नी में महामारी के लक्षण स्पष्ट थे, बच्चे में मामूली लक्षण पाए गए।



2 मौसम का असर है या नहीं

तेज गर्मी, आर्द्रता में वायरस के नष्ट होने के तमाम दावों पर अभी कोई अंतिम निष्कर्ष नहीं निकला है। महाद्वीपों में भी अलग-अलग जलवायु और इकोसिस्टम का



भी वायरस पर कोई असर नहीं दिख रहा है। डब्ल्यूएचओ समेत तमाम संस्थानों ने गुरुआत में कहा था कि वायरस गर्मी में नहीं टिकेगा। लेकिन विश्व स्वास्थ्य संगठन ने भी माना है कि यह सच नहीं है कि 25 डिग्री से ज्यादा तापमान में वायरस आपके संक्रमित नहीं करेगा।

3 टीकाकरण वाले कितने सुरक्षित

मार्च-अप्रैल में यह कहा जा रहा था कि भारत की तरह बीसीजी, पोलियो जैसी बीमारियों के री फीसदी टीकाकरण वाले देशों में संक्रमण फैलने का खतरा कम है, यह उन देशों में जानलेवा भी कम होगा। हालांकि भारत में ही सात लाख से ज्यादा मरीज हुए, और 20 हजार से ज्यादा मौतें हो चुकी हैं। ऐसे में पहले की बीमारियों के टीकाकरण को लेकर भी संदेह बना हुआ है कि वह कोरोना को लेकर कोई प्रतिरोधक क्षमता रखता भी है कि नहीं।



घूप से नष्ट हो जाती हैं कुछ संक्रमित बूंदें

जापान के लीसेस्टर विश्वविद्यालय के एक वायरोलॉजिस्ट डॉक्टर जुलियन डब्ल्यू तोम ने कहा कि वायरस तेज घूप में नष्ट हो जाता है। इसलिए घर के बाहर कोई समारोह आयोजित किया जाए तो ज्यादा अच्छा है। उनके मुताबिक, खुला स्थान वायरस को संकेंद्रित मात्रा निर्माण करने से रोकता है और खतरा कम हो जाता है।

सतर्कता से खतरा कम

- पार्क में चलना या दौड़ना, लेकिन समूह से अलग।
- परिवार के साथ बाहर खाना, छह फीट की दूरी जरूरी।
- समुद्र तटों या लोगों से दूर झीलों के पास बैठना।
- सामाजिक दूरी का ध्यान रखते हुए तैरना।
- बाल कटवाते समय दोनों को मास्क पहनना चाहिए।

ऐसे में जोखिम ज्यादा

- कड़ी भी बड़ी रथों में भाग लेना
- जोर से बात करने से वायरस फैल सकता है।
- घरों में पार्टियों करना, चाहे वह पड़ोसी, करीबी दोस्त ही क्यों न हो।
- फुटबॉल जैसे अन्य खेलों के खिलाड़ियों के साथ उच्च संपर्क वाले खेल।
- नाइटक्लब और इनडोर रेस्तरां, खासकर मास्क के बिना।