



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20220407

World Health Day

Govt's focus on affordable health care ensured significant savings for poor, middle class: PM Modi on World Health Day

World Health Day is celebrated on April 7 every year (The Tribune: 20220407)

<https://www.tribuneindia.com/news/nation/govts-focus-on-affordable-health-care-ensured-significant-savings-for-poor-middle-class-pm-modi-on-world-health-day-384373>

Govt's focus on affordable health care ensured significant savings for poor, middle class: PM Modi on World Health Day
Narendra Modi, PM. File photo

On the occasion of World Health Day, Prime Minister Narendra Modi on Thursday said the government is working tirelessly to augment India's health infrastructure with a focus on ensuring good quality and affordable health care to citizens.

Declared by the World Health Organization (WHO), World Health Day is celebrated on April 7 every year. On this year's World Health Day, the WHO is focusing global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being.

"Greetings on World Health Day. May everyone be blessed with good health and wellness. Today is also a day to express gratitude to all those associated with the health sector. It is their hardwork that has kept our planet protected," Modi tweeted

Active Covid cases in India dip to 11,639

Country logs 1,033 new Covid cases, 43 more deaths(The Tribune: 20220407)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-india-dip-to-11-639-384359>

With 1,033 new coronavirus infections being reported in a day, India's total tally of Covid cases rose to 4,30,31,958, while the active cases dipped to 11,639, according to the Union Health Ministry data updated on Thursday.

The death toll climbed to 5,21,530 with 43 fresh fatalities, the data updated at 8 am stated.

The active cases comprised 0.03 per cent of the total infections, while the national Covid recovery rate remained at 98.76 per cent, the ministry said.

A reduction of 232 cases has been recorded in the active Covid caseload in a span of 24 hours.

The 43 new fatalities include 32 from Kerala.

A total of 5,21,530 deaths have been reported so far in the country, including 1,47,800 from Maharashtra, 68,228 from Kerala, 40,056 from Karnataka, 38,025 from Tamil Nadu, 26,155 from Delhi, 23,497 from Uttar Pradesh and 21,200 from West Bengal.

Coronavirus variant XE

Coronavirus variant XE has been around since Jan, no cause of concern as of now: Experts

'Not many cases of this variant seen; UK has some 600 cases' (The Tribune: 20220407)

<https://www.tribuneindia.com/news/nation/coronavirus-variant-xe-has-been-around-since-jan-no-cause-of-concern-as-of-now-experts-384135>

Coronavirus variant XE has been around since Jan, no cause of concern as of now: Experts
A medic administers a dose of Covid-19 vaccine to a beneficiary at Nair Hospital, in Mumbai, on Wednesday, April 6, 2022. PTI

Health experts on Wednesday sought to downplay apprehensions centred around XE, a new coronavirus variant deemed more transmissible, and said despite being around since January, the strain has not propelled a surge in cases like Omicron, but advised strict adherence to Covid-19-appropriate behaviour.

The Brihanmumbai Municipal Corporation (BMC) on Wednesday said a woman who had arrived here from South Africa in February and tested positive for COVID-19 was found infected with the XE variant, which was first detected in the UK. This was the first XE case in Mumbai.

However, official sources in New Delhi clarified, “Present evidence do not yet indicate that it is a case of XE variant.”

According to the Maharashtra health department, the XE variant was found in the 50-year-old woman, a South African national, who came here on February 10 and was tested on February 27 for Covid-19 with her test returning a positive result.

Her lab sample was referred to Kasturba Hospital Central laboratory for genome sequencing.

“It has been found to be a new XE variant in initial sequencing. Though GISAID also confirmed it, INSACOG (Indian SARS-CoV-2 Genomics Consortium) has decided to go for another round of genomic sequencing at a national laboratory for sure confirmation of XE variant,” the department said.

The woman was asymptomatic and found to be RT-PCR negative on repeat testing, the health department added.

Rakesh Mishra, Director of the Tata Institute of Genetics and Society, Bengaluru, said the XE variant is a recombinant of BA.1 and BA.2, the sub-lineages of SARS-CoV-2, the virus which causes Covid-19.

In addition to those, it has three other mutations which were not there in Omicron or BA.1 or BA.2.

“That is why it is called XE. It will now be a variant,” he told PTI.

Senior epidemiologist Dr Raman Gangakhedekar, former head scientist of the Epidemiology and Communicable Diseases Division at the Indian Council of Medical Research (ICMR), said when a recombinant occurs, it tends to last for a lesser time.

“Recombinant events are chance events because two different types of viruses are in the body and they tend to develop a recombinant new virus,” Gangakhedekar said.

He said the virus fitness does not increase by a recombinant event. It is unlikely to be stable as recombinants are rare events.

The state health department said the XE variant is a combination of BA.1 and BA.2 strains of Omicron and found to be responsible for enhanced viral transmission.

Asked about its severity and transmissibility, Mishra said as far as the infectivity data is concerned, XE is 10 per cent more infectious than Omicron. This is based on the UK data, he said.

“There is no information whether the clinical symptoms are worse, or whether its immune escape is more. Data is not available for the same,” Mishra noted.

“The general perception is that this was the known (variant) since the middle of January and now we are two-and-a-half months past that. Not many cases of this variant are seen. The UK has some 600 cases. This means that if it was going to be dangerous, more infectious, by now we would have seen it everywhere,” Mishra said.

The director of the Tata Institute of Genetics and Society said Omicron appeared in November (in South Africa) and it was all over the world in 4 to 5 weeks and replaced Delta (which caused the second wave in April-May last year), but XE has not done that.

“I don’t think XE is of any concern to us. It doesn’t look like we have to worry about it. But we have to exercise caution and follow Covid-19 protocols,” Mishra said.

Gangakhedekar said he doubted that it is transmissible like BA.2.

“Frequent changes in genomic structure are part of the natural life course of viruses and there is no need to worry but everyone should opt for appropriate precaution. There is no strong epidemiological evidence that the transmissibility is very high because had that been the cases, we would have seen a surge in the cases. But this must be tracked,” the senior epidemiologist said.

Anurag Agrawal, Dean, Biosciences and Health Research at the Ashoka University, said there is “no critical global signal of concern as of now” with regards to XE.

The World Health Organisation on April 2 said XE appears to be more transmissible than previous strains of the coronavirus, and stressed that Covid-19 remains a public health emergency of international concern and warning that it is too early to reduce the quality of surveillance.

The WHO said in its latest update that the XE recombinant (BA.1-BA.2) was first detected in the UK on January 19 and more than 600 sequences have been reported and confirmed since then.

Early-day estimates indicate a community growth rate advantage of 10 per cent as compared to BA.2. However, this finding requires further confirmation, it said.

New Covid vaccine

New Covid vaccine from Austria could protect against Omicron variant: Study

The antigen-based vaccine developed at MedUni Vienna targets the receptor binding domains of SARS-CoV-2 virus (The Tribune: 20220407)

<https://www.tribuneindia.com/news/health/new-covid-vaccine-from-austria-could-protect-against-omicron-variant-study-384110>

New Covid vaccine from Austria could protect against Omicron variant: Study
Photo for representational purpose only. Reuters file

A new vaccine being developed by scientists in Austria is effective against all SARS-CoV-2 variants known to date, including Omicron, even in those who have not yet built up any immunity as a result of immunisation, according to the preclinical data.

The antigen-based vaccine developed at MedUni Vienna targets the receptor binding domains (RBD) of the SARS-CoV-2 virus and induced a robust and uniform RBD-specific IgG antibody response in animal models and in human tests.

This antibody response prevents the virus from docking onto and entering the body's cells, so that infection cannot occur, the researchers said.

The SARS-CoV-2 subunit vaccine (PreS-RBD) is based on a structurally folded fusion protein consisting of two RBD of the SARS-CoV-2 virus and the PreS antigen from hepatitis B, which serve as immunological carriers for each other, thereby strengthening the immune response, they said.

The researchers noted that currently available genetic SARS-CoV-2 vaccines induce mainly transient IgG1 antibody responses, whereas the PreS-RBD vaccine can additionally induce long-lived RBD-specific IgG4 antibodies.

According to the findings published in the journal Allergy, PreS-RBD-specific IgG antibodies detected in blood and mucosal secretions reacted with SARS-CoV-2 variants, including the Omicron variant.

Antibodies induced by vaccination with PreS-RBD more potently inhibited the binding of RBD with its human receptor ACE2, the researchers said.

Their virus-neutralising titers were higher than those in a random sample of individuals fully immunised with two vaccinations of currently registered vaccines or than those of individuals who had previously had COVID-19, they said.

“The PreS-RBD vaccine has the potential to induce sterilising immunity to old and new SARS-CoV-2 variants by preventing infection by stopping viral replication and transmission through the inhibition of cellular virus entry,” said study leader Rudolf Valenta.

It is also expected that the vaccine will even be effective in people who have not previously responded to vaccination, as they will receive additional T-cell support from the PreS portion of the vaccine.

An earlier study by the team had found that approximately 20 per cent of those recovered from COVID-19 failed to form RBD-specific antibodies and were thus at constant risk of re-infection.

Previous work on allergy vaccines and clinical trials also conducted with PreS-based allergy vaccines has demonstrated the safety of PreS-based vaccines, even when used repeatedly.

“Our data give us grounds to hope that this readily producible protein-based vaccine antigen will be effective against all SARS-CoV-2 variants known to date, including Omicron,” said Valenta.

“The vaccine is designed to enable repeated injections to build up sustained sterilising immunity, is suitable for use in all age and risk groups and appears to be superior to currently available vaccines when it comes to inducing neutralising antibodies,” he said.

The first clinical trials of the vaccine required for approval could be carried out this year, if sufficient funding is available, the researchers added.

Omicron variant

Omicron variant less severe than Delta for children younger than 5 years: Study

The severe clinical outcomes ranged from a 16 per cent lower risk for emergency room visits to 85 per cent less risk for mechanical ventilation, the researchers said(The Tribune: 20220407)

<https://www.tribuneindia.com/news/health/omicron-variant-less-severe-than-delta-for-children-younger-than-5-years-study-383519>

Omicron variant less severe than Delta for children younger than 5 years: Study
Photo for representational purpose only. iStock

Children younger than five years who are infected with Omicron have less risk of severe health outcomes than those infected with the Delta variant of coronavirus, according to a study.

The research, published in the journal JAMA Pediatrics, is the first large-scale study to compare the health outcomes of coronavirus infection from Omicron and Delta in the age group which is not yet vaccinated.

The finding led by researchers at the Case Western Reserve University in the US show that the Omicron variant is 6-8 times more infectious than the Delta variant.

The severe clinical outcomes ranged from a 16 per cent lower risk for emergency room visits to 85 per cent less risk for mechanical ventilation, the researchers said.

About 1.8 per cent of children infected with Omicron were hospitalised, compared to 3.3 per cent with Delta, they said.

"The major conclusion to our research was that many more children were infected with Omicron when compared to Delta, but the children who are infected are not impacted as severely as were children infected with the Delta variant," said Pamela Davis, a research professor at the Case Western Reserve School of Medicine. "However, because there are so many more children infected, our hospitals were affected over the winter months by an influx of young children," Davis said.

The team analysed the electronic health records of more than 651,640 children in the US, including over 22,772 children infected with the Omicron variant and more than 66,000 children infected with Delta.

The study also compared the records of more than 10,000 children immediately before the detection of Omicron in the US, but when Delta was still predominant.

The researchers noted that children younger than five years are not yet eligible for COVID-19 vaccines and have a low rate of previous SARS-CoV-2 infections, which also limits their pre-existing immunity.

They examined clinical health outcomes for pediatric patients during a 14-day window following SARS-CoV-2 infection.

Among the factors they reviewed were: emergency room visits, hospitalisations, ICU admissions and mechanical ventilation use.

Analysing the demographic data, the researchers found that children infected with Omicron were on average younger -- 1.5 years of age versus 1.7 years -- and had fewer comorbidities.

Rong Xu, from Case Western Reserve School of Medicine, noted that Omicron is less severe than Delta, however, the reduction of the severity range in clinical outcomes is only 16 to 85 per cent.

"Furthermore, since so many un-vaccinated children were infected, the long-term effects of COVID-19 infections on the brain, heart, immune systems and other organs of children remains unknown and worrisome," Xu added.

WORLD HEALTH DAY

LET'S HEAL THE PLANET AND HEAL OURSELVES

Against the backdrop of the ongoing pandemic, pollution, deaths and diseases, the World Health Organisation (WHO) has chosen 'Our Planet, Our Health' as the theme for this year's World Health Day (WHD), which falls on April 7

SULOGNA MEHTA

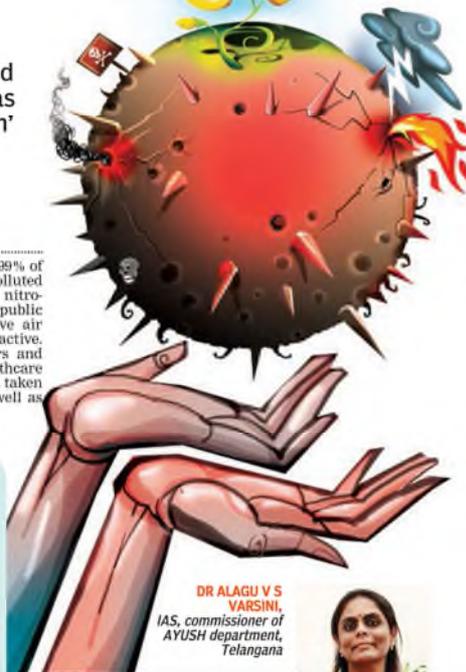
In a recently released report, the WHO said 99% of the global population is inhaling toxic, polluted air laden with fine particulate matter and nitrogen dioxide. It has called for well-planned public transport, walking and cycling to improve air quality, mitigate climate change and stay fit and active. On the occasion of WHD, doctors, researchers and experts associated with the medical and healthcare industry suggest practical measures that can be taken to restore holistic health on an individual as well as macro level.



DR KUTIKUPPALA SURYA RAO, Padma Shri and WHO awardee, general physician and researcher

'Development by destroying and polluting nature should stop'

The Ps behind most of the damage to people and the planet are pollution (including plastic and pesticides), pathogens and the pandemic. Human greed is the primary cause of damage to the planet's natural resources such as forests, seas, mountains and the atmosphere. And now even outer space is not spared. This will ultimately backfire on humans, as the food chain will be disturbed, ecology will be out of balance and natural calamities and diseases will increase. Unless there is a major change in mindset and behaviour, no Swachh Bharat campaign or government policies can be effectively implemented. Also, for the future generation to survive, every individual should take a pledge not only to maintain healthy habits for themselves but also for overall environmental and global health. A diseased planet cannot ensure healthy individuals. It will cause more and more respiratory diseases, cancer, pathogen attacks and other ailments. To counter various health challenges, development should take place but not at the cost of nature.



DR ALAGU V S VARSINI, IAS, commissioner of AYUSH department, Telangana

'Stick to traditional, conservative living for a sustainable future'

Health is a lifestyle, a continuous process. Simple modifications in daily life such as eating traditional, homemade food and following a simple natural lifestyle can go a long way in ensuring the health of individuals as well as the community. The problem is we are exploiting natural resources and creating synthetic artificial products. In the process, the natural resources are getting exhausted while the artificial ones like electronic gadgets are causing pollution and health hazards. In many families, traditional homemade food has been almost replaced by unhealthy junk food, which even children are given. Due to fatty fast foods, a number of lifestyle diseases have cropped up, causing huge out-of-pocket medical expenses. This money could have been used in some productive pursuits instead of on ailments. Therefore, a non-extravagant frugal lifestyle or conservative living is required for a sustainable tomorrow.



DR D NAGESHWAR REDDY, Chairman, AIG Hospitals

'Focus on preventive medicine, promote hygienic living'

As the post-pandemic world dawns, health as a public subject has taken the pilot seat and it is imperative that we design and execute programmes that are focused on preventive medicine. Throughout the pandemic, collective health measures in form of hand-washing, wearing masks and social distancing taught us the value of having a public health mindset in preventing disease. We have to modify our approach towards holistic health by practicing basic hygiene and wellness habits. Sedentary lifestyle and related disorders are set to paralyse economies across the globe, therefore, it is imperative that we focus on individual fitness and nutritional requirements, thereby building the foundation for a healthy society.

Programmes like 'Fit India Movement' not only need to be endorsed by all communities but also need to be practiced diligently. Everyone involved in public health should advocate an active lifestyle aided by wholesome dietary habits. We need to aggressively promote a culture of hygienic living, which will go a long way in preventing the spread of communicable diseases while lessening the burden on public health infrastructure.

TURN TO PAGE 12

Public Health Education (The Asian Age:20220407)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16279652>

DR DEVI MADHAVI, head of the department of Community Medicine, Rangaraya Medical College and Government General Hospital, Kakinada

‘Public health education, legislative action and corporate reforms needed’

On the occasion of World Health Day-2022, WHO has focused on the urgent need for action against the climate crisis, which is the biggest threat facing humanity and it's also a health hazard. Entire world is deprived of clean air, clean, safe drinking water and food. While extremes of weather and pollution are causing some species to go extinct, harmful chemicals entering the food chain through biomagnification has resulted in increased incidences of ailments like cancers and other non-communicable diseases. On the other hand, Covid-19 pandemic focuses on the importance of equitable health care distribution, emergency preparedness and need for sustainable well-being societies. The health and well-being of humans and the planet can be achieved through legislative action and corporate reforms for ecological sustainability. Health education to people through BCC (behavior change communication) is also needed to understand the reciprocal relationship between care for our planet and ourselves.



Poverty (Hindustan Times:20220407)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16279652>

NUMBER THEORY

India's Great Poverty Debate: Season Two

By Roshan Kishore

Poverty statistics in India have always been the subject of controversy. The country has a long debate on the trend in poverty and the veracity of poverty estimates in the 2000s. Each was the outcome of the debate and the policies involved that the episode was treated as the 'great Indian poverty debate'. It continued through the decade and into the next. But was interpreted within the current government's decision to junk the findings of the 2017-18 National Sample Survey (NSS) Consumption Expenditure Survey (CES) in November 2018. CES is the official source of data for calculating poverty numbers in India. The latest available CES data is for 2012.

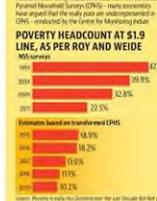
Almost two and a half years after the 2017-18 CES was scrapped, the 'great Indian poverty debate' has been resurrected. The second season of this debate, interestingly, has started from Washington DC, not India. Two new working papers, one published by the World Bank and another by IMF, have given a cautiously optimistic view of extreme poverty - in conformance with the World Bank's 5.5 per cent poverty line (PL) and 10 per cent PL in India. The World Bank says it is at 10%, while the IMF says it is at 16%.

What explains this wide discrepancy? Here are three charts which explain the issues involved in detail.

1 What are the summary findings of the IMF and World Bank papers?

The difference between the two papers lies in the treatment of the PL. The IMF paper uses a PL of 10% and the World Bank paper uses a PL of 16%. The IMF paper also uses a PL of 10% for the rest of the world, while the World Bank paper uses a PL of 16% for the rest of the world.

At 10%, the IMF paper estimates that 1.2 billion people live in extreme poverty, compared to 1.6 billion people at 16% PL. The IMF paper also estimates that 1.2 billion people live in extreme poverty, compared to 1.6 billion people at 16% PL.



2 How do Bhalla et al arrive at their estimates of almost zero poverty?

The findings of the IMF working paper 'Surjit Bhalla et al' are based on the Global Poverty Report (GPR) 2020. The GPR 2020 is a report that provides a comprehensive overview of the global poverty situation. The GPR 2020 is a report that provides a comprehensive overview of the global poverty situation.



3 But the idea of using NAS to calculate poverty is controversial

While the growing gap between NSS and PCE consumption expenditure is a concern, the use of NAS to calculate poverty is controversial. The use of NAS to calculate poverty is controversial. The use of NAS to calculate poverty is controversial.

The use of NAS to calculate poverty is controversial. The use of NAS to calculate poverty is controversial. The use of NAS to calculate poverty is controversial.

4 IMF paper's policy recommendations could attract more interest than poverty numbers

Because the IMF paper's policy recommendations could attract more interest than poverty numbers. The IMF paper's policy recommendations could attract more interest than poverty numbers. The IMF paper's policy recommendations could attract more interest than poverty numbers.

The IMF paper's policy recommendations could attract more interest than poverty numbers. The IMF paper's policy recommendations could attract more interest than poverty numbers. The IMF paper's policy recommendations could attract more interest than poverty numbers.



TECH SMAG TO BLAME Zomato, Swiggy face nationwide outage



Online food delivery platforms Zomato and Swiggy, which dominate the market in India with a combined share of 80%, reported a nationwide outage that affected users across the country. The outage was caused by a technical issue. The outage was caused by a technical issue.

Govt: 50% decline in civilian deaths since August 5, 2019



There has been a decline of almost 50% in killings of civilians and security personnel by terrorists in Jammu and Kashmir since the abrogation of Article 370 in 2019. The decline is based on data available with the ministry of home affairs. The decline is based on data available with the ministry of home affairs.

161 deaths of sewer cleaners in 3 years



There is no report of deaths due to manual scavenging in 31 people since the ban on manual scavenging in 2013. The ban on manual scavenging was implemented in 2013. The ban on manual scavenging was implemented in 2013.

UKRAINE WAR | SIX WEEKS OF WAR

As Russia retreats, horrors come to fore

Russian forces that had surrounded Kyiv for weeks with tanks and artillery, were finally pushed back in a Ukrainian counter-offensive over the past week. As Ukraine took back the key region, a trail of destruction was revealed - houses were reduced to rubble, dozens of mines were scattered across suburbs, while the streets lined with the corpses of soldiers and civilians alike.

Complex block containing a map of Ukraine, a table of military movements, and text describing the withdrawal of Russian forces and the trail of destruction in Kyiv.

35 programmes across 16 varsities in QS top 100

Where Indian varsities stand. The QS World University Rankings 2022 has ranked 35 Indian university programmes across 16 varsities in the top 100. The QS World University Rankings 2022 has ranked 35 Indian university programmes across 16 varsities in the top 100.

Table listing Indian varsities and their QS top 100 programmes. Columns include Varsity, Programme, and QS Ranking.

Why panic over XE is premature

Why panic over XE is premature. The Omicron variant XE is a new variant of the Omicron variant. The Omicron variant XE is a new variant of the Omicron variant.

The Omicron variant XE is a new variant of the Omicron variant. The Omicron variant XE is a new variant of the Omicron variant. The Omicron variant XE is a new variant of the Omicron variant.

Omicron variant's lineage XE (Hindustan Times:20220407) https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=74ceafa706&imageview=0

Officials in Mumbai announced on Wednesday that they detected a Covid-19 case caused by the Omicron variant's lineage XE a month ago. The announcement appeared to trigger some concern, although the timing of the discovery and clinical features of the particular case and studies in other countries show that there is little of note about the XE variant as of now.

Union health ministry officials separately told HT that the variant sequenced in Mumbai is not XE and may have been misclassified.

XE – one among many

Whether or not the variant found is indeed XE, there are now several viruses that are a further mutation of Omicron variant, which swept through most of the world over the last winter. The XE appears to be the result of a recombination of the BA.1 and BA.2, the first two Omicron variant lineages that spread widely. Such recombinations are common.

In terms of its genetic makeup, XE has the Spike protein and other key structural features of the BA.2, with a smaller portion of its genome coming from BA.1, Imperial College virologist Tom Peacock said in a tweet on March 16, shortly after the variant first began popping up on genome surveillance.

The variant was first sequenced in the United Kingdom on January 19.

XE is not the only BA.1-BA.2 recombinant. As of March 16, there are, in fact, 11 such variants with a genome that is a varying mix of the genes of the two parental viruses. The others have been classified as XR, XL, XN, XP, XQ, XG, XH, XJ, XK and XM.

No notable concern

Peacock explained that recombinant viruses that contain Spike and structural proteins from a parental virus (which in this case happens to be BA.2) are likely to behave in the same manner. The Spike protein is responsible for the virus's ability to latch on and infect a host cell. In other words, the XE is no likely to be any more different than the BA.2, which has already spread widely across the country during the winter wave.

This is further supported by epidemiological studies in the UK, where XE was first found. According to the UK Health Security Agency's variant technical briefing on March 25, preliminary data suggested it had a growth advantage of about 10% compared to BA.2, which means it may be 1.1 times more transmissible, although the trend was not consistent and "it cannot yet be interpreted as an estimate of growth advantage for the recombinant".

Similar assumptions also likely hold true for its resistance to antibodies, vaccines and therapeutics since, as noted above, its key structural features are similar to BA.2's.

The other clue that supports that the variant is not worrying is the Mumbai case (if it indeed is of XE): the infection was detected over a month ago on March 2. If it were particularly worrying, more cases would have been inevitable – as was the case when Omicron first took hold in India, triggering a sharp spike within a fortnight of first samples being detected.

World Health Day 2022

World Health Day 2022: Simple ways to beat the summer heat and its ill effects

"increased internal body temperature, in turn, can cause heavy perspiring, sticky skin, dehydration, tiredness, cerebral pain, dizziness, sickness, muscle cramps, and a fast, feeble pulse," said Sanchita Pathak, senior consultant dietician (The Indian Express:20220407)

<https://indianexpress.com/article/lifestyle/health/world-health-day-summer-heat-improve-skin-hair-nutrition-tips-7854217/>

dietThis World Health Day, take care of your skin and hair too (Source: Getty Images/Thinkstock)

Indian summers are pretty harsh, and the sweltering heat can lead to many ill effects. The more time you spend in the heat, the more seriously it can impact your health, said Sanchita Pathak, senior consultant dietician, The Himalayan Organics.

Also Read |Ayurveda alert: Beat the summer heat with vetiver or khus roots

She added that an increased internal body temperature, in turn, can cause heavy perspiring, sticky skin, dehydration, tiredness, cerebral pain, dizziness, sickness, muscle cramps, and a fast, feeble pulse. Besides sunstroke, urinary tract infections also peak during the season.

“Heat can also aggravate ‘non heat-related issues’ like kidney health, skin diseases, measles, jaundice and pre-term birth among pregnant ladies. In fact, heatstroke, heat fatigue, and dehydration are only a small section of the health risks associated with long stretches of extreme heat exposure,” she added.

What can be done?

Experts stress the importance of maintaining the level of electrolytes, like sodium and potassium that are pivotal for the optimum working of the brain and the nervous system, in the body. “And of course, drinking adequate amounts of water is a must to replenish the lost electrolytes, and also remove the excess from the kidneys where it can get concentrated to avoid complications,” she shared.

Also Read |Heat wave warning: How to keep yourself and others safe in extreme weather
Few simple tips to follow

- *Always apply sunblock or sunscreen to protect your skin from damage, and sunburn.
- *Avoid direct sunlight for extended periods to keep your body temperature at a balanced level.
- *Dress in lightweight, breezy, loosely fitting clothing.
- *Pay attention to your body needs; if you begin to feel ill or faint, seek a cold environment and rest.

*It would be best to eat healthy and light, small, frequent meals. Heavy meals laden with large amounts of carbohydrates and fats give rise to heat within the body. Instead, have seasonal fresh fruits and vegetables with high water content. To keep yourself cool, have watermelon, oranges, sesame, coconut water, cucumber, tomatoes, mint, fennel seeds, etc. Avoid alcohol, fizzy drinks and coffee as they can leave you dehydrated, said Pathak.

*Pregnant women need to take special care. Fruits are abundant in vitamins, minerals, fibre, and good sugars. They give you energy, keep you full, and are great for skin and hair. They also aid in preventing constipation and achieving good digestion and bowel movement.

healthy living, healthy lifestyle, how to boost immunity, how to build health, health and immunity, good diet, sleep, exercising, protein supplement, indian express news How do you take care of your health? (Photo: Getty/Thinkstock)

Summer effects on skin

During summer, the skin's sebaceous glands produce excess sebum (natural oil). Unfortunately, this oil sticks on the skin's surface, leading to blocked pores. In addition, increased water loss from the body leads to dehydration, causing the skin to feel irritated, red, and dry. A few common summer skin problems are acne breakouts, dry skin, folliculitis, sun allergy, and heat rashes.

Remedies and precautions

A summer-friendly beauty routine that includes sunscreen, moisturising, minimal makeup, exfoliation, sun-protective clothes and washing sparingly will keep the skin happy and healthy. Washing the face often or using tissues to wipe a sweaty face helps avoid acne. Use of natural face packs with aloe vera gel or sandalwood powder is recommended.

hair removal, hair removal techniques, different hair removal methods, body hair removal, pubic hair removal, how to take care of hair removal, best hair removal methods for pubic hair, worst hair removal methods for pubic hair, indian express news You can manage good hair in this summer too (Source: Getty Images/Thinkstock)

Summer hair care routine

Wash your hair with a hydrating shampoo followed by a hydrating conditioner. Apply serum or leave-in conditioner after washing. Style your hair with natural styling techniques instead of harsh styling tools. Apply a hair mask once every week.

Also Read |Here's what Bhagyashree prefers over ice-cream to beat the summer heat
Strawberries, bananas, zucchini, red bell peppers, tomatoes, gazpacho, lentils, flaxseeds, walnuts and hibiscus tea are summer beauty foods that are good for skin and hair. In addition, these provide vitamins A and C and biotin and zinc, which play a vital role in maintaining skin and hair health.

Alzheimer's

Study on genetic risk for Alzheimer's discovers 42 previously-unknown genes linked to the disease

Researchers said that "with multiple triggers, biological pathways and cell types involved in its development", Alzheimer's disease is "an extremely complex condition". (The Indian Express:20220407)

<https://indianexpress.com/article/lifestyle/health/study-genetic-risk-alzheimers-42-unknown-genes-linked-disease-7855956/>

Alzheimer's, Alzheimer's disease, research on Alzheimer's disease, what causes Alzheimer's disease, study on Alzheimer's disease, genes, genetic causes leading to Alzheimer's, indian express newsComponents of our immune system have a big role to play in the development of the disease, said researchers. (Photo: Getty/Thinkstock)

As many as 42 previously undiscovered genes have been found to have a link with the development of Alzheimer's disease in the largest ever study of genetic risk for Alzheimer's, a CNN report states.

According to the report, in addition to the APOE e4 gene and the development of proteins like 'amyloid beta' and 'tau' that form in the brain and cause devastation as Alzheimer's progresses, the 42 previously-unknown genes signal newer ways for the disease to progress.

ALSO READ |Alzheimer's care amid pandemic: All you need to know

The study's co-author, Julie Williams, center director at the UK Dementia Research Institute at Cardiff University, said in a statement: "This is a landmark study in the field of Alzheimer's research and is the culmination of 30 years' work. Lifestyle factors such as smoking, exercise and diet influence our development of Alzheimer's, and acting to address these now is a positive way of reducing risk ourselves."

"However, 60-80% of disease risk is based on our genetics and therefore we must continue to seek out the biological causes and develop much-needed treatments for the millions of people affected worldwide," she added.

Dr Rebecca Sims, senior research fellow at Cardiff University and UK Dementia Research Institute co-investigator and co-leader of the study, said that it "more than doubles the number of identified genes influencing risk for the more common form of Alzheimer's disease."

ALSO READ |Early warning signs of dementia you shouldn't ignore

"It provides exciting new targets for therapeutic intervention and advances our ability to develop algorithms to predict who will develop Alzheimer's in later life," she remarked.

Published recently in the journal Nature Genetics, the global study analysed genomes of 1,11,326 people with clinically-diagnosed Alzheimer's, and compared them with genes from 6,77,663 cognitively-healthy people, the CNN report states.

Alzheimer's, Alzheimer's disease, research on Alzheimer's disease, what causes Alzheimer's disease, study on Alzheimer's disease, genes, genetic causes leading to Alzheimer's, indian express news In total, researchers identified 75 genes linked to an increased risk of Alzheimer's disease, 33 of which were known already. (Photo: Getty/Thinkstock)

Clinics in 15 members of the European Union, along with countries like Argentina, Australia, Brazil, Canada, Iceland, Nigeria, New Zealand, the UK and the US supplied the genomes.

ALSO READ |New landmark study sheds light on the possible cause of Alzheimer's-related symptoms

In total, researchers identified 75 genes linked to an increased risk of Alzheimer's disease, 33 of which were known already. Williams added in her statement that "with multiple triggers, biological pathways and cell types involved in its development", Alzheimer's disease is "an extremely complex condition".

"Components of our immune system have a big role to play in the development of the disease. For example, immune cells in the brain known as microglia are responsible for clearing out damaged tissue, but in some people that may be less efficient which could accelerate the disease," she said.

Diabetics

One of the best pre-workout fruits for diabetics is...

"Do not combine it with meals. Try to eat the whole fruit, not juice, and don't add fruits to a vegetable salad because fructose eaten with veggies will delay digestion and bloat you up," said Dr Ria Banerjee Ankola(The Indian Express:20220407)

<https://indianexpress.com/article/lifestyle/health/diabetics-fruits-banana-pre-workout-fruit-watermelon-7853752/>

bariatric surgery, weight loss surgery, what is a weight loss surgery, things to keep in mind after weight loss surgery, health, weight gain, obesity, indian express newsWhat should diabetics have pre-workout? (Photo: Getty/Thinkstock)

Owing to its many health benefits and the instant boost of energy it provides, many people swear by a banana as their pre-workout snack. But, it is not considered to be the best fruit for diabetics as it has a higher fructose content that can lead to spiked blood-glucose levels. So what can people with diabetes have? Food therapist Dr Ria Banerjee Ankola recently took to Instagram to share the the next best option.

Also Read |Healthy snacks to satiate your midnight cravings

"We are all used to eating bananas pre-workout because of the energy and minerals it gives. It is certainly one of the best fruits as a pre-workout snack. But some of you, especially diabetics who have uncontrolled numbers in their laboratory reports, have to avoid bananas because of the higher fructose content of the fruit," she wrote on her page Food Therapy by Dr Ria Ankola.

So, what can diabetics have?

According to her, a cup of watermelon 30-60 minutes before you plan to sweat it out can help.

How does it help?

- *Watermelon has a high water content, and hence, will help you stay hydrated.
- *It contains minerals, antioxidants, and amino acids which may diminish muscle soreness.
- *It is high in potassium, a mineral that may help cut down cramps.
- *It is also rich in vitamin A.
- *It is low in sugar so will not give you insulin spikes or even hunger pangs, said Dr Ria.
- *It is not very high in fibre, making it easy to digest.

Also Read |10 healthy snacks for fitness enthusiasts

Watermelon is a rich source of citrulline, an amino acid that can be metabolised to arginine, a conditionally essential amino acid for humans. Arginine is the nitrogenous substrate used in the synthesis of nitric oxide and plays an essential role in cardiovascular, immune functions, she mentioned.

So, even if you are not a diabetic, please enjoy this summer fruit and see how nice you feel, she added.

Also Read |Here's what you should eat for snacks depending on your schedule

However, she cautioned against combining it with meals. "Try to eat the whole fruit, and not juice. Don't add fruits to a vegetable salad because fructose eaten with vegetables will delay the digestion of the vegetables and bloat you up," she said.

Cardiac arrest

**What role does CPR play in helping a patient with sudden cardiac arrest?
CPR is a first-aid process to revive a person who is having an episode of sudden cardiac arrest(The Indian Express:20220407)**

<https://indianexpress.com/article/lifestyle/health/cpr-patient-sudden-cardiac-arrest-heart-diseases-health-7851150/>

cardiopulmonary resuscitation, what is cardiopulmonary resuscitation, what does CPR do, when is CPR needed, CPR and sudden cardiac arrest (SCA), indian express news CPR is an emergency lifesaving procedure performed if the heart stops beating. (Photo: Getty/Thinkstock As the name implies, in sudden cardiac arrest (SCA) — an abrupt sensation of cardiac functioning — the heart stops suddenly. It happens without a warning, triggered by an electrical malfunction which stops the heart from pumping blood to the body.

Dr Jitendra S Makkar, cardiologist, electrophysiologist, Eternal Hospital, Jaipur, says SCA leads to sudden death if not intervened within the first 6 minutes. “The human heart beats at 60-100 beats per minute and any fluctuation in this rate — either too slow (bradycardia) or too fast (tachycardia) — is referred to as cardiac arrhythmia (irregular heartbeats). Those experiencing a sudden increase in heart rate or those who are genetically prone to heart diseases may experience a fatal arrhythmia or SCA,” he explains.

ALSO READ |Christian Eriksen collapse: When and how is CPR performed?
According to the doctor, symptoms of SCA include:

- Weakness
- Palpitations
- Collapse
- No pulse
- No breathing
- Loss of consciousness
- Chest discomfort
- Shortness of breath

ALSO READ |Heart attack is becoming common among young people; a doctor explains the causes

What role does cardiopulmonary resuscitation or CPR play?

“It is a first-aid process to revive a person who is having an episode of SCA. It is an emergency lifesaving procedure performed if the heart stops beating, which can also happen due to heart attack, stroke, electrocution, drowning etc.,” says Dr Makkar, adding that CPR helps restart the breathing process and heartbeat.

cardiopulmonary resuscitation, what is cardiopulmonary resuscitation, what does CPR do, when is CPR needed, CPR and sudden cardiac arrest (SCA), indian express news First aid cardiopulmonary resuscitation. (Photo: Getty/Thinkstock)

In addition, he suggests doing the following to prevent cardiovascular disease and its effects:

1. Keep your cholesterol in check: High cholesterol raises the chances of cardiovascular diseases, as well as stroke. Have foods low in salt.
2. Heart-friendly diet: A heart-healthy diet includes fruits, green vegetables, calcium and vitamins, low fat dairy products, Omega-3 fatty acids, which can also do wonders to your digestive system.
3. Get moving: Every day, at least 30-40 minutes of physical activity is a must for a healthy heart. The activities can include running, swimming, walking etc. It enhances circulation and keeps it healthy.
4. Sound sleep: It is advisable to sleep for 7-8 hours, as this is when the body’s cells rebuild and heal. Studies suggest lack of sleep is a risk factor for high blood pressure, as a result, heart disease.
5. Routine check-ups: It is advisable to get the heart checked every 6 months. In addition, diabetes, cholesterol, and blood pressure should be on track.

Skincare

Five skincare hacks to ‘prevent breakouts from your workouts’

The sweat released during the workout can lead to skin issues like acne breakouts, irritation, redness and rashes (The Indian Express:20220407)

<https://indianexpress.com/article/lifestyle/five-skincare-hacks-to-prevent-breakouts-from-your-workouts-7806794/>

Ensure healthy and glowing skin with these tips. (Source: Pexels)

Physical activities are known to be beneficial for the skin, and help it give a natural and healthy glow. The sweat released during workouts, however, can also lead to skin issues like acne breakouts, irritation, redness and rashes. So, to reap the maximum skin benefits from your exercise routine, you must keep some tips in mind.

Dermatologist Dr Geetika Mittal Gupta, recently, took to Instagram to share five skincare hacks that you must practice before heading out for a workout.

Take a look.

Follow these tips to prevent breakouts due to your workout, as suggested by the dermatologist.

*Wash your face right before going for a workout. If you have makeup on, ensure to completely remove it with an oil-based cleanser followed by a gentle cleanser.

*During the workout, don't forget to use a cold towel on your face to wipe off sweat, pollution and dirt. Don't rub your face against your clothes as it can lead to rashes and itchiness.

Mission Vatsalya

The child at the centre: On Mission Vatsalya (The Hindu:20220407)

<https://www.thehindu.com/opinion/editorial/the-child-at-the-centre-the-hindu-editorial-on-mission-vatsalya/article65296613.ece>

Mission Vatsalya must bring together services and structures to help children in distress. Schemes designed for social good do well on intent, but their success depends on whether they are built on principles of sustainability and work within structures of accountability. While the Centre's intent to provide 'integrated benefits to children and women' is behind the comprehensive revamping of the Department of Women and Children's schemes, is this a rejig constructed with rules that will ensure maximising benefit for shareholders — women and children? Mission Vatsalya, which has been operationalised, is one of the new triad of schemes along with Mission Shakti, and Poshan 2.0, that aims at securing a healthy and happy childhood.

for every child. Components under Mission Vatsalya include statutory bodies; service delivery structures; institutional care/services; non-institutional community-based care; emergency outreach services; training and capacity building. The impact of this on one of the pillars of India's child protection services, the ChildLine, has been giving child rights activists sleepless nights. ChildLine (1098), the 24-hour toll free helpline for children in distress, will be manned by the Home Affairs Ministry under Mission Vatsalya, Union Minister Smriti Irani said last year, citing the need to 'preserve data sensitivity'.

ChildLine has been in operation for over 25 years, growing gradually to become one of the largest global networks to assist and rescue children in distress. It has

SARS-CoV-2 variant

WHO records new recombinant SARS-CoV-2 variant (The Hindu:20220407)

<https://www.thehindu.com/sci-tech/health/who-records-new-recombinant-sars-cov-2-variant/article65284952.ece>

XE recombinant reported in the U.K.; a recombinant variant occurs when an individual is infected with two or more variants at the same time.

The World Health Organization (WHO) has flagged the emergence of a new variant of the SARS-CoV-2 virus, the XE recombinant, in the United Kingdom, and with a possibly higher rate of transmission.

Good Health (Dainik Bhasker :20220407)

<https://epaper.bhaskar.com/detail/1245365/2480589163/mpcg/07042022/194/image/>

