



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220513

Booster Dose

Booster gap cut to 3 months for those travelling overseas (Hindustan Times: 20220513)

Booster gap cut to 3 months for those travelling overseas

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=135f3968e89&imageview=0>

Push for precaution dose

The decision comes at a time when the uptake for the booster dose has been slow, and there are fears that doses may be wasted

3 months

The reduced gap to be required between 2nd and 3rd doses if anyone is scheduled to fly abroad. This gap is 9 months for others



Are travellers to any country eligible?

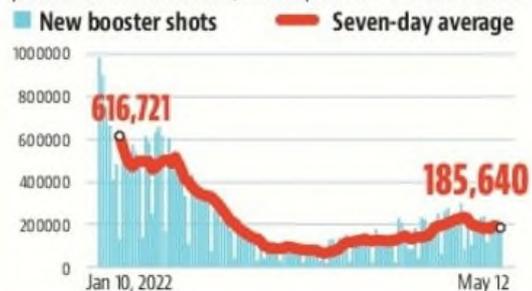
Yes. This change of rule will cover all international travellers, irrespective of country they are flying to. Whether or not the destination requires three shots is not relevant

Do you need to furnish proof of travel?

No. Proof of travel will not be required to book a slot on Co-WIN or at the Covid vax centres, officials said

Pace of administration for booster shots remains low

The seven-day average of new booster shot administration, meanwhile, remains 69% below peak levels, data shows. This is at a time when at least 117.9 million adults are eligible at present for the third doses, but only 30.4 million have taken it



Indian citizens can take a third dose of their Covid-19 vaccine as soon as three months after second doses if they are set to fly abroad, the government announced on Thursday, reducing the gap for the so-called precaution doses to allow international travellers to meet conditions imposed by several countries.

Union health minister Mansukh Mandaviya said the Co-WIN platform will be tweaked to allow people to book the third doses under the new rules shortly, while government officials aware of the matter said no proof of travel will be required for those seeking the third dose.

“Indian citizens and students travelling overseas can now take the precaution dose as required by the guidelines of the destination country. This new facility will be available soon on the Co-WIN portal,” tweeted Mandaviya.

The decision comes at a time when the uptake for the booster dose — all adults are eligible for it nine months after their second dose — has been slow, and there are fears that doses may be wasted.

“No list of countries is shortlisted (by the government); it will be available for all the countries, even if not required by a particular country,” said a senior official in the central government aware of the matter, on condition of anonymity, adding that the mandatory gap will now be of only three months.

“No proofs [of travel] are required to book a slot on Co-WIN or at the Covid vaccination centres,” added the official.

Several countries require people to have taken booster doses before they can arrive from abroad. Most of the European Union region sets the cut-off at nine months: that is, people must have taken a Covid-19 vaccine in the last 270 days to be allowed to arrive. In Israel, people will need to be boosted if their last shot was more than 180 days ago.

Several groups made a representation to the government to allow people to meet these requirements.

The idea was one of several discussed by the government’s expert panel that looks at several issues related to booster doses, the National Technical Advisory Group on Immunisation (NTAGI).

Since April 10, when all those 18 and above became eligible to take a “precaution dose” if their primary vaccination course was completed more than nine months earlier, the pace of vaccination has been slow.

At least 117.9 million adults are eligible at present for the third doses, but only 30.4 million have taken it, according to data available on the Co-WIN dashboard. A section of experts said reducing the gap would speed up the booster drive.

People aware of the matter said the slow uptake was also leading to wasted doses. Each vial contains multiple doses — Covishield contains 10, Covaxin 20 — and these need to be used up in six hours once they are opened. In other words, if a centre administering Covaxin has only 12 people turning up on a day, eight doses go to waste.

Several studies have established that antibody levels decline over time in the vaccinated persons, with most finding a significant drop in protection from symptomatic infection from six months onwards, although protection from severe disease or death is typically more durable.

Experts said precaution doses are also crucial in strengthening the immune system's ability to combat variants of the coronavirus.

“With Omicron we have seen how it managed to evade the immune response, which is why administering a booster dose becomes especially important for those at high-risk such as elderly people, and those with compromised immunity,” said Dr Gagandeep Kang, senior vaccine expert, and faculty, Christian Medical College, Vellore (Tamil Nadu).

The current rule on type of doses will continue. People will be eligible for the same dose of a vaccine as the first two for their booster.

Mix and match policy decision is likely to be based on clinical trials data. CMC Vellore is currently working on a trial with Covaxin and Covishield vaccines, and the results are expected to be submitted to the central drugs standard control organisation soon.

Generic drug

Sun Pharma gets USFDA nod for generic drug Mesalamine extended release capsules

The company has received approval of a generic version of Pentasa extended release capsules (The Tribune: 20220513)

<https://www.tribuneindia.com/news/health/sun-pharma-gets-usfda-nod-for-generic-drug-mesalamine-extended-release-capsules-394255>

Sun Pharma gets USFDA nod for generic drug Mesalamine extended release capsules
Photo for representational purpose only.

Sun Pharmaceutical Industries on Thursday said it has received final approval from the US health regulator for Mesalamine extended release capsules, used to treat bowel disease, in the American market.

The company has received approval from the US Food and Drug Administration (USFDA) for the product, a generic version of Pentasa extended release capsules (500 mg), the Mumbai-based drug major said in a statement.

As per March 2022 IQVIA Health data, Pentasa had annualised sales of around USD 213 million in the US market.

SARS-CoV-2

Half of Covid patients still have at least one symptom two years later: Lancet study

Research followed 1,192 participants in China infected with SARS-CoV-2 during the first phase of pandemic in 2020(The Tribune: 20220513)

<https://www.tribuneindia.com/news/health/half-of-covid-patients-still-have-at-least-one-symptom-two-years-later-lancet-study-394207>

Half of Covid patients still have at least one symptom two years later: Lancet study
Photo for representational purpose only. iStock

More than half of the people hospitalised with COVID-19 still have at least one symptom two years after they were first infected with the SARS-CoV-2 virus, according to the longest follow-up study published in The Lancet Respiratory Medicine journal.

The research followed 1,192 participants in China infected with SARS-CoV-2 during the first phase of the pandemic in 2020.

While physical and mental health generally improved over time, the study suggests that COVID-19 patients still tend to have poorer health and quality of life than the general population.

This is especially the case for participants with long COVID, who typically still have at least one symptom including fatigue, shortness of breath, and sleep difficulties two years after initially falling ill, the researchers said.

The long-term health impacts of COVID-19 have remained largely unknown, as the longest follow-up studies to date have spanned around one year, they said.

“Our findings indicate that for a certain proportion of hospitalised COVID-19 survivors, while they may have cleared the initial infection, more than two years is needed to recover fully from COVID-19,” said study lead author Professor Bin Cao, of the China-Japan Friendship Hospital, China.

“Ongoing follow-up of COVID-19 survivors, particularly those with symptoms of long COVID, is essential to understand the longer course of the illness, as is further exploration of the benefits of rehabilitation programmes for recovery,” Cao said in a statement.

The researchers noted that there is a clear need to provide continued support to a significant proportion of people who have had COVID-19, and to understand how vaccines, emerging treatments, and variants affect long-term health outcomes.

They evaluated the health of 1,192 participants with acute COVID-19 treated at Jin Yin-tan Hospital in Wuhan, between January 7 and May 29, 2020, at six months, 12 months, and two years.

Assessments involved a six-minute walking test, laboratory tests, and questionnaires on symptoms, mental health, health-related quality of life, if they had returned to work, and health-care use after discharge, the researchers said.

The median age of participants at discharge was 57 years, and 54 per cent were men.

Six months after initially falling ill, 68 per cent of participants reported at least one long COVID symptom, according to the researchers.

By two years after infection, reports of symptoms had fallen to 55 per cent, they said.

Fatigue or muscle weakness were the symptoms most often reported and fell from 52 per cent at six months to 30 per cent at two years, the researchers said.

Regardless of the severity of their initial illness, 89 per cent of participants had returned to their original work at two years, they said.

The researchers noted that two years after initially falling ill, patients with COVID-19 are generally in poorer health than the general population, with 31 per cent reporting fatigue or muscle weakness and 31 per cent reporting sleep difficulties.

COVID-19 patients were also more likely to report a number of other symptoms including joint pain, palpitations, dizziness, and headaches, they said.

Around half of study participants had symptoms of long COVID at two years, and reported lower quality of life than those without long COVID.

In mental health questionnaires, 35 per cent reported pain or discomfort and 19 per cent reported anxiety or depression.

Long COVID participants also more often reported problems with their mobility or activity than those without the disorder.

The authors acknowledge some limitations to their study.

Without a control group of hospital survivors unrelated to COVID-19 infection, it is hard to determine whether observed abnormalities are specific to COVID-19, they said.

The slightly increased proportion of participants included in the analysis who received oxygen leads to the possibility that those who did not participate in the study had fewer symptoms than those who did, according to the researchers.

This may result in an overestimate of the prevalence of long COVID symptoms, they added.

'Skinmalism'

Say yes to skin kindness with 'skinmalism'

The new and sustainable beauty movement saves you time, money and even space while taking care of all your skincare needs (The Tribune: 20220513)

<https://www.tribuneindia.com/news/health/say-yes-to-skin-kindness-with-skinmalism-394184>

Say yes to skin kindness with 'skinmalism'
Photo for representation only.

The beauty market is currently flooded with all kinds of serums, essences and lotions that can confuse the best of us. Apart from cluttering your dresser, these extensive skincare routines also burn a hole in your pocket and have a negative impact on the environment.

2022 calls for a change -- say hello to the new and sustainable beauty movement -- 'skinmalism'. It's time to move on to multitasking heroes that will save you time, money and even space while taking care of all your skincare needs.

Cutis Skin Studio Celebrity Dermatologist and Director Apratim Goel shares a guide to skinmalism:

Read the labels: Don't blindly follow Instagram trends and get influenced by advertisements.

Before buying a product, read the labels to know if this is what your skin actually needs. Don't jump onto the 'acid-retinol' bandwagon, just because it is trending. Ask your dermatologist before putting chemicals on your face. AHAs and BHAs are not for everyone.

Less is more: You don't need 10 different cleansers or an array of moisturisers. See what works for your skin type and stick to it. If you have dry skin, opt for soap-free cleansers, for oily skin, gel cleansers are your best bet.

Using too many products can sometimes compromise your skin's barrier, which can lead to sensitivity and dryness. If your skin is already dry and irritable, use a mild moisturiser which is rich in vitamin E that will calm and protect your skin.

Face yoga and massage: Instead of wasting time on 10-step-routines, for a quick pick-me-up, apply your favourite face oil and massage in gentle circular and upward motion. You can also use tools such as a jade roller or guasha.

Face massage improves the overall appearance of the skin and reduces puffiness and acne by flushing out toxins. Doing 5-10 minutes of facial yoga is another way to maintain skin health. It helps delay signs of ageing and relaxes muscle tension that leads to wrinkles and fine lines. This acts as a simple solution to stay minimal.

Say hello to multi-taskers: Layering different serums and moisturisers to create your own cocktail has its share of pros and cons. But it's also good to have a go-to formula to address all your concerns.

Multi-taskers are hardworking products that simultaneously solve other needs, reducing the number of products on our beauty shelves and saving time with a simplified routine.

There are many such alternatives available in the market, for example, nourishing oils that can soothe the scalp and substitute as a serum to hydrate the sensitive skin around the eyes. In fact, lightweight oils can also be used as pre-makeup toners and post-makeup cleansers.

One such product is the time-tested, cult-favourite Bio-Oil. It can be used in your daily routine to moisturise and hydrate. The lightweight oil doesn't clog pores or feel heavy on the skin. It is packed with vitamin A and E, along with antioxidants and essential oils to fade out acne scars and blemishes, improve uneven skin tone and is great for anti-ageing as well. It works equally well on the body as it does on the face and for nail cuticles, making it a perfect travel buddy for all your needs.

Go slow: Don't chuck out everything at once. Make a note of how many products you use and eliminate it one by one for a minimalist, yet effective skincare routine.

Breastfeeding

Five breastfeeding secrets every new mother should know

A mother-to-be can consider meeting with a lactation consultant or another nursing expert before the baby is born (The Indian Express: 20220513)

<https://indianexpress.com/article/lifestyle/health/breastfeeding-secrets-new-mother-tips-7913074/>

breastfeeding, breastfeeding secrets, breastfeeding tips, new mothers and breastfeeding, breastfeeding tips for new moms, indian express newsThe mother can let the baby latch on to the first breast and stay there, until they come off on their own. (Photo: Getty/Thinkstock)
Actor Neha Dhupia has always been vocal about the rights, issues and struggles faced by new mothers, their health, and how they have the freedom to choose how and where they want to feed their babies.

ALSO READ |‘Be vocal and talk to everyone about what you are feeling’: Neha Dhupia’s advice to new moms

Her breastfeeding and parenting initiative — where they discuss everything about parenting fears and queries — is called ‘Freedom To Feed’, and a recent post on the page is relevant for new mothers.

The post essentially discusses breastfeeding secrets, and alleviates doubts and fears for new and first time mothers.

* It states that a mother-to-be can consider meeting with a lactation consultant or another nursing expert before the baby is born, as they can share tips that may help them in the beginning.

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* While breastfeeding, they can position themselves in such a way that the baby’s nose touches their nipple and their bellies are also aligned. It means that they must make sure that the baby’s stomach is touching theirs so they don’t have to turn their head to latch. They must point the nipple at the baby’s nose — not the mouth — so that they can lift their head and latch on.

* The third thing is to create a space for breastfeeding. Before the baby’s arrival, mothers can create a nursing station — an area with a comfortable chair, a breastfeeding pillow, a side table for snacks, water, nursing pads, burp cloths, a phone and a good book.

ALSO READ |‘Nothing more important than a mother’s right to nourish her baby’: Dia Mirza on normalising breastfeeding

* It is important not to count the minutes. The mother can let the baby latch on to the first breast and stay there, until they come off on their own, and then offer the second breast. Some babies take one breast during a feeding and both breasts at other times.

* The next thing to know is that if you want to offer bottle feeds, do it 4-6 weeks. If you wait until 8 weeks, you risk bottle refusal. The mother can also ask someone else to feed the baby and then leave the house so that they are not tempted to feed.

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Eye Health

What your eyes reveal about your health

The eyes will prove more and more useful as a means of diagnosing all kinds of diseases and conditions because, by being transparent, the eye requires far less invasive methods of examination than other body parts. (The Indian Express: 20220513)

Eye-health It is possible to detect a number of health problems simply by looking at the eyes. (Photo: Getty)

Scientists at the University of California, San Diego, have developed a smartphone app that can detect early signs of Alzheimer's disease and other neurological conditions. The app uses the phone's near-infrared camera to track changes in the size of a person's pupils at a sub-millimetre level. These measurements can then be used to assess that person's cognitive condition.

As technology evolves, the eyes will prove more and more useful as a means of diagnosing all kinds of diseases and conditions because, by being transparent, the eye requires far less invasive methods of examination than other body parts.

But even without technology, it is possible to detect a number of health problems simply by looking at the eyes. Here are some of the warning signs.

ALSO READ | Tips for maintaining eye health amid work from home

Pupil size

The pupil responds instantly to light, becoming smaller in bright environments and larger in dimmer conditions. Sluggish or delayed responses in pupil size can point to several diseases that can include serious conditions such as Alzheimer's disease, as well as effects of medications and evidence of drug use. Dilated pupils are common in those who use stimulant drugs, such as cocaine and amphetamine. Very small pupils can be seen in heroin users.

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eye health A red, bloodshot eye can be triggered by excess alcohol or drug abuse (Source: Getty Images/Thinkstock)

Red or yellow eyes

A change in the colour of the sclera (the “whites of the eyes”) suggests that something is not right. A red, bloodshot eye can be triggered by excess alcohol or drug abuse. It can also be caused by an irritation or infection that, in most cases, passes within days.

If the change in colour is persistent, it can signal a more serious infection, inflammation, or a reaction to contact lenses or their solutions. In extreme cases, a red eye indicates glaucoma, a sinister disease that can lead to blindness.

When the sclera become yellow, this is a most obvious sign of jaundice and a diseased liver. The underlying causes of jaundice vary widely. They include inflammation of the liver (hepatitis), genetic or autoimmune conditions, and certain medications, viruses or tumours.

Red spot

A blood-red spot on the white of the eye (subconjunctival haemorrhage) can look frightening and is always the result of a small localised blood vessel that has burst.

ALSO READ |Does smoking affect the eyes? Find out here

Most times, there is no known cause, and it disappears within days. However, it can also be an indication of high blood pressure, diabetes and blood-clotting disorders that cause excessive bleeding. Blood-thinning drugs such as aspirin can also be the cause, and if the problem is frequent, might suggest that the dosage should be reviewed.

Ring around the cornea

A white or grey ring around the cornea is often linked to high cholesterol and an increased risk of heart disease. It can also reveal alcoholism and is sometimes seen in the eyes of older people, which is why the medical name given to it is arcus senilis.

Fatty lump

Sometimes the most alarming features that can appear on the eyes are actually the most benign and easy to treat. A yellowish fatty lump that can appear on the white of the eye is a pinguecula (pronounced pin-GWEK-you-la), a small deposit of fat and protein that may be easily remedied by eye drops or removed by a simple operation.

A pterygium (pronounced tur-RIDGE-ium) that appears as a pinkish growth over the white of the eye is not a danger to sight until it starts to grow over the cornea (the coloured part of the eye).

Fortunately, pterygia grow very slowly. As with pinguecula, it can easily be removed. Indeed, it should be removed well before it reaches the cornea. If allowed to keep growing, the pterygium will form an opaque “film” over the cornea that will obstruct vision. One of the major causal factors for both pinguecula and pterygium is believed to be chronic exposure to ultraviolet light from the Sun.

pupil scanning, A twitching eyelid can be an irritation, even an embarrassment, and often feels far worse than it looks. (Source: File Photo)

Bulging eyes

Bulging eyes can be part of a normal facial feature, but when eyes that were not previously bulging start to protrude forward, the most obvious cause is a problem with the thyroid gland and needs medical attention. A single eye that is bulging can be caused by an injury, infection or, more rarely, a tumour behind the eye.

ALSO READ |Eye health: How summer heat can harm your eyes; experts share tips to take care of them
Swollen or twitching eyelids

The eyelids can also indicate many diseases. These are mostly related to minor conditions of the glands in the eyelids. A common condition is the stye or chalazion, which appears as a red lump on the upper and, less often, lower eyelid and is caused by a blocked oil gland. A stye generally disappears on its own or with warm compresses. If it persists, it needs to be removed with a simple procedure.

A twitching eyelid (ocular myokymia) can be an irritation, even an embarrassment, and often feels far worse than it looks. In most cases, it is perfectly harmless and can be linked to stress, nutrient imbalance or consuming too much caffeine.

Tuberculosis

Tuberculosis not only affects the lungs, but also women's reproductive health; know more

Female genital tuberculosis (FGTB) takes a toll on the fallopian tubes, uterine lining, ovaries, cervix, and vagina/vulva (The Indian Express: 20220513)

<https://indianexpress.com/article/lifestyle/health/tuberculosis-reproductive-health-women-pregnancy-infertility-7899094/>

reproductive healthHow is tuberculosis connected to reproductive health? (Source: Getty Images/Thinkstock)

Unlike commonly believed, tuberculosis or TB does not only affect the lungs but may also impact other vital organs like the liver, bones, brain, and even the reproductive health, medical experts say. Declared as a public health emergency by World Health Organization (WHO) in 2005, tuberculosis is also a significant contributor to maternal mortality as it is among the three leading causes of death among women aged 15–45 years in high burden areas, according to a National Center for Biotechnology Information study.

Also Read |TB not a life-long infection in most people: Study
Why does it happen?

Explaining how it affects reproductive health, Dr Bharati Dhorepatil, consultant infertility expert, NOVA IVF fertility, Pune said the tuberculosis bacteria (TB bacillus) infects the fallopian tubes, in turn, leading to its blockage. It also affects the uterus lining, which leads to

thinning of the endometrium lining and scanty menses. “This blockage of the fallopian tubes and thinning of endometrium lining leads to fertility issues,” she said.

Pregnant women with a confirmed diagnosis of TB should initiate treatment without any delay (Source: Getty Images/Thinkstock)

Female genital tuberculosis (FGTB) takes a toll on the fallopian tubes, uterine lining, ovaries, cervix, and vagina/vulva. It can damage the fallopian tubes and cause infertility. Genital TB damages the lining of the uterus, following which adhesions are seen within the womb causing Asherman’s syndrome, Dr Richa Jagtap, clinical director and consultant, reproductive medicine, NOVA IVF Fertility, Mumbai, told indianexpress.com.

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Once the fallopian tubes are impacted, the fertilised egg is not able to enter the tube and reach the uterus or the womb. If the endometrium lining is impacted, then there will be no fertilised embryo implantation in the uterus. The quality and chronic inflammation will reduce the egg reserve as well, explained Dr Dhorepatil.

Why does TB occur?

It occurs owing to a bacterium called mycobacterium tuberculosis that spreads from person to person via the tiny droplets released into the air when one coughs and sneezes. Active TB, a type, is an illness in which the TB bacteria are rapidly multiplying and invading different organs of the body. Miliary tuberculosis affects the entire lung tissue which can prove fatal.

Symptoms

Coughing, chest pain, weight loss, poor appetite, tiredness, fever, night sweats, and chills. Other symptoms reported are menstrual irregularities such as oligomenorrhoea, hypomenorrhoea, amenorrhoea, menorrhagia, dysmenorrhoea, metrorrhagia, pelvic pain and abnormal vaginal discharge, informed Dr Gowri Kulkarni, head of operations, MediBuddy.

Complications of TB in pregnant women include spontaneous abortion, small for date uterus, preterm labour, low birth weight, and increased neo-natal mortality. Acquiring an active TB infection in pregnancy can put the mother and baby at risk, cautioned Dr Padma Srivastava, consultant obstetrician and gynaecologist, Motherhood Hospitals, Lullanagar, Pune.

“Genital TB can lead to spontaneous abortion and ectopic pregnancy. An endometrial biopsy, and menstrual blood culture, can help in diagnosing genital TB. A laparoscopy can help to understand the damage caused to the genital organs. It is essential to tackle genital TB as soon as it is detected. Those with genital TB are treated with ATT (anti-tubercular treatment), which

helps in pregnancy if diagnosed earlier. Women with genital TB can conceive with the help of assisted reproductive technologies (ART) like IVF when there is a blockage of tubes and when the lining is very thin. They can be treated only with IVF(test tube baby process),” said Dr Dhorepatil.

Diagnosis

Based on one’s medical history and symptoms, a complete physical examination is done through various tests like tissue-based PCR or gene expert for the diagnosis of this condition, Dr Jagtap informed.

“Pelvic tuberculosis is best diagnosed on laparoscopy and hysteroscopy which gives direct view and opportunity to take specific tissue biopsy for testing. Hysterosalpingogram (HSG) can also be done to evaluate tubal patency, where a radio-opaque dye is introduced via the cervix into the uterus to check for tubal block, irregular structure of fallopian tubes and signs of adhesions,” she said.

Also Read |Cutting Edge: After Covid, can genome sequencing help identify gene responsible for drug-resistant TB?

Pregnant women with a confirmed diagnosis of TB should initiate treatment without delay.

“Maximum cases of infertility are due to TB, which can affect both partners. TB of the uterus may not be symptomatic, but she may come with vague period complaints, or no periods/scanty periods complaints. Multi-disciplinary approach with a chest physician, if needed gives excellent cure rates. However, if patients come late with multi-organ involvement, then prognosis is poor. Active TB is not a contraindication for the termination of pregnancy. But the anti-TB drugs may cause effects specifically in first trimester. Even though, there are many government programs, there is still a taboo related to TB and even afterwards, diagnosed patients are reluctant to treatment,” noted Dr Meeta Nakhare, gynecologist Lokmanya Hospital.

tuberculosis day Multi-disciplinary approach with a chest physician, if needed gives excellent cure rates (Source: Getty Images/Thinkstock)

Treatment

Dr Deepak Namjoshi, pulmonologist and director, CritiCare Asia Multispeciality Hospital explained that genital TB not only affects the mother but the baby is also at risk as the baby can have low birth weight and there’s also a chance of neonatal mortality. “With medication, therapy, and a balanced diet, genital TB can be treated. In some cases, surgeries are also opted for treating this condition,” Dr Namjoshi said.

Treatment is similar to pulmonary tuberculosis and needs long term anti-tubercular treatment, said Dr Kulkarni. “It is done using four drugs in the intensive phase and then two drugs in the maintenance phase lasting a total of six months of treatment. However, treatment varies in case of multi-drug resistant cases,” she said.

How to deal with after-effects of TB?

Eating a well-balanced diet, following good personal hygiene, trying to be in a ventilated room, taking medication as prescribed by the doctor, enough rest, staying hydrated, going for regular follow-ups, and avoiding crowded places are prescribed.

India reduces gap between second Covid shot, booster dose for those travelling abroad
With Thursday's decision, Indians travelling abroad don't need to wait for nine months after the administration of the second dose to access the precautionary dose.

A health worker prepares a dose of the Covid-19 vaccine in Agartala. (Express Photo: Abhisek Saha, File)

Indian citizens and students travelling abroad can soon take the third precautionary dose of the vaccine against Covid-19 as per the travel guidelines of the destination country, the Union Ministry of Health and Family Welfare announced Thursday.

“Indian citizens & students travelling overseas can now take the precaution dose as required by the guidelines of the destination country. This new facility will be available soon on the CoWIN portal,” tweeted Union Health Minister Mansukh Mandaviya.

At present, in India, the third precaution dose of Covid-19 vaccines has been made available to the 18+ population groups at private vaccination centres. However, according to the current guidelines, only those adults who have completed nine months after the administration of the second dose would be eligible for the precaution dose.

However, with Thursday's decision, Indians travelling abroad don't need to wait for nine months after the administration of the second dose to access the precautionary dose.

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<https://indianexpress.com/article/lifestyle/health/india-covid-booster-vaccine-dose-travel-abroad-7913216/>

A health worker prepares a dose of the Covid-19 vaccine in Agartala. (Express Photo: Abhisek Saha, File)

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According to the official data, 12.21 lakh in the 18-59 age group have received the precautionary dose available at the private vaccination centres. Also, the country administered 2.89 crore precautionary doses to the priority groups—frontline workers, healthcare workers, and the elderly population above the age of 60 years. The precautionary dose for the priority group is available for free at the government vaccination centres.

Infection

Explained | Long COVID impacts quality of life for two years after infection: Lancet study (The Hindu: 20220513)

<https://www.thehindu.com/sci-tech/health/explained-long-covid-impacts-quality-of-life-for-two-years-after-infection-lancet-study/article65407810.ece>

Need more research on Long Covid in India, say experts

The story so far Months after the first cases of COVID-19 were detected in the world outside China, concerns about persistent symptoms post infection cropped up. Systems were then set up to study this phenomenon and provide possible solutions to those suffering from sequelae related to their COVID infection. The Lancet’s May 11 publication (<https://doi.org/10.1016/>

S2213-2600(22)00126-6) has provided more grist to the mill for those calling for greater attention to Long COVID, establishing that the burden of symptomatic sequelae remained fairly high even two years after COVID. Pandemic survivors also had a remarkably lower health status than the general population at two years, it said.

NMC

NMC seeks Health Ministry's view over SC direction to help MBBS students hit by Ukraine crisis, pandemic (The Hindu: 20220513)

<https://www.thehindu.com/news/national/nmc-seeks-health-ministrys-view-over-sc-direction-to-help-mbbs-students-hit-by-ukraine-crisis-pandemic/article65407399.ece>

Medical students from Ukraine arrived in Chennai Airport on March 4, 2022. File
Medical students from Ukraine arrived in Chennai Airport on March 4, 2022. File | Photo Credit: B. Velankanni Raj

On May 6, the NMC wrote to the Union Health Ministry saying the apex court has directed the regulatory body to frame a scheme within two months.

The Union Health Ministry is likely to hold a meeting this week after the NMC sought its views over the Supreme Court's direction to frame a scheme allowing MBBS students of foreign universities affected by the Ukraine crisis and the pandemic and complete clinical training in medical colleges in India.

The apex court had on April 29 directed the National Medical Commission (NMC) to frame the scheme in two months.

Before that, the External Affairs Ministry had written to the Health Ministry to consider allowing Indian private medical institutes to enroll students, facing such compelling circumstances beyond their control, and continue their medical degree programmes as a one-time exception.

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Explained | Why do Indians go abroad for medical studies?

The letter mentioned that due to the war in Ukraine, over 18,000 Indian students in different years of medical programmes there, have returned to India under Operation Ganga.

According to an official source, there are no norms under the National Medical Commission Regulations to accommodate Indian students pursuing medical courses abroad who had to return home midway, in medical colleges here between an academic session.

In March, the regulatory body said foreign medical graduates with incomplete internships due to situations beyond their control like COVID-19 or war can finish the same in India.

In a circular, the NMC said the same may be processed by the state medical councils, provided the candidates have cleared the Foreign Medical Graduate Examination before applying for completion of internship in India.

On May 6, the NMC wrote to the Union Health Ministry saying the apex court has directed the regulatory body to frame a scheme within two months, with effect from April 29, to allow respondents and similarly situated students to complete clinical training in Indian medical colleges on such charges which NMC may determine.

It also directed the commission to further analyse or test the candidate in such a scheme to satisfy that such a candidate is sufficiently trained to obtain provisional registration to complete an internship of 12 months.

The NMC's letter mentioned that it was pointed out to the apex court that many of the medical students who have returned from Ukraine would be in different semesters.

Why medical education remains unaffordable for most of our students | In Focus podcast

00:00/29:20

But the court was of the view that the scheme should incorporate necessary provisions for students who have returned from Ukraine, it stated.

“It is made clear that the National Medical Commission after the implementation of the NEET, does not maintain the list/data pertaining to Indian citizens seeking/pursuing the medical qualification(s) in any foreign medical institutes.”

"Taking into consideration the order dated April 29 passed by the Supreme Court, the Ministry of Health is requested to kindly offer its views/comments on the issue of providing clinical training to foreign medical graduates in India," the NMC Secretary said.

JNCASR

JNCASR may have a cure for dementia (The Hindu: 20220513)

<https://www.thehindu.com/news/cities/bangalore/jncasr-signs-ip-transfer-agreement-on-molecule-that-can-be-potential-drug-candidate-for-dementia/article65407119.ece>

Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR) signs IP transfer agreement on molecule that can be potential drug candidate for dementia

Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR) signed two agreements with business establishments for transfer of two technologies from its research initiatives, on the eve of 'Technology Day 2022', on May 10. JNCASR is an autonomous institute in Bengaluru under the Department of Science and Technology of the Central Government.

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Please write complete sentences. Do not type comments in all capital letters, or in all lower case letters, or using abbreviated text. (example: u cannot substitute for you, d is not 'the', n is not 'and').

We may remove hyperlinks within comments.

Please use a genuine email ID and provide your name, to avoid rejection.

Sleeping (The Hindu: 20220513)

<https://epaper.bhaskar.com/detail/1312953/46503735362/mpcg/13052022/194/image/>

भास्कर खास • सिर को तकिए और पैरों को नीचे की ओर करके सोना उम्र के साथ ही सीख पाते हैं

छोटे बच्चे नींद में बिस्तर पर 180 डिग्री घूम जाते हैं, चोट तक पहुंचा सकते हैं, ऐसा वे सबसे आरामदायक स्थिति पाने के लिए करते हैं

• **The New York Times**

दैनिक भास्कर से विशेष अनुबंध के तहत

छोटे बच्चे दिनभर तो घर में धमाचौकड़ी करते ही हैं, रात में नींद के दौरान अस्त-व्यस्त तरीके से सोकर माता-पिता को परेशान करते हैं। परिजन शिकायत करते हैं कि छोटे बच्चे उन्मुक्त होकर सोते हैं और हाथ-पैर मारते रहते हैं। लेखिका जेसिका ग्रेस कहती हैं, 'मेरी 5 साल की बेटी पागलों की तरह सोती है। जब मैं सुबह उठती हूँ, तब तक वह अपनी मूल स्थिति से 180 डिग्री या इससे अधिक घूम चुकी होती है। उसका सिर नीचे और पैर तकिए पर होते हैं। कई बार वह आधी बिस्तर पर और आधी बिस्तर से नीचे होती है। यही नहीं, बहुत बार तो मुझे बैले डांस की मुद्रा में सोई मिलती है। सबसे खोफनाक उसका नींद में लार्ने मारना है, जिससे मुझे कई बार चोट तक लग

पीडियाट्रिशन से बात करें कि बच्चों का इस तरह सोना सामान्य है या समस्या



डॉ. कैनापारी कहते हैं, 'बच्चा बार-बार उठता है और फिर मुश्किल से सोता है तो यह अधिक समय तक बिस्तर पर बिताना हो सकता है। बच्चा सुबह चिड़चिड़ापन दिखाएँ या दिन में उसे व्यवहार संबंधी समस्या हो तो अच्छी नींद न आने जैसी समस्या हो सकती है। खरटि ऑब्स्ट्रक्टिव स्लीप एपनिया का संकेत हो सकते हैं। पैर में दर्द की शिकायत रेस्टलेस लेग सिंड्रोम का संकेत हो सकती है।

चुकी है।' ग्रेस कहती हैं, 'बेटी के इस व्यवहार ने मुझे तीन नींद विशेषज्ञों से बात करने पर मजबूर कर दिया। मैंने उनसे पूछा कि छोटे बच्चे वयस्कों या बड़े बच्चों की तुलना में इतने अधिक अस्त-व्यस्त क्यों सोते हैं। अल्बर्ट आइंस्टीन कॉलेज ऑफ मेडिसिन में न्यूरोलॉजी, साइकेट्री एंड बिहेवियल साइंस विभाग की असिस्टेंट प्रो. शेल्वी हैरिस कहती हैं, 'नींद के दौरान घूमना ज्यादातर

बच्चों के लिए सामान्य होता है। वयस्कों समेत सभी लोग नींद के चक्रों के बीच जागते हैं। सिर को तकिए पर और पैरों को नीचे की ओर करके सोना तो हम उम्र के साथ सीख जाते हैं। इसलिए जब बच्चे नींद के चक्रों के बीच जागते हैं, तो वे सबसे आरामदायक स्थिति पाने के लिए शरीर को हिलाते हैं। उन्हें परवाह नहीं होती है कि उनके सिर के नीचे तकिया है या नहीं।' **शेष पेज 06 पर**

