



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220829

Malnutrition

Malnutrition fight should be a mass movement, says Modi (Hindustan Times: 20220829)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=29863cab1f5&imageview=0>

India's fight against malnutrition has to be a mass movement, and strong efforts have to be made to eradicate nutritional deficiencies from the country, Prime Minister Narendra Modi said in his monthly radio broadcast on Sunday .

“The month of September is dedicated to festivals as well as a big campaign related to nutrition. We celebrate the poshan maah (nutrition month) every year from the 1st to the 30th September,” Modi said in the 92nd episode of Mann ki Baat. “Many creative and diverse efforts are being made all over the country against malnutrition.”

Better use of technology and public participation has become an important part of the nutrition campaign, the Prime Minister said. P9

NCB

National Crime Records Bureau (Hindustan Times: 20220829)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2982e7d1f8c&imageview=0>

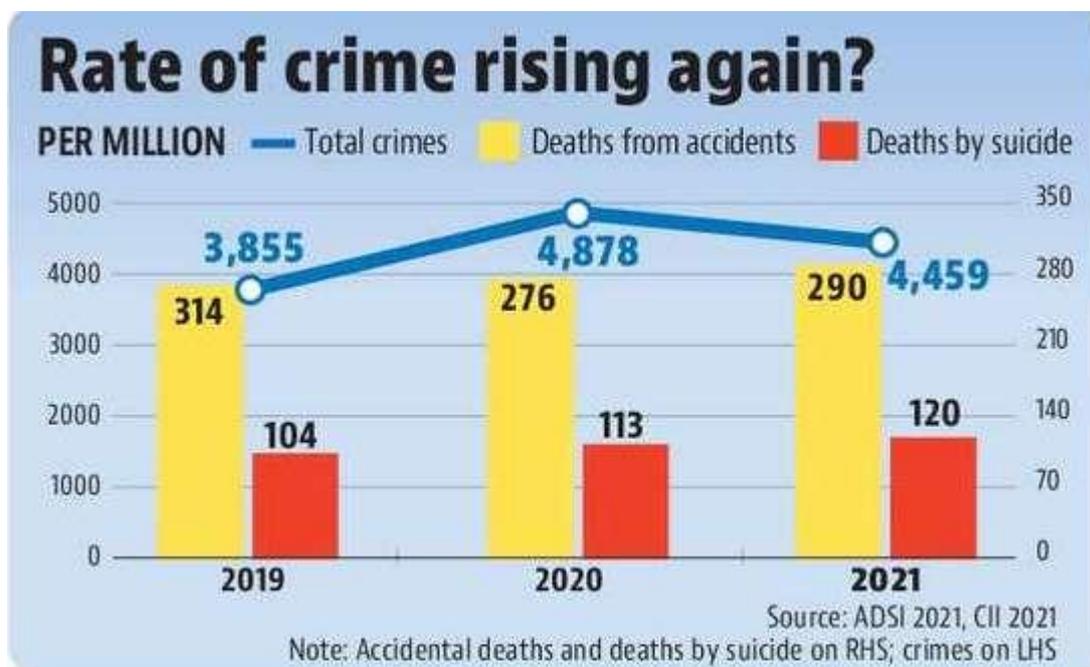
At 120 deaths per million population, the rate of deaths by suicide across India in 2021 soared to the highest level ever recorded, rising 6.1% from the previous year, new data from the National Crime Records Bureau shows, highlighting the toll the pandemic appears to have

taken on the emotional well-being of Indians. In contrast, the trend in the rates of crime as well as accidental deaths has started moving towards pre-pandemic levels, data shows.

The fastest increase in deaths by suicide was seen among students and small entrepreneurs.

These findings are from Accidental Deaths & Suicides in India and Crime in India reports for 2021 published by NCRB under the Union home ministry and were released on Saturday.

A total of 164,033 people died by suicide in 2021, up by 7.2% in 2020. The year 2021 also saw the highest rate of such deaths since 1967, data shows. P2



Medical education

Month on, Punjab without medical education Secretary (The Tribune: 20220829)

He acts as a bridge between the minister and the department

Though the government has gone gaga about opening 16 new medical colleges in the state in the next five years, the reality is that the department is headless for the past one month.

Principal Secretary, Medical Education and Research, Husan Lal superannuated last month and the state government has not only failed to fill the post, but has also not given the additional charge of the department to any officer. According to department officials, it has never happened before that the department remained without a secretary for even a week.

The outcome of the government lethargy is that most projects related to medical education are in a limbo. Any administrative secretary acts as the administrative head of the ministry and acts as principal adviser of the minister on all matters of policy and administration within his ministry/department. He acts as an important bridge between the minister and the department.

Now, all files related to medical education and research, which are to be dealt with by the government, are stuck in the department. No meetings to check the progress of the ongoing projects have been convened in the recent past.

The state of affairs in the department is such that early this month, Chief Minister Bhagwant Mann had laid the foundation stone of Baba Atar Singh State Institute of Medical Sciences, Mastuana (Sangrur), which was supposed to be the first of the 16 medical colleges. However, due to a land dispute, the project is stuck in a legal hassle.

Even Baba Farid University of Health Sciences, Faridkot, is being run under an ad hoc arrangement and the government is yet to form a search and selection committee for selecting the new Vice Chancellor. Director, Medical Education and Research, Avneesh Kumar has been given the charge of Vice Chancellor for now.

Minister for Health, Medical Education and Research Chetan Singh Jouramajra said the process for choosing a new secretary was on and would be completed in two days.

Cancer cases on the rise in Malwa

Concentration of calcium, magnesium, sodium, nitrate, fluoride higher than permissible limits: Study (The Tribune: 20220829)

<https://www.tribuneindia.com/news/punjab/cancer-cases-on-the-rise-in-malwa-426261>

The southern Malwa region, also known as the cotton belt of the state, has a high number of cancer patients, and their count is growing by the year.

Over 82,000 patients, a majority of them from the Malwa region, availed treatment last year from the Advanced Cancer Institute in Bathinda which was set up six years ago. The institute saw 11,000 patients in 2016, 27,000 in 2017, 39,400 in 2018, 48,000 in 2019 and 60,000 in 2020.

Experts claim that research studies have revealed that the disease has spread in the Malwa region largely due to consistent use of pesticides and other chemicals in agriculture.

A 2018 study, commissioned by the Central University of Punjab, had found concentration of calcium, magnesium, sodium, nitrate and fluoride higher than the permissible limits, rendering 80.3 per cent of the groundwater in the Malwa region unsuitable for drinking.

The Advanced Cancer Institute Director, Dr Deepak Arora, emphasised that early detection and diagnosis improved the chances of successful treatment. “We are creating awareness about the disease, and that is the reason people in high numbers are coming to our institute. Earlier, they were going too far-off places like Bikaner for cancer treatment,” Dr Arora said.

Dr Karuna Singh, Associate Professor at the cancer institute said breast and cervical cancer were common among female patients, while head and neck cancer were prominent among youth.

To provide financial assistance to the affected, the state government started the Mukhya Mantri Punjab Cancer Raahat Kosh Scheme in 2013. An amount up to Rs 1.5 lakh is made available for the treatment of every cancer patient.

Covid virus

Indian-American researchers develop durable coating that kills Covid virus (The Tribune: 20220829)

<https://www.tribuneindia.com/news/health/indian-american-researchers-develop-durable-coating-that-kills-covid-virus-425922>

Indian-American researchers develop durable coating that kills Covid virus
Photo for representation only.

There may soon be a new weapon in the battle against Covid in the form of a durable coating, thanks to Indian-American researchers, that can quickly kill bacteria and viruses on surfaces, and keep killing them for six months or longer.

The coating, which is clear and can be brushed or sprayed on, gets its durability and germ-killing power by combining tried-and-true ingredients in a novel way.

It uses antimicrobial molecules derived from tea tree oil and cinnamon oil, both used for centuries as safe and effective germ killers that work in under two minutes, according to the study led by Anish Tuteja, a professor of material science and engineering at University of Michigan, published in the journal Matter.

"Disinfectant cleaners can kill germs in only a minute or two but they dissipate quickly and leave surfaces vulnerable to reinfection. We do have long-lasting antibacterial surfaces based on metals like copper and zinc, but they take hours to kill bacteria. This coating offers the best of both worlds," said Tuteja.

The research team included associate professor of materials science and engineering and biomedical engineering, Geeta Mehta and materials science and engineering PhD students Abhishek Dhyani and Taylor Repetto.

The coating's durability comes from polyurethane, a tough, varnish-like sealer that's commonly used on surfaces like floors and furniture.

The coating proved deadly to SARS-CoV-2 virus, E. coli, MRSA and a variety of other pathogens.

It killed 99.9 per cent of microbes even after months of repeated cleaning, abrasion and other punishment on real-world surfaces like keyboards, cell phone screens and chicken-slathered cutting boards.

The coating could be a game changer in traditionally germ-laden public spaces like airports and hospitals.

"The antimicrobials we tested are classified as 'generally regarded as safe' by the FDA, and some have even been approved as food additives," Tuteja said.

"Polyurethane is a safe and very commonly used coating. But we did do toxicity testing just to be sure, and we found that our particular combination of ingredients is even safer than many of today's antimicrobials," he mentioned.

The coating could keep killing germs for six months or longer before its oil begins to evaporate and reduce its disinfectant power.

But even then, said Tuteja, it can be recharged by wiping it with fresh oil; the new oil is reabsorbed by the surface, starting the cycle again.

Tuteja estimates that the technology could be commercially available within a year, as it has been licensed to Hygratek, a spinoff company that Tuteja founded with assistance from Innovation Partnerships at the university.

The University of Michigan has applied for a patent based on this technology.

Smoking

Smoking also leads to thicker, weaker heart, warns new study According to researchers, smoking not only damages blood vessels but also directly harms the heart (The Tribune: 20220829)

<https://www.tribuneindia.com/news/health/smoking-also-leads-to-thicker-weaker-heart-warns-new-study-425263>

Smoking also leads to thicker, weaker heart, warns new study
Photo for representational purpose only. iStock

It is well known that smoking causes blocked arteries, leading to coronary heart disease and stroke. A new study on Thursday warned that smoking also leads to thicker, weaker hearts.

The researchers found that the more people smoked, the worse their heart function became. Some function was restored when people kicked the habit.

"It means that smokers have a smaller volume of blood in the left heart chamber and less power to pump it out to the rest of the body. The more you smoke, the worse your heart function becomes," The heart can recuperate to some degree with smoking cessation, so it is never too late to quit," study author Dr Eva Holt of Herlev and Gentofte Hospital, Copenhagen, Denmark.

The heart can recuperate to some degree with smoking cessation, so it is never too late to quit, Holt added in a paper presented at ESC Congress 2022.

According to the World Health Organisation (WHO), tobacco kills more than eight million people each year.

Cigarette smoking is responsible for 50 per cent of all avoidable deaths in smokers, with half of these due to atherosclerotic cardiovascular diseases such as heart attack and stroke.

The detrimental effects of smoking on the arteries and arterial diseases such as heart attack and stroke are well established.

The new study explored whether smoking was related to changes in the structure and function of the heart in people without cardiovascular disease, and the effect of changing smoking habits.

The study analysed data of a total of 3,874 participants aged 20 to 99 years without heart disease.

The average age of participants was 56 years and 43 per cent were women.

Compared to never smokers, current smokers had thicker, weaker and heavier hearts.

"We found that current smoking and accumulated pack-years were associated with worsening of the structure and function of the left heart chamber -- the most important part of the heart," said Holt.

Increasing pack-years were associated with pumping less blood.

One pack-year is defined as 20 cigarettes smoked every day for one year.

Furthermore, the researchers found that over a 10-year period, those who continued smoking developed thicker, heavier and weaker hearts that were less able to pump blood compared to never smokers and those who quit during that time." "This indicates that smoking not only damages the blood vessels but also directly harms the heart. The good news is that some of the damage is reversible by giving up," the researchers noted.

Food and Nutrition

60 pc of used cooking oil finds its way back into food stream, says study (The Tribune: 20220829)

As many as 505 food business operators including street vendors and small establishments, across four metros—Kolkata, Mumbai, New Delhi and Chennai—were surveyed in the study

<https://www.tribuneindia.com/news/nation/60-pc-of-used-cooking-oil-finds-its-way-back-into-food-stream-says-study-425279>

Next time you gorge on a pile of fried snacks at a roadside eatery, think again.

A recent survey report has revealed that almost 60 per cent of used cooking oil (UCO), which, according to scientists, raises the risk of contracting non-communicable diseases, including cancer, heart ailments and organ damage, often finds its way back into the food stream.

Observer Research Foundation (ORF), in association with Koan Advisory Group and Finland-based Neste, in a report revealed that the re-use of UCO by commercial food business operators (FBOs) is pervasive, especially among small establishments and street vendors, who often utilise black, smoked oil till the last drop.

As many as 505 (101 large-sized and 406 small-sized) food business operators (FBOs), including street vendors and small establishments, across four metros—Kolkata, Mumbai, New Delhi and Chennai—were surveyed in the study.

According to Dr Amit Javed, Director, Gastrointestinal Surgeries, CK Birla Hospital, “Re-using cooking oil causes free radicals in the oil to get released. These free radicals are carcinogenic. Reusing cooking oil may lead to stomach cancer and cancer in the food pipe, apart from heart disease. Cooking oil mustn’t be reused even once. Regulatory agencies have prepared guidelines on the proper use of cooking oil, which must be adhered to, in the interest of public health and wellbeing.” In India, consumption of UCO in any form is strictly prohibited under food safety guidelines. The Food and Safety Standards Authority of India (FSSAI) launched Repurpose Used Cooking Oil (RUCO) initiative – under which UCO was collected and converted to biodiesel—to combat the health menace.

“The Food Safety and Standards Authority of India (FSSAI) has regularly advised Food business operators (FBOs) to replace cooking oils when the Total Polar Compounds (TPC) levels reach 25 per cent, as reusing cooking oil aggravates risks of atherosclerosis, hypertension, liver diseases, and Alzheimer’s. Proper enforcement of regulatory guidelines on the management of UCO is critical in the interests of public safety, health and well-being,” said Oommen Kurian, Senior Fellow, Health Initiative, ORF, and co-author of the report.

By directing used cooking oil from human consumption to renewables production, India can mitigate the public health risk and combat the climate crisis simultaneously, said Steven Bartholomeusz, head of public affairs in the Asia-Pacific region at Neste, a company specializing in renewables.

The report underlined the need for greater collaboration among the government food safety authorities, networks of doctors, nutritionists and experts and private sector organisations to create an evidence-driven regulatory and policy framework that drives behavioural change and consumer awareness reducing the diversion of toxic waste oils back into the system.

Ideal diet

This is what an ideal diet for someone who works the 9-to-5 job should look like (The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/food-wine/ideal-diet-working-9-5-job-healthy-food-meals-portion-control-8081992/>

This is what an ideal diet for someone who works the 9-to-5 job should look like
As the day progresses, the quantity of your meals should reduce and you must do portion control, says nutritionist Nmami Agarwal

healthy eating, healthy meals, healthy diet, healthy everyday food, 9 to 5 job, working professional, daily meals, portion control, everyday meals for vegetarians and non-vegetarians, indian express news Roti with butter, also gobhi sabzi garnished with fresh coriander and served with bathua raita -- an ideal lunch menu! (Photo: Getty/Thinkstock)

Your work output can only be up to the mark if your health permits you. In order to be able to do that 9-5 job of yours, ensure that you eat proper foods and not skip meals. It is important to make lifestyle choices that boost your health and give you the energy to carry on every day

Papaya

Is papaya good for managing diabetes and heart health? (The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/health-specials/papaya-good-managing-diabetes-heart-health-8112789/>

Did you know that 150 gm of papaya will give you only 60 calories and that's a steal for the nutrients it provides — fibre, potassium and vitamins A, C, E, K and the B-family, including folate (vitamin B9)? Nutritionist Kavita Devgan lists why it is a power fruit

How many of us have grown up seeing our parents eat a serving of papaya every day? Most of us, right? That fruit was a constant, while the others eaten during the course of a day would keep changing with the season. Papaya has been held in very high esteem, all thanks to the multiple benefits that it delivers.

Heart disease

What makes red meat an enemy of the heart? Does it increase your risk of heart disease? (The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/health-specials/red-meat-an-enemy-heart-increase-your-risk-heart-disease-8111734/>

‘Recent research has found that a metabolite is released when the red meat is being digested. This is the reason for a higher incidence of heart attacks in people consuming large amounts of red meat. It increases LDL, or the bad cholesterol, and triggers blood clotting and plaque formation. Besides, red meat contains a lot of fat, cholesterol and sodium content,’ says Dr

Researchers are looking to assess to what extent meat consumption increased levels of TMAO, which raises cardiac risk. (Source: Pixabay)

Like any other carnivore, 32-year-old Pranjal Seth had grown up with a hearty goat meat curry as a Sunday staple. But since genetics do not favour him, what with his family members having developed heart problems over the years, he has revised his eating habits. But he has always wanted to know how mutton damages his heart and whether he can be allowed occasional indulgence.

Health Check up

Full body check-up: What blood tests should I get done? How to understand lab results for blood? (The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/health-specials/full-body-check-up-blood-tests-lab-results-8111327/>

It is important to note that an abnormal numerical value doesn't always denote a major disease/infection and should be interpreted by a qualified professional, especially in the setting of a clinical scenario, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine,

Regular blood testing is one of the best ways to keep track of your health. (Photo: Pixabay/Representational)

A blood test is a proactive approach to detect any abnormal changes in the body by analysing various components of blood. Regular blood testing is one of the best ways to keep track of your health. It helps in finding medical problems, monitoring the effectiveness of medication

or therapy and making informed decisions about your parameters. Even if you are healthy and above the age of 18, you should internalise a routine of periodic blood tests.

ICMR-NIV study

ICMR-NIV study tracks gaps between Covid-19 reinfection and vaccination, argues for booster

Use of mask, hand hygiene and physical distancing would be the only preventive behavioural strategy that should continue, suggest scientists(The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/health-specials/icmr-niv-study-gap-covid-reinfection-vaccination-booster-8111118/>

A Navi Mumbai Municipal Corporation (NMMC) worker administers precautionary booster dose of Covid-19 vaccine to a beneficiary, inside a bus in Navi Mumbai. (PTI)

There has been very little information on the occurrence and premise for reinfection caused by Omicron variants in patients who have been vaccinated and had breakthrough infection with SARS-CoV-2 variants. But now scientists at the Indian Council of Medical Research-National Institute of Virology (ICMR-NIV) have presented four cases where patients had breakthrough infection from the Kappa or Delta variant, and several months later were reinfected with Omicron variants, after receiving two doses of vaccine.

Iodised salt

Should you have iodised salt? Is having rock salt better for heart health? (The Indian Express: 20220829)

The common mistake that everybody makes is to identify iodine as the culprit. It is high levels of sodium that one must avoid. And sodium is present in all kinds of salt. None of these natural salts have iodine and solely depending on them could make you iodine-deficient, warn nutritionists

<https://indianexpress.com/article/lifestyle/health-specials/should-you-have-iodised-salt-is-having-rock-salt-better-for-heart-health-8108956/>

Extra sodium adds water into your blood vessels, increasing the total blood volume, leading to bloating and weight gain.(Image source: pixabay)

Like many health-conscious people, Anu Ahuja was concerned about the damaging consequences of excess salt on hypertension and heart health. So, she substituted her table salt. “I do not use it in my cooking anymore. Instead, I have switched over to rock salt or sea salt, which are rich in minerals and bring other health benefits, like keeping BP in check. My family has had iodised salt all their lives. So, I do not think we need it anymore,” says she.

Heart healthy lifestyle

Heart healthy lifestyle missing in 9 out of 10 children, says study. What does it mean and what should parents do?(The Indian Express: 20220829)

At a time when heart attacks are claiming the lives of Indians early, the study by Dr Rajneesh Kapoor, vice-chairman of interventional cardiology at Medanta Hospital, Gurgaon is significant for a generation we should be responsible for. A total of 3,200 children from Punjab and Delhi, aged between five and 18 years, were examined and scored low on healthy cardio parameters

<https://indianexpress.com/article/lifestyle/health-specials/heart-healthy-lifestyle-missing-children-study-8107433/>

Another critical step is to keep children moving, says Dr Kapoor (Representational photo) A heart-healthy lifestyle is found missing in nine out of 10 children from Punjab and Delhi, observes Dr Rajneesh Kapoor, a Punjab Rattan awardee and vice-chairman of interventional cardiology at Medanta Hospital. The principal investigator of the study, Dr Kapoor, and his team examined 3,200 children in the age group of five to 18 years through a questionnaire-based assessment on parameters that affect cardiovascular health.

Diabetes medicine

Cutting edge: Can diabetes medicine metformin improve Covid-19 outcomes? (The Indian Express: 20220829)

Although this study was conducted by the University of Minnesota, several studies have reported favourable outcomes in Covid-19 patients who were on Metformin. Another analysis from the US published earlier this year showed 0.83 per cent of people died of Covid-19 in the group that was on Metformin as compared to 4.02 per cent in the group that wasn't

<https://indianexpress.com/article/lifestyle/health-specials/cutting-edge-diabetes-metformin-covid-19-outcomes-8106780/>

cutting edge metforminSeveral studies have reported favourable outcomes in Covid-19 patients who were on Metformin. (Representational photo)

Although the diabetes medicine, Metformin, did not prevent hypoxia or low oxygen saturation in patients with Covid-19, it did result in fewer emergency room visits, hospitalisations and deaths due to the pandemic, according to a recent study by researchers from the University of Minnesota published in the New England Journal of Medicine.

Mental depression, tumours

Map your brain for mental depression, tumours

The maps, which doctors can view on their computers, offer a level of anatomical detail, typically not available in a clinical setting, allowing surgeons to incorporate advanced brain network data into neurosurgical planning (The Indian Express: 20220829)

<https://indianexpress.com/article/lifestyle/health-specials/map-brain-mental-depression-tumours-8104668/>

Quicktome uses sophisticated algorithms to analyse millions of data points and build a brain map – personalised to each patient — from a standard, non-invasive MRI scan. (Image credit: Pixabay)

What if doctors could rehearse the exact surgery for a deep-seated brain tumour or diagnose mental illness better by spotting anomalies in the brain network? Technology can indeed help neurologists personalise brain-mapping, making surgeries safer and accurate, preventing damage to important brain are

Japanese Encephalitis

Japanese Encephalitis claims 85 lives in Assam in 2 months (The Hindu: 20220829)

<https://www.thehindu.com/news/national/other-states/japanese-encephalitis-claims-85-lives-in-assam-in-2-months/article65821700.ece>

Japanese Encephalitis is a viral brain infection that spreads through mosquito bites. At least 85 people have died of Japanese Encephalitis (JE) in Assam in the last two months, a bulletin by the Health Department said.

Autistic children

Kolkata's Indian Museum opens up new creativity in autistic children (The Hindu: 20220829)

<https://www.thehindu.com/news/cities/kolkata/kolkatas-indian-museum-opens-up-new-creativity-in-autistic-children/article65818324.ece>

Every Monday, the kids under the watchful eyes of parents sketch with their perception and imagination in these galleries. On a Monday afternoon, Abhishek sat still in front of rows of paintings of Gaganendranath Tagore in the 'painting gallery' of Kolkata's Indian Museum. The sunlight from the old and arched window of the gallery was falling on the panels of painting making a shadow-like triangle. Looking at the

COVID-19 vaccine

Moderna sues Pfizer/BioNTech for patent infringement over COVID-19 vaccine (The Hindu: 20220829)

<https://www.thehindu.com/business/Industry/moderna-sues-pfizerbiontech-for-patent-infringement-over-covid-19-vaccine/article65814722.ece>

Pfizer said the company had not been served and that they were unable to comment at this time. Moderna is suing Pfizer and its German partner BioNTech for patent infringement in the development of the first COVID-19 vaccine approved in the United States, alleging they copied technology that Moderna developed years before the pandemic.

Monkeypox cases

Monkeypox cases drop 21% globally, reversing month-long increase: WHO (The Hindu: 20220829)

<https://www.thehindu.com/news/international/monkeypox-cases-drop-21-globally-reversing-month-long-increase-who/article65809919.ece>

Cases in the Americas accounted for 60% of cases in the past month, while cases in Europe comprised about 38%, WHO said

The number of monkeypox cases reported globally dropped by 21% in the last week, reversing a month-long trend of rising infections and a possible signal the outbreak in Europe may be starting to decline, according to a World Health Organization report issued on Thursday.

Indian superfood

Hemp is the newest Indian superfood in restaurants and cafés across the country (The Hindu: 20220829)

<https://www.thehindu.com/life-and-style/food/fssai-nod-hemp-newest-indian-superfood-restaurants-cafes-india-food-finding/article65802685.ece>

In November 2021, FSSAI approved the use of hemp seeds in limited quantities in food and beverages

As a keen observer of popular culture — and more pertinently, the myriad superfood trends that emerge from there with alarming ferocity — I've always found the whole appropriation bid both amusing and sad.

Drug pricing

Supreme Court hears plea to monitor drug pricing (The Hindu: 20220829)

<https://www.thehindu.com/sci-tech/health/sc-takes-up-plea-to-monitor-drug-pricing-unethical-practices/article65783956.ece>

Petitioner cites case of Dolo 650, says any dosage beyond 500 mg is outside regulation
The Supreme Court on Thursday took serious note of a plea to bring transparency in drug pricing and monitoring mechanism while pointing to a recent accusation against the manufacturer of Dolo-650 tablet of indulging in “unethical practices”.

Ovarian cancer

New treatment in sight for ovarian cancer (The Hindu: 20220829)

<https://www.thehindu.com/sci-tech/health/New-treatment-in-sight-for-ovarian-cancer/article16878555.ece>

In the future, women with metastatic ovarian cancer could be treated with a radioactive substance that can seek and destroy tumour cells, says eurekalert press release. An initial study in patients conducted jointly by the Sahlgrenska Academy at the University of Gothenburg and Sahlgrenska University Hospital has found that the treatment has no unwanted side-effects.

"Our research team has long hoped to be able to target radiotherapy in this way," says oncologist Håkan Andersson from Sahlgrenska University Hospital, who is

Precaution dose' of COVID-19 vaccine

Explained | Why India administers 'precaution dose' of COVID-19 vaccine, and not 'booster dose'(The Hindu: 20220829)

<https://www.thehindu.com/sci-tech/health/explained-why-india-administers-precaution-dose-of-covid-19-vaccine-not-booster-doses/article65306005.ece>

As India gears up to administer 'precaution doses' of COVID-19 vaccine to eligible population above 18 years from Sunday, the debate over 'booster' vs 'precaution' doses has arisen. On December 25, Prime Minister Narendra Modi announced that healthcare, frontline workers and those who are above 60 years and have comorbidities will be eligible for a 'precaution

dose' from January 21. The use of 'precaution' doses had arisen as the question is to why Centre had not termed it 'booster' doses as is the global norm.

Herbal cigarettes

Can herbal cigarettes be harmful? (The Hindu: 20220829)

<https://www.thehindu.com/sci-tech/health/no-tobacco-but-herbal-cigarretes-are-just-as-bad-for-your-health/article26496284.ece>

When in cigarettes, yes, say doctors

Given the 'nature-wellness' age we live in, it's hard not to hear 'organic' or 'herbal' and immediately associate them with good health. The cigarette industry, in a bid to tap into the market driven by the all-natural mindset, sells what they call herbal cigarettes. They're touted as a way to wean smokers off, but do they really work?

Menopause: Survey

Indian women facing early menopause: Survey (The Hindu: 20220829)

<https://www.thehindu.com/sci-tech/health/Indian-women-facing-early-menopause-Survey/article14403551.ece>

Nearly 4 per cent of Indian women experience signs of menopause between 29 and 34 years of age, says a recent survey conducted by The Institute for Social and Economic Change (ISEC). The figure goes up to 8 per cent in the case of women between 35 and 39 years of age.

What is shocking is that women around the world normally reach menopause between 45 and 55 years of age, with a mean age of around 51 years.