



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220427

Ayushman Bharat Block Health Melas

Over 6 lakh diabetes screenings in a week at Ayushman Bharat Block Health Melas

More than 27.31 lakh footfall was recorded in 3,204 block health melas across 33 states and UTs in a week, the Union Health Ministry said (The Tribune: 20220427)

<https://www.tribuneindia.com/news/health/over-6-lakh-diabetes-screenings-in-a-week-at-ayushman-bharat-block-health-melas-389621>



Over 6 lakh diabetes screenings in a week at Ayushman Bharat Block Health Melas
Photo for representational purpose only.

A total 6.75 lakh screenings for hypertension, 6.11 lakh for diabetes, 2.05 lakh cataract screenings and over 1.76 lakh teleconsultations have been done at Ayushman Bharat block-level health melas in a week, the Union Health Ministry said on Tuesday.

More than 27.31 lakh footfall was recorded in 3,204 block health melas across 33 states and UTs in a week, it said.

Over 3.66 lakh ABHA (Ayushman Bharat Health Account) IDs were created across India, with maximum of 56,321 in Maharashtra and more than 1.17 lakh Pradhan Mantri Jan Arogya Yojna (PMJAY) golden cards were created across India, mostly in Karnataka (22,091) About 1,009 Block Health Melas had blood donation camps and 519 had organ donation registration, the ministry said in a statement.

The Ministry of Health in collaboration with states and Union Territories is celebrating the 4th Anniversary of Ayushman Bharat Health and Wellness Centres (AB-HWCs) under Azadi Ka Amrit Mahotsav from April 16 to 22.

The Block Health Melas commenced on April 18 in 33 states and UTs across India. These health melas are serving as platforms to attract thousands of people to avail quality healthcare services along with essential medicines and diagnostic services, the statement noted.

They are a medium of providing health education, information on wellness lifestyle along with other healthcare services for early detection and treatment of diseases. The melas will continue till the end of April, it said.

The Union Health Minister, Health Minister of states and UTs, MPs, MLAs, senior officials of the Union Health Ministry, Principal Health secretaries/ Health secretaries of States/UTs, senior officials of the state Health department, representatives and local dignitaries are also visiting the AB-HWCs and creating awareness among the public about the importance of AB-HWCs in providing affordable and accessible healthcare.

Corbevax

DCGI grants EUA to Corbevax for those aged 5-12, Covaxin for 6-12 age group

India's drug regulator has granted emergency use authorisation for Biological E's Covid-19 vaccine Corbevax for those aged five to 12 years and Bharat Biotech's Covaxin for children in the age group of six to 12 years, official sources said on Tuesday. (The Tribune: 20220427)

<https://www.tribuneindia.com/news/nation/covaxin-cleared-for-6-12-age-group-by-drugs-regulator-389581>

The approval by the Drugs Controller General of India (DCGI) comes following recommendations by the Subject Expert Committee (SEC) on COVID-19 of the Central Drugs Standard Control Organisation (CDSCO).

The SEC had last week reviewed the application of both the companies seeking emergency use authorisation for Corbevax and Covaxin for use in children of five to 12 years and six to 12 years age group, respectively.

Biological E's Corbevax is being used to inoculate children against Covid-19 in the age group of 12 to 14 years. Covaxin has been granted Emergency Use Listing (EUL) by the DCGI for the age group of 12 to 18 years on December 24, 2021.

India began inoculating children aged 12-14 on March 16.

The countrywide vaccination drive was rolled out on January 16 last year with healthcare workers getting inoculated in the first phase. Vaccination of frontline workers started from February 2 last year.

The next phase of Covid-19 vaccination commenced on March 1 last year for people over 60 years of age and those aged 45 and above with specified co-morbid conditions.

India launched vaccination for all people aged more than 45 years from April 1 last year. The government then decided to expand its vaccination drive by allowing everyone above 18 years of age to be inoculated against the viral disease from May 1 last year.

The next phase of vaccination commenced on January 3 for adolescents in the age group of 15-18 years.

India began administering precaution doses of vaccines to healthcare and frontline workers and those aged 60 and above with comorbidities from January 10.

Precaution doses of Covid-19 vaccines to all aged above 18 years were allowed at private vaccination centres from April 10.

Anemia

Screen and treat with iron-folic acid approach efficacious in reducing prevalence of anaemia

Anaemia remains a public health problem in India, particularly among women, says senior scientist Dr Raghu Pullakhandham (The Tribune: 20220427)

[https://www.tribuneindia.com/news/health/screen-and-treat-with-iron-folic-acid-approach-
efficacious-in-reducing-prevalence-of-anaemia-388813](https://www.tribuneindia.com/news/health/screen-and-treat-with-iron-folic-acid-approach-efficacious-in-reducing-prevalence-of-anaemia-388813)

Screen and treat with iron-folic acid approach efficacious in reducing prevalence of anaemia
Photo for representational purpose only. Thinkstock

The ‘screen and treat with iron-folic acid’ approach is efficacious in reducing prevalence of anaemia among women of reproductive age, and significant treatment effects persist for a period of one year, found a study by the ICMR’s National Institute of Nutrition.

Anaemia remains a public health problem in India, particularly among women, Dr Raghu Pullakhandham, a senior scientist at the National Institute of Nutrition (NIN) and lead investigator of the study, told PTI.

“The population approach to anaemia has been prophylactic iron-folic acid (IFA) supplementation since the last four decades, yet, the prevalence of anaemia has remained stubbornly above 50 per cent among Indian women,” Pullakhandham said.

In an attempt to strengthen anaemia control, the government recently launched the ‘Anemia Mukta Bharat (AMB)’ programme, which, in addition to the existing prophylactic IFA supplementation for women of reproductive age, advocated an additional screening for blood hemoglobin levels and treatment with IFA tablets.

This approach was evaluated by ICMR-NIN, Hyderabad, among 470 women of 17-21 years in age.

Screening for hemoglobin followed by treatment with IFA for 90 days reduced the prevalence of anaemia by 40 per cent—reduced from 70 to 30 per cent—and improved the body iron stores as estimated by serum ferritin, an iron storage protein, Pullakhandham stated.

When the same women are followed up again in one year time, there is a small decline in hemoglobin levels (by 0.5g/dL) and an increase in anaemia prevalence (by 10 per cent), which is still lower compared to anaemia at the start of the study (70 per cent), he explained.

“This study, therefore, demonstrates that screening followed by IFA supplementation as suggested by ‘Anemia Mukta Bharat’ guidelines is efficacious in reducing the prevalence of anaemia among WRA, and significant treatment effects persist for a period of one year, “ he said.

Covid-19 three times more lethal than influenza Study finds that Covid-19 is associated with higher risk of infection severity and admission to ICU (The Tribune: 20220427)

<https://www.tribuneindia.com/news/health/covid-19-three-times-more-lethal-than-influenza-388572>

Covid-19 three times more lethal than influenza
Photo for representational purpose only. iStock

Adults hospitalised with COVID-19 are at significantly higher risk of complications and death than those with influenza, despite being younger and having fewer chronic illnesses, according to a study conducted in Spain.

The finding, being presented at this year's European Congress of Clinical Microbiology & Infectious Diseases (ECCMID) in Lisbon, Portugal from April 23-26, also suggests that COVID-19 is associated with both longer stays in hospital and intensive care, and costs nearly twice as much to treat.

The researchers from the Hospital del Mar in Barcelona, Spain examined medical records of 187 patients—average age 76 years and 55 per cent male—admitted to hospital with seasonal influenza infection between 2017 and 2019.

They also analysed records of 187 COVID-19 patients—average age 67 years and 49 per cent male—hospitalised during the first wave of the pandemic between March and May, 2020, who all required oxygen therapy at admission.

In both groups, patients were enrolled consecutively until the required sample size was reached.

The study compared clinical characteristics, healthcare resource use outcomes, including length of stay, admission to intensive care, hospital costs, and death.

Influenza patients tended to have more existing chronic illnesses and problems performing activities of daily living than COVID-19 patients, but were less likely to be overweight or obese.

The analysis found that COVID-19 was associated with higher risk of infection severity and admission to ICU.

“Our findings suggest COVID-19 is far more lethal than influenza. Despite influenza patients being older and having more comorbid illnesses, COVID-19 patients had consistently worse

health outcomes and were considerably more expensive to treat,” said study lead author Inmaculada Lopez Montesinos from the Hospital del Mar.

“Even for those people who are lucky enough to survive COVID-19 and make it out of the hospital, they will be forever scarred by the consequences. It is vital that people get fully vaccinated and boosted against both viruses,” Montesinos said.

COVID-19 patients were more likely to experience certain complications such as acute kidney injury, blood clots, and moderate to severe acute respiratory distress syndrome, where the lungs cannot provide the body’s vital organs with enough oxygen.

Standardisation of traditional medicine

The Ayush push

Long way to go for standardisation of traditional medicine(The Tribune: 20220427)

<https://www.tribuneindia.com/news/editorials/the-ayush-push-388301>

The Covid-19 pandemic has witnessed quite a buzz around alternative systems of medicine in India, with all sorts of ‘immunity boosters’ being advertised, sold and consumed over the past two years. These concoctions have lacked uniformity in terms of quality and efficacy, leaving the field wide open for quacks and charlatans to make a quick buck. In a major initiative to promote and regulate the country’s traditional medicine industry, the Centre has decided to develop a mechanism to authenticate quality products manufactured by this sector. On the lines of the ISI mark for the standardisation of industrial goods, there will be a seal of quality for medicinal preparations falling under the umbrella of Ayush (ayurveda, yoga, naturopathy, unani, siddha and homoeopathy).

Months after coming to power in 2014, the BJP-led NDA had established a dedicated ministry with the vision of ‘reviving the profound knowledge of our ancient systems of medicine and ensuring optimal development and propagation of the Ayush systems of healthcare’. The Ayush sector’s worth has grown from less than \$3 billion to more than \$18 billion in the past eight years. The ‘Ayush mark’, announced by PM Modi in the presence of WHO Director General Tedros Ghebreyesus at the ongoing Global Ayush Investment and Innovation Summit in Gujarat, can help in weeding out unqualified and unscrupulous practitioners of traditional healthcare. Ensuring conformity with the prescribed standards is a must for an industry that often finds itself under fire over misleading claims about treatment and prevention of diseases. Strict enforcement of the Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954, is needed to crack the whip on erring individuals and companies.

Another key area where much work has to be done is the pharmacology of Ayush drugs. Cutting-edge research is required to gain in-depth knowledge of the sources, chemical properties, biological effects and therapeutic uses of these drugs. A solid bedrock of scientific evidence and a robust regulatory framework can go a long way in making India's alternative systems of medicine gain widespread recognition both within the country and abroad.

2 vaccines

India clears 2 vaccines for kids under 12 years(Hindustan Times : 20220427)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2743dbb268f&imageview=0>

India's drug regulator on Tuesday approved the emergency use of two Covid-19 vaccines, Biological E's Corbevax and Bharat Biotech's Covaxin, for children under the age of 12 years – a milestone move that paves the way for that cohort in the country to receive a vaccine shot against the disease for the first time.

While Corbevax was approved by the Drugs Controller General of India (DCGI) for administration in children aged 5-12 years, Covaxin was cleared for use in those aged 6-12 years.

The decision assumes significance as it sets up the stage to protect young children from the coronavirus disease, particularly at a time when schools have opened after nearly two years of closures, which experts have repeatedly stressed have caused considerable learning and social adjustment gaps.

The drugs regulator also approved a two-dose formulation of Zydus Cadila's vaccine, ZyCoV-D – originally a three-dose vaccine approved for 12 and above.

“India's fight against Covid strengthened further @CSDCO India granted restricted use in emergency situation approval for >6 to <12 age group to Covaxin; >5 to <12 age group for Corbevax; and to ZyCoV-D two-dose formulation for 12 and above age group,” tweeted Union health minister Mansukh Mandaviya.

Currently, Bharat Biotech's Covaxin, an inactivated whole virion vaccine developed in partnership with Indian Council of Medical Research, is being administered in those aged 15 years and above, while Biological E's Corbevax, a recombinant protein subunit vaccine developed in collaboration with the Texas Children's Hospital and Baylor College, in the 12-15 years age group under the national Covid-19 immunisation programme.

Government officials said that the final decision on when to start jabbing children under 12 years of age in the national vaccination scheme will come after formal recommendations made

by the government's National Technical Advisory Group on Immunisation (NTAGI) and the National Expert Group on Vaccine Administration for Covid-19 (NEGVAC).

“This is the drugs regulator's approval; the next step will depend on what NTAGI and NEGVAC tell us. The government will act on their recommendations,” an official aware of the matter said. Once these two bodies also recommend the vaccines for the age group, the Union government can incorporate the shots in the national immunisation programme.

In October last year, the subject expert committee of the central drugs standard control organisation approved, with certain riders, the use of Covaxin in children aged 2-18 years after trial data in children was found at par with that generated in trials among the adult population. However, on December 25, DCGI only gave its initial approval for Covaxin for minors aged 12-18 years.

Covaxin, which has been part of the vaccine drive among adults since January 16, 2021, is administered in two doses, four to six weeks apart. Of the nearly 1.89 billion doses administered across the country till date, nearly 315 million shots have been Covaxin, according to government data. The most doses, nearly 1.53 billion, have been of the Oxford-AstraZeneca vaccine Covishield.

Biological E approached the national drugs regulator with clinical trial data on younger children in March, and on April 21, the subject expert committee recommended Corbevax for emergency use in children aged 5 years and above. Two doses of Corbevax are administered through an intramuscular jab spaced 28 days apart.

The Corbevax trial response shared by the company showed that the vaccine induced immune response indicative of over 90% effectiveness against the ancestral strain; while at least 80% in the case of the Delta variant. Till date, 31.7 million shots of Corbevax have been administered to the 12-15 age group in the country, according to government data.

Bharat Biotech's phase 3 clinical trials data of Covaxin was found to be 77.8% efficacious, according to the safety and efficacy analysis data published in medical journal, The Lancet, last year. The company on Tuesday said that clinical trials in children documented seroconversion at 95-98%, four weeks after the second dose, indicating superior antibody responses in children when compared to adults.

“We have established Covaxin as a universal vaccine for adults and children. Safety of the vaccine is critical for children and we are glad to share that Covaxin has now proven data for safety and immunogenicity in children. We have achieved our goal of developing a safe and efficacious Covid-19 vaccine for adults and children,” said Krishna Ella, chairman and managing director, Bharat Biotech.

In India, DCGI approved ZyCoV-D vaccine in August for emergency use after it was tested in children 12 years and above. The vaccine, however, is yet to be introduced under the national immunisation programme due to production issues. On Tuesday, the drugs regulator approved its two-dose formulation; originally, the vaccine was approved as a three-dose formulation to be administered in gaps of four and eight weeks from the first shot.

Experts stressed that preference should be given to children with comorbidities, irrespective of whether or not they have been infected or suspected to be infected in the past.

“All children with comorbidities should be vaccinated with any available vaccine irrespective of infection history. We know most children in India are already infected, but it makes sense to vaccinate children who have not been infected based on data from the West,” said Dr Gagandeep Kang, senior vaccine expert, and faculty member, Christian Medical College, Vellore (Tamil Nadu).

At least 27 million children aged 12-15, and 50 million (58,203,865) aged 15-18 have taken their first Covid-19 vaccine dose. Among 15-18 years age group, at least 41 million (41,567,113) have been fully vaccinated, and about 3.7 million (3,727,130) aged 12-15 are fully vaccinated in the country, government data shows.

Shot approvals widened

| Vaccine | Platform | Manufacturer | Now approved for | Children's trial details | Current use |
|-----------------|-------------------|----------------|--------------------------------------|--|---|
| CORBEVAX | Protein sub-unit | Biological E | 5-12 yrs age group | Tested in 624 participants in 5-18 age group | 12-15 years (approved for those above 12) |
| COVAXIN | Inactivated virus | Bharat Biotech | For use in ages 6 and above | Tested in 525 volunteers in the 2-18 age group | 15 years and above (approved for children above 12) |
| ZyCoV-D | DNA vaccine | Zydus Cadila | Use as 2-dose shot in those above 12 | Ages 12 and above part of overall phase 3 with 28,216 participants | |

Health Education (The Asian age:20220427)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16324776>

■ Punjab Opposition hits out at CM Mann over agreement

Delhi, Punjab sign deal for better health, education

AGE CORRESPONDENT
NEW DELHI, APRIL 27

A knowledge-sharing agreement was signed on Tuesday between Delhi chief minister Arvind Kejriwal and his Punjab counterpart Bhagwant Singh Mann, who said 117 schools and mohalla clinics will be developed in his state. Mann said education, health and power were the priorities of his government and Punjab can learn from Delhi where a lot of work has been done in these fields. Delhi can also learn from Punjab about agriculture, he said.

Kejriwal said India will progress if every state starts learning from the good work done by others. "It will be wrong to say that only we have done good work. There were several islands of excellence across the country but there were divisions of parties and states, and nothing was learnt from that," he said in a press conference held jointly



Delhi CM Arvind Kejriwal and Punjab CM Bhagwant Singh Mann during a joint press conference in New Delhi on Tuesday.

— PTI

with Mann. About opposition allegations that the AAP government in Punjab was being ruled from Delhi, Kejriwal said, "Manish Sisodia visited Europe and Finland to learn about their education system. It will be stupid if someone says the Delhi government is being run by Finland."

"Recently, Tamil Nadu chief minister Stalin visited Delhi. It can't be alleged that the Tamil Nadu government is being run from

Delhi." Asked about the Sutlej-Yamuna Link Canal issue, Kejriwal said all stakeholders, including the Centre, Punjab, Haryana and the courts need to come together to resolve it.

The Punjab chief minister said that he visited the schools, hospitals and mohalla clinics of Delhi during a two-day visit and his government will take these facilities to the next level in Punjab.

"We will work for a golden future for Punjab. Lots

of NRIs, from Sidney, Melbourne, Vancouver, Toronto, London and California, call me about adopting schools and villages as they have the confidence now that their money will be spent for a good cause," Mann said.

Opposition parties in Punjab on Tuesday slammed Mann for signing a knowledge-sharing agreement with his Delhi counterpart, accusing him of "surrendering his authority" and "institutionalising interference" in the border state. Reacting to the agreement, Congress leader Partap Singh Bajwa termed it "complete abrogation of responsibility" on behalf of the state government towards its people while SAD chief Sukhbir Badal said it was a "black day" for Punjab.

Punjab Congress chief Amrinder Singh Raja Warring took a swipe at Mann and asked him to admit that Kejriwal would now run Punjab from Delhi.

Corbevax (The Asian age:20220427)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16324457>

Corbevax, Covaxin get DGCI approval for kids below 12 yrs

SANJAY KAW
NEW DELHI, APRIL 26

The Drugs Controller General of India (DCGI) has granted restricted emergency use authorisation to the Bharat Biotech's Covid-19 vaccine Covaxin for children aged 6-12 years and Biological E's Corbevax for those in the 5-11 year age group.

The drug regulator's approval for inoculating children below 12 years paves the way for giving protection to a majority of school going children and assumes significance ahead of Prime Minister Narendra Modi's video conferencing with the chief ministers on the emerging Covid-19 situation in the country on Wednesday.

The DCGI has also granted emergency use authorisation to Zydus Cadila for its ZyCoV-D for an additional dose of 3mg with a two-jab schedule 28 days apart for those aged above 12 years. ZyCoV-D is, currently, approved for a 2mg three-dose vaccination schedule.

India has now approved Covid-19 vaccine for 5 years and above. But the health ministry is yet to release any details about when these vaccines will be available for administration.

The latest set of approvals for vaccines have come at a time when the country is witnessing a fresh surge in daily Covid-19 cases.

Many states, including Delhi, Punjab and

Haryana have even brought back Covid protocols, with emphasis on wearing of face masks in public places.

The approvals are also significant as in-person classes in schools have resumed in many parts of the country and some students in Delhi and nearby cities have been reporting Covid-19 cases in the last few weeks.

In the last 24 hours, India logged 2,483 fresh coronavirus infections, taking the total tally of viral infections to 4,30,62,569.

Taking to Twitter, Union Health minister Mansukh Mandaviya said India's fight against Covid-19 has become stronger with the recent approvals.

Pills (The Asian age:20220427)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16324320>

Chill Pills

BETA-BLOCKERS HELP FIGHT STAGE FRIGHT

A COMMONLY-PRESCRIBED MEDICATION FOR CARDIAC PROBLEMS IS BEING USED BY CELEBS AND OTHERS TO CALM DOWN

SWATI SHARMA

THE ASIAN AGE

Khloe Kardashian recently discussed how social media scrutiny caused her anxiety and how beta-blockers help calm her nerves. She is not the only one using Propranolol (Inderal), Metoprolol (Lopressor) and other prescription drugs to help with anxiety and stage fright. Beta-blockers seem to be the thing for celebrities looking to quiet their thumping hearts or dampen dry mouths and several celebrities like Katy Perry and Blair Tindall use them before concerts.

Grammy-nominated classical musician Blair Tindall, in her best-selling book *Mozart in the Jungle: Sex, Drugs, and Classical Music*, describes feeling paralyzed with performance anxiety until she discovered Propranolol, a beta-blocker with a reputation of preventing anxiety symptoms. "Beta-blockers are not recreational drugs. They do not affect cognitive abilities,



Pop star **Katy Perry** has confessed that she takes beta-blockers for nerves before concerts. "I have to take beta-blockers [before each show], I get so nervous," she said.

called adrenaline. Adrenaline mediates what is called the flight and fright response in reaction to danger or perceived danger," says Dr. V. Rajashekhar, Senior Interventional Cardiologist & Electrophysiologist, Yashoda Hospitals.

They are not tranquilizers or mood elevators. There is no 'high' or drowsiness. They are not habit-forming.

BUT ARE WE USING THEM MORE AND MORE AS A CRUTCH?

"Beta-blockers were not created to reduce anxiety but are often prescribed 'off-label' for the purpose. They can reduce the heart rate. When anxious, our heart rate elevates. This elevation gives the brain feedback that our body is panicking and reinforces anxiety. If you inhibit

the ability to raise your heart rate quickly, the feedback to the brain will be that there is not as much panic as expected. If our heart and body are calm, the feedback to the brain is calming. This reduces anxiety. So they are best suited for short-term, stimulus-related anxiety such as bad dreams and stage fear. They do not address the emotional and psychological aspects of anxiety," explains Dr. Syed Akram Ali, Consultant Interventional Cardiologist, Apollo Hospitals.

but instead block adrenaline-like chemicals in the human system. For a violinist, this means performance can feel like practice, with no bouncing bow or slippery fingers," wrote Tindall.

DO BETA-BLOCKERS REALLY WORK?

"Stress and anxiety cause several physical responses in the body. Some of these responses are mediated by a hormone



"BETA-BLOCKERS WERE NOT CREATED TO REDUCE ANXIETY BUT ARE OFTEN PRESCRIBED 'OFF-LABEL' FOR THE PURPOSE. THEY CAN REDUCE THE HEART RATE. WHEN ANXIOUS, OUR HEART RATE ELEVATES. THIS ELEVATION GIVES THE BRAIN FEEDBACK THAT OUR BODY IS PANICKING AND REINFORCES ANXIETY. IF YOU INHIBIT THE ABILITY TO RAISE YOUR HEART RATE QUICKLY, THE FEEDBACK TO THE BRAIN WILL BE THAT THERE IS NOT AS MUCH PANIC AS EXPECTED. IF OUR HEART AND BODY ARE CALM, THE FEEDBACK TO THE BRAIN IS CALMING. THIS REDUCES ANXIETY."

— DR SYED AKRAM ALI, Consultant Interventional Cardiologist, Apollo Hospitals

BUT AT WHAT COST?

Such medication can induce nausea, stomach pains, cold hands and feet, insomnia, loss of libido, slow heart-beat, blurred vision and depression.



Stress and anxiety cause several physical responses in the body, says Dr. V. Rajashekhar.

Beta-blockers block the effect of adrenaline. This helps alleviate some of the physical

MANIFESTATIONS OF ANXIETY LIKE

- Elevated heart rate
- Shaking voice and hands
- Sweating
- Dizziness

"Beta-blockers themselves do not address the root cause of anxiety or the psychological basis of anxiety. They are only helpful in reducing the symptoms of anxiety," Dr. Rajashekhar clarifies.

Medical professionals most often use beta-blockers to treat heart-related problems like:

- Hypertension
- Congestive heart failure
- Hyperthyroidism
- Cardiac arrhythmia



Khloe Kardashian of *The Kardashians* shared her struggle with an invisible illness after revealing in an episode she takes beta-blockers.

PIC CREDIT: FREEPIK.COM

Malaria

Time to tackle malaria: From grassroots action to holistic policy interventions and effective delivery of services

For a malaria-free India, future elimination roadmaps will also need to factor in contemporary challenges, including climate change and rapid urbanisation. (The Indian Express :20220427)

<https://indianexpress.com/article/lifestyle/health/malaria-grassroots-holistic-policy-intervention-7889261/>

Malaria deaths increased by 12 per cent globally in 2020, in comparison to 2019, to an estimated 6,27,000. (Representational image)

Written by Prof N K Ganguly

While the world deliberates the best way out of the present pandemic, this is also an opportune time to further conversations on another deadly vector-borne disease: malaria. The World Malaria Report 2021 states that, globally, there were an estimated 241 million cases in 2020, increasing from 227 million in 2019. Malaria deaths increased by 12 per cent globally in 2020, in comparison to 2019, to an estimated 6,27,000. For India, the numbers are grim. In 2020, the South-East Asia Region (SEAR) had 5 million estimated cases. Three countries accounted for 99.7 per cent of the estimated cases in the region, with India being the largest contributor (82.5 per cent). India also accounted for 82 per cent of all malaria deaths in the SEAR.

Evidently, we need to further refine our health interventions to defeat malaria. At the East Asia Summit in 2015, Prime Minister Narendra Modi committed India to eliminating malaria by 2030. Following the PM's call to action, the National Framework for Malaria Elimination (NFME) was launched in 2016 and the National Strategic Plan for Malaria Elimination was launched as well (2017-22). The results were almost immediate—India reduced its malaria cases by nearly 69 per cent, according to government data. India was also the only high-endemic nation to see a decrease of 17.6 per cent in 2019 compared to 2018. Further, compared to the same time last year, the overall number of malaria cases recorded in 2020 was 1,57,284 (as compared to the number of cases in 2019 being 2,86,091), which is a year-on-year decrease of approximately 45 per cent. However, the pandemic disrupted health programmes across the country and the reduction in malaria cases in 2020 is potentially correlated with the under-reporting of cases in this period.

Don't miss |Leveraging newer technologies aided by a surveillance system revamp core to malaria elimination now, says WHO's Dr Soumya Swaminathan

Several interventions are identified to prevent and control malaria. For instance, insecticide-treated bed nets (ITNs) and long-lasting insecticidal nets (LLINs) are two effective ways to prevent malaria. However, the distribution of ITNs has been a challenge. We delivered just 50 per cent of the nets planned for distribution in 2020. Drug resistance, too, is a challenge: the

development of antimalarial drug resistance and insecticide resistance has been noticed in some parts of the country, as has been the development of malaria multi-drug resistance including ACT resistance in neighbouring countries. It will be useful to re-evaluate some other key diagnostic interventions to see how efficacious they are and the potential for further scale-ups in India as necessary. To this end, mention must be made of rapid diagnostic tests (RDTs), which assist in the diagnosis of malaria by detecting evidence of malaria parasites (antigens) in human blood. As per the latest World Malaria Report, India reported 20 million RDT distributions in 2020. There is also the ICT Malaria Combo Cassette Test, which has been seen as a useful support tool to diagnose malaria in resource-poor health care settings, where quality microscopy diagnosis is either not present or not guaranteed.

Within the larger narrative of malaria in India, there are some dimensions which need focus. Malaria in pregnancy (MiP) is a major complication for the mother, the foetus, and the newborn. Efforts should be made to ensure more scholarship of MiP cases in India, and mitigation mechanisms should be developed accordingly. Some studies have indicated a high overall burden already, in the range of 10 per cent to 30 per cent and this needs increased attention. We need to be cognisant of certain high transmission areas as well when countering malaria such as tribal zones. India's National Framework for Malaria Elimination (2016-2030) does have a targeted Tribal Malaria Action Plan (TMAP) that strives for malaria prevention and control activities in tribal and ethnic population groups spread across different states and Union Territories. We must ensure such initiatives reach fruition. Hilly, forested, desert, and conflict-prone geographies also need a customised action plan and policies need to be refined keeping these considerations in mind.

Future elimination roadmaps will need to factor in contemporary challenges. Climate change and rapid urbanisation are high risk-factors for malaria. As temperatures rise globally, mosquitoes will spread to higher altitudes increasing disease spread. In fact, the Intergovernmental Panel on Climate Change (IPCC), in its 6th assessment report, indicated a distribution shift in diseases like malaria to higher altitudes including potential outbreaks in the Himalayan region .

Even though the landscape appears challenging, there already exists the right political will and the policy armature needed to effect change. We just need to address some fundamentals of public health better: levelling ditches, designing better manholes and developing biopesticides can help to prevent malaria. Furthermore, as the monsoon approaches, we need targeted screening camps in high-burden states/districts, periodic sanitation exercises, vector control, and regular fogging. We must certainly ensure the procurement and distribution of LLINs across susceptible geographies. The role of the community becomes critical here. Just as India leveraged the strength of community action to defeat polio, it can deploy a similar strategy for malaria too. At the last mile, community leaders and influential voices can ensure better disease awareness and the enforcement of preventive measures like LLINs and sanitation drives.

Grassroots action is critical to combat a disease like malaria. Such endeavours in addition to holistic policy interventions and effective delivery of services would be vital in helping us achieve our goal of a malaria-free India by 2030.

World Immunization Week 2022

World Immunization Week 2022: Five important things to know about vaccines

Vaccines train the immune system to create antibodies, just as it does when it's exposed to a disease, says a doctor. (The Indian Express :20220427)

<https://indianexpress.com/article/lifestyle/health/world-immunization-week-2022-five-important-things-vaccines-doses-health-immunity-kids-7887770/>

World Immunization Week, World Immunization Week 2022, vaccine immunity, all about vaccines, immunization, health, children vaccine dose, indian express news Vaccines can cause mild side effects, such as a low-grade fever, pain or redness at the injection site. (Photo: Getty/Thinkstock)

Observed in the last week of April, between April 24 and 30, the World Immunization Week “aims to highlight the collective action needed and to promote the use of vaccines to protect people of all ages against disease”, states the World Health Organization (WHO).

Dr Fazal Nabi, consultant paediatrician and intensivist, Jaslok Hospital & Research Centre, says vaccination is a simple way of protecting a child against harmful diseases, before they come into contact with them. They make the immune system stronger.

ALSO READ |Why get vaccinated? An expert answers your frequently-asked questions
“Vaccines train the immune system to create antibodies, just as it does when it's exposed to a disease. Because vaccines contain only killed or weakened forms of germs, they do not cause the disease or put you at risk of its complications,” he explains.

Dr Nabi adds that once we are exposed to one or more doses of a vaccine, we remain protected against a disease.

Read on to learn more about the five most important things about vaccine immunity, as listed by the doctor.

* Vaccines are given at different ages, from birth to childhood and to maintain this record a vaccination card is given. It is important to make sure that all these vaccines are up to date.

* Children can safely be given combined vaccinations (e.g. for diphtheria, pertussis and tetanus) — it means fewer injections and reduced discomfort for the child.

ALSO READ |Vaccinated and never infected with Covid-19: Third dose can boost your immunity

* Vaccines can cause mild side effects, such as a low-grade fever, pain or redness at the injection site. Mild reactions go away within a few days on their own.

* Severe or long-lasting side effects are extremely rare.

* Vaccines can safely be given during any mild illnesses. But, children with moderate or severe illness with or without fever may need to wait until they are better to get the dose.

Summer health: Stay cool and healthy with sabja or basil seeds

"Soak 1-2 teaspoons of sabja seeds in water overnight (or soak them 20 mins before) and drink it every day," Ayurvedic expert Dr Dixa Bhavsar wrote on Instagram. (The Indian Express :20220427)

<https://indianexpress.com/article/lifestyle/health/sabja-basil-falooda-seeds-health-benefits-summer-cooling-weight-loss-blood-sugar-7887842/>

basil sabja seeds Basil seeds are rich in protein, essential fats and carbohydrates (Source: Getty Images/Thinkstock)

With the temperatures soaring, it's essential to keep your health and nutrition in check by including summer-friendly food items in your diet. While you must consume hydrating antioxidant-rich seasonal fruits, don't miss out on seeds that are known to address several health issues, and also cool down the body. One of them is sabja or basil seeds, commonly known as falooda seeds, which are a rich source of nutrients and ideal for hot and humid weather.

Native to India, basil seeds are rich in protein, essential fats and carbohydrates, Ayurvedic expert Dr Dixa Bhavsar shared in an Instagram post. "It is also called sweet basil but is different from the Holy Basil or Tulsi, which is common in every Indian household and credited for its immunity-boosting properties."

ALSO READ | Nutritionist shares the 'truth about eating mangoes'

While they are often confused with chia seeds, basil seeds "have more protein content than chia seeds and no calories making them the Asian superfood".

Health benefits

Explaining its many health benefits, Dr Bhavsar added, they have "high fibre and mucilage – which helps in lowering constipation by promoting bowel movement, induce satiety, are diuretic – wonderful for urinary tract infection (UTI), detoxify kidneys, and help in weight loss by the slow conversion of starch into blood sugar."

*They aid weight loss as basil seeds are an appetite suppressant.

*They control blood sugar.

*They help relieve constipation.

*They help treat acidity and heartburn.

- *They are good for skin and hair.
- *Sabja seeds are diuretic.
- *They reduce estrogen levels and, therefore, are great for women with excess bleeding issues.

sabja basil seeds They aid weight loss as basil seeds are an appetite suppressant (Source: Pixabay)

How to consume?

The easiest and most effective way to consume these seeds is by soaking them in water. “Soak 1-2 teaspoons of sabja seeds in water overnight (or soak them 20 mins before) and drink it every day,” the expert suggested.

ALSO READ |How summer heat can harm your eyes; experts share tips to take care of them Since they do not have a distinct taste, you can add sabja seeds to a variety of dishes and drinks to enhance their nutritional value and add a cooling effect.

However, despite its many benefits, it can prove to be harmful to children and pregnant women. Thus, they must avoid consuming them. “Young kids could choke on these seeds if they are not mixed well with water. In the case of pregnant women, these seeds are known to lower the levels of estrogen in the body. It is best to consult your doctor if you’re pregnant before adding sabja seeds to your diet,” Dr Bhavsar said.

Eye health

Eye health: How summer heat can harm your eyes; experts share tips to take care of them

According to Dr Tushar Grover, Medical Director, Vision Eye Centre, New Delhi, "Summertime exposure to the sun's ultraviolet rays can increase the risk of cataracts and retinal damage". (The Indian Express :20220427)

<https://indianexpress.com/article/lifestyle/health/eye-health-summer-heat-eyes-tips-to-take-care-7881592/>

eye health, summer health, heatHeat and the high levels of pollutants and irritants in the air make our eyes prone to allergic reactions (Source: Getty Images/Thinkstock)

As the temperature continues to soar, we ensure to take care of our health, skin and hair. However, we often miss paying attention to one of the most important parts of the body affected by the summer heat – our eyes. Just like our skin and health undergo immense pressure in summers, so do our eyes.

According to Dr Tushar Grover, Medical Director, Vision Eye Centre, New Delhi, “The sun’s scorching heat is extremely harmful to the eyes. Summertime exposure to the sun’s ultraviolet rays can increase the risk of cataracts and retinal damage.”

ALSO READ |As cases of fungal infection rise during summer, doctors share tips to stay safe “It can also cause eye allergies, which range from mild itching and redness to severe watering and swelling of the eyelids, sties, and bacterial and viral conjunctivitis. Excessive heat exposure can result in ocular burns, cataracts, macular degeneration (a leading cause of blindness), and cancer,” he added.

Wearing sunglasses with UVA and UVB protection is essential. (Source: Pixabay)
This is mainly due to the fact that the heat and the high levels of pollutants and irritants in the air make our eyes prone to allergic reactions such as redness, itching and burning sensation, explained Dr Chikirsha Jain, Senior Consultant Retina and Ophthalmology, Ujala Cygnus Rainbow Hospital, Agra.

Taking care of your eyes is just as important in the summer as it is the rest of the year, shared Dr Grover. “You should still follow the same eye care precautions.”

*Wash your hands before handling contact lenses and wearing protective eyewear when participating in certain sports and activities.

*Wearing sunglasses with UVA and UVB protection is essential. “Sunglasses are still recommended even if your contact lenses have UV protection built-in because they protect the surrounding eye area and act as a barrier between your eyes and the summer heat, preventing dry eye,” he said.

*During the summer season, dehydration is more likely, affecting your body’s ability to produce tears. So, it’s critical to stay hydrated by drinking plenty of water.

ALSO READ |Menstrual hygiene: What are tampons, and why you should not use the super-absorbent variety

Dr Jain added: “If one does not use proper eye protection from the sun, dry eyes can develop as the tear film on the eye can evaporate more quickly.”

Daily Quiz | World Malaria Day

On the occasion of World Malaria Day observed every year on 25 April, a quiz on the deadly ailment and other infectious diseases. . (The Hindu :20220427)

<https://www.thehindu.com/specials/text-and-context/daily-quiz-world-malaria-day/article65356179.ece>

Daily Quiz | World Malaria Day

On The Occasion Of World Malaria Day Observed Every Year On 25 April, A Quiz On The Deadly Ailment And Other Infectious Diseases.

4.5 लाख ने नहीं कराया टीकाकरण

जिन्होंने टीका नहीं कराया 60% माइग्रेट वर्कर्स, 22% गंभीर बीमारी से पीड़ित व 18% ने मना किया

भास्कर न्यूज़ | नई दिल्ली

कोरोना के बढ़ते मामलों को देखते हुए हाल में हुई डीडीएमए बैठक में ज्यादा से ज्यादा टीकाकरण करने पर फोकस किया गया था। जिससे लोग कोरोना संक्रमण से सुरक्षित/बचाव हो सके। लेकिन दिल्ली में अभी भी काफी संख्या में लोग मौजूद हैं, जिन्होंने टीकाकरण नहीं करवाया। स्वास्थ्य विभाग के आंकड़ों के मुताबिक दिल्ली में अभी भी करीब 4.5 लाख लोग ऐसे हैं, जिन्होंने कोविड से बचाव के लिए टीका नहीं लगवाया है। टीकाकरण मामलों के नोडल अधिकारी डॉ. अमित गुप्ता का कहना है कि कोरोना संक्रमण से बचने के लिए सभी जिलों में टीकाकरण अभियान फिर से चलाया जा रहा है। उन्होंने बताया कि सभी विभागों को इसके लिए निर्देश जारी किए गए हैं। स्वास्थ्य विभाग ने दावा किया फिलहाल कोरोना टीके की कोई कमी नहीं है। दिल्ली में फिलहाल करीब 17 लाख से ज्यादा खुराक का भंडारण मौजूद है। जिसमें कोविशील्ड की 7.60 लाख, को-वैक्सिन की 3.25 लाख और कोवैक्सिस की 6.97 लाख खुराक भंडारण उपलब्ध हैं।

टीक नहीं लगवाने वालों की पहचान कर कराई जा रही है काउंसलिंग

दिल्ली के 11 जिलों में करीब 4.5 लाख लोग टीके की पहली खुराक लेने से वंचित

हेल्थ एवं फैमिली वेलफेयर की डायरेक्टर डॉ. नूतन मुंडेजा का कहना है कि अभी दिल्ली के 11 जिलों में करीब 4.5 लाख लोग कोरोना के टीके की पहली खुराक लेने से वंचित हैं। इसमें 60 फीसदी ऐसे लोग हैं, जो माइग्रेट वर्कर्स की श्रेणी के हैं, 22 फीसदी में किसी न किसी गंभीर बीमारी से पीड़ित हैं और उनका विभिन्न अस्पतालों में इलाज चल रहा है। इनमें ऐसे मरीजों की संख्या ज्यादा है, जिनके गत 2 साल के दौरान अंग-प्रत्यारोपित किए गए थे। बीमारियों की अत्यंत जटिलताओं की वजह से उनका वैक्सिनेशन नहीं किया जा सका है। जबकि 18 फीसदी ऐसे हैं, जिनका मानना है कि अभी इतनी जल्दी क्या है, जब वे कोविड की पहली, दूसरी, तीसरी लहर में बीमार नहीं हुए, तो चौथी लहर में भी बीमार नहीं होंगे।

दिल्ली में करीब 17 लाख से ज्यादा खुराक मौजूद

कोविशील्ड
7.60 लाख

को-वैक्सिन
3.25 लाख

कोवैक्सिस
6.97 लाख

स्वास्थ्य विभाग के एक वरिष्ठ अधिकारी ने बताया कि जिन लोगों ने अभी तक टीकाकरण नहीं करवाया है, उनकी पहचान कर मनोचिकित्सकों की मदद से काउंसलिंग कराई जा रही है। इससे गत 2 सप्ताह में 12 फीसदी तक टीकाकरण करने में मदद मिली है। अधिकारी का मानना है कि इसमें बुजुर्गों की संख्या भी है, जिन्हें टीकाकरण केंद्रों पर लाने में उनके परिवार डिलचस्पी नहीं लेते हैं। ऐसे बुजुर्गों की सूची तैयार की गई है, उन्हें उनके घर पर ही एबुलेंस की मदद से टीके लगाए जा रहे हैं।

दोनों डोज लेने वालों में कोरोना संक्रमण एक प्रतिशत से कम

एलएनजेपी अस्पताल के मेडिकल डायरेक्टर डॉ. सुरेश कुमार का कहना है कि फिलहाल ऐसे केस बहुत ही कम आ रहे हैं, जिन्होंने कोरोना बचाव की दोनों डोज लगवाई हुई है। अगर ऐसे लोगों को संक्रमण होता भी है तो उसमें लक्षण बहुत हल्के होते हैं और जल्द ही रिकवर हो जाते हैं। उन मरीजों को अस्पताल में भर्ती होने

की जरूरत बहुत ही कम मामलों में पड़ती है। इनकी संख्या एक प्रतिशत से भी कम है। उन्होंने कहा कोरोना की दोनों डोज लेने वालों में ऐसे लोग हैं जो किसी अन्य बीमारी से पीड़ित हैं और उन्हें अस्पताल में भर्ती होने की जरूरत पड़ती है। टीकाकरण के बाद से संक्रमण के कारण होने वाली मौत की संख्या काफी कमी आई है।

कोरोना के बीते 24 घंटे में 1,204 मामले, 1 की मौत, 863 टीक हुए

दिल्ली में कोरोना की जांच के साथ मामले भी तेजी से बढ़ रहे हैं। हालांकि संक्रमण दर में गिरावट का स्वरूप है। दिल्ली के स्वास्थ्य विभाग के अनुसार मंगलवार कोरोना के 1,204 नए मामले सामने आए। वहीं 863 मरीजों को छुट्टी दी गई, जबकि 1 मरीज ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना की जांच के लिए सोमवार को 25,963 टेस्ट हुए जिसमें 4.64 फीसदी मरीज संक्रमित पाए गए। दिल्ली में अभी तक 18,77,091 लोग कोरोना संक्रमित हो चुके हैं। इनमें से 18,46,414 मरीज ठीक हो गए। वहीं 26,169 मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना से मृत्युदर 1.39 फीसदी है। विभाग के अनुसार दिल्ली में कोरोना के एक्टिव केस बढ़कर 4,508 हो गए हैं। इनमें से होम आइसोलेशन में 3190 और अस्पतालों में 114 मरीज भर्ती हैं। इनमें से आईसीयू में 39, ऑर्गनोस सपोर्ट पर 39 और वेंटिलेटर पर 4 मरीज भर्ती हैं।