



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220812

Mild Covid

Children with mild Covid can still develop long-term symptoms (The Tribune: 20220812)

<https://www.tribuneindia.com/news/health/children-with-mild-covid-can-still-develop-long-term-symptoms-421058>

Children infected with the SARS-CoV-2 virus, but not hospitalised, can still experience long Covid symptoms up to three months past infection, according to a study.

The research, published in The Pediatric Infectious Disease Journal, examined data from volunteers between the ages of 5 and 18 across the state of Texas, US.

The volunteers were enrolled in the Texas CARES survey, which began in October of 2020 with the goal of assessing Covid-19 antibody status over time among a population of adults and children in Texas.

Data for this study was collected before and after the vaccine rollout and during the waves of the Delta and Omicron variants.

"We were interested in understanding if children impacted with an acute or severe infection of Covid-19 would go on to have persisting symptoms, or what we call long Covid," said Sarah Messiah, first author of the study and professor at the University of Texas Health Science Center.

"This particular study is unique as the first population-based study in literature to report on prevalence of long Covid in children who have not been hospitalised with Covid-19," Messiah said.

A total of 82 pediatric volunteers (4.8 per cent of the total 1,813) reported having long Covid symptoms, the researchers said.

About 1.5 per cent showed symptoms that lasted between four and 12 weeks, including loss of taste and smell, fatigue, and cough, they said.

The study also found that an additional 3.3 per cent children reported that symptoms such as loss of taste and smell, cough, and difficulty breathing persisted for longer than 12 weeks.

"When we looked at risk factors of those who reported symptoms past 12 weeks, we found that children who were unvaccinated and who had obesity had a higher chance of developing long Covid," Messiah said.

"These findings are consistent with other literature that found children and adults who have comorbid health conditions and are unvaccinated are at a higher risk of being hospitalised for the virus," the scientist said.

The researchers also found that children infected with Covid-19 before the emergence of the Delta variant were more at risk of developing long Covid.

"If you had Covid-19 earlier in the pandemic, you were more at risk for longer symptoms.

New Omicron sub-variant

New Omicron sub-variant detected in majority of samples analysed: LNJP study

More than 19,760 Covid-19 cases have been recorded in Delhi from August 1-10, according to official data (The Tribune: 20220812)

<https://www.tribuneindia.com/news/delhi/new-omicron-sub-variant-detected-in-majority-of-samples-analysed-lnjp-study-421068>

New Omicron sub-variant detected in majority of samples analysed: LNJP study
Photo for representational purpose only. PTI file

A new Omicron sub-variant has been detected in the majority of samples taken from Covid patients in Delhi as part of a study at the LNJP Hospital here.

A senior official of the hospital on Thursday said the samples of these patients were sent for genome sequencing and analysed this week.

More than half of these samples have been detected with the new sub-variant BA 2.75 of Omicron, he said.

Doctors at the 2,000-bed LNJP Hospital, the largest under the Delhi government, has been the mainstay of the capital's fight against the COVID-19 pandemic since its outbreak here in March 2020.

Doctors at the hospital, however, said cases in which the sub-variant was detected, the severity is less and patients are recovering faster, within five-seven days.

Sources said the study involved 90 patients, and the new sub-variant is more transmissible.

COVID-19 cases have seen a surge in the last two weeks or so.

More than 19,760 COVID-19 cases in total have been recorded in Delhi from August 1-10, according to official data shared by the city health department here.

Besides, there been a nearly 50 per cent rise in the number of containment zones in the city in this period.

Delhi on Wednesday reported eight fatalities due to coronavirus, the highest in nearly 180 days, and 2,146 new cases with a positivity rate of 17.83 per cent, according to data shared by the health department here.

On Tuesday, Delhi had reported 2,495 new coronavirus cases with a positivity rate of 15.41 per cent and seven fatalities.

Chief Minister Arvind Kejriwal had on Tuesday said Covid cases were on the rise in Delhi, but there was no need to panic as most of the new cases were mild in nature.

Despite the rise in the positivity rate, the city government is not implementing the graded response action plan (GRAP) devised by the Delhi Disaster Management Authority since the hospital admissions are low.

The GRAP came into force in August last year, stipulating measures to be taken by the government in accordance with the positivity rate and bed occupancy for locking and unlocking of various activities.

Vegetarian

Vegetarian women more likely to fracture hips in later life (The Tribune: 20220812)

<https://www.tribuneindia.com/news/health/vegetarian-women-more-likely-to-fracture-hips-in-later-life-421051>

Vegetarian women more likely to fracture hips in later life
Photo for representation only.

Women who are vegetarian are more likely to experience hip fractures in later life than those who frequently eat meat, a UK study has found.

Researchers analysed health and diet records from more than 26,000 women and found that over a roughly 22-year period, vegetarians were a third more likely to break a hip than those who regularly ate meat, the Guardian reported.

The reasons for the greater risk are unclear but researchers suspect some vegetarians may not get sufficient nutrients for good bone and muscle health, leaving them prone to falls and fractures.

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"The message for vegetarians is don't give up your diet, because it is healthy for other things and environmentally friendly, but do take care to plan well and don't miss out on nutrients that you exclude when you don't eat meat or fish," said James Webster, a researcher at the University of Leeds.

Vegetarian diets are often considered healthier than the ones that contain meat and they can reduce the risk of diabetes, obesity, heart disease and certain cancers.

But the study published in BMC Medicine highlights the importance of a balanced diet whatever people eat, the Guardian reported.

"It's likely that vegetarians, for one reason or another, and potentially because of lower intakes of important nutrients, have weaker bones and lower muscle mass and both of those things predispose people to hip fractures," Webster said.

About 90 per cent of hip fractures are linked to falls, which are more common in older people, who tend to be more frail and have weaker bones.

But fractures can often drive further frailty, which increases the risk of more falls and worse frailty.

The researchers suspect vegetarians are more likely to be underweight than meat eaters, and that beyond having weaker bones and muscles may also have less fat, which can act as a cushion when people fall, the Guardian reported.

Given the findings, Webster said vegetarians may want to consider eating fortified cereals with added iron and B12 for bone health, and to ensure they are getting enough protein, through foods such as nuts, legumes and beans.

Monkeypox

**Monkeypox can become endemic – here’s how it can be stopped in its tracks
Some evidence from the current outbreak suggests people may be able to
pass on the disease for up to 28 days (The Tribune: 20220812)**

<https://www.tribuneindia.com/news/health/monkeypox-can-become-endemic-%E2%80%93-heres-how-it-can-be-stopped-in-its-tracks-421117>

Monkeypox can become endemic – here’s how it can be stopped in its tracks

Unlike previous outbreaks based mainly in central and western Africa, the current outbreak isn’t linked to exposure to an infected animal – but is exclusively being spread human-to-human. AP/PTI file

Since May of this year, more than 26,000 cases of monkeypox have been reported worldwide – prompting the World Health Organisation (WHO) to declare it a public health emergency.

What’s unusual about this outbreak is that most of the cases have been reported in countries where the virus is not normally found (otherwise known as “endemic”).

And, unlike previous outbreaks based mainly in central and western Africa, the current outbreak isn’t linked to exposure to an infected animal – but is exclusively being spread human-to-human.

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As case numbers continue to rise worldwide, there are concerns that if more urgent action isn’t taken, monkeypox could also become endemic in regions where this isn’t normally the case – such as in the US and Europe.

Cause for concern

There are a number of reasons the current outbreak is so concerning.

First, the disease is spreading from human to human. Monkeypox spreads through close physical contact with an infected person, either through exchange of bodily fluids, being close to an infected person when they cough or sneeze, or by sharing clothing or bed linen.

Monkeypox isn’t very transmissible compared to other viruses, with research from previous outbreaks in Africa showing a person only has around a 3 per cent probability of becoming ill with the disease after coming in contact with an infected person.

That said, we still don’t know how transmissible the monkeypox strain behind the current outbreak is. This is of concern, especially since other outbreaks – such as the 2016 outbreak in the DRC – saw a 50 per cent probability of getting monkeypox after coming in contact with an infected person.

Another reason the current outbreak is of such concern is because it's spreading within a specific population – mainly among men who have sex with men. Almost 98 per cent of the current outbreak's cases have been in this group.

Anyone can get monkeypox regardless of sexual orientation. But there are concerns — sexual contact and possible sexual transmission may be increasing how transmissible the virus is.

This virus has even been detected in semen, though it's uncertain whether it was still infectious.

But this means having sex without a condom and with multiple partners may also make transmission more likely.

Importantly, this is a recent finding and needs further evidence to support this mode of transmission.

That said, given the large proportion of cases are in men who have sex with men, targeted interventions (such as vaccinations) could help break the chain of transmission while the virus is not yet widespread in the community. This would also prevent it from becoming endemic.

Monkeypox's future

In order for a virus like monkeypox to become endemic, it would either need an animal reservoir to live, or it would need to be supported by widespread infection in humans that keep it circulating.

Monkeypox is a zoonotic virus, meaning it can spread from animals to humans. So in regions where monkeypox is endemic, the virus spreads when humans come in contact with infected animals.

Monkeypox has several possible animal reservoirs in these regions – including primates, rope and sun squirrels, giant pouched rats and dormice. But that doesn't mean the virus couldn't still find a host in other countries.

For example, in 2003 there was an outbreak in the US because of infected pet prairie dogs which had been housed together with other infected, imported animals.

This could mean animals which aren't normally reservoirs could become an intermediate host, keeping the virus in circulation. But restricting the import of animals from endemic regions could reduce this threat.

Where there's a single host (such as humans) in countries where there are no animal reservoirs, it can be somewhat easier to prevent further spread of the virus by isolating infected people. This would also prevent the virus from becoming endemic.

The public health measures currently recommended to contain the outbreak focus on isolating infected individuals, contact tracing and vaccinating high-risk people.

However, while these measures can be very effective for curbing outbreaks, they need to be implemented strictly to have the greatest impact. In the best case scenario, these controls will

still take many weeks to work in reducing case numbers – so it's important that these measures are adhered to quickly and properly.

But since most monkeypox cases have been in sexual networks of men who have sex with men, it may make it easier to target interventions at those most at risk of contracting monkeypox.

But another key element in properly controlling the outbreak is better understanding how the virus is spreading.

We still don't have a very good idea of how long this virus strain is infectious, and whether the virus can be spread by people who otherwise have few symptoms or have tested negative.

Some evidence from the current outbreak suggests people may be able to pass on the disease for up to 28 days – though some may test negative by day 21.

There's still time to implement control measures in many countries (and implement them properly) within the affected population to prevent further spread.

Getting case numbers under control now will make it even less likely the virus would become endemic in countries where that isn't already the case. (The Conversation)

SARS

SARS-related coronaviruses infect around 66,000 people a year in SE Asia: Study

Southern China, northeastern Myanmar, Laos and northern Vietnam were identified as the regions with highest diversity of bat species that host SARSr-CoVs (The Tribune: 20220812)

<https://www.tribuneindia.com/news/health/sars-related-coronaviruses-infect-around-66-000-people-a-year-in-se-asia-study-420729>

SARS-related coronaviruses infect around 66,000 people a year in SE Asia: Study
Photo for representational purpose only. iStock

About 66,000 people in Southeast Asia are infected each year with SARS-related coronaviruses, and nearly 500 million people live near habitats where bat hosts of those viruses are found, according to a study released on Wednesday.

The research, published by Nature Communications, said viral transmission from bats to humans may have been "substantially underestimated", adding that its mapping of bat species in the region could aid efforts to determine the origins of COVID-19.

The researchers focused on 26 species of bat known to host SARS-like coronaviruses in a region of 5.1 million square kilometres (2 million square miles), stretching from China to

Southeast and South Asia. They then incorporated data on antibody levels among people who have reported bat contact.

Southern China, northeastern Myanmar, Laos and northern Vietnam were identified as the regions with the highest diversity of bat species that host SARS-like coronaviruses (SARSr-CoVs).

"Our estimate that a median of 66,000 people are infected with SARSr-CoVs each year in Southeast Asia suggests that bat-to-human SARSr-CoV spillover is common in the region, and is undetected by surveillance programs and clinical studies in the majority of cases," they said.

"These data on the geography and scale of spillover can be used to target surveillance and prevention programs for potential future bat-CoV emergence," the paper said.

COVID-19 is caused by the SARS-CoV-2 coronavirus strain.

The authors of the study include Peter Daszak, a member of the World Health Organization (WHO) team that was tasked with investigating the origins of the COVID-19 and visited Wuhan early last year, where the pandemic was first identified at the end of 2019.

The WHO said in June that the lack of data from China made it difficult to determine when and how the coronavirus first crossed over into the human population.

A study published by the journal Science at the end of July said live wildlife trade was still the best explanation for the origins of the pandemic, with two separate spillovers likely to have taken place at the Huanan Seafood Market, where many of the earliest cases were clustered.

Corbevax as booster

Corbevax as booster dose to be available for adults from August 12 (The Hindu:20220812)

<https://www.thehindu.com/sci-tech/health/corbevax-booster-dose-access-likely-from-august-12/article65757247.ece>

Price for end-users, including taxes and administrative charges, will be ₹400

Covid-19 vaccine Corbevax is expected to be available as a booster dose on the CoWIN App in public and private vaccination centres from August 12.

Polio vaccine

London children under nine to get Polio vaccine after more virus detected in sewage (The Hindu:20220812)

<https://www.thehindu.com/news/international/london-children-under-nine-to-get-polio-vaccine-after-more-virus-detected-in-sewage/article65753891.ece>

Type 2 poliovirus was first found in the Beckton (London) sewage treatment plant in February. British health authorities have advised that one-nine-year-olds throughout London receive a polio vaccine booster, after detection of the poliovirus in sewage from eight London boroughs, the U.K. Health Security Agency (UKHSA) said on Wednesday. The overall risk, nationally, of paralytic polio was low, the

Lumpy Skin Disease

ICAR develops vaccine for Lumpy Skin Disease in cattle (The Hindu:20220812)

<https://www.thehindu.com/news/national/icar-develops-vaccine-for-lumpy-skin-disease-in-cattle/article65754097.ece>

As of August 8, the disease has spread to Rajasthan, Gujarat, Punjab, Himachal Pradesh, Andaman & Nicobar and Uttarakhand

In a major breakthrough, two institutes of Agri research body ICAR have developed an indigenous vaccine for Lumpy Skin Disease in cattle which has spread across many States in the last few months.

CorbeVax

CorbeVax cleared as precaution dose vaccine, awaits WHO's emergency use listing (The Hindu:20220812)

<https://www.thehindu.com/sci-tech/health/corbevax-cleared-as-precaution-dose-vaccine-awaits-whos-emergency-use-listing/article65753569.ece>

This the first time that a booster dose that is different from the one used for primary vaccination has been allowed in the country
Still awaiting World Health Organisation's emergency use listing (EUL) the Central Government on August 10 approved Biological E's CorbeVax as a precaution dose for those above 18 years fully vaccinated with either Covishield or Covaxin.

Monkeypox complications

Monkeypox complications more common in children: Lancet study (The Hindu:20220812)

<https://www.thehindu.com/sci-tech/health/monkeypox-more-frequent-in-children-and-people-who-are-immunocompromised-lancet-study/article65750665.ece>

However, doctors say it is too early to come to a conclusion on the matter
Compared with healthy adults, complications associated with Monkeypox are more frequent in children and people who are immunocompromised, noted an article in the medical journal The Lancet, Child and Adolescent Health titled: The Monkeypox outbreak: risks to children and pregnant women. It added that those with an increased risk of bacterial superinfection, sepsis, keratitis, respiratory complications due to pharyngeal abscess and pneumonia, or encephalitis, too are susceptible.

Food and Nutrition

Health SpecialsHow to choose a healthy cooking oil? And how much should you consume daily? (The Indian Express:20220812)

<https://indianexpress.com/article/lifestyle/health-specials/ghee-coconut-oil-mustard-oil-control-fat-diabetes-8081554/>

How to choose a healthy cooking oil? And how much should you consume daily?
Robust scientific studies on ghee are few but one of them shows that a daily intake of even 1-2 teaspoons increases heart attack risk by more than 10-fold. Animal studies show that ghee increases the risk of kidney damage and lung cancer. But monounsaturated fat (oleic acid), found in mustard oil, is highly effective in reducing blood fats and medication in patients with diabetes. says Dr Anoop Misra, Chairman, Fortis CDOC Center for Diabetes

Both quantity and quality of the cooking oil is important, say experts. (Image: Pixabay)
Swamped with patients who have diabetes and are obese, it is often difficult for physicians to dispense advice on a single food item. For instance, often, we give no specific diktat on edible oils. This is a major gap in clinical care.

HomeLifestyleHealth Specials
In rare surgery, doctors remove fungal ball from Long Covid patient's heart

In rare surgery, doctors remove fungal ball from Long Covid patient's heart

The patient recovered from COVID but steroids had lowered his immunity. He battled lung fibrosis, even a blood bacterial infection only to develop a rarest kind of fungal growth in his aorta. The team had to innovate to save his life, says Dr Dr Udgeath Dhir, Director and Head of Cardiothoracic and Vascular Surgery (CTVS), Fortis Memorial Research Institute

Surgery

In rare surgery, indian express Dr Udgeath Dhir said "He had a rare condition called fungal endocarditis, only found in a fraction of cardiac surgery patients worldwide. The chances of survival are only 50 per cent" (File Representational Photo) (The Indian Express:20220812)

<https://indianexpress.com/article/lifestyle/health-specials/in-rare-surgery-doctors-remove-fungal-ball-8082675/>

As we still continue to grapple with what Long Covid is, an odd case here and there continues to surprise doctors.

Minimise risks

**How to minimise risks of a surprise heart attack and young deaths
Sudden attacks are caused by smaller blockages. These are "clinically silent" and do not restrict blood flow but cause problems if they break apart. This initiates blood clotting mechanisms to "repair" the injury from the plaque disruption that often result in blockage, says Tushar Gore. (The Indian Express:20220812)**

<https://indianexpress.com/article/lifestyle/health-specials/minimise-surprise-heart-attack-young-deaths-8067928/>

Going beyond the cliched recommendations requires understanding the mechanism of these unexpected heart attacks.

I had a major heart attack when I was 39. It was completely unexpected because I had never noticed any symptoms and all the prior annual blood tests and physicals had not alerted me to any immediate risks. This is still an unsolved problem – the heart attack is the first shocking revelation of the underlying disease for many young and seemingly fit individuals. (The deaths of young public figures in the past few years serve as a jarring reminder.) Asymptomatic and otherwise fit individuals, as they approach middle age, worry about the risk of such a sudden event. Surprisingly, the commonly available information on heart attack risk reduction for this population is still mostly limited to major lifestyle changes such as diet, exercise, and smoking cessation. Sometimes counter-productive unnecessary testing is also recommended.

Diabetics

Health Specials Can this new diabetes drug cure obesity? (The Indian Express:20220812)

<https://indianexpress.com/article/lifestyle/health-specials/new-diabetes-drug-cure-obesity-8080427/>

Can this new diabetes drug cure obesity?

Study shows that after 72 weeks of treatment, trial participants lost 16 per cent or an average 16 kg with 5mg, 21.4 per cent or 22 kg with 10 mg, and 22.5 per cent or 24 kg with 15 mg. But this is strictly to be taken by those with life-threatening obesity and diabetes risk, advises Dr Anoop Misra, executive chairman and director, diabetes and endocrinology, Fortis C-DOC Hospita

A person is considered to be obese when their body mass index – a ratio of weight to height – is 30 or more. (Representational/Getty Images/Thinkstock)

Can a pill cure obesity? That's exactly what a new drug developed by the pharmaceutical company, Eli Lilly, seems to be doing. The once-a-week medicine, called Tirzepatide, reduces food intake and increases energy expenditure, leading to up to 24 kg weight loss after a year.

Premature menopause

Health Is premature menopause associated with increased risk of heart problems?

**Is premature menopause associated with increased risk of heart problems?
“Women with premature menopause should be aware that they may be more likely to develop heart failure or atrial fibrillation than their peers,”
said study author Dr Ga Eun Nam(The Indian Express:20220812)**

<https://indianexpress.com/article/lifestyle/health/premature-menopause-increased-risk-heart-problems-study-8072887/>

premature menopause heart healthThe risk of incident heart failure increased as the age at menopause decreased (Source: Getty Images/Thinkstock)

Menopause, a decline in reproductive hormones when a woman reaches her 40s or 50s, is a natural part of a woman's life cycle. However, premature menopause – menopause before 40 years of age – is linked with elevated risks of heart failure and atrial fibrillation, according to a study published in European Heart Journal.

Extra polio shot

**Extra polio shot offered to London children as concern grows
On several occasions in London, a type of more dangerous polio virus has been detected in sewage samples. (The Indian Express:20220812)**

<https://indianexpress.com/article/lifestyle/health/extra-polio-shot-offered-to-london-children-sewage-sample-bloomberg-8082858/>

UK health authorities will offer children under 10 living in London an additional dose of polio vaccine amid rising concern about a comeback of the disease.

HealthLangya:

HealthLangya: All you need to know about the new zoonotic virus detected in China

**Langya: All you need to know about the new zoonotic virus detected in China
Since the mode of transmission is not ascertained yet, usual hygiene practices with food, animals and with individuals with fever is all that we can do currently," Dr Trupti Gilada, Infectious Disease specialist, Masina Hospital told indianexpress.com(The Indian Express:20220812)**

<https://indianexpress.com/article/lifestyle/health/langya-virus-zoonotic-china-study-symptoms-causes-treatment-prevention-worry-risk-kidney-liver-8082008/>

langya virusHuman-to-human transmission of the virus has not been reported (representative) (Source: Pixabay)

According to reports from Chinese media state, a new zoonotic virus called 'Langya' has been discovered in the country that has already affected 35 people. The new type of Henipavirus,

also being called Langya Henipavirus or the LayV, can be transmitted from animals like shrews to humans, according to a new study titled A Zoonotic Henipavirus in Febrile Patients in China.

Hepatitis

WHO ने बताया हेपेटाइटिस से हर 30 सेकेंड में होती है 1 मौत, बचाव के लिए इन 6 बातों का रखें विशेष ध्यान
Is hepatitis curable or treatable: हेपेटाइटिस लीवर से जुड़ी गंभीर बीमारी है जो कैंसर (Liver Cancer) का भी कारण बन सकती है। सभी तरह के हेपेटाइटिस का इलाज है लेकिन पूरी तरह से ठीक केवल हेपेटाइटिस A और C को ही किया जा सकता है। लेकिन कई तरह के उपाय मौजूद हैं जो हेपेटाइटिस के परिणाम और लक्षण को कंट्रोल करने में मदद करते हैं।**Navbharat Times :20220812)**

<https://navbharattimes.indiatimes.com/lifestyle/health/1-person-dies-in-every-30-seconds-due-to-hepatitis-related-diseases-these-6-tips-can-save-your-life/articleshow/93503452.cms?story=6>

1 person dies in every 30 seconds due to hepatitis related diseases these 6 tips can save your life

WHO ने बताया हेपेटाइटिस से हर 30 सेकेंड में होती है 1 मौत, बचाव के लिए इन 6 बातों का रखें विशेष ध्यान
हेपेटाइटिस (Hepatitis) एक प्रकार का वायरस होता है, जो शरीर में पहुंचकर लीवर में सूजन का कारण बनता है। लीवर आपके शरीर का एक महत्वपूर्ण हिस्सा होता है, ऐसे में जब लीवर में सूजन या किसी प्रकार का डैमेज होता है, तो इसका साथी ही पूरे शरीर का कार्य प्रभावित होने लगता है क्योंकि ये पोषक तत्वों को संसाधित करता है, रक्त को फिल्टर करता है और संक्रमण से लड़ने का काम करता है। अत्यधिक शराब का सेवन, टॉक्सिक पदार्थ जैसे- दूषित खून, स्पर्म और कुछ दवाएं व चिकित्सीय स्थितियां हेपेटाइटिस का कारण बन सकती हैं।

आज ही खरीदें कपिवा हेयर केयर जूस, बालों का झड़ना होगा बंद

हेपेटाइटिस कितने प्रकार का होता है? हेपेटाइटिस पांच प्रकार का होता है- A, B, C, D और E। इनमें B और C सबसे खतरनाक होते हैं और इन्हें क्रॉनिक हेपेटाइटिस माना जाता है। वहीं A और E ज्यादा खतरनाक नहीं होते। अनुपचारित हेपेटाइटिस लीवर के फेल होने से लेकर लीवर कैंसर तक का कारण बन सकता है। हेपेटाइटिस वायरस को एचआईवी (HIV) से ज्यादा खतरनाक माना जाता है। इस वायरस से संक्रमित होने पर कई बार लक्षण नहीं भी दिखाई देते हैं। आँखों और त्वचा का रंग पीला, मूत्र का गहरा रंग, पेट दर्द, भूख में कमी, बुखार, जी मिचलना, थकान और दस्त का अनुभव होने पर हेपेटाइटिस का जांच करवा लेना अच्छा विचार होता है।

विश्व स्वास्थ्य संगठन (WHO) के अनुसार, 350 मिलियन से अधिक लोग वायरल हेपेटाइटिस के साथ जी रहे हैं, और हर 30 सेकेंड में, यकृत की विफलता (Liver Failure), सिरोसिस और कैंसर सहित हेपेटाइटिस से संबंधित बीमारी से कम से कम एक व्यक्ति की मृत्यु हो जाती है। हाल ही में डब्ल्यूएचओ ने सोशल मीडिया पर एक पोस्ट भी शेयर किया है। इसमें हेपेटाइटिस से बचाव से जुड़ी अहम बातों का ध्यान रखने की सलाह भी दी गई है।

WHO ने दिए हेपेटाइटिस से बचाव के टिप्स

हमेशा स्टेराइल इंजेक्शन का इस्तेमाल करें

स्टेराइल का यूज इंजेक्शन से फैलन वाले इंफेक्शन को रोकने के लिए किया जाता है। यदि दो लोगों के बीच सुई या सीरिंज का पुनः उपयोग किया जाता है, या यदि कोई आकस्मिक सुई चुभ जाती है, तो एचआईवी और हेपेटाइटिस जैसे रक्तजनित रोगों के संचरण का जोखिम बढ़ जाता है। ऐसे में इस बात का ध्यान रखना चाहिए कि सुई और सीरिंज स्टेराइल वॉटर से अच्छी तरह से साफ हो। या इंजेक्शन का उपयोग एक बार से ज्यादा नहीं किया जा रहा हो।

बिना प्रोटेक्शन के यौन संबंध न बनाएं

यह ज्यादातर लोगों को बता होता है कि वायरल हेपेटाइटिस दूषित भोजन खाने या गंदी हाइपोडर्मिक सुइयों को साझा करने से फैल सकता है। लेकिन ये बात कम ही लोगों को पता होता है कि कभी-कभी यौन संपर्क से भी लीवर खराब करने वाली बीमारी फैल सकती है। ऐसे में यौन संबंध बनाते समय प्रोटेक्शन का इस्तेमाल करें।

ब्लेड या रेजर किसी के साथ शेयर न करें

सुई और सीरिंज की तरह ही ब्लेड भी इंफेक्शन माध्यम बन सकता है। इसलिए एक्सपर्ट किसी का इस्तेमाल किया हुआ ब्लेड या रेजर यूज करने की सलाह नहीं देते हैं। इस्तेमाल किया हुआ ब्लेड एचआईवी और हेपेटाइटिस जैसे संक्रामक रोग का जोखिम बढ़ा सकता है।

टैटू या पियर्सिंग करवाते समय रहें सावधान

टैटू या पियर्सिंग हेपेटाइटिस और एचआईवी के संक्रमण से जुड़ा हुआ है। इसका मुख्य कारण है टैटू या पियर्सिंग करवाने वाला इक्युपमेंट, जो कि वास्तव में एक सुई ही होता है। ऐसे में इसे दोबारा यूज करने से पहले सही तरह से साफ नहीं करने से इंफेक्शन का खतरा रहता है।

हेपेटाइटिस का टीकाकरण करवाएं

हेपेटाइटिस से बचाव का सबसे अच्छा तरीका है इसका टीकाकरण करवाना। हालांकि हेपेटाइटिस सभी प्रकारों के लिए टीका उपलब्ध नहीं लेकिन सबसे घातक माने जाने वाले हेपेटाइटिस B का टीका उपलब्ध है इसे आप लगवा सकते हैं। इसका डोज हर आयु वर्ग के लोग ले सकते हैं।

समय-समय पर करवाएं हेपेटाइटिस का टेस्ट

किसी भी बीमारी से बचाव और शुरुआती स्तर पर निदान का सबसे अच्छा तरीका है समय-समय पर टेस्ट करवाते रहना। इससे किसी भी गंभीर बीमारी के जानलेवा बनने का जोखिम कम हो जाता है। हेपेटाइटिस की बीमारी का पता ब्लड टेस्ट के माध्यम से ही लगाया जा सकता है। यहां तक एक सिंपल ब्लड टेस्ट से भी यह पता चल जाता है कि आपका शरीर इस वायरस की चपेट में है या नहीं।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।