



# DAILY NEWS BULLETIN

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

20220413

## **Disease and the cure: On China's zero COVID strategy**

## **Disease and the cure: On China's zero COVID strategy (The Indian Express:20220413)**

<https://www.thehindu.com/opinion/editorial/disease-and-the-cure-the-hindu-editorial-on-chinas-zero-covid-strategy/article65314648.ece>

China should reconsider its zero COVID strategy and follow science while opening up

For the past two weeks, China has locked down Shanghai, its financial centre. Many of its 26 million residents, confined to their apartments, have complained of acute food shortages. The government has struggled to supply every household with daily necessities, with the supply chain paralysed by China's stringent measures under which every COVID-19 case, even if asymptomatic, is confined in government-run quarantine facilities. Food shortages are not the only problem. Many have said they are running out of medicines. Children who tested positive have been separated from their parents. The crisis has now ignited a debate on whether this strategy that enabled China to avoid a major second wave, still remains relevant when much of the rest of the world has returned to some form of normalcy thanks to vaccines. China is the only country still closed off from the rest of the world.

Signs are Beijing has no intention of changing course. The official Xinhua news agency on Sunday rebutted criticism over the policy saying "a dynamic zero-COVID approach remains crucial..." and "the repercussions of lowering the guard could be disastrous for... 1.4 billion people, including 267 million aged 60 or above". With those numbers, it argued, China's medical system "would risk a collapse". Chinese officials point to Hong Kong's experience. After two successful "zero COVID" years that allowed for normalcy, an Omicron outbreak this year led to 8,000 deaths there. Most were unvaccinated elderly residents. Beijing now finds itself in a bind. Opening up, it is feared, would mean many deaths among the elderly who have refused to get vaccinated. However, experts say one major reason for vaccine hesitancy is the

“zero COVID” strategy, with the wide perception that risks from vaccines outweigh the risk of catching COVID. Zero COVID, in a sense, has become a victim of its own success. Politics is also as much a factor as public health. For two years, China’s government has hailed its model as a contrast to the West which saw high deaths and continues to tell its population that COVID is a dangerous disease that requires everyone to be hospitalised. Changing course now would not suit that narrative, particularly with President Xi framing China’s COVID response as one of his big legacies. Continuing on the current path, however, will bring rising economic and social costs. Rather than trumpet zero COVID and criticise living with the virus as irresponsible, China would be better served looking at the examples of countries that have successfully opened up and followed the science, as in Singapore, which aggressively vaccinated its population and incentivised it to do so by setting a timetable for opening. Otherwise, as the continued suffering in Shanghai has shown, the cure risks becoming worse than the disease.

## **WHO**

### **Continuing to monitor 'several descendent lineages' of Omicron variant: WHO (The Indian Express:20220413)**

<https://www.thehindu.com/sci-tech/health/continuing-to-monitor-several-descendent-lineages-of-omicron-variant-who/article65316988.ece>

The Rajiv Gandhi General Hospital, Chennai, which had experienced tumultuous days with teeming corona patients since the start of the coronavirus pandemic first wave, has now silently recorded A DAY WITHOUT CORONA PATIENTS, seen on empty beds at Rajiv Gandhi Government General Hospital in Chennai.

The Rajiv Gandhi General Hospital, Chennai, which had experienced tumultuous days with teeming corona patients since the start of the coronavirus pandemic first wave, has now silently recorded A DAY WITHOUT CORONA PATIENTS, seen on empty beds at Rajiv Gandhi Government General Hospital in Chennai. | Photo Credit: JOTHI RAMALINGAM B

WHO said that it is working with scientists to further assess the characteristics of these lineages and their public health implications.

The World Health Organisation has said that it is continuing to monitor “several descendent lineages” of the Omicron variant of the coronavirus, including two new sublineages that have additional mutations associated with potential “immune escape characteristics.” The COVID-19 Weekly Epidemiological Update, released by WHO on Tuesday, said that the Omicron variant remains the dominant variant circulating globally.

WHO said it continues to monitor several descendent lineages under the Omicron Variant of Concern, including BA.1, BA.2, BA.3 as well as now BA.4 and BA.5. It also includes BA.1/BA.2 circulating recombinant forms, such as XE.

“A small number of sequences of BA.4 and BA.5 descendent lineages have now been detected in a few countries. Both have additional mutations in the Spike region (S:L452R, S:F486V) and unique mutations outside of Spike. The S:L452R and S:F486V mutations are associated with potential immune escape characteristics,” the global health organisation said.

It added that it is working with scientists to further assess the characteristics of these lineages and their public health implications. “WHO recommends countries to continue surveillance, where possible, and rapid data sharing on publicly available databases.” According to WHO, the SARS-CoV-2 virus continues to evolve. With such intense transmission worldwide, further variants, including recombinants, will emerge. “This is expected.” WHO is tracking the two new sublineages (BA.4 and BA.5) as part of the Omicron variant.

These variants have additional mutations that need to be further studied to understand their impact on immune escape potential. Only a few dozen sequences of these variants have been reported from a handful of countries.

WHO is working with scientists to better understand their current spread as well as any potential impact they may have.

WHO said that Omicron’s properties of immune escape have been associated with the rapid and almost synchronous increase in the global incidence of COVID-19 cases reported until the end of January 2022.

A further increase observed at the beginning of March was driven primarily by a delayed increase in case incidences in the Western Pacific Region and a rebound in the number of new cases reported in the European Region.

"This trend was likely due to a combination of factors, including the predominance of the Omicron Pango lineages BA.1, and then BA.2, with a transmission advantage over other Omicron lineages; relaxation of public health and social measures (PHSM); and waning of humoral immunity following vaccination and/or prior infection," it said.

"The recent detection of emerging recombinants of the Delta-Omicron and Omicron descendent lineages requires ongoing close monitoring." The WHO update added that globally, during the week of April 4 through 10, the number of new COVID-19 cases and deaths has continued to decline for a third consecutive week, with over 7 million cases and over 22,000 deaths reported, a decrease of 24 per cent and 18 per cent respectively, as compared to the previous week.

All regions reported decreasing trends in the number of new weekly cases and deaths. As of April 10, over 496 million confirmed cases and over 6 million deaths have been reported globally.

“These trends should be interpreted with caution as several countries are progressively changing their COVID-19 testing strategies, resulting in lower overall numbers of tests performed and consequently lower numbers of cases detected,” it said.

Over 11 billion vaccine doses have been distributed globally. WHO however noted that substantial inequities remain, with only 11 per cent of those in low-income countries (LICs) having completed the primary series; and major differences among regions, with vaccination coverage ranging from 82 per cent in the Western Pacific Region to 13 per cent in the African Region.

“There is particular concern about reaching the most vulnerable populations who remain unvaccinated, particularly those of older age and those with comorbidities,” it said, adding that globally, an estimated 35 per cent of those aged 60 years and over are awaiting completion of the primary vaccination series.

## **New XE Omicron variant**

### **new XE Omicron variant and its severity (The Tribune:20220413)**

Know the new XE Omicron variant and its severity  
XE recombinant (BA.1-BA.2), was first detected in the United Kingdom on January 19 and more than 600 sequences have been reported and confirmed since

<https://www.tribuneindia.com/news/health/know-the-new-xe-omicron-variant-and-its-severity-384915>

With new coronavirus variants emerging every four months on average, UN Secretary-General Antonio Guterres has cautioned that the Covid-19 pandemic is far from over as large outbreaks are spreading in Asia.

Guterres also called for governments and pharma companies to work together to deliver vaccines to every person, everywhere.

In a video message “One World Protected - Break Covid Now” to the GAVI COVAX Advance Market Commitment Summit 2022, Guterres said Friday that the gathering is a critical reminder that the "Covid-19 pandemic is far from over."

“We're seeing 1.5 million new cases each day. Large outbreaks are spreading in Asia. A new wave is sweeping across Europe,” he said, adding that some countries are reporting their highest death rates since the start of the pandemic.

He said the Omicron variant of the coronavirus is a “startling reminder” of how quickly Covid-19 can mutate and spread — especially in the absence of high vaccination coverage.

While some high-income countries are preparing for their second booster doses, one-third of humanity remains unvaccinated, he rued.

“This is a brutal indictment of our deeply unequal world. It's also a prime breeding ground for new variants... more deaths... and increased human and economic misery,” he said.

Guterres said the next variant is not a question of “if” but of “when.” “We are far from our target of every country reaching 70 per cent vaccination coverage by the middle of this year. And with new variants emerging every four months on average, time is of the essence,” he said.

He added that governments and pharmaceutical companies need to work together to deliver vaccines to every person, everywhere — not just in wealthy countries.

A new strain of the Covid-19 Omicron variant, first detected in the United Kingdom, appears to be more transmissible than previous strains of the virus, the World Health Organization (WHO) had said.

WHO said last week that the XE recombinant (BA.1-BA.2), was first detected in the United Kingdom on January 19 and more than 600 sequences have been reported and confirmed since.

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

It added that XE belongs to the Omicron variant until significant differences in transmission and disease characteristics, including severity, may be reported.

“WHO continues to closely monitor and assess the public health risk associated with recombinant variants, alongside other SARS-CoV-2 variants, and will provide updates as further evidence becomes available.”

The WHO Covid-19 Weekly Epidemiological Update issued this week said that after the increase observed during the first half of March 2022, the number of new Covid-19 cases has decreased for a second consecutive week, with a 16 per cent decline during the week of March 28 through April 3 as compared to the previous week.

The number of new weekly deaths also decreased sharply (-43 per cent) as compared to the previous week, when an artificial spike in deaths was observed.

Across the six WHO regions, over nine million new cases and over 26,000 new deaths were reported. All regions reported decreasing trends both in the number of new weekly cases and new weekly deaths.

As of April 3, over 489 million cases and over 6 million deaths have been reported globally.

At the country level, the highest number of new weekly cases were reported from South Korea (2,058,375 new cases; a decline of 16 per cent), Germany (1,371,270 new cases; a 13 per cent decrease), France (959,084 new cases; a 13 per cent increase), Vietnam (796,725 new cases; a 29 per cent decline), and Italy (486,695 new cases; a 3 per cent fall).

The highest number of new weekly deaths were reported in the United States of America (4,435 new deaths; a 10 per cent decline), Russia (2,357 new deaths; an 18 per cent decline), South Korea (2,336 new deaths; a 5 per cent decline), Germany (1,592 new deaths; a 5 per cent rise) and Brazil (1,436 new deaths; a 19 per cent fall).

Noting that the supply of Covid-19 vaccines is not the issue as manufacturers are producing 1.5 billion doses per month, Guterres said progress in achieving vaccine equity is possible but the window is closing fast.

“This means countries fulfilling and accelerating dose-sharing and donation commitments to COVAX with better quality of supply. And it means having strong national vaccine-delivery systems at the ready — including efforts to counter disinformation and get vaccines into arms.” He called on countries to commit new funding for the ACT-Accelerator and COVAX this year.

The COVAX Facility is the global pooled procurement mechanism for Covid-19 vaccines through which COVAX seeks to ensure fair and equitable access to vaccines for all 190 participating economies, using an allocation framework formulated by WHO.

## **Omicron infection**

### **Booster dose cuts Omicron infection three days earlier than Delta: Lancet (The Tribune:20220413)**

<https://www.tribuneindia.com/news/health/booster-dose-cuts-omicron-infection-three-days-earlier-than-delta-lancet-384665>

People who have taken a booster dose are likely to recover from Omicron three days earlier than in the case of a Delta infection, claims a study published in The Lancet journal.

The study led by a team at King's College London showed that the duration of symptoms were significantly shorter for people infected with Omicron compared to the Delta variant, (6.87 days versus 8.89 days) and participants were less likely to be hospitalised.

Researchers noted that symptoms associated with an Omicron infection have less involvement of the lungs and do not last as long in vaccinated people, and more so in people with three doses.

Omicron showed a predominance of viral replication in the upper respiratory tract or in the nose unlike Delta, which majorly affected the lower respiratory tract or in the lungs leading to severe illness, hospitalisation as well as death.

"A third dose of vaccine was associated with a greater reduction in symptom duration in participants infected during Omicron prevalence compared with those infected during Delta prevalence," said Dr Cristina Menni, from Department of Twin Research and Genetic Epidemiology at King's, wrote in the paper.

To understand, the team studied the symptoms of 62,002 vaccinated participants in the UK using the ZOE COVID Study App, who tested positive between June 1, 2021 and November 27, 2021, when Delta was dominant, and from December 22, 2021 to January 17, 2022 when Omicron was dominant.

There was also a lower rate of hospital admission during Omicron than during Delta (1.9 per cent vs 2.6 per cent). It was apparently due to the less involvement of the lower respiratory tract, the researchers said.

This is in line with different studies that showed the Omicron variant of Covid to be mild compared to all previous strains, requiring less need for hospitalisation.

The most striking difference between variants was the difference in loss of sense of smell, a common symptom of earlier variants- appearing in 52.7 per cent of Delta cases, only appearing in under 20 per cent of Omicron cases and often days later.

The two symptoms that were consistently more prevalent among Omicron than Delta cases (regardless of vaccination status) were a sore throat and a hoarse voice.

Moreover, many debilitating symptoms, such as brain fog, eye burning, dizziness, fever, and headaches, though still occurring, were all significantly less prevalent in Omicron cases.

"We observe a different clinical presentation of symptoms in those infected with Omicron compared to Delta. As we are moving even further away from the average patient having UK government 'core' symptoms that is, fever, persistent cough, loss of smell, our results point to a different selection of symptoms that may indicate infection. To protect others, it is still important to self-isolate for five days as soon as you see any symptoms," Menni said.

## **New Cases**

**India logs 1,088 new Covid cases, 26 more deaths Active cases dip to 10,870(The Tribune:20220413)**

<https://www.tribuneindia.com/news/nation/india-logs-1-088-new-covid-cases-26-more-deaths-385982>

India logs 1,088 new Covid cases, 26 more deaths

India saw a single-day rise of 1,088 new coronavirus infections taking the total tally of Covid cases to 4,30,38,016, while the active cases dipped to 10,870, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 5,21,736 with 26 fresh fatalities, the data updated at 8 am stated.

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

A reduction of 19 cases has been recorded in the active Covid caseload in a span of 24 hours.

## X E (The Asian Age :20220413)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16293702>

# ■ India registers 796 new Covid cases, 19 deaths in a day Mandaviya takes stock of XE variant

AGE CORRESPONDENT  
NEW DELHI, APRIL 12

Union health minister Mansukh Mandaviya, who chaired a meeting of the country's key experts on the new 'XE variant' of coronavirus, directed officials to boost the ongoing monitoring and surveillance of new variants and cases. He has asked the officials to constantly review the availability of essential drugs and medicines required in the treatment of Covid patients. He also emphasized carrying out the ongoing vaccination drive at full pace and to vaccinate all eligible candidates. Among those who attended the meeting were Niti ayog, member (Health)

## India delivers Covishield doses to Cambodia under Quad's partnership

SRIDHAR  
KUMARASWAMI  
NEW DELHI, APRIL 12

In a major development, the first delivery of Covid vaccines under the four-nation Quad's flagship Vaccine Partnership was made to the south-east Asian nation Cambodia on Tuesday. The vaccines

Dr V.K. Paul, Member (Health), Union health secretary Rajesh Bhushan, AIIMS director Dr Randip Guleria, ICMR director-general Dr Balrama Bhargava, Director

were gifted by India under the Quad initiative. Interestingly, of the 10 ASEAN nations, Cambodia is considered the closest to China. In a statement, New Delhi said, "The inaugural delivery of Covid vaccines under the Quad's flagship Vaccine Partnership was made in Cambodia on 12 April 2022.

General, ICMR and National Technical Advisory Group on Immunisation (India) chief Dr N.K. Arora.

In Delhi, chief minister Arvind Kejriwal said his

government is keeping a close watch on the Covid situation in the capital and there is no major reason to panic at present. He said all necessary steps will be taken if the need arises. Delhi reported a positivity rate of 2.70 per cent on Monday, the highest in the last two months, triggering concerns about the resurgence of Covid in the capital.

India, meanwhile, logged 796 fresh Covid-19 cases and 19 related deaths in the last 24 hours. The total number of Covid-19 cases logged ever since the deadly virus struck the country and the deaths linked to the disease has gone up to 4,30,36,928 and 5,21,710 respectively.

## Wellness (The Asian Age :20220413)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16293226>





# Walking the tightrope of wellness

CONTINUED FROM PAGE 9

Moreover, the wellness industry is concerned only with profits," says Dr J Anish Anand, Consultant, Internal Medicine, Apollo Hospitals.

The toxic wellness culture on social media and disseminated by multinational companies can skew perceptions of what it means to be well, believes wellness and fitness expert Poonam Duneja, founder NutrifbyPoonam.

"Health is important to lead a quality life but not to the extent that you sabotage your relationship with yourself. Good diet and exercise are important. But going to extremes to look a certain way at the expense of your emotional and mental health, putting every inch of yourself under a microscope all the time, and scrutinizing every bite of food you take, sabotages your inner peace," she says.

Health and wellness have turned into somewhat of a competition thanks to clever marketing and celebrity endorsements. There has always been a dark side to wellness. "Cultivate a healthy relationship with your curves. You have to be at peace with what your



— Vandana Luthra, entrepreneur and the founder of VLCC Health Care Ltd.

body has been through during testing times, emotional turmoil, and ups and downs," says Poonam.

"True wellness is simple living as propounded by our forefathers. Today's wellness industry projects incompleteness in us or a feeling of inferiority and implies that the industry can make us perfect, which I feel is not correct," says Dr Anand.

He clarifies that this is not to take away from the benefits of traditional and modern medicine which have been scientifically proven to heal. "It is only the rampant commercialisation of wellness which is harmful that is being condemned," he says.

Vandana says, "The digital world has enabled the creation of a lot of wellness content. This takes the form of a broad spectrum of Do's

**HEALTH AND WELLNESS HAVE TURNED INTO SOMEWHAT OF A COMPETITION THANKS TO CLEVER MARKETING AND CELEBRITY ENDORSEMENTS. THERE HAS ALWAYS BEEN A DARK SIDE TO WELLNESS.**

and Don't's. Ultimately it is for the individual to sift through these, and make informed choices. Fads don't help."

The bedrock of wellness is healthy, balanced nutrition and an active lifestyle. Irrespective of fads and ever-changing wellness trends, nutrition and physical activity regimen are constants.

🗣 Lives are super busy nowadays, and people have started moving towards wellness brands due to endorsements by celebrities. Most brands offer quick-fix solutions for weight loss, muscle building and so on. Health and wellness have become an obsession for almost all age groups but only a very few are aware of the holistic approach to wellness."

🗣 Health is important to lead a quality life but not to the extent that you sabotage your relationship with yourself. Good diet and exercise are important. But going to extremes to look a certain way at the expense of your emotional and mental health, putting every inch of yourself under a microscope all the time, and scrutinizing every bite of food you take, sabotages your inner peace"

— Poonam Duneja, wellness and fitness expert, founder NutrifbyPoonam.

## THE MIND MATTERS TOO

To begin with, we have to realize that to have a healthy relationship with the body, we have to understand what we have been eating since childhood, what our families have been feeding us. Changing everything completely is definitely toxic. When we compare ourselves with others, and see them following something we don't, there is pressure. There is no end to it. Be mindful, as such comparisons involve mental health. Check what kind



🗣 Health is not simply absence of disease but the physical, mental and social wellbeing of an individual, as per the World Health Organisation. I would also add spiritual health to the list. Today's wellness industry is focused only on looks, shape and size. Social and mental wellbeing are missed out. I would say ill-health is the fallout of concentrating only on physical attributes. Moreover, the wellness industry is concerned only with

## Healthy living

### Healthy living: Six things you need to know to get a better sleep (The Indian Express:20220413)

<https://indianexpress.com/article/lifestyle/life-positive/quality-sleep-healthy-living-life-positive-7865664/>

Sleep isn't lost time or just a way to rest when all our important work is done. It is a critical function during which our body balances and regulates its vital systems

sleep, good sleep, healthy lifestyle, body functioning, good memory, quality sleep, insomnia, body balance, proper diet, meditation, relaxed mind, workout,, life positive indian express news Things to keep in mind before hitting the bed. (Source: Pexels)

Sleep occupies nearly a third of our lives. But many of us give very little attention and care to it. Sleep isn't lost time or just a way to rest when all our important work is done. Instead, it is a critical function during which our body balances and regulates its vital systems. Sleep is crucial for our brain. What goes in your brain while you sleep is an intensely active period of restructuring, that's crucial for how our memory functions. Poor sleep patterns can cause long-term damage to your body and mind.

Before you go to bed at the night, there are certain things that you need to keep in the mind. Take a look at this video.

1. Eat 2-3 hours before going to bed- Food takes a minimum of 3 to 4 hours to break down and get digested, so it's always best if you complete your meals at least two to three hours before you go to bed. You get a better sleep when the food is digested before sleeping.

2. Shower- Taking a shower before going to the bed can make a lot of difference. It cools down the body temperature and helps you get a pleasant sleep. Avoid hot showers as they increase your body temperature. When you shower, it not only cleans your body but also washes away all your stress, anxiousness, burden, and fatigue.

3. Mediate- If you practise meditation before getting to bed, it brings a whole lot of change internally as well as externally.

ALSO READ |Simple tips to improve your quality of sleep

4. Temperature- You fall asleep when your body temperature is a degree or lower than normal. You get the best sleep when your body is colder than it usually is. If you heat up your body, it's going to affect your sleep.

5. Darkness- An hour before you sleep, put your phone aside. Because there's nothing that can ruin sleep as much as phones or other bright screens. Your body feels sleepy on the amount of light entering it through eyes. Make sure you have turned off all the lights, and your electronic devices are kept away.

6. Read- The way our brains are built, the final activity of the day has a profound impact on our thought process. So, before going to your bed make sure to read something in order to get quality sleep.

## **Fertility**

### **New study says no increased fertility chances from weight loss; here's why experts disagree**

**Experts say obesity and pregnancy chances are inversely related, which means more the weight, lesser the chances of conception and having a healthy baby (The Indian Express:20220413)**

<https://indianexpress.com/article/lifestyle/health/new-study-no-increased-fertility-chances-weight-loss-obesity-experts-7831023/>

fertilityPregnancy and weight: what's the relation? (Source: Getty Images/Thinkstock)

Unlike what has been in practice and long considered, a new clinical study says weight loss may not translate into better odds of getting pregnant. Published in the PLOS Medicine, the randomised study of 379 women with obesity and unexplained infertility found that intensive lifestyle changes did not result in better chances of pregnancy.

“We have known for decades that obese women often have difficulty getting pregnant,” noted researcher Daniel J Haisenleder, PhD, of the University of Virginia School of Medicine’s Center for Research in Reproduction. “For this reason, many physicians advise weight loss prior to conception. However, there are few studies that have addressed the issue comparing a healthy lifestyle — i.e., exercise — vs. exercise plus weight loss.”

Also Read |What you need to know about managing PCOS/PCOD

The study divided participants in two groups. While half the women were on a diet using meal replacements, increased physical activity, and medications, other half simply increased their physical activity without trying for weight loss. Both the groups after completing the respective programs received three rounds of standard infertility treatments.

Notably, women in the weight loss program ended up losing seven per cent of their body weight, while participants in the exercise-only group maintained their weights.

World Obesity Day, World Obesity Day 2022, obesity, being obese, health risks obesity, obesity surgery, weight loss surgery, bariatric surgery, indian express news New study says weight loss may not affect fertility chances (Photo: Getty/Thinkstock)

The FIT-PLEASE study then noted that eventually there was no significant difference between the two groups in terms of healthy birth frequency. In total, 23 of the 188 women who

completed the 16-week intensive weight loss program ended up giving birth; among the 191 who completed the exercise-only program, 29 gave birth.

However, the intensive dieting program did offer various benefits like reduced metabolic syndrome that increases the chances of diabetes, stroke, and heart disease.

“Weight loss improved metabolic health in these subjects. Unfortunately, the changes seen did not improve fertility,” Haisenleder said in the study. “Infertility within this population remains an important health issue, and will require further studies to address the problem in the future.”

However, experts say that obesity and pregnancy chances are inversely related which means that more the weight, lesser the chances of conception and having a healthy baby.

Also Read |PCOS Awareness Month: From weight loss to infertility, commonly-asked questions answered

If a person is overweight with a BMI (body mass index) of more than 25, weight loss will improve their chances of conception, even if they have (or do not have) Polycystic Ovary Syndrome (PCOS), said Dr Manjiri Mehta, consultant gynecologist, Hiranandani Hospital, Vashi – A Fortis network Hospital.

Dr Mehta is of the opinion that obesity affects fertility in both men and women. “Excessive weight affects fertility by changing the way the body stores female sex hormones. Fat cells convert a male hormone (androstenedione) to female hormone (estrone). This further has effect on brain centre that regulates ovarian and testicular hormones. While being healthy is super important, excessive weight loss with high-impact exercise and crash dieting may be counterproductive. Start by eating healthy and maintaining a healthy body weight so that you do not put undue stress on your body. Making these lifestyle changes will make a difference to your overall health, even if they don’t lead to weight loss,” she told indianexpress.com.

Dr Kinjal Shah, obstetrician and gynecologist, Bhatia Hospital Mumbai also stated, “definitely chances of fertility increases with weight loss.

It has been seen that 20 per cent of the PCOS women conceive with five per cent weight loss”. “This is because weight loss has significantly been associated with ovulation and has a benefit in women planning to conceive. Stress and sedentary lifestyle are the leading causes of uncertain fertility. Regular 45 minutes of exercise and healthy diet needs to be emphasised to women with fertility issues,” Dr Shah said.

According to Mehta, a study was done in 2014 that showed that even 10 per cent weight loss increased the chances of conception from 50 to 80 per cent. This means that a person has a greater chance of getting pregnant and having a healthy baby if they are close to a healthy weight. “If a person is overweight with a BMI of more than 25, weight loss will improve their chances of conception, even if they have (or do not have) PCOS,” said Mehta.

Obesity in women can also increase the risk of miscarriages and impair the outcomes of assisted reproductive procedures and pregnancy, asserted Dr Bhavini Shah Balakrishnan, consultant obstetrician and gynecologist, Masina Hospital, Mumbai. “Infants of diabetic mothers are also prone to various neonatal adverse outcomes, including metabolic and hematologic disorders, respiratory distress, cardiac disorders and neurologic impairment due to perinatal asphyxia and birth traumas,” said Dr Balakrishnan.

Stating that there has been a lot of controversy regarding the effect of weight on fertility and whether weight loss really helps conception, Dr Balakrishnan said that “despite all the argument, a healthy lifestyle which includes age and height appropriate weight” has been beneficial for a woman not just during the reproductive age group but also helps makes the peri-menopausal to menopause transition smooth.

## **Ayurvedic tips - menstrual cramps**

**Count on these Ayurvedic tips to keep menstrual cramps at bay  
Many colluding symptoms that accompany menstruation such as nausea, bloating and general irritability are not only physically taxing, but can be difficult to manage on your own as well (The Indian Express:20220413)**

<https://indianexpress.com/article/lifestyle/health/ayurvedic-tips-menstrual-cramps-pain-relief-tips-7838846/>

period-crampsRead on to know more about ways that will help you relieve period pain. (Representative Image/Pexels)

Every woman experiences menstruation differently- while some have a relatively painless period, followed by little to no cramps; others may experience profuse bleeding and pain that can severely hamper productivity.

Many colluding symptoms that accompany menstruation such as nausea, bloating and general irritability are not only physically taxing, but can be difficult to manage on your own as well.

ALSO READ |Ovarian Cancer Awareness Month: Symptoms that are most often missed  
If you’ve tried and tested various methods to keep period pain at bay but to no avail, you’ve come to the right place. Recently, Ayurvedic expert Dr Dixa Bhavsar took to Instagram to share handy tips and tricks to help relieve menstrual cramps.

“Following these 5 ayurvedic suggestions religiously can relieve your menstrual cramps once and for all”, she captioned her post. Take a look here.

View this post on Instagram

A post shared by Dr Dixa Bhavsar Savaliya (@drdixa\_healingsouls)

Take a look at Dr Bhavsar’s suggestions to help relieve menstrual cramps.

Follow circadian rhythm

Menstrual-health Try to wake up before sunrise. (Representative image/Pexels)

Try to wake up before sunrise or shortly after sunrise. Proceed to consume breakfast after sunrise and your dinner before or within an hour of sunset. According to Ayurveda, maintaining the circadian rhythm in a day “helps with hormonal balance”.

Avoid caffeine

Menstrual-health Avoid caffeinated beverages. (Representative image/Pexels)

Avoid having caffeinated drinks such as tea or coffee first thing in the morning, on an empty stomach. Instead, have 5 soaked raisins, 4 soaked almonds, 2 soaked walnuts, and 1 soaked date or fig to keep you energised.

Practice meditation, pranayamas and yoga daily

Menstrual-health Indulge in whichever form of physical activity that you prefer. (Representative image/Pexels)

The expert recommended meditation, pranayamas, yoga or any kind of exercise that works for you. “Staying active can increase circulation around the pelvic region and release endorphins to counteract the prostaglandins (that cause the uterine muscles to contract during menstruation)”. Pranayama like anuloma-viloma and bhramari and asanas like Vajrasana, Balasana, Bhadrasana and Shavasana are ideal during periods as they are relaxing for the body and easy to perform as well.

Sip on warm and soothing teas

Ayurvedic teas such as CCF (Cumin Coriander Fennel) tea, mint tea, ajwain tea, and fenugreek tea will help ease period cramps. You can sip on any of these, “whichever suits you well.”

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Drink enough water

Drinking water is very important during menstruation as it helps with issues such as bloating and others. Drink flavoured mineral water for a new twist to your hydration needs. Make a pitcher of mint water and drink throughout the day. “Staying well-hydrated isn’t just good for cramps, it’s good for your overall health”, the expert added.

## Dengue

### **Dengue: Know about the symptoms, causes, and prevention**

**According to Dr Col Vijay Dutta, senior consultant-internal medicine, children older than six years of age are most likely to be infected by this mosquito-borne pathogen (The Indian Express:20220413)**

DengueThe primary vectors that transmit the dengue disease are *Aedes aegypti* and, to a lesser extent, *Ae. albopictus*. (

While summer brings with it the joy of the holiday season, seasonal illnesses, such as dengue, rapidly spread their wings too. A mosquito-borne viral disease, dengue infects people in the

summer and the rainy season due to the increasing menace of mosquitoes in these months. According to the latest report by the Maharashtra health department, at least 348 cases of dengue have been reported in the state in the past three months. In Delhi, on the other hand, the yearly tally stands at 69 with eight fresh cases in the last week.

“Dengue fever, also known as breakbone fever, is a severe flu-like illness that affects all age groups,” Dr Col Vijay Dutta, senior consultant-internal medicine, Indian Spinal Injuries Centre said. While in most people, the fever passes off at its own course, it can cause serious complications like hemorrhagic fever, bleeding from the nose and gums, liver enlargement and even circulatory system failure, Dr Dutta explained.

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#### Symptoms

Apart from the commonly-known symptoms such as high fever, cold and cough, here are some other symptoms accompanying the viral infection.

- \*Pain in muscles and joints
- \*Rashes in the body
- \*Severe headache
- \*Discomfort behind the eyes
- \*Vomiting and feeling nauseous

#### Causes

The primary vectors that transmit the disease are *Aedes aegypti* and, to a lesser extent, *Ae. albopictus*. “With the absence of any credible vaccine against the disease yet, prevention from mosquitoes remains the most important course. Unlike other mosquitoes, the dengue virus carrier is mostly a day-biter and is believed to be most active during dawn and dusk time. The symptoms of the disease usually begin within seven days of the bite,” the expert told [indianexpress.com](http://indianexpress.com).

Dengue Fever, cold and cough are the common symptoms of dengue. (Source: Pexels)  
He added that children older than six years of age are most likely to be infected by this mosquito-borne pathogen.

#### Treatment and prevention

Timely medical attention and supervision are known to prevent the risk of complications arising from the disease. “For milder forms of dengue, basic care includes keeping fever under control and consuming a lot of fluids to re-hydrate the body’s lost hydration. At the same time, keeping a check on the patient’s platelet count keeps the doctors informed about any need for blood transmission.”

According to Dr Dutta, the only way to control or prevent the transmission of dengue is to “stop the breeding of mosquitoes as much as possible through a series of measures”. He suggested the following ways to keep mosquito breeding in check.

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\*Domestic water storage containers: Cover, empty and clean the water tanks, coolers or flower pots on a weekly basis. Don't let water stagnate at any place.

\*Solid waste: Dispose of kitchen and garden residuals on an everyday basis. Don't let even solid waste stand in a place for a long time.

\*Scents: Avoid using strong perfumes and soaps as they attract mosquitoes.

\*Mosquito nets: Use mosquito nets while sleeping as this is the most sure-shot way to prevent bites.

\*Personal protection measures: Adhere to personal protection measures such as wearing long-sleeved clothes, repellents and vaporisers. Keeping window shields down to prevent mosquitoes from entering is very important.

## **Cholesterol**

**HomeLifestyleHealthIs there a connection between egg consumption and cholesterol? Find out**

**Is there a connection between egg consumption and cholesterol? Find out The biggest concern around eggs is that eating too much can lead to high cholesterol. But, is there any truth to it? (The Indian Express:20220413)**

<https://indianexpress.com/article/lifestyle/health/connection-between-egg-consumption-cholesterol-health-egg-whites-7860404/>

eggs, eating eggs, eggs and cholesterol, can eggs cause high cholesterol, high cholesterol problem, eating eggs, how many eggs to eat every day, indian express news Ideally, how many eggs should one eat every day? An expert weighs in. (Photo: Getty/Thinkstock)

There are some dos and don'ts when it comes to health. While certain foods are a must-include in the diet, they are to be consumed in moderation. Eggs are among them.

The biggest concern around eggs is that eating too much can lead to high cholesterol. But, is there any truth to it? According to nutritionist Anjali Mukerjee, cholesterol present in food is "safe by itself". "It only becomes harmful when it gets oxidised as in dried eggs found in cake mixes, processed foods, dehydrated milk and processed meats. The cholesterol in them gets oxidised and it is likely to clog arteries," she explains in an Instagram post.