



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 2020901

Selective abortion

Selective abortion in India may lead to 6.8 million fewer girls being born by 2030 (The Tribune: 2020901)

<https://www.tribuneindia.com/news/health/selective-abortion-in-india-may-lead-to-6-8-million-fewer-girls-being-born-by-2030-134201>

Selective abortion in India may lead to 6.8 million fewer girls being born by 2030
Photo for representational purpose only

An estimated 6.8 million fewer female births will be recorded across India by 2030 due to sex-selective abortions, according to a study that projects the highest deficits in the birth of girls will occur in Uttar Pradesh.

Researchers from King Abdullah University of Science and Technology (KAUST), Saudi Arabia, and Universite de Paris, France, noted that there has been a reported imbalance in India in the sex ratio at birth (SRB) since the 1970s due to the emergence of prenatal sex selection and the cultural preference for male babies.

Unlike other countries affected by such imbalances, India is unique in its regional diversity of sex ratio imbalance, they said.

Previous projections of sex ratio at birth in India have been constructed at the national level or were based primarily on expert opinion rather than reproducible modelling.

In the latest study, published in the journal PLOS ONE, researchers projected the SRB in the largest 29 Indian States and Union Territories (UTs), which covered 98.4 per cent of the total population of India as of the year 2011.

Among the 21 Indian States or UTs with high quality birth data, 17 showed a positive effective of son preference on the SRB, with the highest SRBs concentrated in the most northwestern States or UTs, the researchers said.

The team found that, in particular, the effect of son preference is statistically significant in nine States or UTs.

“We project that the highest deficits in female births will occur in Uttar Pradesh, with a cumulative number of missing female births of 2 million from 2017 to 2030,” the researchers said.

“For the whole of India, summing up the 29 state-level projections, the cumulative number of missing female births during 2017 to 2030 is projected to be 6.8,” they wrote in the study.

The average annual number of missing female births between 2017 and 2025 is projected to be 469,000 per year and is projected to increase to 519,000 per year for the time period 2026 to 2030, according to the researchers.

The projects represent an essential input for population projection models in India, especially at the sub-national level, they added.

In India, sex-selective abortions and prenatal sex discernment tests were banned in 1994 under the Pre-conception and Prenatal Diagnostic Techniques (Prohibition of Sex Selection) Act. PTI

Antiviral drug

Antiviral drug for cats may help humans fight COVID-19(The Tribune: 2020901

<https://www.tribuneindia.com/news/health/antiviral-drug-for-cats-may-help-humans-fight-covid-19-132750>

Antiviral drug for cats may help humans fight COVID-19

The drug is a protease inhibitor that interferes with the virus's ability to replicate, thus ending an infection, the study published in the journal Nature Communications reported. iStock

Researchers are preparing to launch clinical trials of a drug used to cure a deadly disease caused by coronavirus in cats that they expect will be effective as a treatment for humans against Covid-19.

"In just two months, our results have shown that the drug is effective at inhibiting viral replication in cells with SARS-CoV-2," said a study researcher Joanne Lemieux from the University of Alberta (UA) in Canada. "This drug is likely to work in humans so we're encouraged that it will be an effective antiviral treatment for Covid-19 patients," Lemieux added.

The drug is a protease inhibitor that interferes with the virus's ability to replicate, thus ending an infection, the study published in the journal Nature Communications reported.

Proteases were key to many body functions and were common targets for drugs to treat everything from high blood pressure to cancer and HIV. First studied by UA's John Vederas and Michael James following the 2003 outbreak of severe acute respiratory syndrome (SARS), the protease inhibitor was further developed by veterinary researchers who showed it cured a disease that is fatal in cats. The researchers explained that Vederas synthesized the compounds and researcher Lorne Tyrrell tested them against the SARS-CoV-2 virus in test tubes and human cell lines.

The research team then revealed the crystal structure of the drug as it binds with the protein. "We determined the three-dimensional shape of the protease with the drug in the active site pocket showing the mechanism of inhibition. This allows us to develop even more effective drugs," Lemieux said.

She will continue to test modifications of the inhibitor to make it a better fit inside the virus, Lemieux added. But she said the current drug shows enough antiviral action against SARS-CoV-2 to proceed immediately to clinical trials.

"Typically for a drug to go into clinical trials, it has to be confirmed in the lab and then tested in animal models," Lemieux said.

"Because this drug has already been used to treat cats with coronavirus and it's effective with little to no toxicity, it's already passed those stages and this allows us to move forward," she added.

The researchers have established a collaboration with Anivive Life Sciences, a veterinary medicine company that is developing the drug for cats to produce the quality and quantity of drug needed for human clinical trials. The team said it will likely be tested in Alberta in combination with other promising antivirals such as remdesivir. — IANS

Accurate, low-cost Covid-19 test

Chinese researchers develop fast, accurate, low-cost Covid-19 test (The Tribune: 2020901)

<https://www.tribuneindia.com/news/health/chinese-researchers-develop-fast-accurate-low-cost-covid-19-test-133231>

Chinese researchers develop fast, accurate, low-cost Covid-19 test

Photo for representational purpose only.

Chinese researchers have developed a new low-cost diagnostic test for Covid-19 which quickly delivers accurate results without the need for sophisticated equipment.

“In this study, we developed an isothermal, CRISPR-based diagnostic for Covid-19 with near single-copy sensitivity,” the study authors from Xuzhou Medical University in China, wrote in a paper published in the journal PLOS Pathogens.

“We demonstrated a CRISPR-based assay for Covid-19 that offered shorter turn-around time and great diagnostic value, even in under-resourced settings without the need for thermal cyclers,” they added.

The surging demand for rapid screening and identification of Covid-19 poses great diagnostic challenges.

Metagenomic next-generation sequencing (mNGS) and reverse-transcription PCR (RT-PCR) have been the most commonly used molecular methods for diagnosing Covid-19, but each has its own limitations.

For example, sequencing is costly and has a turnaround time of nearly one day, while RT-PCR requires specialized equipment and is difficult to deploy at a large scale.

According to the researchers, a lack of rapid and accurate molecular diagnostic tools has hampered efficient public health responses to the viral threat.

In the new study, the researchers developed an alternative Covid-19 test by leveraging CRISPR-based technology, which has been widely used in recent years for gene editing.

The assay, named CRISPR-COVID, enables high-throughput detection of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) - the virus that causes Covid-19.

CRISPR-COVID delivers comparable sensitivity and specificity as mNGS within as short as 40 minutes, the researchers said.

When produced at a large scale, the material cost of a CRISPR-COVID test could be less than 70 cents, suggesting that CRISPR-COVID is a competitive alternative not only technologically but also financially, the team noted. IANS

Covid-19: What you need to know today (Hindustan Times: 2020901)

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

This column has often mentioned the similarities between the spread of the coronavirus disease in the US and India, both geographically large and populous countries. The US is larger than India; and India is more populous than the US. But there is a big difference — one that points to a mystery in the Indian numbers.

Across US states, there is a significant similarity in terms of the number of cases per 100,000 people. The vast difference between the absolute number of cases in the US and India makes comparisons difficult, but it is possible to look for similarities within the countries.

The difference (per 100,000 people; and from here on, wherever this column refers to cases it is per 100,000 of the population) between the state ranked first (Louisiana) and the state ranked 20th is a third of the number of cases in the first. And many of the states in the top 10 (excluding Louisiana) are clustered within 20% of the cases in the state with the second highest number of cases, Florida. The difference between Louisiana and the state ranked 40th is 43% of the number of cases in the former.

In India, Delhi is the city-state with the most number of cases per 100,000 people (875; this analysis has excluded smaller states and Union Territories). It is followed by Andhra Pradesh (813), Maharashtra (640), Tamil Nadu (557), Karnataka (510), and Telangana (330). The difference per 100,000 cases between Delhi and Telangana is around 62% of the number of cases in the former. The numbers drop off sharply after that.

Indeed, some of India's most populous states figure towards the bottom of the list — West Bengal, with 165 cases per 100,000; Bihar with 113; and Uttar Pradesh (100). At the national level, India has 271 cases per 100,000 of the population. All numbers are from HT's dashboard as of Sunday night.

Testing explains some of this. For instance, India had tested 31,741 people per million of its population till Sunday night. But Uttar Pradesh, Bihar and West Bengal had tested only 24,404, 25913, and 19043 people per million respectively. In a country that is a laggard when it comes to testing, these states are in the lower quartile in terms of tests per million. Among the 10 countries ranked by the most cases in the world, only Mexico tests fewer per million than India. In the 20 countries ranked by the most cases, only four (Mexico, Argentina, Bangladesh and Pakistan) test fewer people per million.

But testing doesn't explain it all. On Sunday, for instance, Uttar Pradesh carried out the most tests but its positivity rate was among the lowest — 4.42%. Bihar's was lower still (1.92%) and it carried out the most tests after Uttar Pradesh. Even West Bengal's, on a much lower base of tests, was around 7%. In contrast, Tamil Nadu, which carried out the third highest number of tests after Uttar Pradesh and Bihar on Sunday, saw a positivity rate of 7.8%. And Maharashtra, which carried out the fourth highest number of tests, saw a positivity rate of 22%. Delhi saw a positivity rate of 9.9%.

Among these states, Delhi has seen its positivity rate plunge (from highs in the early 30s to lows in the 5-7% range) before it started climbing again. Tamil Nadu was an early convert to the merits of aggressive testing, but while the positivity rate has come off its peaks, the state is clearly on a long plateau. As for the rest, their positivity rates aren't, in most part, seeing the kind of trend that should be seen with more testing — a rise, a long plateau, and a fall.

Some of the disparity between Indian states can be explained by the first wave of infections largely being restricted to the large urban centres. But this newspaper has written about how that is changing with 55.3% of the cases in the third million (India ended Monday with 3.68 million cases) coming from rural districts. The mystery, then, is that large states such as Uttar Pradesh, Bihar, and West Bengal are not seeing the kind of numbers they should.

SPREAD OF cases WITHIN COUNTRIES

The virus is relatively evenly spread in the US. The difference between Louisiana (the state with most per-capita cases) and the state ranked 40th is 43% of the cases in the former. In India, the gap in cases per 100,000 residents between Delhi, which has the most per-capita cases, and Telangana is around 62%

WHO'S TESTING MORE?

India had tested 31,741 people per million till Sunday night. Among the 10 countries ranked by the most cases in the world, only Mexico tests fewer per million than India

RURAL SHIFT

The disparity between India's states can be explained by the first wave of infections largely being restricted to urban centres. But that is changing as more than half the cases in the third million have come from rural districts

Covid-19 Nerw Cases: 2020901)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15075256>

THE ASIAN AGE

1 SEPTEMBER 2020

As Covid-19 cases spike, go slower on 'unlocking'

As the Centre and states open up more sectors and allow the resumption of further activities from Tuesday, September 1, as India begins the "Unlock 4.0" phase, it is important not to forget how the pandemic is spiralling across the country, with daily coronavirus cases crossing 80,000 Sunday, the highest anywhere in the world. The last week of August witnessed a huge spurt in cases, and not just in Maharashtra and some southern states but also Delhi, that earlier seemed to have the numbers under control. And while there has also been a considerable increase in the number of tests per day, which is likely to

We need to find a balance – and move a little slower.

rise, there is no hard evidence to say the rise in infections detected is primarily due to the increased testing – as health officials and the government fondly hope. One really wonders how the Centre and state governments are confident that this is the right moment to open more activities. Schools/colleges will remain shut till September 30, but the authorities have decided to go ahead with the JEE and NEET exams for medical and engineering admissions, which will expose thousands of students across the country to the risk of contracting the virus. Also, teachers and some students from Classes 9 to 12 might be called to schools for "guidance" from later in September, the first time most will come into physical contact with each other since March – which again appears to be an avoidable step.

Most important, the government's decision to allow the resumption of Metro rail services – even if in a staggered manner – appears premature. To allow public transport buses (with 20 people allowed and with seats spaced out; or taxis or autos, with two/three passengers) is one thing, but the Metro trains carry thousands of passengers travelling in close proximity, not to mention the thousands who will collect at Metro stations even if the capacity on the trains is restricted. All this creates a situation which might facilitate the spread of the virus. A serious rethink needs to be done prior to September 7, when Metro services are set to resume, and it should be permitted only in those areas where the Covid-19 pandemic is completely under control. That, unfortunately, is not yet the case in any of India's major metropolises.

From September 21, social, religious, political, academic and sports functions can be held with up to 100 people, and weddings and funerals (now allowed with lesser numbers) will be permitted with 100 people. This, in our view, is also premature, and should wait till things stabilise further. The festival season is fast approaching, and it is vital to set strict norms now to ensure that low-key celebrations are held which will not endanger people's lives. There is, of course, the counter-argument: that we must "learn to live with Covid" till a vaccine is found and distributed, which might take up to a year, and that people cannot put off economic and other activities indefinitely. The lockdown that India imposed in March was one of the world's harshest – which severely hurt a lot of people and its benefits remain debatable. But now we might be swinging to the other extreme – rapidly opening up activities without considering all the consequences. We need to find a balance – and move a little slower.

Mental health

Coronavirus | House panel looks at impact of lockdown on mental health (The Hindu: 2020901)

<https://www.thehindu.com/news/national/coronavirus-house-panel-looks-at-impact-of-lockdown-on-mental-health/article32479915.ece>

Standing Committee for Home Affairs briefed by heads of ICMR and AIIMS
As India heads towards completing six months of being in virtual mode and restricted mobility because of the COVID-19 pandemic in September, the Parliamentary Standing Committee for Home Affairs is examining the impact of the lockdown on citizens' mental health.

Post-traumatic stress disorder

Coronavirus lockdown | Rise in post-traumatic stress disorder: survey (The Hindu: 2020901)

<https://www.thehindu.com/sci-tech/health/rise-in-post-traumatic-stress-disorder-survey/article32481461.ece>

The web-based study reveals that COVID lockdown has affected the psychological profile of people

A nationwide lockdown may have prevented the COVID-19 pandemic curve from peaking earlier but it certainly has shown adverse impact on the psychological profile of people in the form of rise in Post-Traumatic Stress Disorder (PTSD), said a dip-test, pan-India, web-based survey conducted via Google form during the last week of April 2020 when the nation had completed four weeks of lockdown. The survey was conducted by the Department of Community Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital.

Kabasura kudineer'

Siddha research papers throw light on efficacy of 'Kabasura kudineer' in managing COVID-

<https://www.thehindu.com/sci-tech/health/siddha-research-papers-throw-light-on-efficacy-of-kabasura-kudineer-in-managing-covid-19/article31868238.ece>

The ingredients are powdered and mixed with water, then boiled to make a decoction of one-fourth of its initial volume.

With a global race on to find a cure for the deadly coronavirus, teams of Siddha doctors in Tamil Nadu who dug deep into the traditional system of medicine have found 'kabasura kudineer' a herbal concoction to be effective in managing COVID-19 cases.

Most popular diets

Study examines heart risks and benefits of today's most popular diets (New Kerala: 2020901)

<https://www.newkerala.com/news/2020/154387.htm>

In a review of existing scientific studies on trendy ketogenic and intermittent fasting diets, researchers concluded that these diets do seem to help people lose weight in the short-term, and modest evidence suggests they may contribute to cardiovascular health.

However, these diets also allow the consumption of foods that are known to increase cardiovascular risk and are unlikely to be as effective at preventing heart disease as well-established nutritional guidelines currently recommended by health experts.

"With diets like keto and intermittent fasting, social and popular media has been flooded with claims, promises and warnings that are at best unverified and at worst harmful to your health," said Andrew Freeman, MD, director of cardiovascular prevention and wellness at National Jewish Health and co-author of the study. "Diets recommended by health experts, such as plant-based and Mediterranean diets, have been extensively studied for safety and efficacy, and demonstrated conclusively to improve cardiovascular health."

Keto is a very low carbohydrate dietary approach that sends the body into ketosis, a metabolic state in which it has reduced access to glucose and is instead mostly fueled by fat. While the limited study of the keto diet shows those who follow it initially lose weight, it tends not to be sustainable according to 12-month data. It is also unclear whether the weight loss is caused by ketosis or simply by calorie restriction.

Researchers also have concerns about the type and amount of fat consumed by those following a keto diet. While existing studies strictly controlled the type of fat and foods participants consumed, many who try keto consume high amounts of unhealthy saturated fat, which is associated with an increased risk of heart disease and high lipid levels in the blood. There is also evidence that eating a keto diet for an extended period of time may lead to stiffening of the arteries, and several studies found that those who eat a keto diet have a greater risk of death.

Keto does, however, show promise as a potential treatment for diabetes, with studies showing improved glucose levels, as well as lower fasting glucose and insulin levels in mice, fed a keto diet. Further research is needed to confirm these benefits and assess risk before keto is clinically recommended.

Researchers are also optimistic about the potential health benefits of intermittent fasting but are concerned about possible pitfalls. There is a wide range of practices being called "intermittent fasting", with some fasting without food an entire day and others restricting meals to certain hours of the day. Experts also worry that the hunger-induced by fasting causes many people to overeat when it is time for meals, or make unhealthy choices that have adverse effects on their cardiovascular health.

A majority of the current evidence regarding the potential benefits of intermittent fasting come from animal studies, which have shown increased longevity, weight loss, decreased blood pressure, improved glucose tolerance and controlled lipid levels.

"The potential risks of intermittent fasting that require further study include effects of starvation and how it may impact organ function," Dr Freeman said. "It is particularly important for diabetics to speak with their doctor before trying intermittent fasting to discuss how to control their disease and the risk of hypoglycemia that may come with skipping regular meals."

While there is modest evidence regarding favourable effects of both dietary approaches, neither the keto nor intermittent fasting is recommended for the treatment or prevention of any condition until large, long-term studies can more definitively examine their impact. Instead, experts recommend diets that have been extensively studied and scientifically proven to prevent or even reverse cardiovascular issues, which include the Mediterranean diet, a whole food plant-based diet and the National Institutes of Health's Dietary Approaches to Stop Hypertension (DASH). All of these share a common foundation that includes fruits, vegetables, legumes, nuts and whole grains.

Diabetes

MI more powerful risk factor for diabetes than genetics'(New Kerala: 2020901)

<https://www.newkerala.com/news/2020/154299.htm>

Body mass index (BMI) is a more powerful risk factor for diabetes than genetics, said researchers, adding that losing weight could prevent or even reverse diabetes.

Obesity is the main modifiable cause of type 2 diabetes, while genetic make-up may also identify individuals with a greater likelihood of developing the condition, the study presented at the 'ESC Congress 2020' conference on Monday revealed.

"Because we are born with our genes, it might be possible to pinpoint early in life who has a high chance of developing diabetes during their lifetime," said study researcher Brian Ference from the University of Cambridge in the UK.

"We conducted this study to find out if combining inherited risk with current body mass index (BMI) could identify people at the highest risk of developing diabetes," Ference added.

The study included 445,765 participants of the UK Biobank. The average age was 57.2 years and 54 per cent were women.

According to the researchers, the inherited risk of diabetes was assessed using 6.9 million genes. Height and weight were measured at enrolment to calculate BMI.

Participants were divided into five groups according to genetic risk of diabetes. They were also divided into five groups according to BMI.

Participants were followed-up until an average age of 65.2 years. During that period, 31,298 developed type 2 diabetes.

The findings showed that those in the highest BMI group had an 11-fold increased risk of diabetes compared to participants in the lowest BMI group. The highest BMI group had a greater likelihood of developing diabetes than all other BMI groups, regardless of genetic risk.

"The findings indicate that BMI is a much more powerful risk factor for diabetes than genetic predisposition," said Ference.

The investigators then used statistical methods to estimate whether the likelihood of diabetes in people with a high BMI would be even greater if they were overweight for a long period of time. They found that the duration of elevated BMI did not have an impact on the risk of diabetes.

"This suggests that when people cross a certain BMI threshold, their chances of diabetes go up and stay at that same high-risk level regardless of how long they are overweight," Ference said.

He noted that it may also be possible to reverse diabetes by losing weight in the early stages before permanent damage occurs.

Depression

Older adults facing greater depression during pandemic (New Kerala: 2020901)

<https://www.newkerala.com/news/2020/154285.htm>

As mental health issues become a big burden in the ongoing global health crisis, researchers say that older adults experienced greater depression and loneliness during the Covid-19 pandemic.

"What we found is the pandemic was associated with worse mental health outcomes for many older adults," study author Anne Krendl from Indiana University in the US, said in a paper published in the Journal of Gerontology Series B.

The research team examined whether social isolation due to the Covid-19 shelter-in-place orders was associated with greater loneliness and greater depression for older adults, and, if so, whether declines in social engagement or relationship strength moderated that relationship.

Researchers compared personal social networks, subjective loneliness and depression of 93 older adults in the Bloomington community, six to nine months prior to the pandemic and from late April to late May when most people were under stay-at-home orders.

Two-thirds (68 per cent) of older adults reported spending less time than before with people they loved, according to the study, and 79 per cent felt like their social life decreased or was negatively affected by Covid-19.

However, 60 per cent reported spending somewhat or much more time reconnecting or catching up with people they cared about and 78 per cent were using some form of internet technology to keep in touch during the pandemic.

On average, older adults reported spending about 76 minutes socialising virtually or over the phone each day.

"Although prior research has shown that people in this age group are not avid users of social media, the pandemic seems to have moved the needle, with more older people relying on social media to try to stay connected," Krendl said.

Research has shown that loneliness is associated with a number of negative outcomes for older adults, including higher rates of depression and higher mortality, while closeness to individuals in their networks can result in greater emotional well-being.

"Although older adults were relatively adaptable in staying connected during the pandemic, we found that adults who felt less close to their social network during the pandemic experienced increased depression," the study authors wrote.

"However, for older adults who felt closer to their social networks during the pandemic, depression only increased markedly for those who also had experienced a large increase in loneliness," they noted.

"But certainly, periods of mental health distress can have longer-term implications for health and well-being," Krendl said.

Last week, a study published in the journal Sustainability, found that Covid-19 has severely affected people's daily lives and mental health, increasing their stress, fear of getting sick and financial strain.

Heart complications

Study confirms link between influenza, heart complications (New Kerala: 2020901)

<https://www.newkerala.com/news/2020/154147.htm>

The link between influenza and serious heart conditions just grew stronger, say researchers, adding that patients hospitalised with the flu had a cardiac complication despite having no documented underlying conditions.

A study looking at more than 80,000 adult patients hospitalised with flu over eight seasons found that sudden, serious heart complications were common, occurring in 12 per cent of patients, or one in 8.

"Previous to our study, there had been suggestions between the link, but our study shows just how common it is," said lead author Eric Chow from the University of Washington School of Medicine in the US.

The study, published in the journal *Annals of Internal Medicine*, underscores the importance of getting a flu shot early.

"There are few respiratory viruses we have a vaccine for. "Our team motto is to get a flu shot," Chow said.

The study found that five per cent of patients hospitalised with the flu had a cardiac complication despite having no documented underlying conditions.

In the last month, there have been cases of otherwise healthy athletes showing signs of heart complications after recovering from Covid-19.

For example, 27-year-old Florida State basketball player Michael Ojo, who recovered from Covid-19, died of an apparent heart attack at a practice.

Chow said he is not surprised this is happening to healthy people who have been infected with SARS-CoV-2, the virus that causes Covid-19.

The virus can cause damage to the lungs and other organs, including the heart. Inflammation makes hearts vulnerable to potentially fatal arrhythmias during vigorous exercise.

In this study of adults hospitalized with flu, 12 per cent had acute heart complications. Of these, 30 per cent were admitted to the ICU and seven per cent died while in the hospital.

The researchers said that the US Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older get a flu vaccine every flu season.

According to the CDC, flu vaccination is always considered important for people at high risk of developing serious flu complications, including people with heart disease.

Flu shots are approved for people with heart disease, but people with heart disease should not receive the live attenuated influenza vaccine (LAIV, also known as the nasal spray flu vaccine).

Medication and cancer

Large study finds no link between blood pressure medication and cancer

<https://www.newkerala.com/news/2020/153993.htm>

There is no evidence that blood pressure-lowering drugs increase the risk of cancer, according to the most extensive study conducted on the topic.

The late-breaking research is presented at ESC Congress 2020.

"Our results should reassure the public about the safety of antihypertensive drugs with respect to cancer, which is of paramount importance given their proven benefit for protecting against heart attacks and strokes," said study author Emma Copland, an epidemiologist at the University of Oxford, UK.

A potential link between blood pressure drugs and cancer has been debated for more than 40 years. The evidence for an increased or decreased risk of cancer with the use of antihypertensive medication has been inconsistent and conflicting.

This was the largest study on cancer outcomes in participants of randomised trials investigating antihypertensive medication - around 260,000 people in 31 trials. Investigators of all trials were asked for information on which participants developed cancer. Much of this information has not been published before, making the current analysis the most detailed yet.

Five antihypertensive drug classes were investigated separately: angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor blockers (ARBs), beta-blockers, calcium channel blockers (CCBs), and diuretics.

The investigators estimated the effect of each drug class on the risk of developing any type of cancer, of dying from cancer, and of developing breast, colorectal, lung, prostate and skin cancers.

They also examined whether there were any differences according to age, gender, body size, smoking status and previous antihypertensive medication use before taking part in the trial.

During an average of four years, there were around 15,000 new diagnoses of cancer. The researchers found no evidence that the use of any antihypertensive drug class increased the risk of cancer. This finding was consistent regardless of age, gender, body size, smoking status and previous antihypertensive medication use.

Each drug class was compared against all other control groups, including placebo, standard treatment and other drug classes.

There was no important effect on any individual drug class on overall cancer risk. The hazard ratio (HR) for any cancer was 0.99 (95 percent confidence interval [CI] 0.94-1.04) with ACE inhibitors, 0.97 (95 percent CI 0.93-1.02) with ARBs, 0.98 (95 percent CI 0.89-1.08) with beta

blockers, 1.06 (95 percent CI 1.01-1.11) with CCBs and 1.01 (95 percent CI 0.95-1.07) with diuretics.

In statistical terms, these effect sizes were not significantly different from each other, so there was no evidence of an increased risk of cancer with any of the drug classes.

Similarly, there was no evidence that any type of antihypertensive medication had an effect on the probability of developing breast, colorectal, lung, prostate, or skin cancer.

When participants were followed throughout the course of each trial, there was no indication that the risk of cancer increased with longer duration of use of these treatments.

"Our study has addressed an ongoing controversy about whether antihypertensive medication increases the risk of developing cancer. We used the largest individual-level randomised evidence on antihypertensive medication to date and provide evidence for the safety of blood pressure-lowering drugs in relation to cancer," Copland said.

Psychotic Disorder

Blood Test Detect Psychotic Disorder: साधारण ब्लड टेस्ट से लोगों में होने वाली मनोविकृति का पता लगेगा

: साधारण ब्लड टेस्ट से लोगों में होने वाली मनोविकृति का पता लगेगा (Dainik Gagan: 2020901)

<https://www.jagran.com/lifestyle/health-simple-blood-test-to-predict-who-is-likely-to-develop-psychotic-disorders-20690921.html>

Blood Test Detect Psychotic Disorder वैज्ञानिकों ने दावा किया है कि ब्लड सैंपल में एक खास तरह के प्रोटीन के स्तर की जांच से मनोविकृत बीमारी की आशंका का पता लगाया जा सकता है।

नई दिल्ली, लाइफस्टाइल डेस्क। मनोवैज्ञानिक बीमारियों का पता अब साधारण ब्लड टेस्ट से लगाया जा सकता है। वैज्ञानिकों ने दावा किया है कि ब्लड सैंपल में एक खास तरह के प्रोटीन के स्तर की जांच से मनोविकृत बीमारी की आशंका का पता लगाया जा सकता है। मनोविकृति पागलपन का शुरुआती विकार है। अगर का व्यक्ति इस तरह के मनोविकार से पीड़ित होता है तो कुछ साल के बाद वह पागल हो सकता है। वैज्ञानिकों ने यह दावा जेएएमए साइकेट्री जर्नल के ताजा अंक में प्रकाशित हुआ है। आरसीएसई यूनिवर्सिटी ऑफ मेडिसीन एंड हेल्थ साइंस के शोधकर्ताओं ने यह अध्ययन किया है। मामूली तथा उससे कुछ ऊपर के लक्षण के आधार पर कुछ लोगों में सिजोफ्रेनिया जैसे मनोविकृति वाले विकार के होने की आशंका ज्यादा रहती है। हालांकि इनमें से 20 से 30 प्रतिशत लोगों को ही आगे जाकर साइकोटिक डिऑर्डर (मनोविकृति) होता है। शोधकर्ताओं ने अपने अध्ययन में अधिक जोखिम वाले लोगों के खून का नमूना लेकर इसका विश्लेषण किया है।

Heart Attack Prevention : शील्डेड स्टेम सेल से दिल की मरम्मत कई गुना तेजी से होगी- रिसर्च

यह भी पढ़ें

कई सालों के अध्ययन के बाद पता चला

शोधकर्ताओं ने इन लोगों पर कई सालों तक नजदीकी नजर रखा और देखा किस तरह के लोगों में आगे जाकर साइकोटिक डिस्ऑर्डर हुआ और किस तरह के लोगों में आगे जाकर साइकोटिक डिस्ऑर्डर नहीं हुआ। अध्ययन के दौरान शोधकर्ताओं ने मशीन लर्निंग की मदद से खून के नमूनों में से प्रोटीन का विश्लेषण किया। विश्लेषण में शोधकर्ताओं को प्रोटीन के एक खास पैटर्न के बारे में पता चला जिसके आधार पर यह पता लगाया जा सकता है कि आगे चलकर इनमें से किन रोगियों को साइकोटिक डिस्ऑर्डर होने वाला है और किन रोगियों को यह बीमारी नहीं होने वाली है। शोधकर्ताओं ने पाया कि खून में मौजूद ये खास प्रकार के ज्यादातर प्रोटीन सूजन बढ़ाने में उत्तेजक का काम कर रहे थे। इससे पता चला कि जिन रोगियों में आगे जाकर साइकोटिक डिस्ऑर्डर हुआ उनमें इस प्रोटीन ने शुरुआत में ही रोग प्रतिरोधक प्रणाली में बदलाव कर दिया। शोधकर्ताओं ने दावा किया है कि प्रोटीन के इस खास पैटर्न के आधार पर किसी व्यक्ति में आगे होने वाले साइकोटिक डिस्ऑर्डर की आशंका को कई साल पहले पता लगाया जा सकता है।

Dieting During Pregnancy: क्या प्रेग्नेंसी के दौरान डाइटिंग करना सुरक्षित है?

Dieting During Pregnancy: क्या प्रेग्नेंसी के दौरान डाइटिंग करना सुरक्षित है?

यह भी पढ़ें

भविष्यसूचक प्रोटीन से पता लगेगा किसे है ज्यादा जोखिम

शोधकर्ताओं का यह अध्ययन सबसे सटीक 10 सबसे अधिक भविष्यसूचक प्रोटीन पर आधारित था। इसने एकदम सच सच उन लोगों की पहचान कर ली जिनमें साइकोटिक डिस्ऑर्डर होने की आशंका 93 प्रतिशत तक पाई गई।

इस अध्ययन के प्रमुख शोधकर्ता प्रोफेसर डेविड कोटर ने बताया कि हम लोगों को साइकोटिक डिस्ऑर्डर से बचाना चाहते हैं लेकिन इसके लिए हमें यह पता लगाना बेहद जरूरी है कि किस लक्षण वाले लोगों में इस तरह के विकार के होने की आशंका है। हमारे शोध ने यह कर दिखाया है। हमने मशीन लर्निंग की मदद से इस खास तरह के प्रोटीन का विश्लेषण किया है जिसमें हमें साधारण ब्लड टेस्ट से यह पता लग जाएगा कि भविष्य में कौन साइकोटिक डिस्ऑर्डर का शिकार होने वाला है। इस नतीजे से हम कई लोगों को साइकोटिक डिस्ऑर्डर का समय से पहले इलाज कर पाने में सक्षम होंगे और उन्हें भविष्य में यह विकार नहीं होगा।

डायबिटीज के मरीजों के लिए किसी वरदान से कम नहीं है सदाबहार फूल, ऐसे करें इस्तेमाल

डायबिटीज के मरीजों के लिए किसी वरदान से कम नहीं है सदाबहार फूल, ऐसे करें इस्तेमाल
यह भी पढ़ें

डायबिटीज

डायबिटीज के मरीजों के लिए किसी वरदान से कम नहीं है सदाबहार फूल, ऐसे करें इस्तेमाल (Dainik Gagan: 2020901)

<https://www.jagran.com/lifestyle/health-catharanthus-is-good-for-diebetes-patients-know-how-to-use-20691063.html>

डायबिटीज के मरीजों के लिए किसी वरदान से कम नहीं है सदाबहार फूल, ऐसे करें इस्तेमाल

चूहों पर किए गए शोध से पता चला है कि सदाबहार फूल एंटी-डायबिटिक की तरह काम करता है। इससे रक्त में शर्करा स्तर नियंत्रित होता है। दिल्ली, लाइफस्टाइल डेस्क। सदाबहार फूलों की प्रजाति का एक पौधा है जो देशभर में पाया जाता है। इसका फूल सालों भर खिलता रहता है। इसे अंग्रेजी में Catharanthus कहा जाता है। सदाबहार का पौधा जीवट किस्म का होता है जो बिना देखभाल के ही बढ़ता और खिलता रहता है। सदाबहार फूल गोलाकार होते हैं। इसमें कई औषधीय गुण पाए जाते हैं जो स्वास्थ्य के लिए लाभदायक होते हैं। खासकर डायबिटीज के मरीजों के लिए सदाबहार फूल रामबाण दवा है। इसके साथ ही सर्दी-खांसी, गले की खराश और फेफड़ों से संबंधित सभी तरह की बीमारियों में सदाबहार फूल लाभदायक है। अगर आपको सदाबहार फूल के फायदे के बारे में नहीं पता है, तो आइए जानते हैं-

डायबिटीज में है फायदेमंद

researchgate.net में छपी एक लेख के अनुसार, डायबिटीज के मरीजों के लिए सदाबहार फूल वरदान है। इसके सेवन से डायबिटीज को नियंत्रित किया जा सकता है। खासकर टाइप2 डायबिटीज मरीजों के लिए यह अधिक फायदेमंद है। चूहों पर किए गए शोध से पता चला है कि सदाबहार फूल एंटी-डायबिटिक की तरह काम करता है। इससे रक्त में शर्करा स्तर नियंत्रित होता है। साथ ही यह एजेंट की तरह काम करता है और शरीर में इंसुलिन के उत्सर्जन में भी सहायक होता है।

इसके लिए सदाबहार के फूल को एक गिलास पानी में उबाल लें। जब यह अच्छी तरह से उबल जाएं, तो इसे छानकर चाय की तरह पिएं। इससे डायबिटीज रोग में आराम मिलता है। इसे आप डॉक्टर की परमर्श के बाद रोजाना सेवन कर सकते हैं।

-आप चाहे तो सदाबहार पौधे की पत्तियां का भी इस्तेमाल कर सकते हैं। इसमें भी औषधीय गुण पाए जाते हैं। इसके लिए पत्तियां को पहले सूखाकर पाउडर बना लें। अब रोजाना इस पाउडर का सेवन पानी के साथ करें। हालांकि, सदाबहार के सेवन करने से पहले डॉक्टर की सलाह जरूर लें।

Tips To Sleep-Tight

Tips To Sleep-Tight: चैन की नींद सोना है तो जरूर करें यह 1 काम (Navbharat Times: 2020901)

<https://navbharattimes.indiatimes.com/lifestyle/health/easiest-tips-to-get-better-sleep-and-sleep-tight-foot-massage-in-hindi/articleshow/77855681.cms>

बस 3 मिनट करें यह जरूरी काम... आणगी अच्छी नींद और पूरी रात मिलेगा आराम...

अगर आप चाहते हैं कि रात में आपको सुकून की नींद आए, पैरों में कुलन और बेचैनी के कारण आपकी नींद में किसी तरह की बाधा ना आए तो आपको सोने से पहले एक खास काम करना होगा। यह काम आपके शरीर को राहत देने के साथ ही दिमाग को भी शांति देगा। आइए, जानते हैं कि आखिर क्या और कैसे करना है...

आपको क्या करना है?

-बिस्तर पर जाने से पहले आपको अपने पैर साफ पानी से धुलकर कॉटन के कपड़े से पोछकर साफ करने हैं। इसके बाद सरसों के तेल से अपने पैरों की मालिश करें। यह मालिश 2 से 3 मिनट की भी हो तो काफी है। यहां जानें इस तरह हर दिन मालिश करने से आपको किस तरह के लाभ होंगे...

पैर के तलुए में होते हैं सभी एक्यूप्रेशर पॉइंट्स

-हमारे पैर के तलुओं में पूरे शरीर के एक्यूप्रेशर पॉइंट्स होते हैं। पैर के तलुओं पर मसाज करने से इन पॉइंट्स पर दबाव पड़ता है, जिससे शरीर का तनाव कम होता है और मानसिक शांति बढ़ती है। इसलिए आप अच्छी नींद आती है।

sleep-3

बहुत फायदेमंद है पैर के तलुओं की मसाज

Morning Face Swelling: सिर्फ नींद पूरी ना होना ही नहीं, यह भी है चेहरे की सूजन की वजह

ताउम्र रहेंगे युवा

-अगर आप हर दिन सोने से पहले अपने पैर के तलुओं पर सरसों के तेल से मालिश करेंगे तो आप ताउम्र युवा बने रहेंगे। यहां युवा बने रहने से हमारा आशय है कि आपके दांत, आपकी दृष्टि और आपके शरीर के जोड़ों में किसी तरह का दर्द या समस्या नहीं हो पाएगी।

चश्मा नहीं लगेगा

-यदि आप सोने से पहले हर दिन अपने पैरों पर सरसों तेल से मालिश करते हैं तो आप अपनी कमजोर आइसाइट को भी ठीक कर सकते हैं। लेकिन ऐसा नहीं है कि आपको एक या दो हफ्ते में ही इसका असर देखने को मिल जाएगा। आप लगातार करिए, सुधार धीरे-धीरे समझ आएगा।

To Avoid Embarrassment: शर्मिंदगी से बचना है तो मीटिंग से पहले कभी ना खाएं ये चीजें

sleep

शारीरिक थकान दूर करती है तलुओं की मसाज

पेट में मरोड़ उठना और लूज पॉटी आना, जायें इस स्थिति से निपटने के घरेलू तरीके

पाचन को ठीक रखे

-आपको जानकर थोड़ी हैरानी हो सकती है। लेकिन यह सही है कि जो लोग नियमित रूप से अपने पैर के तलुओं पर मालिश करते हैं या किसी और से कराते हैं, उनका पाचनतंत्र अन्य लोगों की तुलना में काफी ठीक रहता है। साथ ही उन्हें पेट संबंधी रोग नहीं घेरते हैं।

-साथ ही ऐसे लोगों के शरीर पर थकान हावी नहीं हो पाती है। पैर के तलुओं की मसाज करने से शरीर के डैमेज सेल यानी क्षतिग्रस्त कोशिकाओं की जल्द मरम्मत होती है। इससे त्वचा भी चमकदार बनी रहती है। तो देर किस बात की, खूबसूरती और सेहत के लिए आज से ही शुरू करें पैर के तलुओं की मालिश।

Health Care (Hindustan: 2020901)

https://epaper.livehindustan.com/imageview_286404_86432822_4_1_01-09-2020_4_i_1_sf.html

स्वास्थ्यकर्मी बोलें, जांच करवाने वाले कम आ रहे

12:30 बजे दोपहर

भजनपुरा डिस्पेंसरी

भजनपुरा डिस्पेंसरी में कोरोना जांच करने वाले स्वास्थ्य कर्मी बैठे हुए थे। कुछ लोग जांच करवाने के बाद अपनी रिपोर्ट लेने के लिए बैठे दिखे। डिस्पेंसरी खुलने का समय दो घंटे बढ़ा दिया गया है। हालांकि, यहां जांच करवाने वालों की संख्या बीते कुछ दिनों में घटी है।

डिस्पेंसरी कर्मचारी ने बताया कि जहां पहले रोजाना औसतन 40 से अधिक मरीज जांच करवाने आते थे अब केवल 10 से 15 मरीज आते हैं।

एक माह पूर्व तो करीब 50 लोग रोजाना जांच करवाने आते हैं। लेकिन धीरे-धीरे यह संख्या घट गई है। जांच का समय बढ़ने के बाद लोग 12 बजे के बाद भी जांच करवाने आते हैं। इससे उन लोगों को फायदा हुआ है जो लोग सुबह जल्दी नहीं आ सकते। लेकिन, फिर भी आने वालों की संख्या कम है।

डिस्पेंसरी में दो अलग-अलग गेट हैं। एक से केवल कोरोना जांच करवाने वालों का प्रवेश है। दूसरी तरफ वाले से अन्य उपचार के लिए आने वाले आवाजाही करते हैं। फिलहाल बुखार, खांसी के मरीज ज्यादा आ रहे हैं।