



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20210917

Air pollution

No relief from air pollution in Delhi-NCR likely till Sunday as air quality is in 'very poor' category (The Tribune: 20210117)

<https://www.tribuneindia.com/news/nation/no-relief-from-air-pollution-in-delhi-ncr-likely-till-sunday-as-air-quality-is-in-very-poor-category-339258>

The city records its air quality index at 389 at 9 am

No relief from air pollution in Delhi-NCR likely till Sunday as air quality is in 'very poor' category

Delhi-NCR recorded its air quality in the very poor category on Wednesday morning and no major improvement is likely until Sunday, authorities said.

The minimum temperature in the capital dropped to 9.6 degrees Celsius, three notches below normal and the lowest this season so far. The maximum is likely to settle around 27 degrees Celsius, the India Meteorological Department said.

The city recorded its air quality index at 389 at 9 am. It had slipped into the severe zone on Tuesday and was recorded at 403 at 4 pm.

Faridabad (350), Ghaziabad (368), Greater Noida (358), Gurugram (354) and Noida (369) also recorded their air quality in very poor category.

VK Soni of the IMD on Tuesday told the Commission for Air Quality Management (CAQM) that lower ventilation index – due to low temperatures and calm wind conditions – is predicted between Wednesday and Sunday, which is unfavourable for dispersion of pollutants.

The air quality is likely to improve Sunday onwards due to “relatively strong winds”, he said.

The Ministry of Earth Sciences' air quality monitor SAFAR has said the intrusion of stubble burning-related pollutants into Delhi is not likely on Wednesday and Thursday as the transport level wind direction is easterly.

Ahead of a Supreme Court hearing on the air pollution issue, the CAQM late Tuesday night directed that schools, colleges and educational institutions in the National Capital Region will remain closed until further orders, allowing only online mode of education.

It also said that only five of the 11 thermal power plants located within 300 km radius of Delhi -- NTPC, Jhajjar; Mahatma Gandhi TPS, CLP Jhajjar; Panipat TPS, HPGCL; Nabha Power Ltd TPS, Rajpura and Talwandi Sabo TPS, Mansa -- will remain operational till November 30.

The commission directed Delhi and the NCR states to stop construction and demolition activities in the region till November 21, barring railway services/railway stations, metro rail corporation services, including stations, airports and inter-state bus terminals (ISBTS) and national security/defence-related activities/ projects of national importance subject to strict compliance of the C&D Waste Management Rules and dust control norms.

NCR state governments have been directed to allow work from home (WFH) for at least 50 per cent of their staff in offices in NCR till Sunday and encourage private establishments to follow suit.

Trucks carrying non-essential items have been banned from entering Delhi till Sunday.

“All industries in NCR still using unapproved fuels shall be closed by respective governments with immediate effect... NCR states and GNCTD shall enforce a strict ban on use of DG sets, except for emergency services,” the panel said.

The Delhi government has been directed to expeditiously procure and put on road adequate number of CNG buses at the earliest.

The Delhi government had ordered the closure of physical classes in schools, colleges and other educational institutions for a week from Monday. PTI

India records 10,197 new Covid infections

India records 10,197 new Covid infections; active cases decline to 1,28,555(The Tribune:202101117)

Recovery rate recorded at 98.28 per cent

India records 10,197 new Covid infections; active cases decline to 1,28,555

<https://www.tribuneindia.com/news/nation/india-records-0-197-new-covid-infections-active-cases-decline-to-1-28-555-339257>

India's Covid tally rose to 3,44,66,598 on Wednesday with 10,197 fresh cases, while the active cases have declined to 1,28,555, the lowest in 527 days, according to the Union Health Ministry's data.

The death toll climbed to 4,64,153 after 301 more fatalities were reported in the last 24 hours, the data updated at 8 am showed.

The daily rise in new coronavirus infections has been below 20,000 for 40 straight days and less than 50,000 daily new cases have been reported for 143 consecutive days now.

The active cases have declined to 1,28,555 comprising 0.37 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 98.28 per cent, the highest since March 2020, the Health Ministry said.

A decrease of 2,238 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 0.82 per cent. It has been less than 2 per cent for the last 44 days.

The weekly positivity rate was also recorded at 0.96 per cent. It has been below 2 per cent for the last 54 days, according to the ministry.

The number of people who have recuperated from the disease surged to 3,38,73,890, while the case fatality rate was recorded at 1.35 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 113.68 crore.

The 301 new fatalities include 210 from Kerala and 34 from Maharashtra.

Of the 210 deaths, 39 were reported over the last few days and 171 were designated as Covid deaths after receiving appeals based on the new guidelines of the Centre and the Supreme Court directions, a Kerala government statement had said on Tuesday

A total of 4,64,153 deaths have been reported so far in the country, including 1,40,636 from Maharashtra, 38,153 from Karnataka, 36,311 from Tamil Nadu, 36,087 from Kerala, 25,095 from Delhi, 22,909 from Uttar Pradesh and 19,333 from West Bengal. PTI

Global Covid

Global Covid caseload tops 252 million The Tribune: 202101117)

<https://www.tribuneindia.com/news/coronavirus/global-covid-caseload-tops-252-million-337580>

In terms of infections, India follows in the second place with 34,414,186 cases and Brazil third with 21,939,196 infections

The global coronavirus caseload has topped 252.4 million, while the deaths have surged to more than 5.08 million and vaccinations soared to over 7.41 billion, according to the Johns Hopkins University.

In its latest update on Saturday morning, the University's Centre for Systems Science and Engineering (CSSE) revealed that the current global caseload, death toll and the total number of vaccine doses administered stood at 252,445,139, 5,087,398 and 7,412,265,893, respectively.

The US continues to be the worst-hit country with the world's highest number of cases and deaths at 46,976,314 and 761,715, according to the CSSE.

In terms of infections, India follows in the second place with 34,414,186 cases and Brazil third with 21,939,196 infections.

The other worst countries with over 3 million cases are the UK (9,534,544), Russia (8,843,238), Turkey (8,365,929), France (7,362,807), Iran (6,027,269), Argentina (5,302,445), Spain (5,042,803), Colombia (5,024,263), Italy (4,835,435), Germany (4,974,433), Indonesia (4,249,758), Mexico (3,834,815), Ukraine (3,328,934) and Poland (3,175,769), the CSSE figures showed

Nations with a death toll of over 100,000 are Brazil (610,491), India (462,690), Mexico (290,374), Russia (248,203), Peru (200,532), Indonesia (143,608), the UK (143,116), Italy (132,618), Colombia (127,680), Iran (127,918), France (119,069) and Argentina (116,209).
IANS

Effective home remedies

Effective home remedies to relieve constipation in children (The Indian Express: 202101117)

Dr Dixa Bhavsar said that "less water intake, irregular sleeping patterns and bad gut health" may be causing your child's constipation

Keep your baby happy and healthy with smooth bowel movements. (Source: Getty Images)

From less movement to eating more junk and sleeping late, children can experience constipation due to numerous reasons.

"Never thought this could be one of the most common ailments among kids, but can we blame them? Well, it's not their fault. It's our current lifestyle that has made the kids love their indoor

games and screens more than getting dirty in mud and playing in nature. On top of that, corona has imposed more restrictions on outdoor games,” Dr Dixa Bhavsar said on Instagram.

So what can you do if your child is not having regular bowel movements? Worry not, here’s some help from Ayurveda.

Listing some more reasons like less water intake that leads to dehydration, not having enough fluids in their diet and bad gut health, Dr Bhavsar added that sometimes, it could also result in “fissures and piles due to stool being hard and painful while defecation”.

The Ayurvedic doctor then suggested a few ways to help combat the issue:

- *Start giving them a glass of warm water every morning, on an empty stomach.
- *Give them 4-5 soaked raisins first thing in the morning.
- *Give them a glass of warm milk at bedtime with half a teaspoon of ghee.
- *Apply hing (asafoetida) on their stomach at night in a clockwise direction to relieve gas issues.
- *Avoid raw food and give them boiled or cooked food frequently.

ALSO READ |Baby feeding schedule: How to tell if your baby is eating enough

- *Reduce the amount of sugar, junk and dry packaged snacks, instead give them warm semi-solid freshly cooked meals.
- *Make sure they move enough and engage in games that involve a lot of walking and running.

Brain injury

Brain injury: From symptoms to prevention, all you need to know (The Indian Express: 202101117)

<https://indianexpress.com/article/lifestyle/health/brain-injury-prevention-symptoms-treatment-7603146/>

One may exhibit a wide range of physical and psychological signs on an immediate basis or maybe after a few weeks.

Brain injury can be of varying degrees. (Source: Getty Images/Thinkstock)

Traumatic brain injuries can lead to higher morbidity and mortality rates. They can also cause permanent disabilities. Hence, it is the need of the hour to identify them at the right time and improve quality of life, said Dr Tushau Prasad, consultant emergency medicine, Wockhardt Hospital, Mira Road

Here's everything you need to know about brain injuries. Don't take any symptoms lightly, the expert stressed.

Brain injury may be present even without symptoms

A traumatic brain injury can be a result of a violent blow or jolt to the head or one's body. One may also encounter it owing to a fall. Falling from a bed, ladder, and stairs can also induce it, mainly in senior citizens and children. Other factors include road accidents like collisions involving cars, motorcycles, or bicycles, violence, sports injuries due to boxing, football, baseball, lacrosse, skateboarding, hockey, and other high-impact or extreme sports, and explosive blasts.

brain injury

A mild traumatic brain injury may affect the brain cells on a temporary basis (Source: Getty Images/Thinkstock)

"A mild traumatic brain injury may affect the brain cells on a temporary basis. But, a serious injury can result in bruising, torn tissues, bleeding, and damage to the brain ultimately leading to loss of life," said Dr Prasad added.

Symptoms

One may exhibit a wide range of physical and psychological signs on an immediate basis or even after a few weeks.

Some of the physical symptoms include notorious headaches, speech problems, inability to balance, walk, dizziness, nausea, vomiting, and even fatigue. Sensory symptoms include blurred vision, ringing in the ears, and light sensitivity. Cognitive, psychological, and behavioural symptoms such as confusion, brain fog, disorientation, loss of consciousness, slurred speech, agitation, mood swings, depression, anxiety, memory loss, difficulty in sleeping, brain swelling, convulsions or seizures, loss of coordination, and weakness or numbness in fingers and toes may also be experienced.

"You need to see a doctor on an immediate basis when you notice these symptoms after a traumatic injury. Delaying treatment is dangerous for the patient," mentioned Dr Prasad.

Complications

A person become unconscious and go in a coma. This can damage his/her brain, and the person will go into a vegetative state. "During this stage, he/she will be unaware of the surroundings, though the person will open eyes but may fail to understand what is going around. Not only this, a traumatic injury can also cause brain death. Other issues like altered smell and taste, loss of vision, facial paralysis, and even double vision can be seen in these patients," mentioned Dr Prasad.

How to overcome a traumatic brain injury

One suffering from a traumatic brain injury will require rehabilitation. As per Dr Prasad, an occupational therapist can help one to learn and improve daily activities while a physical therapist will work on mobility and movement patterns, balance and walking. A speech and language therapist will guide in improving communication skills while a neuropsychologist will help one deal with cognitive impairment, behaviours or learn coping strategies.

Tips to prevent a traumatic brain injury

- *Wear a seatbelt while driving a car to avoid accidents and brain injury.
- *Avoid driving under the influence of alcohol.
- *Use a helmet while riding a motorbike or a bicycle.
- *Avoid accidental falls by installing handrails in bathrooms.
- *Remove rugs that can lead to falls and injuries.
- *Use handrails on both sides of staircases.
- *Improve lighting in the home.
- *Keep stairs and floors clear of clutter.
- *Go for regular eye check-ups.
- *Avoid wet and slippery floors.

Food and Nutrition

Consume more whole foods, less salt: American Heart Association releases updated dietary guidelines(The Indian Express: 20210117)

<https://indianexpress.com/article/lifestyle/health/american-heart-association-dietary-guidance-2021-whole-foods-limit-salt-sugar-alcohol-intake-diabetes-obesity-cardiovascular-7625122/>

Poor diet quality is strongly associated with elevated risk of cardiovascular disease morbidity and mortality, the guideline statement from American Heart Association reads

The need of the hour is to disseminate the information that how diet is an important factor in preventing coronary heart disease. (Source: Getty Images/Thinkstock)

Rather than focusing on individual nutrients or foods, the American Heart Association (AHA) has released guidelines for “overall dietary patterns” to improve heart health.

The 2021 Dietary Guidance to Improve Cardiovascular Health has been published in the journal *Circulation*. It is the first time since 2006 that the guidelines have been updated.

ALSO READ |Here's what increases the risk of cardiovascular disease in diabetics

“Poor diet quality is strongly associated with an elevated risk of cardiovascular disease morbidity and mortality. This scientific statement emphasises the importance of dietary patterns beyond individual foods or nutrients, underscores the critical role of nutrition early in life, presents elements of heart-healthy dietary patterns, and highlights structural challenges that impede adherence to heart-healthy dietary patterns,” noted the scientific statement from AHA.

The guideline comprises these pointers

- *Adjust energy intake and expenditure to achieve and maintain a healthy body weight
- *Eat plenty and a variety of fruits and vegetables;
- *Choose whole grain foods and products
- *Choose healthy sources of protein (mostly plants; regular intake of fish and seafood; low-fat or fat-free dairy products; and if meat or poultry is desired, choose lean cuts and unprocessed forms)
- *Use liquid plant oils rather than tropical oils and partially hydrogenated fats;
- *Choose minimally processed foods instead of ultra-processed foods;
- *Minimise the intake of beverages and foods with added sugars;
- *Choose and prepare foods with little or no salt;
- *If you do not drink alcohol, do not start; if you choose to drink alcohol, limit intake; and

A changed and hectic lifestyle with easy availability of convenience foods has led to irregular meals and frequent snacking on energy-dense ready-to-use foods rather than traditional home-cooked food, experts mention.

In contemporary times, the intake of processed and ready-to-eat foods and healthy beverages has changed people's perception of foods as well as their dietary behaviour, Dr Siddhant Bhargava, fitness and nutritional scientist, co-founder- Food Darzee told indianexpress.com.

“Grounded in science, the updated guidelines give strong emphasis on diet along with physical exercise. They also provide recommendations from birth to older adults in Asian Indians. This includes a reduction in the intake of carbohydrates, preferential intake of complex carbohydrates, higher intake of fibre, slightly higher protein intake, lower intake of salt, restricted intake of sugar, etc. that will help curb the rising cases of cardiovascular diseases,

obesity, the metabolic syndrome, to name a few. This nutritional transition has the potential to cause diet-related non-communicable diseases as well as obesity,” he said.

The statement also mentioned how adherence to this guidance is essential “regardless of where food is prepared or consumed”.

“Challenges that impede adherence to heart-healthy dietary patterns include targeted marketing of unhealthy foods, neighbourhood segregation, food and nutrition insecurity, and structural racism. Creating an environment that facilitates, rather than impedes, adherence to heart-healthy dietary patterns among all individuals is a public health imperative,” the statement read.

genetic makeup, genes, genetics, genes and health, genes and nutrition, nutritional needs, health and wellness, indian express news

What’s your diet like? (Source: Getty Images/Thinkstock)

“The need of the hour is to disseminate information on how diet is an important factor in preventing coronary heart disease. And, further, a low-saturated fat, high-fibre, high plant food diet can significantly reduce the risk of developing heart disease,” said Dr Bhargava.

Whenever food is prepared at home or ordered online, one should check for ingredients that go in making like sodium, added sugars and fats, mentioned Rutu Dhodapkar, Dietetics Department, P D Hinduja Hospital and Medical Research Centre, Khar.

“While buying food read label carefully for the ingredients and date of manufacturing and expiry. Always buy foods with the latest manufacturing date and consume before expiry. Keep a check on sodium levels mentioned on products. Include low-fat diet packed with antioxidants like berries which has anthocyanins that protects against oxidative stress and inflammation and contribute to tackling heart disease. Avocados are an excellent source of monounsaturated fats which helps in reducing cholesterol levels lowering the risk of heart disease. Include Omega 3 Fatty acids like salmon, mackerel, sardines and tuna. Vegetarian sources are chia seeds, Flaxseeds, walnuts,” said Dhodapkar.

However, despite strong evidence showing the potential health benefits of foods, nutrients, bioactive compounds, and dietary antioxidants may exert on cardiovascular risk factors or directly on its development, Dr Bhargava mentioned how “it is necessary to conduct more interventional studies with a higher number of cases, stringent investigation and longer follow-ups”.

Covid Cases (The Asian Age: 20210117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15970017>

■ Country records 8,865 cases and 197 fatalities in 24 hours India logs sharp dip in Covid cases

SANJAY KAW
NEW DELHI, NOV. 16

India saw a major decline in Covid-19 cases with 8,865 fresh cases reported in the last 24 hours, the lowest in 287 days. The fresh cases reported on Tuesday were 13.3% lower than Monday. The fresh count has taken the country's total caseload to 3,44,56,401.

The five states which have logged maximum cases are Kerala with 4,547 cases, followed by Tamil Nadu with 802 cases, West Bengal with 782 cases, Maharashtra with 686 cases and

Mizoram with 611 cases. These states have reported 83.79% of the new cases with Kerala alone contributing 51.29% of the total caseload.

The daily positivity rate, recorded at 0.80 per cent, has been less than two per cent for last 43 days. The weekly positivity rate, recorded at 0.97 per cent, has also been below two per cent for the last 53 days.

The health ministry said that 197 people succumbed to the virus in the last 24 hours, taking the total death toll to 4,63,852. The maximum casualties were reported

in Kerala where 127 people lost their lives, followed by Maharashtra with 19 fatalities.

Of the total of 4,63,852 deaths reported so far in the country, 1,40,602 are from Maharashtra, 38,146 from Karnataka, 36,296 from Tamil Nadu, 35,877 from Kerala, 25,095 from Delhi, 22,909 from UP and 19,319 from West Bengal.

A total of 11,971 patients recovered from the viral disease in the last 24 hours, taking the total recoveries to 3,38,61,756 across the country. With fresh recoveries, India's recovery rate now stands at 98.27%. The active

Covid-19 cases have declined by 3,303, thus bringing down the total active caseload to 1,30,793.

As many as 59,75,469 doses of Covid-19 vaccine were administered in the last 24 hours, taking the total tally of doses administered so far to 112.97 crore.. Union health minister Mansukh Mandaviya suggested that stickers for houses to notify completion of both doses of Covid-19 vaccines should be given to fully vaccinated families to encourage uptake of vaccine among the population.

Vax Drive (The Asian Age: 20210117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15969934>

Amid global fear of virus resurge, step up vax drive

India opening itself up fully to foreign tourists on Monday should mark an important milestone the country has crossed in its fight against Covid-19, though there are concerns about the rising number of daily infections across the globe, including Europe and the United States.

The government had closed all air operations in March last year along with the decision to announce a three-week national lockdown. Though India later launched the Vande Bharat Mission to bring home Indians trapped abroad and last month allowed foreign chartered flights, regular flights remain a strict no-no. Now, passengers from close to 100 countries can travel to India without a mandatory quarantine except that they have to watch out for their health conditions.

The decision comes at a time when the World Health Organisation and experts warn about the third wave of the pandemic. The WHO has, in fact, portrayed a scary picture of Europe being the epicentre of the wave that could kill half a million people by February next year. Germany alone could see one lakh deaths, as has been forewarned. Almost everyone who cares about the virus spread and the

Data analysts point out that the speed of the second dose of vaccination is way too low compared with the first, signifying hesitancy and complacency

need to mitigate it is unanimous in their opinion that inadequate vaccination is the key to its spread; some even call the wave the “pandemic of the unvaccinated”. People’s callousness originating from a false belief that the pandemic is over is also listed as a major contributing factor.

Health experts now demand that governments take timely preventive steps instead of managing the pandemic once it knocks on their door. And realising the threat, some of the countries or the worst affected provinces are now reworking their strategies and pushing vaccination. While some, like the Dutch government, are re-imposing the old rules of mask-wearing and social distancing, the German province of Saxony has decided to bar unvaccinated people from accessing most public services.

The developments leave adequate inputs for the governments in India to act on. India has already distributed 112 crore doses of Covid-19 vaccines but the fully vaccinated people make up only 38 per cent of the total eligible population though the share of those who have got a single jab is a higher 80 per cent. This gap is unacceptable at a time when reports of breakthrough infections are pouring in making a significant share of total infections. Data analysts point out that the speed of the second dose of vaccination is way too low compared with the first, signifying some kind of a hesitancy from those who got their first jab. It could be, as happened in several European countries, that complacency is a factor.

This trend must be reversed, and the government must act. Prime Minister Narendra Modi has called a door-to-door campaign to achieve the target of universal vaccination and all state governments must now take it forward. They must devise new ways, some even coercive such as in Saxony, to push up the numbers. The campaign for social distancing norms must be reinvigorated, too. It’s good that we have opened our airways but it takes concerted efforts to keep them that way.

IMA

IMA pushes for Covid-19 vaccine for all diabetes patients (The Hindu: 202101117)

<https://www.thehindu.com/news/national/ima-pushes-for-covid-19-vaccine-for-all-diabetes-patients/article37487704.ece>

Greater Chennai Corporation health workers test diabetes level before administering COVID-19 vaccine to beneficiaries | Photo Credit: VELANKANNI RAJ B

Association launches campaign for early detection, mitigation of diabetes complications

The Indian Medical Association (IMA) on Sunday demanded COVID-19 vaccination for all diabetes patients, including a booster dose, if needed. The association launched a campaign for early detection and mitigation of diabetes complications.

Also Read: Diabetics want physician's assurance on taking vaccine: study

The campaign, launched on the occasion of World Diabetes Day, will run for 10 days and aims to reach one billion people, the IMA said in a release. As part of the campaign, the IMA has joined hands with the Association of Physicians of India and other organisations.

The IMA says that millions of people with diabetes do not have access to the kind of care they need and that patients often require continuous care and support to avoid complications.

To make insulin accessible, the IMA's State and local branches will set up special centres, the statement said.

The World Diabetes Day logo — a blue circle — will be depicted by blue light and blue balloons during the campaign at all IMA branches.

Special sessions

Also, special sessions will be organised during the week at 'blue corners' to make people aware of diabetes and complications caused by it, the statement said.

Also Read: Study sheds light on intensity of COVID-19 in type-2 diabetics

“In India, more than 77 million adults are living with diabetes and researchers predict that this will increase to 134 million by 2045. World Diabetes Day became an official United Nations Day in 2006 with the passage of the United Nations Resolution 61/225. It is held every year on November 14 to mark the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The theme for World Diabetes Day 2021-23 is access to diabetes care,” said the association.

City lifestyle

According to a 2021 review, people who live in cities and metropolitan areas in India are more likely to develop diabetes than ever before. “This is due in part to a city lifestyle that is marked by sedentary, stress, junk food, smoking, and liquor consumption. All these factors lead to an increase in a person’s body mass index (BMI) — a major risk factor in causing diabetes,” the statement said.

Overall, women have a higher risk of developing diabetes than men, but as both groups get older, the risk decreases, the IMA said.

Although diabetes figures are high, researchers estimate that 57% of cases remain undiagnosed. This is particularly concerning, as the risk of serious complications increases when people do not take medication to control their blood sugar, it added.

The IMA campaign includes holding programmes in both urban and rural areas to promote detection of hidden and pre-diabetes cases.

Diabetic foot

It also spoke about the diabetic foot, terming it a dreaded complication, and saying that 80% of amputations of leg in India are due to this condition.

The association said such complications are preventable if proper care is given. To improve dietary habits of the patients, the IMA has joined hands with the Food Safety Department of the Government of India and propagated an ‘Eat Right campaign’. Under it, the IMA is organising a one-day training programme to teach the trainers in each State with the help of FSSAI, so that they can coach people on diet in their respective States.

Dengue

Why did India have a bad dengue season this year? | In Focus podcast (The Hindu: 202101117)

<https://www.thehindu.com/podcast/why-did-india-have-a-bad-dengue-season-this-year-in-focus-podcast/article37400942.ece>

Dr Subramanian Swaminathan speaks to us on the possible causes of higher caseloads, and how to tell symptoms of dengue from COVID-19

Even as India is recovering from its battering by COVID-19, there has been a significant rise in cases of another viral disease: dengue. States across the country are seeing a spurt in cases of the disease, transmitted by the bite of an infected *Aedes aegypti* mosquito, and several are witnessing multiple deaths, even as hospitals fill up rapidly. As per government statistics, there have been 60,112 cases of dengue recorded in the country as of September this year, an increase from the 44,585 recorded for all of last year. Director-general of the Indian Council of Medical Research, Dr Balram Bhargava, said last month that a majority of the deaths in parts of Uttar Pradesh were due to the D2 strain of dengue, which can cause haemorrhaging that can be fatal.

On Monday, November 1, Union Health Minister Mansukh Mandaviya chaired a review meeting to take stock of the dengue situation across the country, and said expert teams were being sent to States that had seen an increase in cases.

Why has India had such bad dengue season this year? Is it linked to the delayed withdrawal of the southwest monsoon and the floods that many parts of the country experienced? Are the dengue statistics accurate or is there under-reporting and how do you tell if your symptoms are of dengue or COVID-19?

Heart diseases

Study shows heart diseases on the rise among BPL families (The Hindu: 202101117)

<https://www.thehindu.com/news/national/karnataka/study-shows-heart-diseases-on-the-rise-among-bpl-families/article37509715.ece>

Data showed Kalaburagi had the highest cases of cardiac arrest, based on treatment availed.

1,12,018 people treated for coronary heart diseases in last 10 years

Are coronary heart diseases on the rise among below poverty line (BPL) families in Karnataka? A study by researchers of the University of Mysore says the diseases are indeed increasing and the worrying trend needs to be studied in detail, finding out reasons for the rise and helping families prevent them.

The study was done by the Centre for Study of Social Exclusion and Inclusive Policy (CSSEIP) based on the 10-year data sourced from the Karnataka Suvarna Suraksha Arogya Trust (R), Bengaluru.

Between 2010 and 2020, about 1,25,574 people belonging to BPL families were treated for various heart-related ailments with about 1,12,018 treated for coronary heart diseases. Myocardial infarction and valvotomy were the second and third common heart-related issues faced by BPL families, as per the data from the Suraksha Arogya Trust. Treatment was available under the government scheme.

D.C. Nanjunda, associate professor, CSSEIP, and his team conducted the study with support from Dr. Amith Kumar Mishra from the All India Institute of Medical Sciences, Chhattisgarh, and Dr. K.C. Srivatsa, Mysuru-based physician, in 2020-21.

“We had to interpret and compile the government data as per our requirement to find out how many of them had heart problems. The study showed 53% men and 37% women suffered from coronary heart diseases. Bengaluru urban showed the highest cases of coronary heart diseases in the district category, while Kalaburagi taluk had the highest cases of coronary diseases in the taluk category,” said Mr. Nanjunda.

The study showed no significant variance among men and women on the occurrence of cardiac arrest as 47% women and 53% men suffered cardiac arrest during the period. Data showed Kalaburagi had the highest cases of cardiac arrest, based on treatment availed

“The socio-economic status, health exclusion, health inequalities, food habits, and poverty-related stress have been commonly noticed among most BPL families and they could be attributed to the rise in heart ailments. Patients from rural areas with low socio-economic status face more hurdles for cardiac care than their counterparts in urban areas,” claimed Mr. Nanjunda.

The research team is also studying the occurrence of other high-risk diseases among BPL families and it is expected to bring out a complete report by June next year. “We have done the study on heart ailments and are now studying cancer, kidney ailments, neurological disorders, and congenital diseases. The findings will be compiled and submitted to the government next year after publishing it in a journal, for early interventions,” he told The Hindu.

The study aims at throwing light on why the diseases are increasing among the BPL families and the contributing factors so that the government could help them take preventive measures, improving their health standards, he added.

The study was coordinated by Ramachandra Murthy, Prema Kumar, Lancy D’Souza, V.G Siddarajau, Ramesh Ranagappa, and H.S Yogesh.

Pfizer

Pfizer agrees to let other companies make its COVID-19 pill(The Hindu: 202101117)

<https://www.thehindu.com/news/international/pfizer-agrees-to-let-other-companies-make-its-covid-19-pill/article37521091.ece>

Pfizer said it would ask the U.S. Food and Drug Administration and other regulators to authorise the pill as soon as possible. File | Photo Credit: REUTERS

Health officials said the fact that the deal was struck even before Pfizer's pill has been authorized anywhere, could help to end the pandemic quicker.

Drugmaker Pfizer Inc. has signed a deal with a U.N.-backed group to allow other manufacturers to make its experimental COVID-19 pill, a move that could make the treatment available to more than half of the world's population.

In a statement issued Tuesday, Pfizer said it would grant a license for the antiviral pill to the Geneva-based Medicines Patent Pool, which would let generic drug companies produce the pill for use in 95 countries, making up about 53% of the world's population.

The deal excludes some large countries that have suffered devastating coronavirus outbreaks.

For example, while a Brazilian drug company could get a license to make the pill for export to other countries, the medicine could not be made generically for use in Brazil.

Still, health officials said the fact that the deal was struck even before Pfizer's pill has been authorized anywhere, could help to end the pandemic quicker.

“It's quite significant that we will be able to provide access to a drug that appears to be effective and has just been developed, to more than 4 billion people,” Esteban Burrone, head of policy at the Medicines Patent Pool, said.

He estimated that other drugmakers would be able to start producing the pill within months, but acknowledged the agreement wouldn't please everyone.

“We try to strike a very delicate balance between the interests of the (company), the sustainability required by generic producers and most importantly, the public health needs in lower and middle-income countries,” Mr. Burrone said.

Under the terms of the agreement, Pfizer will not receive royalties on sales in low-income countries and will waive royalties on sales in all countries covered by the agreement while COVID-19 remains a public health emergency.

Earlier this month, Pfizer said its pill cut the risk of hospitalisation and death by nearly 90% in people with mild to moderate coronavirus infections. Independent experts recommended halting the company's study based on its promising results.

Pfizer said it would ask the U.S. Food and Drug Administration and other regulators to authorise the pill as soon as possible since the pandemic erupted last year, researchers worldwide have raced to develop a pill to treat COVID-19 that can be taken at home easily to ease symptoms, speed recovery and keep people out of the hospital.

At the moment, most COVID-19 treatments must be delivered intravenously or by injection.

Britain authorised the Merck's COVID-19 pill earlier this month, and it is pending approval elsewhere. In a similar deal with the Medicines Patent Pool announced in October, Merck agreed to let other drugmakers make its COVID-19 pill, molnupiravir, available in 105 poorer countries.

Doctors Without Borders said it was “disheartened” that the Pfizer deal does not make the drug available to the entire world, noting that the agreement announced Tuesday also excludes countries including China, Argentina and Thailand.

“The world knows by now that access to COVID-19 medical tools needs to be guaranteed for everyone, everywhere, if we really want to control this pandemic,” said Yuanqiong Hu, a senior legal policy adviser at Doctors Without Borders.

The decisions by Pfizer and Merck to share their COVID-19 drug patents stands in stark contrast to the refusal of Pfizer and other vaccine-makers to release their vaccine recipes for wider production.

A hub set up by the World Health Organisation in South Africa intended to share messenger RNA vaccine recipes and technologies has not enticed a single pharmaceutical to join.

Health Care Services

अस्पताल के विभिन्न विभागों से जुड़े मामलों के अलावा देशभर से रेफर किए गए केस देखे जाएंगे। एम्स में इसी महीने से सर्जरी की ओपीडी (**Hindustan:20210117**)

<https://epaper.livehindustan.com/>

200 बेड की क्षमता होगी सर्जरी ब्लॉक की,
2017 में अनुमति मिली थी, निर्माण
कार्य की वजह से शुरू नहीं हो रहा था



मरीजों को लंबी तारीखों से राहत मिलेगी

सर्जरी ब्लॉक के शुरू होने के बाद मरीजों का सबसे बड़ा फायदा होगा। अभी तक ऑपरेशन थियेटर सीमित होने की वजह से ऑपरेशन का समय कई महीने या साल बढ़ाया जा रहा था, लेकिन सर्जरी ब्लॉक की मदद से मरीजों को तत्काल ऑपरेशन की सुविधा मिल सकेगी। फिलहाल कुछ विभाग में दो साल तक कि सर्जरी की वेटिंग है।

नई दिल्ली | हेमवती नंदन राजौरा

अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) में लंबे समय से सर्जरी का इंतजार कर रहे लोगों के लिए अच्छी खबर है। अस्पताल के 200 बेड वाले सर्जरी ब्लॉक में इस महीने के आखिर तक सर्जरी की ओपीडी सेवा शुरू हो जाएगी। सर्जरी विभाग ने अस्पताल के निदेशक डॉक्टर गुलेरिया को इसकी जानकारी दे दी है।

एक वरिष्ठ अधिकारी के मुताबिक इस महीने के अंत तक अस्पताल प्रशासन सर्जरी ब्लॉक में ओपीडी सेवा शुरू कर देगा। इस ओपीडी में सिर्फ सर्जरी से जुड़े मामले देखे जाएंगे। एम्स के अलग-अलग विभाग के मरीज, जिन्हें सर्जन के परामर्श की जरूरत है, साथ ही देशभर से रेफर होकर सर्जरी के लिए एम्स आने वाले मरीजों को भी यहां परामर्श दिया जाएगा।

अस्पताल के एक वरिष्ठ अधिकारी का कहना है कि सर्जरी विभाग ने अस्पताल प्रशासन से ओपीडी शुरू करने के लिए कह दिया है। अस्पताल प्रशासन केंद्रीय मंत्री द्वारा जल्द ही सर्जरी ब्लॉक का उद्घाटन करा सकता है।

पिछले कुछ सप्ताह में यहां दफ्तर स्थानांतरित करने के बाद अब कर्मचारियों को तैनात करने की प्रक्रिया भी शुरू कर दी गई है। इसके तहत एम्स ने दो तकनीशियन ऑफिसर और दो तकनीशियन सहायक के अलावा 14 तकनीशियन को दूसरे विभागों से सर्जरी ब्लॉक में शिफ्ट करने के निर्देश जारी कर दिए हैं।

इस ब्लॉक का निर्माण करीब छह साल पहले शुरू हुआ था। साल 2017 में सर्जरी ब्लॉक के लिए बकायदा कर्मचारियों के पदों को भी अनुमति मिल चुकी थी, लेकिन निर्माण कार्य में देरी के चलते यह ब्लॉक अब तक शुरू नहीं हो पाया है।

12 ऑपरेशन थियेटर : इस सर्जरी ब्लॉक में 12 ऑपरेशन थियेटर हैं, साथ ही 50 से अधिक कक्ष हैं। सर्जरी के अलावा यहां पोस्ट ऑपरेशन आईसीयू सेवा भी उपलब्ध होगी। सर्जरी के अलावा एनेस्थिसिया विभाग को मुख्य तौर पर ब्लॉक की जिम्मेदारी सौंपी जाएगी।

हर दिन होती हैं 600 से 700 सर्जरी : दिल्ली एम्स में 50 से भी अधिक विभाग हैं। इनमें से 15-16 विभागों में ऑपरेशन किए जाते हैं। एम्स में हर दिन 600 से 700 इलेक्टिव सर्जरी होती हैं। अगर सर्जरी की वेटिंग को लेकर बात करें तो एम्स में साल 2025 से 2028 तक की वेटिंग फिलहाल मरीजों को मिल रही है। इनमें छोटे बच्चे भी शामिल हैं, जिनके दिल में छेद या फिर जन्मजात हृदय रोग है और उनका ऑपरेशन होना है।

