



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220704

Neonatal treatment

Rohtak: Experts from India, USA discuss neonatal treatment (The Tribune: 20220704)

Rohtak: Experts from India, USA discuss neonatal treatment

Organisers present a plant to Dr Anita Saxena, VC, University of Health Sciences, at a programme in Rohtak. Tribune Photo

Neonatologists from India and the United State of America (USA) deliberated upon latest techniques and best practices for the treatment of new born babies. Doctors from the USA informed about advanced medical tests and treatment provided at the neonatal ICUs in their country. They also shared their experiences about critical cases.

The occasion was the continuing medical education programme (CME) jointly organised by Pt BD Sharma University of Health Sciences (UHS), Rohtak, and National Children's Hospital, Washington, in collaboration with the US-India Strategic Partnership Forum here on Sunday. Neonatal experts from the USA joined the programme online.

Dr Kratimenos from the USA not only discussed with Indian doctors techniques used for treating newborn babies, but also shared advanced healthcare facilities provided at well-equipped intensive care units (ICUs) in his country.

“Care of the newborn has become special these days. Most low birth weight and preterm babies are now surviving with good health. In such a situation, there is a dire need to update knowledge about latest techniques for managing these neonates so that neonatal mortality rate can be brought down,” said Dr Anita Saxena, Vice-Chancellor, UHS, while speaking on the occasion.

Dr HK Aggarwal, Registrar, UHS, said cardiac problems in preterm neonates was a worrisome while Dr SS Lohchab, Director PGIMS, emphasised upon the importance of early diagnosis of various diseases in newborns

Dr Jagjit Dalal, head, Department of Neonatology, said 200 experts across the nation and the USA participated in the programme and 100 participants joined it online.

Organs Donations

**Autorickshaw driver from Bihar saves 4 in death as kin donate organs
Donated heart was transplanted in a 40-year-old female; a 62-year-old male
received the liver; one kidney was transplanted to a 56-year-old female in
AIIMS Delhi and another kidney was allocated to a 37-year-old female in
RML hospital (The Tribune: 20220704)**

<https://www.tribuneindia.com/news/nation/auto-driver-from-bihar-saves-4-in-death-as-kin-donate-organs-409162>

An autorickshaw driver from Bihar who arrived in Delhi on June 30 and died tragically on July 1 has saved four people after his death.

Karu Singh was visiting the capital to formalise a matrimonial alliance for his daughter. After a long journey on June 30, he was asleep at a relative's terrace when a midnight act of waking up to use a toilet proved fatal for the 45-year-old.

“At night he woke up and unfortunately got confused about the direction of the stairway. He suffered a massive fall from the terrace and was rushed to AIIMS Trauma centre by the anxious family at around 1 am on July 1. Despite all the efforts to save him, he was declared brain stem dead on the same day at 4.13 pm,” Dr Aarti Vij, Head, Organ Transplant and Retrieval Organisation at AIIMS Delhi, told The Tribune today.

On being informed about the option of organ donation by doctors and transplant coordinators, Karu Singh's family came forward and decided in favour of organ donation.

AIIMS specialists said the deceased's organs were retrieved on July 2. The donated heart was transplanted in a 40-year-old female; a 62-year-old male received the liver; one kidney was transplanted to a 56-year-old female in AIIMS Delhi and another kidney was allocated to a 37-year-old female in RML hospital by National Organ and Tissue Transplant Organisation.

“Also, his corneas have been banked in the National Eye Bank at AIIMS. The effective and efficient coordination by the transplant team made the whole process swift,” Vij said.

Meanwhile, Karu Singh's family, which went from celebrations to despair, today said happened to their father was unfortunate.

“But if his donated organs can end the suffering and give a new lease of life to people desperately waiting for a kidney, liver, or heart, we consider it an act of righteousness,” the family said.

Aarti Vij flagged the huge gap in the demand and availability of organs saying the same can only be abated if people volunteer to donate.

“The courage and selflessness Karu Singh's family displayed at a crucial time is truly commendable and reinforces one's faith in humanity,” she said.

Organ donation: All you need to know

TYPES OF ORGAN DONATIONS

a) Living donor: An 18 plus person during his life can donate one kidney (the other kidney is capable of maintaining the body functions adequately for the donor), a portion of pancreas (half of the pancreas is adequate for sustaining pancreatic functions) and a part of the liver (the segments of liver will regenerate after a period of time in both recipient and donor).

b) Deceased donor: A person can donate multiple organs and tissues after brain-stem/cardiac death.

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Living donor should not be less than 18 years

Deceased donor can donate within the age limit of: Kidneys, liver: up to 70 years; heart, lungs: up to 50 years; Pancreas, Intestines: up to 60-65 years; Corneas, skin: up to 100 years; heart valves: up to 50 years; bones: up to 70 years

Sleeping

Your body has an internal clock that dictates when you eat, sleep and might have a heart attack – all based on time of day

This ‘clock’ is made up of about 20,000 neurons in the hypothalamus that coordinates body's unconscious functions (The Tribune: 20220704)

<https://www.tribuneindia.com/news/health/your-body-has-an-internal-clock-that-dictates-when-you-eat-sleep-and-might-have-a-heart-attack-%E2%80%93-all-based-on-time-of-day-409116>

Your body has an internal clock that dictates when you eat, sleep and might have a heart attack – all based on time of day

Photo for representation only.

College Station (US), July 3

Anyone who has suffered from a jet lag or struggled after turning the clock forward or back an hour for daylight saving time knows all about what researchers call your biological clock, or circadian rhythm – the “master pacemaker” that synchronises how your body responds to the passing of one day to the next.

This “clock” is made up of about 20,000 neurons in the hypothalamus, the area near the centre of the brain that coordinates your body's unconscious functions, like breathing and blood pressure.

Humans aren't the only beings that have an internal clock system. All vertebrates – or mammals, birds, reptiles, amphibians and fish – have biological clocks, as do plants, fungi and bacteria.

Biological clocks are why cats are most active at dawn and dusk, and why flowers bloom at certain times of the day.

Circadian rhythms are also essential for the health and well-being. They govern your body's physical, mental and behavioral changes over each 24-hour cycle in response to environmental cues like light and food.

They're why more heart attacks and strokes occur early in the morning. They're also why mice that are missing their biological clocks age faster and have shorter life spans, and people with a mutation in their circadian clock genes have abnormal sleep patterns.

Chronic misalignment of your circadian rhythm with external cues, as seen in night-shift workers, can lead to a wide range of physical and mental disorders, including obesity, Type 2 diabetes, cancer and cardiovascular diseases.

In short, there is ample evidence that your biological clock is critical to your health.

How biological rhythms affect your health

Your biological clock affects your health by regulating your sleep-wake cycles and fluctuations in blood pressure and body temperature. It does this primarily by syncing your endocrine system to environmental light-dark cycles so that certain hormones are released in certain amounts at certain times of day.

The pineal gland in your brain, for example, produces melatonin, a hormone that helps regulate sleep in response to darkness. Doctors advise reducing exposure to artificial blue light from electronic devices before bedtime because it can disrupt melatonin secretion and sleep quality.

Your circadian rhythm also affects your metabolism. Among other things, sleep helps you regulate leptin, a hormone that controls appetite. Your leptin levels fluctuate throughout the day according to a rhythm set by your circadian clock. Insufficient or irregular sleep can disrupt leptin production, which can make us hungrier and lead to weight gain.

In recent years, researchers have discovered even more ways your circadian clock can affect your health. For example, there is now research suggesting that eating at set times of day, or time-restricted feeding, can prevent obesity and metabolic diseases.

Depression and other mood disorders may also be linked to dysfunctional circadian control that leads to changes in how your genes are expressed.

The time of the day when you take your medicine can also affect how well it works and how severe any side effects might be. Likewise, your biological clock is a potential target for cancer chemotherapies and anti-obesity treatments.

And finally, even your personality might be shaped by whether your internal clock makes you a “morning person” or a “night person”.

Getting the most out of exercise

Circadian clocks also provide a potential answer to when is the best time of the day to maximise the benefits of physical exercise.

Early morning exercise reduced blood glucose levels more than late evening exercise. Exercise in the late evening, however, allowed benefiting from energy stored from meals and increased endurance.

Getting along with your biological clock

There is still much to learn about how your circadian clock works. But in the meantime, there are some tried and true ways people can synchronise their internal clocks for better health. These include regular exposure to sunlight to trigger the endocrine system to produce vitamin D, staying active during the day so you fall asleep more easily at night and avoiding caffeine and reducing your exposure to artificial light before bedtime. (The Conversation)

Monkeypox

Monkeypox symptoms in UK patients differ from previous outbreaks: Lancet study

Finding suggests that patients have a higher prevalence of skin lesions in the genital and anal (The Tribune: 20220704)

<https://www.tribuneindia.com/news/health/monkeypox-symptoms-in-uk-patients-differ-from-previous-outbreaks-lancet-study-408914>

Symptoms of monkeypox patients in the UK differ from those observed in previous outbreaks elsewhere in the world, according to a study published in The Lancet Infectious Diseases journal on Saturday.

The researchers looked at 54 patients who attended sexual health clinics in London, UK and were diagnosed with monkeypox during a 12-day period in May this year.

Abortion

Google says it will delete all location history data for Americans who visit abortion clinics (Hindustan: 20220704)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=47e89ea0d8&imageview=0>

Google will automatically purge information about users who visit abortion clinics or other places that could trigger legal problems now that the U.S. Supreme Court has opened the door for states to ban the termination of pregnancies.

The company behind the internet's dominant internet search engine and the Android software that powers most of the world's smartphones outlined the new privacy protections in a Friday blog post.

Besides automatically deleting visits to abortion clinics, Google also cited counseling centers, fertility centers, addiction treatment facilities, weight loss clinics, and cosmetic surgery clinics as other destinations that will be erased from users' location histories.

Users have always had the option edit their location histories on their own, but Google will proactively do it for them as an added level of protection.

"We're committed to delivering robust privacy protections for people who use our products, and we will continue to look for new ways to strengthen and improve these protections," Jen Fitzpatrick, a Google senior vice president, wrote in the blog post.

The pledge comes amid escalating pressure on Google and other Big Tech companies to do more to shield the troves of sensitive personal information through their digital services and products from government authorities and other outsiders.

The calls for more stringent privacy controls were triggered by the US Supreme Court's recent decision overturning the 1973 Roe v. Wade ruling that legalized abortion.

That reversal could make abortion illegal in more than a dozen states, raising the specter that records about people's location, texts, searches and emails could be used in prosecutions against abortion procedures or even for medical care sought in a miscarriage.

Like other technology companies, Google each year receives thousands of government demands for users' digital records as part of misconduct investigations. Google says it pushes back against search warrants and other demands that are overly broad or appear to be baseless.

Abortion Law

Roe vs Wade: Judicial history of right to choose abortion in US (Hindustan: 20220704)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=47fb6920ad&imageview=0>

The Supreme Court of the United States last week eliminated the constitutional right to choose abortion that existed for almost 50 years, clearing the decks for the states to severely restrict or completely ban the practice.

The 5-4 ruling of the highest court divided the country as several Republican states came up with a spate of restrictions on the right to abort while civil society and women rights groups protested against the verdict. President Joe Biden called it a “sad day for the court and the country”, rolling out a set of executive actions to offer abortion-related protections.

The Democrats further reoriented their campaign focus for the mid-term elections to make the Supreme Court judgment overturning Jane Roe V Henry Wade, the landmark 1973 decision that institutionalised the right to abortion nationwide, a primary issue of their campaign.

The US ruling has sparked off a serious debate on a woman’s right to abort, which the 1973 verdict linked to her right to bodily autonomy, privacy and liberty. A deep-dive into the judgment becomes imperative to understand what’s at stake and the impact the ruling may have on the international jurisprudence on the right to abort.

The 1973 verdict

A pregnant single woman (Roe) brought a class action in 1970 against the district attorney, challenging the constitutionality of the Texas criminal abortion laws, which banished abortion except on medical advice for the purpose of saving the mother’s life. A physician (Hallford) was permitted to intervene. A childless married couple (the Does) separately attacked the laws on the grounds of future possibilities of contraceptive failure, pregnancy, unpreparedness for parenthood, and impairment of the wife’s health.

A three-judge district court held that the suits by Roe and Hallford, and members of their classes, were maintainable in law and presented justiciable controversies. The district court declared the Texas criminal abortion statutes void as vague and overbroadly infringing the Ninth and Fourteenth Amendments, which pertain to right to privacy, personal liberty and due process clause. The district court, however, dismissed the Does’ complaint, calling it speculative and not justiciable.

But the district court declined to grant in favour of Roe an injunction against enforcement of the Texas statutes, prompting her to move the US Supreme Court.

On January 22, 1973, the US Supreme Court, by 7-2 majority, accorded women the right to seek abortion, reading right to privacy and bodily autonomy into the choice of a woman to terminate her pregnancy up to the point of foetal viability, which is accepted to be around 24 weeks into pregnancy.

“This right of privacy, whether it be founded in the Fourteenth Amendment’s concept of personal liberty and restrictions upon state action, as we feel it is, or, as the District Court determined, in the Ninth Amendment’s reservation of rights to the people, is broad enough to encompass a woman’s decision whether or not to terminate her pregnancy,” declared the US top court.

Texas urged that life begins at conception, and that, therefore, the State has a compelling interest in protecting that life from and after conception but the court rejected this contention.

“The statute makes no distinction between abortions performed early in pregnancy and those performed later, and it limits to a single reason, ‘saving’ the mother’s life, the legal justification for the procedure,” held the court.

About the State’s legitimate interests in protecting both the pregnant woman’s health and the potentiality of human life, the Supreme Court prescribed a timeline. The decision to terminate a pregnancy during the first trimester was left to the medical decision of the doctor attending the woman. During the second trimester, governments could regulate the abortion procedure, but only for the purpose of protecting maternal health and not for protecting foetal life. For the stage subsequent to viability, the court said, governments could regulate or even prohibit termination except where there is a threat to the mother in carrying the child.

The judgment in Planned Parenthood V Casey

NGO Planned Parenthood, which led the fight for women’s access to reproductive care in the US, took on Pennsylvania Governor Robert Casey after the anti-abortion Democrat introduced new laws restricting a woman’s access to abortion. The non-profit argued that the provisions in the Pennsylvania Abortion Control Act of 1982 violated the decision made in Roe V Wade that the right to an abortion was fundamental. One of the most contentious provisions of the law under challenge pertained to spousal notification, requiring a married woman to sign a statement indicating that she has notified her husband before going ahead with the termination of pregnancy.

The Supreme Court chose to follow the judicial principle of “stare decisis”, obligating the court to honour the previous ruling in Roe V Wade and make its decision in alignment with the 1973 judgment. “Although Roe has engendered opposition, it has in no sense proven unworkable, representing as it does a simple limitation beyond which a state law is unenforceable,” stated this ruling.

The ability of women to participate equally in the economic and social life of the nation has been facilitated by their ability to control their reproductive lives, held the judgment.

Even as this judgment affirmed the central holding in Roe V Wade, it rejected the “rigid trimester framework” as propounded in the 1973 verdict. The court introduced the “undue burden” principle, laying down that the State may come up with measures to persuade the woman to choose childbirth but these measures must not be an undue burden on the right.

“Adoption of the undue burden standard does not disturb Roe’s holding that regardless of whether exceptions are made for particular circumstances, a State may not prohibit any woman from making the ultimate decision to terminate her pregnancy before viability,” it added.

Latest ruling turns the clock back

In Dobbs V Jackson women Health Organisation, the US Supreme Court was called upon to decide the validity of a law framed by the state of Mississippi that generally prohibited an abortion after the 15th week of pregnancy — several weeks before the point at which a foetus is now regarded as “viable” outside the womb. The state of Mississippi implored the court to reconsider and overrule Roe and Casey and once again allow each state to regulate abortion as its citizens wish. US solicitor general and women rights groups contested the case, seeking affirmation of Roe and Casey.

By a 5-4 decision on June 24, the US Supreme Court overruled Roe and Casey, holding that “the Constitution does not confer a right to abortion”; it makes no reference to abortion, and no such right is implicitly protected by any constitutional provision.

On the “Due Process Clause” of the Fourteenth Amendment, which was central to the verdicts in Roe and Casey, the Supreme Court held that this could guarantee only such rights that must be “deeply rooted in this Nation’s history and tradition” and “implicit in the concept of ordered liberty”.

The court said that the destruction of foetal life cannot be equated with matters such as intimate sexual relations, contraception, and marriage, which were found implicit within the right to liberty.

Striking down the findings in Roe and Casey that right to abort is a facet of right to privacy and central to personal dignity and autonomy of a woman, the court said that the right to obtain an abortion cannot be justified as a component of such a right. “Attempts to justify abortion though appeals to a broader right to autonomy and to define one’s ‘concept of existence’ prove too much. Those criteria, at a high level of generality, could license fundamental rights to illicit drug use, prostitution, and the like,” it emphasised.

“Abortion is different because it destroys what Roe termed ‘potential life’ and what the law challenged in this case calls an ‘unborn human being’. None of the other decisions cited by Roe and Casey involved the critical moral question posed by abortion,” it said.

The court declared Roe was “egregiously wrong” and on a collision course with the Constitution from the day it was decided, for it did not have any grounding in constitutional text, history, or precedent and ended up erroneously prescribing a trimester scheme that looked like legislation.

“The permissibility of abortion, and the limitations, upon it, are to be resolved like most important questions in our democracy: by citizens trying to persuade one another and then voting... Given that procuring an abortion is not a fundamental constitutional right, it follows that the states may regulate abortion for legitimate reasons,” ruled the court, upholding the Mississippi law.

Three dissenting judges on the bench said the decision took away the woman’s right to be an equal and free citizen in the country. “With sorrow — for this court, but more, for the many millions of American women who have today lost a fundamental constitutional protection — we dissent,” recorded the dissent.

Chief Justice John Roberts sided with his fellow conservative judges in favour of upholding the Mississippi law, but argued for judicial restraint and opposed the outright reversal of the right to abort and striking down of Roe V Wade.

The Indian context

Unlike in US, India has a central law called The Medical Termination of Pregnancy (MTP) Act, which permits licensed medical professionals to perform abortions in specific predetermined situations as provided under the legislation. The Act was passed in 1971 to give

women access to safe and authorised abortion procedures until 20 weeks of pregnancy under certain specified situations, which included grave risk to mental or physical well-being of the mother or a substantial risk that if the child were born, it would suffer from such physical or mental abnormalities to be seriously handicapped. The Act added that a married woman can terminate an unwanted pregnancy too but no such procedure shall be carried out on any woman without her consent. For those below 18, consent of guardian is a must.

In 1994, the Indian government brought in the Pre-Conception and Pre-Natal Diagnostic Techniques (PCPNDT) Act with the objective of avoiding abuse of the MTP Act for sex selection and to prevent the misuse of pre-natal diagnostic techniques for sex determination leading to female foeticide, besides regulating pre-natal diagnostic techniques for detecting genetic abnormalities and other disorders. The violators can get up to five years in jail apart from monetary penalties under the PCPNDT Act.

The 1971 law was amended in March 2021, seeking “to expand the access to safe and legal abortion services on therapeutic, eugenic, humanitarian and social grounds to ensure universal access to comprehensive care.”

The 2021 amendment raised the upper gestation limit from 20 to 24 weeks for special cases, including survivors of rape, victims of incest and other vulnerable women (differently abled women, minors, among others). The new law extended MTP services under the failure of contraceptive clause to unmarried women to provide access to safe abortion based on a woman’s choice. It further added a confidentiality clause, stating that the name and other particulars of a woman whose pregnancy has been terminated cannot be revealed except to a person authorised by law.

Eye Health

Simple tips to take care of your eyes this monsoon

Our eyes are particularly vulnerable to infections and other issues during monsoon, according to the expert (Indian Express: 20220704)

<https://indianexpress.com/article/lifestyle/health/eye-health-tips-monsoon-rainy-season-8002434/>

eye health, monsoon Kids with a family history of this cancer or a sibling who has been affected have a 50 per cent chance of contracting retinoblastoma.

The rainy season has arrived, giving everyone a respite from the sweltering heat. As lively as the monsoon may be, it is also marked by a host of seasonal illnesses such as dengue, malaria and diarrhoea, among others. As the air gets filled with bacteria and viruses, eye infections become a common occurrence during this season.

Explaining the same, Dr Tushar Grover, Medical Director, Vision Eye Centre, New Delhi said, “For bacteria and viruses, air serves as a transportation medium. Therefore, even a small disregard for personal cleanliness and health might have serious consequences.”

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The most delicate organ in our body — the eyes — are particularly vulnerable to infections and other issues, according to the expert. “The most frequent eye infections that occur during the rainy season include conjunctivitis, corneal ulcers and styes (pimple-like lesions over the eyelids), among others.”

ALSO READ |Four early health tips to keep in mind before the arrival of monsoon season
Avoid dust storms and wear sunglasses

As mentioned, eye irritation and infections due to dust particles in the eyes are common during the rainy season. “You may protect your eyes from sand when travelling in a storm by using sunglasses or safety glasses,” he said.

Clear your contact lenses correctly

It is imperative to clean your contact lenses regularly as not doing so can lead to “serious sight-threatening infections, especially during the monsoon season”.

contact lens, eye health, monsoon Don’t forget to clean your contact lenses (Source: Getty Images/Thinkstock)

Use a lubricant eye drop

If you suffer from dry eyes, Dr Grover suggested using a lubricant eye drop after consultation with a treating ophthalmologist. “Avoid exposure to dust and dirty water,” he added.

Keep towels and napkins separate

Eye diseases are contagious in nature and, therefore, you must avoid sharing personal hygiene items like towels, napkins and handkerchiefs.

ALSO READ |This monsoon, keep digestive issues at bay with these expert tips
Consume healthier foods

It is quite common to gorge on delicious street food items during this season. However, eating unhealthy food can not just cause severe health issues but also affect eyes. “Consume wholesome salads, fruits, and vegetables and drink plenty of water,” the expert said.

Food and Nutrition

**Here’s what makes sprouts an ideal food to begin your day with
What do you usually have for breakfast? (Indian Express: 20220704)**

<https://indianexpress.com/article/lifestyle/health/sprouts-benefits-kick-start-morning-breakfast-idea-benefits-energy-7985752/>

raw sprouts Sprouts are highly nutritious. (Source: Getty Images/Thinkstock)
Having nourishing foods for breakfast is the ideal way to kickstart your day, as they not only aid metabolism but also boost energy levels.

ALSO READ | Foods to include in your breakfast when on a weight loss and muscle-building journey
One such food is sprouts.

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Dietitian Suman Tibrewala took to Instagram to explain why having sprouts is extremely beneficial for the body.

Terming sprouts as the “powerhouses of nutrition”, Tibrewala said that they are rich in protein, fibre, vitamin A, vitamin C, potassium, calcium and phosphorus.

“Sprouting increases the bioavailability of these nutrients as well. Sprouts are also a good source of antioxidants and help in neutralising the free radicals. They also have anti-cancer properties. Additionally, it is also easier to grow and is relatively inexpensive, too. The essential fatty acid content of sprouts also increases with germination,” she said.

ALSO READ | Here’s why you should start your day with a bowl of sprouts
What is the ideal way to consume sprouts?

To increase body strength and feel energetic throughout the day, the expert advised adding lemon, ginger pieces, light salt and pepper to sprouts and eat for breakfast.

Diabetic

Why a lean person runs the risk of being diabetic too

The weighing scale can give a false sense of security. Individuals with normal body weight but with increased proportion of body fat and low muscle mass often have insulin resistance. They are equally at risk of developing Type 2 diabetes, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare (Indian Express: 20220704)

<https://indianexpress.com/article/lifestyle/health/type-2-diabetes-risk-bmi-8002912/>

sugar levels, carbohydrates Diabetes isn’t always related to how you look. If you are lean but have insulin resistance, your blood sugar can increase, says Dr Ambrish Mithal. (File)

Written by Dr Ambrish Mithal

People often assume that if they are not overweight they are not at risk of developing diabetes. That's largely because of the prevalence of Type 2 diabetes, which is directly related to body weight. As our weight goes up, our risk of developing Type 2 diabetes also increases.

However, diabetes isn't always related to how you look. If you are lean but have insulin resistance, your blood sugar can increase. Some may feel that if their BMI (Body Mass Index) is under 25, they're healthy. But the weighing scale can give a false sense of security. Individuals with normal body weight but with increased proportion of body fat and low muscle mass often have insulin resistance. They are equally at risk of developing Type 2 diabetes.

Don't Miss | Things to keep in mind if you have just been diagnosed with type-2 diabetes
An important trigger is physical inactivity. Many individuals spend all day in front of the computer or television and get only minimal, if any, leisure exercise. Low physical activity results in a low muscle mass (also called sarcopenia) and insulin resistance even in a lean individual. Such lean individuals, who have a low muscle mass and a high proportion of body fat, experience the same metabolic effects as those who are obese ("metabolic obesity"). At times, muscle mass matters more than the waist circumference. So, measuring a waist to hip ratio is important. Those with visceral fat and high cholesterol, too, are prone. In case there is a family history of diabetes, this risk increases exponentially.

Such patients are usually managed by oral anti-diabetic drugs initially but may require insulin earlier in the course of their disease than a typical overweight or obese patient of Type 2 diabetes.

Explained | Managing type 1 diabetes

These adults may also get other types of diabetes. Type 1 diabetes, which is characterised by severe insulin deficiency, was traditionally thought to occur predominantly in children. This type of diabetes is also called insulin-dependent diabetes with patients requiring insulin for treatment from the time they are diagnosed. This happens because of an autoimmune reaction within their bodies where they develop antibodies against their pancreatic cells.

Such patients manifest weight loss, increased urination and thirst and other classical symptoms of diabetes. At times, this type of diabetes evolves slowly and masquerades as Type 2 diabetes in the early stages. This slowly evolving form of Type 1 diabetes in adults is called LADA (latent autoimmune diabetes of adults). Many such patients are lean or underweight. Clinical features and special blood tests like C-peptide level and GAD 65 antibodies can help in distinguishing LADA from type 2 diabetes in adults.

Other types of diabetes can affect lean adults too. For example, the diabetes that follows pancreatitis or pancreatic surgery. These patients are usually lean and may also require insulin for treatment.

There are also some varieties of diabetes that are classified as "monogenic" diabetes, where a single gene defect can cause diabetes. Such patients differ from typical Type 2 diabetes and are not always overweight or obese.

So, the ideal body weight and normal body mass index (BMI) cannot be the only indicators of diabetes risk in adults. Diabetes can affect lean adults too.

Dr Ambrish Mithal is the Chairman and Head, Endocrinology and Diabetes, Max Healthcare

Arthritis

Avoid these foods if you are suffering from arthritis

Nutritionist Bhakti Kapoor talks about symptoms related to arthritis and suggests making diet changes for better results. (Indian Express: 20220704)

<https://indianexpress.com/article/lifestyle/health/avoid-these-foods-if-youre-suffering-from-arthritis-7915230/>

joint pains, what to do for monsoon joint pains, indianexpress.com, indianexpress, what should you do for joint pain during monsoon, monsoon and joint pains, vitamin D and joint pain, Stay away from these foods if you are suffering from arthritis or joint pain. (Source: Getty Images/Thinkstock)

Arthritis or joint pain is something which has become quite common among millions of people in today's time. Lately, it has been observed that it is not related to a particular age. It can affect one or more joints together, restrict mobility, and disturb your functional life. If you experience stiffness in your body after sitting for long hours in the office or find it difficult to climb stairs and also undergo joint pain, there are chances that you might be suffering from arthritis. Exercise is necessary for the human body to remain fit. In addition to this, the food we consume also determines our fitness.

Also read |Dealing with arthritis: 4 ways to keep fit

In this case, it becomes essential to know which food items should we steer clear of since the food you consume has a major effect on your health. Nutritionist Bhakti Kapoor took to Instagram to share which foods should be avoided for people suffering from arthritis or joint pain.

The expert mentioned in her Instagram post that arthritis is a broad term that covers over 100 diseases. She said that the word arthritis means joint inflammation. Putting out the symptoms and the inflammation caused, she wrote, "Arthritis includes swelling, pain, and stiffness. Inflammation that lasts a very long time or comes back, as in arthritis, can lead to tissue damage."

Also read |World Arthritis Day: Know all about the inflammatory condition that affects the joints

The nutritionist recommended making changes to the diet to improve symptoms. In addition to this, she mentioned that if someone is suffering from gout, foods that are high in purines should be avoided.

Talking about people suffering from arthritis, she said, "Be sure to avoid foods like refined sugar, refined flour, refined oil, processed meat, processed foods containing MSG, and whey protein." These foods are responsible for causing inflammation in the body and chronic inflammation is one of the major symptoms of rheumatoid arthritis. In addition to this, these foods, when avoided would provide better results.

Monkeypox cases

Monkeypox cases triple in Europe, WHO says (The Hindu:20220704)

<https://www.thehindu.com/sci-tech/health/monkeypox-cases-triple-in-europe-who-says/article65591906.ece>

Scientists warn anyone who is in close physical contact with someone who has monkeypox or their clothing or bedsheets is at risk of infection

The World Health Organization's Europe chief warned Friday that monkeypox cases in the region have tripled in the last two weeks and urged countries to do more to ensure the previously rare disease does not become entrenched on the continent.

And African health authorities said they are treating the expanding monkeypox outbreak as an emergency, calling on rich countries to share limited supplies of vaccines to avoid equity problems seen during the COVID-19 pandemic.

WHO Europe chief Dr. Hans Kluge said in a statement that increased efforts were needed despite the U.N. health agency's decision last week that the escalating outbreak did not yet warrant being declared a global health emergency.

“Urgent and coordinated action is imperative if we are to turn a corner in the race to reverse the ongoing spread of this disease,” Dr. Kluge said.

ALSO READ

Explained | What are the Health Ministry guidelines on monkeypox?

To date, more than 5,000 monkeypox cases have been reported from 51 countries worldwide that don't normally report the disease, according to the U.S. Centers for Disease Control and Prevention. Dr. Kluge said the number of infections in Europe represents about 90% of the global total, with 31 countries in the WHO's European region having identified cases.

Dr. Kluge said data reported to the WHO show that 99% of cases have been in men — the majority in men that have sex with men. But he said there were now “small numbers” of cases among household contacts, including children. Most people reported symptoms including a rash, fever, fatigue, muscle pain, vomiting and chills.

Scientists warn anyone who is in close physical contact with someone who has monkeypox or their clothing or bedsheets is at risk of infection. Vulnerable populations like children and pregnant women are thought more likely to suffer severe disease.

About 10% of patients were hospitalised for treatment or to be isolated, and one person was admitted to an intensive care unit. No deaths have been reported.

Dr. Kluge said the problem of stigmatisation in some countries might make some people wary of seeking health care and said the WHO was working with partners including organisers of gay pride events.

In the U.K., which has the biggest monkeypox outbreak beyond Africa, officials have noted the disease is spreading in “defined sexual networks of gay, bisexual, or men who have sex with men.” British health authorities said there were no signs suggesting sustained transmission beyond those populations.

A leading WHO adviser said in May that the spike in cases in Europe was likely tied to sexual activity by men at two rave parties in Spain and Belgium.

ALSO READ

Is monkeypox a sexually transmitted infection?

Ahead of gay pride events in the U.K. this weekend, London's top public health doctor asked people with symptoms of monkeypox, like swollen glands or blisters, to stay home.

Nevertheless in Africa the WHO says that according to detailed data from Ghana monkeypox cases were almost evenly split between men and women, and no spread has been detected among men who have sex with men.

WHO Europe director Dr. Kluge also said the procurement of vaccines “must apply the principles of equity.”

The main vaccine being used against monkeypox was originally developed for smallpox and the European Medicines Agency said this week it was beginning to evaluate whether it should be authorised for monkeypox. The WHO has said supplies of the vaccine, made by Bavarian Nordic, are extremely limited.

Countries including the U.K. and Germany have already begun vaccinating people at high risk of monkeypox; the U.K. recently widened its immunisation program to mostly gay and bisexual men who have multiple sexual partners and are thought to be most vulnerable.

ALSO READ

WHO to share vaccines to stop monkeypox amid inequity fears

Until May, monkeypox had never been known to cause large outbreaks beyond parts of central and west Africa, where it's been sickening people for decades, is endemic in several countries and mostly causes limited outbreaks when it jumps to people from infected wild animals.

To date, there have been about 1,800 suspected monkeypox cases in Africa, including more than 70 deaths, but only 109 have been lab-confirmed. The lack of laboratory diagnosis and weak surveillance means many cases are going undetected.

“This particular outbreak for us means an emergency,” said Ahmed Ogwell, the acting director of the Africa Centers for Disease Control.

The WHO says monkeypox has spread to African countries where it hasn't previously been seen, including South Africa, Ghana and Morocco. But more than 90% of the continent's infections are in Congo and Nigeria, according to WHO Africa director, Dr. Moeti Matshidiso.

Vaccines have never been used to stop monkeypox outbreaks in Africa; officials have relied mostly on contact tracing and isolation.

What drives sustained growth of monkeypox cases

The WHO noted that similar to the scramble last year for COVID-19 vaccines, countries with supplies of vaccines for monkeypox are not yet sharing them with Africa.

“We do not have any donations that have been offered to (poorer) countries,” said Fiona Braka, who heads the WHO emergency response team in Africa. “We know that those countries that have some stocks, they are mainly reserving them for their own populations.” Matshidiso said the WHO was in talks with manufacturers and countries with stockpiles to see if they might be shared.

“We would like to see the global spotlight on monkeypox act as a catalyst to beat this disease once and for all in Africa,” she said Thursday.

Antibiotics

Why India should support antibiotics development (The Hindu: 20220704)

<https://www.thehindu.com/sci-tech/why-india-should-support-antibiotics-development/article65590903.ece>

India needs an investment mindset that can fund and sustain drug discovery and development. Antimicrobial resistance (AMR) is a looming public health crisis impacting every country globally with a disproportionate impact on lives and livelihood in low and middle-income countries. A recent report from the Global Research on AntiMicrobial resistance (GRAM) project found that in 2019, an estimated 4.95 million people suffered from at least one drug-resistant infection and AMR directly caused 1.27 million deaths.

AMR is one of India’s major public health problems, directly contributing to about 30% of deaths due to neonatal sepsis across India. These are due to multidrug-resistant (MDR) hospital-acquired infections in many cases. Over 30% of the COVID-19 deaths in India could be attributed to our failure to treat the secondary bacterial infections caused by MDR pathogens with the appropriate antibiotics.

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