



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220905

National Medical Commission

Coercion as conversion: On National Medical Commission decision against 'conversion therapy' (The Hindu: 20220905)

<https://www.thehindu.com/opinion/editorial/coercion-as-conversion-the-hindu-editorial-on-national-medical-commission-decision-against-conversion-therapy/article65849293.ece>

Sexual orientation and gender identities do not require medical intervention

In a significant and welcome move, another layer of discrimination against the LGBTQIA+ community is being removed with the National Medical Commission (NMC) declaring conversion therapy a “professional misconduct” and empowering State Medical Councils to take disciplinary action if the guideline is breached. Members of the lesbian, gay, bisexual, transgender, queer, intersex, asexual or of any other orientation are often subjected to conversion or ‘reparative’ therapy, particularly when they are young, to change their sexual orientation or gender identity by force. The therapy can mean anything from psychiatric treatment, use of psychosomatic drugs, electroshock therapy, exorcism and violence. This can lead to trauma, manifesting in depression, anxiety, drug use, and even suicide. The American Academy of Child and Adolescent Psychiatry contends that the interventions offered in conversion therapy are provided under the “false premise that homosexuality and gender diverse identities are pathological”. The “absence of pathology” means there is no need for conversion or any other like intervention. To drive this point home, it is clear that an all-out effort will be required. In his landmark June 2021 judgment, Justice N. Anand Venkatesh of the Madras High Court had said pending adequate legislation, he was issuing guidelines for the police, social welfare ministries of the State and Centre, and the medical council for the protection of the community. The court sought updates from stakeholders every few months.

The NMC’s August 25 letter to State Medical Councils states that the Madras High Court had directed it to issue an official notification listing conversion therapy as a wrong, under the Indian Medical Council (Professional Conduct, Etiquette and Ethics) Regulations, 2002. If the Supreme Court’s decriminalising of homosexuality in 2018 by striking down Section 377 of the Indian Penal Code was a first step, the NMC’s notice is also a small move towards inclusivity. To make the LGBTQIA+ community feel safer, however, a lot more will have to

be done. Taking the cue from countries such as Canada, which has banned conversion therapy, there should be clarity on what action will be taken against quacks, psychiatrists and doctors accused of offering reparative treatment and the punishment they will face. The groundwork has to be laid in education. Medical textbooks prescribed in 2018 still consider lesbianism a “perversion”, an act of “mental degenerates”. The change has to take place at a societal level, and complemented by laws better tuned to the needs of a diverse community than the Transgender Persons (Protection of Rights) Act, 2019, has sought to do. To that effect, Indian institutions and society have a long road ahead. First, they will have to acknowledge the “variability of human beings” and accord equal respect to every one, whatever the sexual orientation or gender identity.

High folic acid supplements

High folic acid supplements linked to increased Covid infections, says study (The Tribune: 20220905)

<https://www.tribuneindia.com/news/world/high-folic-acid-supplements-linked-to-increased-covid-infections-says-study-428151>

High folic acid supplements linked to increased Covid infections, says study

People in the UK with folic acid prescriptions were 1.5 times more likely to get Covid-19 and 2.6 times more likely to die from the viral disease compared to the control group, according to a study.

About synthetic Vitamin B9

Folic acid is a synthetic form of Vit B9, also called folate

Low levels of B9 are associated with an increased risk of heart disease, stroke and birth defects
Folic acid is prescribed for several conditions, including sickle cell disease, high-risk pregnancies, and people receiving anti-seizure medications

The research, published in the journal BMJ Open, also found that having a prescription for the anti-folate drug methotrexate mitigated the negative impact of folic acid on Covid-19, when the two were given together.

The researchers from the University of California (UC) Davis and the University of Alabama, US, studied a large cohort of patients enrolled in the UK BioBank, a major biomedical database containing health information from half a million people. “We found that the risk of becoming infected and dying from Covid was significantly greater in the group treated with folic acid,” said Green, co-senior author of the study.

Cervical cancer vax

Cervical cancer vax (The Tribune: 20220905)

<https://www.tribuneindia.com/news/editorials/cervical-cancer-vax-427966>

Big leap for women's preventive healthcare

Our bio-technologists and scientists deserve a huge pat on the back for developing the quadrivalent Human Papilloma Virus (qHPV) vaccine, called Cervavac. Along with hoisting India high up in the global medico-pharma fraternity, it promises to enable a big leap towards preventive and affordable protection against the second most common form of cancer — of the cervix — among 15-to-44-year-old women in India. The vaccine, approved after phase 3 clinical trials, was found to be 100 per cent safe and efficacious against the HPV, which is responsible for 85 per cent of such cancers. Being indigenously made, Cervavac is expected to cost Rs 200-400 as against the imported ones available for Rs 2,800 to Rs 3,300 per dose.

The excitement — as well as the debate — around this vaccine is understandable as all women are at risk of developing this cancer that is caused by the sexually transmitted HPV infection. While in most women this infection resolves on its own, in some cases, it goes on to become carcinogenic. Regular precautionary screenings, such as Pap smear tests, can help in the early detection and cure of cervical cancer, but preventive healthcare being minimal in our country, diagnosis usually comes very late. An estimated 1.25 lakh such cases are diagnosed annually in India and around 75,000 deaths make up for nearly one-fourth of the global fatalities due to this disease every year.

Now, with Cervavac set to roll out in a few months for our 50 million girls in the 9-14-year bracket with the aim of inoculating them under the national immunisation programme, there is hope that this prophylactic injection would minimise, if not eliminate, the chances of this deadly disease inflicting them. While the Covid vaccination drive has shown the way towards overcoming logistical challenges, the policymakers must bear in mind that a good response comes from free-of-cost shots only. And, once this at-high-risk group is covered, there is a plan to cover older women and even men (against some cancers) as well as sell the vaccine to the world at large. It's a cautiously positive prognosis for all stakeholders concerned.

Down syndrome

Study reveals that children with down syndrome love crispy, oily foods, and dislike sticky eatables (The Tribune: 20220905)

<https://www.tribuneindia.com/news/health/study-reveals-that-children-with-down-syndrome-love-crispy-oily-foods-and-dislike-sticky-eatables-428572>

Children with Down syndrome have various health issues, including feeding and swallowing challenges and food texture sensitivities

According to a study, children with Down syndrome love crispy, oily foods and dislike brittle or sticky foods. However, these choices may result in a less healthy diet.

The result was published in the Journal of Texture Studies.

“Children with Down syndrome really enjoy foods like Pirate’s Booty and puffed corn,” said Carolyn Ross, a professor in WSU’s School of Food Science.

“Those foods aren’t of high nutritional value, but they’re dissolvable—a huge plus for these children. Now the challenge is making nutritious foods with those characteristics.” The paper examined what food textures children with Down syndrome liked or didn’t like and how those preferences compared to typically developing children’s preferences.

In the US, one in 772 babies (around 5,100 each year), are born with Down syndrome, a genetic condition caused by a full or partial extra copy of chromosome 21. Feeding and swallowing impairments are common, and a key predictor of increased death among those individuals. It’s been known for years that children with Down syndrome don’t eat as much as typically developing children, but nobody has studied food textures as a factor. This research could help clinicians and parents determine what foods will get eaten, while hopefully prompting food manufacturers to tailor products to this population’s specific needs, Ross said.

“This was a huge area of missing research,” Ross said. “There are many anecdotal stories, and you can go down an online rabbit hole to find information. But studies like this can help parents and clinicians know what these children will be most likely to eat and help reduce incidences of choking. If we can add nutritional value to those foods, then we’ll really help a lot of people.” Choking is one of the leading causes of death among people with Down syndrome because they may not chew food enough or “pack” it, overfilling their mouths and cheeks without swallowing.

Children with Down syndrome have various health issues, more than typically developing children, including feeding and swallowing challenges and food texture sensitivities.

Ross wants to help children with Down syndrome have more healthy eating options and become more comfortable with complex textures.”We want to help people understand what food textures children with Down syndrome prefer, and how to move them from things like pureed foods to texturally complex foods, which tend to have more nutritional value,” Ross said.

Ross and her team sent boxes with 16 commercially available kinds of food to 218 children aged 11 to 18 in 30 states. Of those boxes, 111 went to children with Down syndrome, the rest to a control group of typically developing youth. The boxes contained four items in each of four different texture groups to ensure that flavour wasn’t the reason for a texture preference. The research team asked parents about disliked flavours before the boxes were sent, to avoid those products. All children in the study ate one of each item every day for a week to make sure enjoyment wasn’t due to novelty.

The parents then filmed the children interacting with and eating each item, uploading the videos to the research team.”We coded a lot of data; it’s the biggest home-use test involving children

with Down syndrome that we've ever heard of," Ross said. "And it showed a big difference in texture preference between children with and without Down syndrome."

Monkeypox

Monkeypox linked to acute heart problem in 1st case study (The Tribune: 20220905)

<https://www.tribuneindia.com/news/health/monkeypox-linked-to-acute-heart-problem-in-1st-case-study-428223>

More than 50,000 monkeypox cases have been recorded in the global outbreak

In a first, a 31-year-old male with confirmed monkeypox infection developed acute myocarditis (inflammation of the heart muscle) approximately one week following the onset of monkeypox symptoms, researchers have revealed.

According to a case study published in the journal JACC: Case Reports, the patient visited a health clinic five days following the onset of monkeypox symptoms, including malaise, myalgia, fever and multiple swollen lesions on the face, hands and genitalia. A Positive monkeypox infection was confirmed with a PCR swab sample of a skin lesion. The patient returned to the emergency department three days later reporting chest tightness radiating through the left arm.

Myocarditis was previously associated with smallpox infection, a more aggressive virus, and the case study authors said that "by extrapolation, the monkeypox virus could have tropism for myocardium tissue or cause immune-mediated injury to the heart".

"Through this important case study, we are developing a deeper understanding of monkeypox, viral myocarditis and how to accurately diagnose and manage this disease," said Julia Grapsa, editor-in-chief of JACC: Case Reports.

"The authors of this study have used CMR mapping, a comprehensive imaging tool, to help with the diagnosis of myocarditis. I commend the authors on this valuable clinical case during a critical time as monkeypox continues to spread globally," Grapsa said.

The results of the cardiac magnetic resonance (CMR) study performed on the patient were consistent with myocardial inflammation and a diagnosis of acute myocarditis.

"This case highlights cardiac involvement as a potential complication associated with monkeypox infection," said Ana Isabel Pinho from department of cardiology at Sao Joao University Hospital Centre in Portugal and lead author of the study.

"We believe that reporting this potential causal relationship can raise more awareness of the scientific community and health professionals for acute myocarditis as a possible complication associated with monkeypox," Pinho added.

The patient was discharged after one week with a full recovery. The authors said further research is needed to identify the relationship between monkeypox and heart injury.

Monkeypox is transmitted through close contact with lesions, bodily fluids or respiratory droplets.

In addition to rash, symptoms may include fever, chills, swollen lymph nodes, respiratory symptoms and muscle aches.

Most infections are mild, and symptoms can last between two to four weeks.

More than 50,000 monkeypox cases have been recorded in the global outbreak.

Supplementatio

High folic acid supplementation linked to increased Covid infections, mortality: UK study (The Tribune: 20220905)

<https://www.tribuneindia.com/news/health/high-folic-acid-supplementation-linked-to-increased-covid-infections-mortality-uk-study-427960>

Folic acid is prescribed for several conditions, including sickle cell disease, high-risk pregnancies and people receiving anti-seizure medications

High folic acid supplementation linked to increased Covid infections, mortality: UK study
People in the UK with folic acid prescriptions were 1.5 times more likely to get COVID-19 and 2.6 times more likely to die from the viral disease compared to the control group, according to a study.

The research, published in the journal BMJ Open, also found that having a prescription for the antifolate drug methotrexate mitigated the negative impact of folic acid on COVID-19 when the two were given together.

The researchers from University of California (UC) Davis and the University of Alabama, US studied a large cohort of patients enrolled in the UK BioBank, a major biomedical database containing health information from half a million people.

“We examined whether COVID-19 diagnosis and death were related to the large doses of folic acid—five times the safe upper limit—prescribed to patients for a variety of medically approved indications,” said Ralph Green, professor at UC Davis.

“We found that the risk of becoming infected and dying from COVID-19 was significantly greater in the group treated with folic acid,” said Green, co-senior author of the study.

Folic acid is a synthetic form of vitamin B9, also known as folate. Low levels of B9 are associated with health conditions such as an increased risk of heart disease, stroke and birth defects.

Folic acid is prescribed for several conditions, including sickle cell disease, high-risk pregnancies, and people receiving anti-seizure medications, the researchers said.

It is also prescribed to help offset some side effects for patients taking methotrexate which is used to treat certain types of cancer and some autoimmune diseases. The drug is an “antifolate,” meaning it interferes with folate, which cancer cells require for proliferation.

The researchers looked at folic acid and methotrexate prescription data from 2019 to 2021 in 380,380 participants in the UK Biobank.

They identified 26,033 individuals with COVID-19, of whom 820 died from COVID-19. People with a methotrexate prescription were diagnosed with COVID-19 at a similar rate to the general study population.

However, people with a folic acid prescription were diagnosed with COVID-19 infections at a higher rate (5.99 per cent) and had a much higher COVID-19 mortality rate (15.97 per cent) than the control group.

“Our findings could have implications for patients who take supplementary folate to prevent complications of other pharmacological therapies,” said Angelo L. Gaffo, co-senior author and an associate professor at the University of Alabama.

“Although taking folate in these cases is clearly indicated, clinicians should be cautious about excessive folate intake. Of course, our results will require replication,” Gaffo said.

The researchers note that due to the makeup of the UK BioBank data, the current findings are limited to people 45 years of age and older who are predominantly from White European ethnicities of the UK population. The study did not look at the serum folate levels of the participants.

They note that further investigations are needed to explore the impact of folate status and folic acid intake on susceptibility to SARS-CoV-2 infection and its fatal complications.

“The defined safe upper limit of folic acid is one milligram. Until we have more information, it would be prudent to avoid extremely high doses of folic acid unless it is medically indicated. High folic acid would be of greater concern in unvaccinated individuals,” Green added.

Monkeypox

New strain of monkeypox identified in UK (The Tribune: 20220905)

<https://www.tribuneindia.com/news/world/new-strain-of-monkeypox-identified-in-uk-427943>

The virus can be spread via any close contact

A new strain of monkeypox linked to an individual diagnosed with the virus after recent travel to West Africa has been identified in the UK, health officials have said.

The UK Health Security Agency (UKHSA) said preliminary genomic sequencing indicates that this new case does not have the current outbreak strain circulating in the UK. The individual in question has been admitted to the High Consequence Infectious Disease (HCID) unit at the Royal Liverpool University Hospital in line with standing advice from the Advisory Committee on Dangerous Pathogens (ACDP).

“We are working to contact the individuals who have had close contact with the case prior to confirmation of their infection, to assess them as necessary and provide advice,” said Dr Sophia Maki, Incident Director at UKHSA.

“UKHSA and the NHS [National Health Service] have well established and robust infection control procedures for dealing with cases of imported infectious disease and these will be strictly followed and the risk to the general public is very low,” she said.

“We remind everyone who is planning to travel to West and Central Africa to be alert for the symptoms of monkeypox and to call 111 if you have symptoms on your return,” she added.

While contact tracing of close contacts of the individual is under way, no further linked cases have been identified so far. The ACDP advice states that importations of monkeypox directly from West Africa as well as cases caused by Clade I of the virus should still be classified as HCIDs as their characteristics cannot be predicted.

Single genital lesions and sores on the mouth or anus have also been identified as symptoms of the virus by an international collaboration of clinicians across 16 countries. Some of the symptoms are considered severe enough for patients to be admitted to hospital.

According to expert reports, gay and bisexual men are disproportionately affected by the spread of the disease, with sexual closeness the most likely route of transmission. Monkeypox can also be spread via any close contact.

Brain health

What lifestyle changes should you make for your brain health? (The Indian Express:20220905)

Luke Coutinho, co-founder youcarelifestyle.com, took to Instagram to explain how people can take care of their brain and prevent certain health conditions

<https://indianexpress.com/article/lifestyle/health/lifestyle-changes-to-build-the-healthiest-brain-8099833/>

"You may not be able to reverse your Alzheimer's or Parkinson's but you can definitely slow down the neurodegenerative progression by strengthening your gray and white matter," said Luke Coutinho. (Photo: Freepik)

As we age, like other organs, our brain slowly starts weakening, too, leading to issues like dementia, memory loss, and cognitive decline besides diseases such as Alzheimer's and Parkinson's. While we can't control aging, we can make certain lifestyle changes that may help prevent the conditions.

Luke Coutinho, co-founder youcarelifestyle.com, took to Instagram and explained how people can take care of their brain and prevent certain health conditions.

Buy Now | Our best subscription plan now has a special price

"You may not be able to reverse your Alzheimer's or Parkinson's but you can definitely slow down the neurodegenerative progression by strengthening your gray and white matter," he wrote in his post.

According to his post, brain health depends on the quality of grey and white matter and how rapidly it degrades. While grey matter contains most of the neural cells and processes information, emotions, sensory, perception, and memory, white matter allows communication to and from grey matter.

Also Read |These types of exercise improve cognitive performance, reveals study

The expert revealed that besides aging, gray and white matter is destroyed by dopamine exhaustion which occurs due to instant gratification, binge behaviour, mindless scrolling, and excess television. Also, sleep deprivation, chronic stress, anger, micronutrient deficiencies, eating junk and ultra-processed food and autoimmune conditions like multiple sclerosis can destroy them.

He suggested the following lifestyle changes to help maintain, improve and regrow grey and white matter:

*Meditation and mindfulness practices

It releases a protein (BDNF) that has the ability to repair the white and gray matter.

Portion control,

The truth about portion control, as explained by a nutritionist: ‘It is almost impossible’

Check out these healthy tips, which can "help you eat just the right amount of food"(The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/food-wine/portion-control-healthy-eating-weight-loss-nutrition-8127004/>

portion control, what is portion control, healthy meals, healthy diet, should you do portion control, portion control advantages and disadvantages, weight loss, indian express news Instead of controlling the portion of your meal, try to eat mindfully. (Photo: Getty/Thinkstock)

In our quest to eat healthy, a lot of us practise something called ‘portion control’, which means eating nutritious meals, but in limited quantities. It is said to be a useful tool to combat overeating while also ensuring the meals are healthy and balanced. The Cambridge dictionary defines portion control as “the process of making sure that the amount of food you eat for each meal is not too large, especially when you are trying to lose weight”.

ALSO READ |This is what an ideal diet for someone who works the 9-to-5 job should look like

Many experts have, in the recent past, listed the benefits of portion control, but according to nutritionist Rujuta Diwekar, this practice may not yield results, after all, because portion control was “invented by people just to keep us constantly confused and conflicted about the amount of food that we are eating”.

In an Instagram video, she explained that in reality, practising portion control is “almost impossible”.

Captioning it “why you shouldn’t portion control”, Diwekar explained in the video that every time she posts something about her plate of food, her followers ask her if her appetite is so little. “Then they say, ‘Oh, so we can consume dal-chawal, but controlling the portion is important’.”

“There are many things that influence what we feel like eating,” she said, adding that factors like stress, sleep, exercise, reason for eating, the company that we are keeping, etc., play a role.

ALSO READ |Here’s what a dinner plate should look like if you are trying to lose weight

“Each one of us can learn to eat correctly,” the expert said, and went on to list alternatives for portion control:

- * Sit down every time you eat, as opposed to standing with your plate.
- * Eat with all of your senses, which is basically mindful eating.
- * Eat slowly
- * Eat at least one meal all by yourself every week.

These can “help you eat just the right amount of food”.

What do you think about these tips?

Surgery

A girl’s journey to breast reduction surgery: How she got the burden off her chest and gained body confidence (The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/health-specials/breast-reduction-surgery-gigantomastia-8128294/>

Shiva Shukla had been suffering from a big breast syndrome called Gigantomastia since her teenage years. Carrying the weight of societal taboos and a debilitating condition, she has regained her body confidence after a breast reduction surgery. Here is her story of overcoming severe challenges, from not being taken seriously to feeling weighed down perpetually

Shiva Shukla opted for breast reduction surgery and is finally learning to live light and breathe free.

A happy face and the sudden burst of laughter cannot reveal the pain Shiva Shukla had been facing as a teenager while suffering from Gigantomastia, a rare condition where women develop extremely large breasts. Battling the curious and degrading male gaze through her growing up years, fighting taboos at home, being body shamed for her unique condition, proving she was a fit cabin crew in an airline and finally becoming a mother, she decided she would not carry the burden of her physical and mental problems anymore. So, she opted for breast reduction surgery and is finally learning to live light and breathe free.

Dealing with angst: ‘I used to have pain in my shoulders and back’

As a teenager, Shiva was hardly body-conscious but the unwanted gaze from both men and women affected her. Unlike a normal teenager, she wouldn’t wear figure-hugging trendy clothes as they could draw unwanted attention.

This was the time when Shiva's confidence in her body had started corroding and a self-consciousness crept into her mind, affecting her social behaviour. Meanwhile, her physical pain mounted as her shoulders hurt. "I used to have pain in my shoulders, back and neck because of the heaviness in my chest but I dismissed it as stress. My body was disproportionate with my thin legs, hands and face," she says.

Also Read |A football-sized, 2.5 kg cyst removed from uterus in Mumbai

Currently a resident of Delhi's Vasant Kunj, 29-year-old Shiva belongs to Lucknow. Growing up in a traditional household meant that a discussion on private parts was a taboo even with family and friends. "At times I tried to share my ordeal with my mother. I told her about the constant pain in my neck and back which had become droopy under the weight of my large breasts but nobody paid any attention or considered it a malaise. Rather nobody wanted to hear me out as it was a big deal to discuss someone's breasts. Not only that, most family members would tell me that I should consider myself lucky as I had been liberally endowed. 'How can large breasts become a problem? You should consider yourself lucky,' they told me," says Shiva.

What is gigantomastia? 'I cried in the bathroom'

Gigantomastia or breast hypertrophy is a rare condition that involves developing extremely large breasts due to excessive breast tissue growth. "It is usually genetic. My mother and my aunts have large breasts too but they got balanced out by the fat in other parts of their bodies. I was told to exercise regularly and keep my body fit," says Shiva.

Don't miss |HPV vaccine to prevent cervical cancer will be given in 2 to 3 doses, school-based drives to be effective, say experts

With age and hormonal changes, her condition worsened as her breast grew disproportionately. She was unable to understand her condition because of its rarity and low prevalence. "The trauma of my abrupt breast size dogged me and by the time I was in my 20s, my condition became more severe. I would often cry in my bathroom and hate my body. Even exercising did not help. Cycling, high intensity workout, physiotherapy, I tried everything but nothing worked for me. The excessive tissue build-up in my breasts just would not go away," Shiva recalls.

ADVERTISEMENT

A trip to Guwahati and a lesson learnt: 'Will I be able to breastfeed my child?'

Shiva would not give up her dreams though. After graduation, she started her training as a cabin crew and was recruited by a private airline. Travelling to different places brought her joy and confidence. Besides, she could meet her childhood sweetheart, who never gave up on her and ultimately married her, in Guwahati, where he was posted.

It was on one such trip in 2017 that he observed she was in great physical pain and recommended that she consult a doctor for a breast check-up. "He is an avid reader and came across an article about breast reduction surgeries. He told me that in the US, many women had undergone similar procedures. Excited by the idea, the very same day we met a doctor in Guwahati who told us that a surgery would help reduce my breast size but it could also get in the way of lactation if I ever had a child," says she.

ADVERTISEMENT

Now this posed a moral dilemma. Should Shiva jeopardise her motherhood or prioritise her own body? “When I came home, I was eager to plan my surgery and shared this thought with my mother who refused instantly. As a nurse, she knew the complications that might arise with my motherhood, including breastfeeding. I did not say much at that time but I silently kept meeting doctors in between,” she adds. But the doctors also warned her about her inability to breastfeed her child.

“In 2018, I decided to get married to the man of my dreams. We settled in Guwahati. Life was very peaceful but I kept thinking about the idea of a surgery,” says she. So she became pregnant and as luck would have it, her husband was posted to Delhi in 2019.

Post delivery trauma: ‘Breastfeeding compounded my condition’

Post the delivery of her baby in 2020, her body changed drastically with her breasts almost touching her navel. Shiva says that her shoulder joints would freeze, she developed a cervical spondylitis and was unable to hold her own baby due to the size of her breasts. She would be exhausted and could not even find a supportive bra. “There were hardly any shops which provided the right kind of undergarment for me,” says Shiva.

Earlier this year, she decided to get the surgery done and in July met Dr Rakesh Khajanchi, Chairman of Plastic, Aesthetic and Reconstructive Surgery at Medanta, Gurgaon.

Dr Khajanchi was the voice of solace she had always wanted to hear. He told her that should she intend to become a mother again, he would give medicines to stop the lactation.

ADVERTISEMENT

The total cost of the surgery was Rs 2.5 lakh. “My husband’s company initially said that they would not cover this surgery under the health insurance provided to him. Then the doctor showed my medical papers which said that more than 450 grams of tissue had to be taken out from my body. They agreed to pay,” she says.

Husband and mother became a pillar of support: ‘The surgery took away my aches and pain’

ADVERTISEMENT

While her father never intervened in these matters, Shiva’s mother kept requesting her to not go ahead with the surgery.

“But she came along with me and my husband. When the doctors marked my breasts to prepare for reduction, my mother saw me naked and was shocked. She finally realised how severe the problem was,” says Shiva.

The surgery went on for four hours. And about 1.5 kg of tissue was extracted from each breast.

When she woke up, a strong pain coursed through her body but she was relieved that it was over. She knew that things would only be better for her hereon. “They had carved out a significant portion of both breasts. They had separated the nipples which they stitched back again after extracting the tissue. I was discharged in three days but it took 15 days for me to recover,” Shiva says.

Her husband, mother and the three-year-old would help her take baths, clean herself and sanitise her scars.

“The scars are hardly visible now and I am highly relieved. My shoulders are relieved. My back does not ache anymore and I am now trying to get into yoga for better posture,” she says.

1Delhi This Week: From musical to standup comedy and mobile book exhibition, a lot to explore

2Ghaziabad police arrest gang of interstate drug smugglers with heroin worth approximately Rs 1 crore

3Delhi reports sixth case of monkeypox in 21-year-old woman from city

More from Delhi

Shiva says that a number of women go through the same problem but do not come forward to talk about it. “It is a fresh start for me. I breathe easily thinking that I can wear clothes of my choice and live a better life,” she adds. She is now fighting fit, ready to take on the world.

High blood pressure

Do you have uncontrolled high blood pressure? This is how you lower the risk of heart failure

In some cases, medicines for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day. Other than these, make (The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/health-specials/blood-pressure-medication-heart-failure-8124750/>

Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment.

One of our patients came to us with very high blood pressure (BP) (165/105mmHg). The ideal blood pressure is considered to be 120/80mmHg. High blood pressure is considered to be 140/90mmHg or higher. Even after administration of drugs and changing them, her BP never went down and remained stubborn at 140/100mmHg. Uncontrolled high blood pressure is a common condition in today's high-pressure work and living environment. But in extreme conditions, when high blood pressure can't be controlled despite medication, it is known as “resistant.”

Let's understand what Resistant Hypertension is

It is a condition where your blood pressure remains high despite the medication you take to control or lower it. In some patients with Resistant Hypertension, it becomes a major health concern with time. It is rather frustrating for several patients to be on multiple medications and yet not see any improvements in their blood pressure levels. According to experts, people who suffer from Resistant Hypertension are at a much higher risk of stroke, kidney diseases and even heart failure than those who have their high blood pressure in control.

Also Read |India's hypertension challenge and why we need to be more alert
In the case of Resistant Hypertension:

- Your blood pressure is constantly higher than the target goal of 130/80 mmHg (although individual targets should be in discussion with the treating doctor) even if you take three blood pressure-lowering medication, including one diuretic (water pill).
- You are consuming at least four or more medication to control high blood pressure
- In some cases, any underlying medical condition, or secondary cause, can also be a key factor in keeping your high blood pressure resistant to medications.

Symptoms and Causes of Resistant Hypertension

In most patients, hypertension can go unnoticed for years as it rarely causes any symptoms. But one should remember that untreated conditions of high blood pressure can be potentially dangerous to your overall health.

Once you reach a particular age, you and your doctor should monitor your blood pressure levels. These days with the help of good quality BP machines, you can also keep a regular check on your blood pressure even when at home.

When your blood pressure gets suddenly very high, you may experience a hypertensive crisis that can lead to headaches, shortness of breath and dizziness. In such a condition you need immediate doctor assistance.

ADVERTISEMENT

Don't miss |Nationwide survey finds 28.5 per cent adults in India hypertensive
What are the causes of Resistant Hypertension?

Lifestyle and Diet: Obesity, high intake of salt, high intake of alcohol, and physical inactivity are some of the causes of Resistant Hypertension.

Drug and Medication: Other causes of poor blood pressure control can be the drugs and medications that you might be taking. Intake of painkillers like ibuprofen and naproxen, birth control pills, ginseng or other herbal products can lead to high blood pressure.

The secondary causes of Resistant Hypertension can be:

ADVERTISEMENT

- Excessive production of certain hormones from the adrenal glands
- Narrowing of arteries of the kidneys
- Sleep apnea
- Chronic Kidney Disease

Also Read |Full body check-up: What blood tests should I get done? How to understand lab results for blood?

Management and Treatment of Resistant Hypertension

To treat Resistant Hypertension, your doctor may ask you to run a few tests related to kidney or detect the presence of excess hormones that may be leading to high blood pressure.

In some cases, medications for Resistant Hypertension don't work properly because they are not being taken correctly. For the medicine to work, the right amount of dose should be taken regularly at the right time and the correct number of times per day.

Other than these, lifestyle changes are equally important to treat Resistant Hypertension:

Foot and mouth disease

What to do if my child develops hand, foot and mouth disease? (The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/health-specials/hand-foot-and-mouth-disease-children-effects-treatment-8122741/>

Isolate your children, sanitise their utensils, clothing and bedding regularly, keep them hydrated and clean the blisters caused by infection with warm water. Manage fever with Paracetamol

HFMD is a common, viral, self-limiting disease, which is predominantly seen in children. (File) An increase in cases of hand-foot-and-mouth disease (HFMD) has been reported in the past four weeks across Delhi-NCR. According to doctors, there is no reason to panic as it is a mild, self-limiting disease with no significant adverse effects. It lasts seven to ten days.

What is hand-foot-and-mouth disease (HFMD)?

HFMD is a common, viral, self-limiting disease, which is predominantly seen in children. It spreads by physical contact, sneezing, or by coming in contact with the stool of the infected child. While children below five years of age are prone to be affected by it, teenagers and adults have also been infected by the same. The infection can affect people of all ages but it usually occurs in children under the age of five.

What causes the disease?

HFMD is caused by a strain of coxsackievirus, most commonly the coxsackievirus A16. This virus is part of a group of viruses called enteroviruses. In some cases, other types of enteroviruses can cause HFMD.

What are transmission points?

HFMD transmits through direct contact with unwashed hands or a surface containing traces of the virus. Touching an infected child's faeces, such as while changing diapers, then touching your eyes, nose, or mouth can transmit the virus.

Touching objects and surfaces that have the virus on them, like doorknobs or toys, then touching eyes, nose, or mouth can also cause infection. Be mindful about liquid from blisters.

Also Read |Explained: What is tomato flu — and the enterovirus that may be causing the outbreak

What are the symptoms one should watch out for?

According to Dr Krishan Chugh, Director and Head of the Department of Paediatrics, Fortis Memorial Research Institute, Gurgaon, symptoms are very much like the common cold with sore throat, fever and runny nose, decreased appetite, headache, irritability, malaise, painful red blisters in mouth, drooling and red rashes on hands and soles of feet.

ADVERTISEMENT

“A day or two after the fever, painful sores develop in the tonsils. Rashes and red spots develop on the palms and soles. The rashes are not itchy and harmless,” he adds.

Symptoms begin to develop three to six days after contracting the infection. This period is known as the incubation period.

A fever and sore throat are usually the first symptoms of HFMD. The characteristic blisters and rashes show up later, usually one or two days after the fever begins.

ADVERTISEMENT

The rash usually looks like flat red spots. The spots can be harder to see on darker skin tones, so it's easier to check the palms of hands and the bottom of feet where the condition may be more noticeable.

Also Read |Govt advisory on tomato flu: Isolate children if symptoms show

Lesions can appear on all surfaces of your hands and feet but this is one of the few times a rash on your palms and soles occurs, which is why it's easy to identify.

Most children with HFMD will also have painful sores in the mouth. Check their tongue — including the sides — and throat.

What's Tomato Flu? It's a variant of the Hand-Foot-Mouth disease.

Tomato flu has been determined to be a clinical variant of the hand-foot-mouth disease (HFMD) and results in tomato-shaped red blisters on several parts of the body. It is caused by a group of enteroviruses (viruses transmitted through the intestine).

ADVERTISEMENT

Tomato flu, which has been intermittently reported from Kerala over the years, was thought to be an after effect of chikungunya and dengue but has now been determined to be HFMD. It has been seen affecting young children more. Other than blisters, Tomato flu results in fever, joint

pain, diarrhoea, nausea, vomiting, and fatigue. The lesions are usually located on the tongue, gums, inside of the cheek, palms and soles.

What protocol to follow?

According to a Union Health Ministry advisory, if children develop symptoms, they should be isolated. Their utensils, clothing and bedding must be regularly sanitised, they must be kept hydrated, and the blisters caused by the infection must be cleaned with warm water.

Usually over-the-counter medication like Paracetamol can relieve fever and pain caused by mouth sores. But ensure you give them child-friendly dosage and consult your paediatrician. The child should drink enough liquids and stay hydrated. Mouth sores can make it painful to swallow, so your child may avoid drinking. If symptoms do not subside in seven to ten days, consult a doctor immediately.

Blood sugar

From balancing blood sugar to boosting metabolism: Know the many benefits of hibiscus kombucha (The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/health/what-is-hibiscus-kombucha-which-can-work-wonders-for-your-health-7926974/>

"Hibiscus Kombucha is a delight. A slightly sweet and tart effervescent bright pink/red colour fermented beverage brewed with hibiscus flower that can enhance your health benefits," the nutritionist wrote on Instagram

Fermented foods like kombucha consist of probiotics which are essential for our gut health. (Source: Getty Images/Thinkstock)

With gut health gaining much-needed attention in recent times, fermented foods like kombucha are being consumed actively as they are said to contain bacteria called probiotics. Probiotics serve as a great health supplement and are essential for our overall well-being.

As such, nutritionist Loveneet Batra took to Instagram to share the various health benefits of consuming a new type of kombucha called hibiscus kombucha. She explained that it is a sweet fermented beverage that is bright pink or red in colour and can enhance your health.

The various benefits of hibiscus kombucha are:

Can help balance the blood sugar levels

According to the nutritionist, hibiscus kombucha is very effective in maintaining the blood sugar levels in the body. It consists of acetic acid which is a byproduct of fermentation. This optimises blood sugar and insulin levels.

Also read |Why you should add fermented foods to your diet
Potential source of probiotics

The expert mentioned that kombucha contains several types of “good” bacteria as a result of the fermentation process. “The ‘good’ bacteria may function as probiotics, and in turn, optimise gut health such as improve digestion, boost the immune system, reduce inflammation, prevent the leaky gut syndrome, and much more,” she wrote.

Boosts Metabolism

She added that kombucha is considered effective for weight loss due to its ability to improve gut health. Additionally, Batra said, “Research has shown that kombucha’s concentration of epigallocatechin-3-gallate (EGCG) might be capable of giving one’s metabolism a bit of a leg-up.”

Also read |The dos and don’ts of fermented foods
Rich in antioxidants

According to the expert, hibiscus kombucha is rich in antioxidants. “Antioxidants help scavenge and neutralise free radicals — molecules that damage cells, contribute to inflammation, and generally mess with your body’s ability to function optimally and hibiscus kombucha is jam-packed with antioxidants, particularly polyphenols,” she wrote.

Tea

Can tea bags cause cancer? Here’s what experts say

“Mostly, tea bags have a kind of a coating of dioxin or epichlorohydrin or they are placed in chlorine,” Dr Kiran Dalal said (The Indian Express:20220905)

<https://indianexpress.com/article/lifestyle/health/tea-bags-toxins-cancer-experts-alternatives-8093989/>

Tea BagHere's why you should avoid using tea bags (Source: Pexels)

Starting your morning with a fresh cup of tea might be a perfect start to the day. But, if you are someone who relies on tea bags for a hot cuppa, it’s time to stop. Did you know that your tea bag might just be causing you more harm than good?

A study by the researchers at McGill University in Montreal shows that a single plastic teabag can release harmful particles into your cup — 11.6 billion microplastics (fragments of any type of plastic less than 5 mm in length) and 3.1 billion nano plastics (extremely small pieces or particles of plastic).

Recently, nutritionist Rashi Chowdhary took to Instagram to share the effects of these harmful toxins released in the tea from the tea bags. “Tea bags release billions of micro and nano plastics into hot water. The nylon ones are the worst cause of polypropylene (a type of plastic),” she said.

Buy Now | Our best subscription plan now has a special price

Dr Chowdhary added that the paper teas bags have “a chemical called epichlorohydrin, which is used so that the bag doesn’t break.” “Epichlorohydrin leaches into hot water, and is a potential carcinogen (a substance that can cause cancer) and reproductive toxin,” she informed. The nutritionist called it “scary” as many with hormonal issues use tea bags.

Agreeing, Dr Kiran Dalal, Dietician, Fortis Escorts Hospital, Faridabad, said, “Mostly, tea bags have a kind of a coating of dioxin or epichlorohydrin or they are placed in chlorine. So when it is subjected to hot water, it may release that into the beverage and that may further cause harm in the human body.”

Explaining the effects of these toxins, Dr Dalal told Indianexpress.com, “It is potentially carcinogenic and contains loads of toxins that can cause certain kinds of cancers in the body.”

Also Read | Resistant starch in your diet can reduce cancer in those at risk

Experts suggested that one should prefer using powdered or loose tea leaves instead of tea bags. Dr Dalal added that one can use a cloth-based tea bag to keep all such problems at bay.

“Or you can learn to read the ingredients,” Dr Chowdhary added. Sharing her struggles, she said, “I’ve struggled with Endometriosis and the last thing I want is more plastic on a daily basis, multiple times in the day to trigger my hormones all over again.”

Hormones

Balance your hormones with these five ‘wonder seeds’(The Indian Express:20220905)

The imbalanced hormones can affect our body functioning, leading to various problems including PCOS and infertility, among others

<https://indianexpress.com/article/lifestyle/health/5-wonder-seeds-to-balance-your-hormone-8007664/>

Dietitian Manpreet lists 'wonder' seeds that can help balance hormones (Photo: Pexels)

From controlling our menstrual cycle to managing our hunger, hormones — which are chemical messengers — play a vital role in our overall well-being. A nutrient-deficient diet is likely to impact our hormones, in addition to causing other health issues.

Imbalanced hormones can affect our body functioning, leading to various problems including infertility and PCOS, among others. As such, it is crucial to pay special attention to your hormonal health.

Buy Now | Our best subscription plan now has a special price

Dietitian Manpreet, recently, took to Instagram to share some “wonder seeds” that can help balance your hormones.

Also Read | Here’s what makes sprouts an ideal food to begin your day with
Chia seeds

These seeds are rich in omega 3, calcium, and fibre. Chia seeds are known to reduce premenstrual symptoms. Soak the seeds for at least two hours. You can then add them to smoothies, curd, or have them with fruits, she suggested.

Flax seeds

Flax seeds are a good source of omega 3 and fibre. They help boost fertility and aid estrogen production. You can add a teaspoon of roasted and grounded flax seeds to curd, salad, smoothie, water and buttermilk.

Sesame seeds

Rich in calcium, iron and fibre, these seeds can be consumed by adding them to vegetables, chutney, and ladoo or by kneading them in chapati dough.

Also Read | Avoid these foods if you are suffering from arthritis
Sunflower seeds

Sunflower seeds are a good source of vitamin E and selenium and boost progesterone. You can soak the seeds and eat them with fruits or add the seeds to smoothies and curd.

Pumpkin seeds

These seeds are rich in omega 3, magnesium and zinc. Pumpkin seeds can be added to salads and smoothies. Additionally, you can have these seeds with fruits or by making pumpkin seed butter.

COVID-19 shots for fall boosters

U.S. advisors endorse updated COVID-19 shots for fall boosters (The Hindu: 20220905)

<https://www.thehindu.com/sci-tech/health/us-advisers-endorse-updated-covid-19-shots-for-fall-boosters/article65838631.ece>

A nurse fills up syringes with the COVID-19 vaccine for residents who are over 50 years old and immunocompromised and are eligible to receive their second booster shots in Michigan, U.S. File

A nurse fills up syringes with the COVID-19 vaccine for residents who are over 50 years old and immunocompromised and are eligible to receive their second booster shots in Michigan, U.S. File | Photo Credit: Reuters

The Centers for Disease Control and Prevention is expected to adopt the recommendation, the last step before shots can begin.

A panel of U.S. health advisors voted to recommend Pfizer's updated COVID-19 boosters that target the newest omicron strains for people 12 and older.

The Centers for Disease Control and Prevention is expected to adopt the recommendation, the last step before shots can begin.

The panel also voted to recommend Moderna's version of the booster update, to be used in adults only.

COVID-19 boosters updated to match the newest omicron strains are about to roll out, and government advisers met Thursday to decide who should roll up their sleeves — and when.

The tweaked shots made by Pfizer and rival Moderna promise Americans a chance at their most up-to-date protection at yet another critical period in the pandemic. The U.S. still is experiencing tens of thousands of coronavirus cases and about 500 deaths every day, and those numbers are expected to surge again in the fall.

The Food and Drug Administration authorized the new combination shots, half the original vaccine and half protection against the BA.4 and BA.5 omicron versions now responsible for nearly all COVID-19 infections.

Advisers to the Centers for Disease Control and Prevention began weighing how best to use them. The CDC's ultimate decision is the final step before shots begin.

It's important "to simplify our recommendations," CDC's Dr. Melinda Wharton cautioned the advisory panel.

The original COVID-19 vaccines still offer strong protection against severe illness and death, especially among younger and healthier people who've gotten at least one booster.

But those vaccines were designed to target the virus strain that circulated in early 2020. Effectiveness drops as new mutants emerge and the longer it's been since someone's last shot. Since April, hospitalization rates in people over age 65 have jumped, the CDC said.

The new updated shots are only for use as a booster for people who've had primary vaccinations regardless of brand or how many booster doses they've had until now. Pfizer's option is for people 12 and older while Moderna's is for adults only.

A big unknown: Exactly how much benefit people will get from one of those extra shots.

The FDA cleared the updated boosters based largely on clinical trials of prior tweaks to the vaccine recipe, including the companies' testing of shots targeting an earlier omicron strain that was found safe and able to rev up virus-fighting antibodies. Rather than waiting another few months for more human testing of the BA.5 version, the agency accepted mouse testing showing it also sparked a good immune response.

Before this new booster update, people 50 and older already were urged to get a second booster of the original vaccine — and those who did saw some extra protection especially the longer it had been since their last shot, said CDC's Dr. Ruth Link-Gelles.

The new combination booster “should provide at least similar or better protection against omicron since it'll be a better match” to today's virus strains, she told the panel.

Still, many scientists say to get the maximum benefit, people will need to wait longer between their last vaccination and the new booster than the two months that the FDA set as the minimum.

Waiting four to six months between vaccinations is commonly advised, said virologist Andrew Pekosz of the Johns Hopkins Bloomberg School of Public Health. If someone already has lots of antibodies in their bloodstream, another shot won't rev up that many more, essentially wasting it.

“You usually want to space out a vaccine booster,” said Pekosz, who is closely watching where CDC draws that line. “Those recommendations are really going to be critical in terms of how good this vaccine is going to be.”

Variants

U.S. clears updated COVID-19 boosters targeting newest variants (The Hindu: 20220905)

<https://www.thehindu.com/sci-tech/health/us-clears-updated-covid-19-boosters-targeting-newest-variants/article65834700.ece>

Moderna Covid-19 vaccine is prepared for administration. File
Moderna Covid-19 vaccine is prepared for administration. File | Photo Credit: AFP

U.S. regulators have authorized updated COVID-19 boosters, the first to directly target today's most common omicron strain

The U.S. on Wednesday authorized its first update to COVID-19 vaccines, booster doses that target today's most common omicron strain. Shots could begin within days.

The move by the Food and Drug Administration tweaks the recipe of shots made by Pfizer and rival Moderna that already have saved millions of lives. The hope is that the modified boosters will blunt yet another winter surge — and help tamp down the BA.5 omicron relative that continues to spread widely.

“These updated boosters present us with an opportunity to get ahead” of the next COVID-19 wave, said FDA Commissioner Dr. Robert Califf.

Until now, COVID-19 vaccines have targeted the original coronavirus strain, even as wildly different mutants emerged. The new U.S. boosters are combination, or “bivalent,” shots. They contain half that original vaccine recipe and half protection against the newest omicron versions, BA.4 and BA.5, that are considered the most contagious yet.

The combination aims to increase cross-protection against multiple variants.

“It really provides the broadest opportunity for protection,” Pfizer vaccine chief Annaliesa Anderson told The Associated Press.

The updated boosters are only for people who have already had their primary vaccinations, using the original vaccines. Doses made by Pfizer and its partner BioNTech are for anyone 12 and older while Moderna's updated shots are for adults — if it has been at least two months since their last primary vaccination or their latest booster. They're not to be used for initial vaccinations.

There's one more step before a fall booster campaign begins: The Centers for Disease Control and Prevention must recommend who should get the additional shot. An influential CDC advisory panel will debate the evidence Thursday — including whether people at high risk from COVID-19 should go first.

The U.S. has purchased more than 170 million doses from the two companies. Pfizer said it could ship up to 15 million of those doses by the end of next week. Moderna didn't immediately say how many doses are ready to ship but that some will be available “in the coming days.”

The big question is whether people weary of vaccinations will roll up their sleeves again. Just half of vaccinated Americans got the first recommended booster dose, and only a third of those 50 and older who were urged to get a second booster did so.

Here's the rub: The original vaccines still offer strong protection against severe disease and death from COVID-19 for generally healthy people, especially if they got that important first booster dose. It's not clear just how much more benefit an updated booster will bring — beyond a temporary jump in antibodies capable of fending off an omicron infection.

Still, “people have to realize this is a different kind of booster than was previously available. It will work better at protecting against omicron,” said virologist Andrew Pekosz of the Johns Hopkins Bloomberg School of Public Health.

Even people who had an earlier omicron version still can get reinfected so “you should definitely go for the booster even if you've been infected in the last year,” added Pekosz. He thinks “if we can get good buy-in to use this, we might really be able to make a dent” in COVID-19 cases.

The FDA cleared the modifications ahead of studies in people, a step toward eventually handling COVID-19 vaccine updates more like yearly changes to flu shots.

FDA vaccine chief Dr. Peter Marks stressed the agency considered “the totality” of evidence. Pfizer and Moderna have previously brewed vaccine doses updated to match earlier mutants — including the omicron strain named BA.1 that struck last winter — and tested them in people. Those earlier recipe changes were safe, and the BA.1 version substantially boosted virus-fighting antibodies — more than another dose of the original vaccine — although fewer that recognized today's genetically distinct BA.4 and BA.5 strains.

But instead of using those BA.1 shots, FDA ordered the companies to brew even more up-to-date doses that target those newest omicron mutants, sparking a race to roll them out. Rather than waiting a few more months for additional human studies of that very similar recipe tweak, Marks said animal tests showed the latest update spurs “a very good immune response.”

“One needs to refresh the immune system with what is actually circulating,” Marks said. That's why FDA also is no longer authorizing boosters made with the original recipe for those 12 and older.

The hope, Marks said, is that a vaccine matched to currently spreading variants might do a better job fighting infection, not just serious illness, at least for a while.

What's next? Even as modified shots roll out, Moderna and Pfizer are conducting human studies to help assess their value, including how they hold up if a new mutant comes along.

And for children, Pfizer plans to ask FDA to allow updated boosters for 5- to 11-year-olds in early October.

It's the first U.S. update to the COVID-19 vaccine recipe, an important but expected next step -- like how flu vaccines get updated every year.

And the U.S. isn't alone. Britain recently decided to offer adults over 50 a different booster option from Moderna, a combo shot targeting that initial BA.1 omicron strain. European regulators are considering whether to authorize one or both of the updated formulas.

HPV vaccine

India-made HPV vaccine to cost ₹200(The Hindu: 20220905)

<https://www.thehindu.com/news/national/india-made-hpv-vaccine-to-cost-200/article65836179.ece>

HPV transmission is influenced by sexual activity and age. File
HPV transmission is influenced by sexual activity and age. File | Photo Credit: C. Venkatachalapathy

CERVAVAC, India's first indigenously developed vaccine to prevent cervical cancer, has been developed by SII

India's first indigenously developed vaccine to prevent cervical cancer, CERVAVAC, will likely cost ₹200-400 a shot and be commercially available later this year, said Adar Poonawalla, CEO, Serum Institute of India (SII), on the sidelines of a launch event here on Thursday.

CERVAVAC, developed by SII, was approved by the Drug Controller General of India in July. The event also underlined the role of the Indian government, particularly the Department of Biotechnology, in facilitating trials and investments in the vaccine candidate.

CERVAVAC is a quadrivalent vaccine, meaning it is effective against at least four variants of cancer-causing Human Papilloma Virus (HPV), and resulted from a partnership of DBT's Biotechnology Industry Research Assistance Council (BIRAC), and the Bill and Melinda Gates Foundation that supported Serum's development efforts.

Annually, about 1.25 lakh women are diagnosed with cervical cancer, and over 75,000 die from the disease in India. Close to 83% of invasive cervical cancers in India and 70% of cases worldwide are attributed to HPV-types 16 or 18.

HPV transmission is influenced by sexual activity and age. Almost 75% of all sexually active adults are likely to be infected with at least one HPV type. However, a vast majority of the infections resolve spontaneously and only a minority (<1%) of the HPV infections progress to cancer.

Though vaccines are reportedly effective in both males and females, there is a greater push to inoculate adolescent girls and women as they are more prone to contracting cancer from an HPV infection.

Besides CERVAVAC, two vaccines licensed globally are available in India; a quadrivalent vaccine (Gardasil, marketed by Merck) and a bivalent vaccine (Cervarix, marketed by Glaxo Smith Kline). Both vaccines are manufactured by recombinant DNA technology that produces non-infectious VLPs (Virus Like Particles) comprising of the HPV L1 protein.

These vaccines — though available for over a decade — are unaffordable for the vast majority of Indians and therefore CERVAVAC, say officials, is likely to be more popular because it will be around 10 times cheaper.

CERVAVAC is also made using an approach that introduces VLP to stimulate an immune response from the body resulting in production of antibodies.

“Thanks to the cooperation of government and the setting up a network to conduct trials as well as the analytical steps to test the vaccine, we were able to develop the product relatively quickly,” said Dr. Umesh Shaligram, Executive Director, SII.

Monkeypox

World monkeypox outbreak tops 50,000 cases (The Hindu: 20220905)

<https://www.thehindu.com/sci-tech/health/world-monkeypox-outbreak-tops-50000-cases/article65834730.ece>

The WHO triggered its highest level of alarm on monkeypox on July 24, classifying it as a public health emergency of international concern, alongside Covid-19.

The WHO triggered its highest level of alarm on monkeypox on July 24, classifying it as a public health emergency of international concern, alongside Covid-19. | Photo Credit: Reuters

WHO chief Tedros Adhanom Ghebreyesus said the declines in new infections proved the outbreak could be halted.

More than 50,000 monkeypox cases have been recorded in the global outbreak, WHO figures showed on Wednesday, though transmission is slowing in the virus hotspots of Europe and the United States.

The World Health Organization's dashboard listed 50,496 cases and 16 deaths as reported this year to the U.N. agency, which declared the outbreak a global public health emergency in July.

WHO chief Tedros Adhanom Ghebreyesus said the declines in new infections proved the outbreak could be halted.

"In the Americas, which accounts for more than half of reported cases, several countries continue to see increasing numbers of infections, although it is encouraging to see a sustained downward trend in Canada," he told a press conference.

Also Read | [The monkeypox virus: origin, symptoms and vaccine](#)

"Some European countries, including Germany and the Netherlands, are also seeing a clear slowing of the outbreak, demonstrating the effectiveness of public health interventions and community engagement to track infections and prevent transmission.

"These signs confirm what we have said consistently since the beginning: that with the right measures, this is an outbreak that can be stopped."

A surge in monkeypox infections has been reported since early May among men who have sex with men, outside the African countries where it has long been endemic.

Also Read | [Explained](#) | [All we know about the monkeypox virus outbreak so far](#)

The WHO triggered its highest level of alarm on July 24, classifying it as a public health emergency of international concern, alongside Covid-19.

"Eliminating monkeypox needs three things: the evidence that it's possible, which we are now beginning to see; political will and commitment; and the implementation of public health measures in the communities that need them most," said Tedros.

"We don't have to live with monkeypox."

Cases have been reported from 101 territories, though only 52 have reported new cases in the last seven days — of which 27 were reporting numbers in single figures.

The countries which have reported more than a thousand cases to the WHO in total are the United States (17,994), Spain (6,543), Brazil (4,693), France (3,547), Germany (3,467), Britain (3,413), Peru (1,463), Canada (1,228) and the Netherlands (1,160).

The number of new U.S. infections appears to have recently slowed slightly, according to data from health authorities.

Meanwhile the WHO's Europe chief said Tuesday he saw "encouraging" signs that the outbreak was slowing on the continent and heading "in the right direction".

The disease causes fever, muscular aches and large boil-like skin lesions.

Nigeria has reported four deaths to the WHO, Ghana three, Spain and the Central African Republic two each, while Brazil, Belgium, Ecuador, India and Cuba have each reported one fatality.

Rosamund Lewis, the WHO's technical lead on monkeypox, said physical contact of any kind with someone who has the virus would put them at risk of catching it too.

"The vast majority today are still among men who have sex with men, whether they be gay, bisexual or otherwise have contact with other men who have monkeypox," she told Wednesday's press conference.

Lewis stressed that there had not been any reports of far of monkeypox transmission through blood transfusions.

"There have definitely been reports of the detection of the monkeypox virus DNA in semen. One study did illustrate that the virus could be isolated from that specimen," she said, cautioning that other studies were still ongoing.

Diabetic

आराम के बाद भी महसूस होने लगती है थकान, शरीर में दिख रहे ये बदलाव हाई डायबिटीज के हैं लक्षण (Hindustan: 20220905)

High blood sugar Symptoms: अचानक वजन कम होना, थकावट, स्लो स्पीड से ठीक होना वगैरह ये सभी साइन बताते हैं कि आपका ब्लड शुगर लेवल हाई है। पढ़ें, हाई डायबिटीज होने पर शरीर में दिखने वाले साइन।

आराम के बाद भी महसूस होने लगती है थकान, शरीर में दिख रहे ये बदलाव हाई डायबिटीज के हैं लक्षण

<https://www.livehindustan.com/lifestyle/health/story-these-changes-in-the-body-are-warning-signs-that-your-blood-sugar-is-out-of-control-7026938.html>

Signs of High Diabetes: डायबिटीज एक कॉमन समस्या है। हालांकि इसे नजरअंदाज करना मुश्किल भरा हो सकता है। जो लोग खुद को हेल्दी रखने के लिए कई कोशिश करते हैं लेकिन फिर डायबिटी है, तो उनको भी ब्लड का लेवल बढ़ने का खतरा होगा। लेकिन नियमित निगरानी, दवाओं, सही खाना, और व्यायाम कई बार शुगर के स्तर को नियंत्रित कर सकता है। जब आपकी डायबिटीज ज्यादा होती है तो आपका शरीर आपको कई लक्षणों से चेतावनी दे सकता है।

करिश्मा शाह, न्यूट्रिशनिस्ट और वेलनेस विशेषज्ञ ने अपने लेटेस्ट इंस्टाग्राम पोस्ट में हाई ब्लड के संकेतों के बारे में बताया है। यहां देखें-

1) नॉर्मल डायट के बावजूद वेट लॉस- डायबिटीज से पीड़ित व्यक्ति का सामान्य डायट लेने के बाद भी वजन कम हो रहा है, तो इसका मतलब है कि शुगर का लेवल काफी ज्यादा हाई है।

2) संक्रमण या घावों का धीरे ठीक होना- सफेद ब्लड सेल्स जो संक्रमण को खत्म करते हैं, वह पूरी तरह से ग्लूकोज पर निर्भर करते हैं क्योंकि अगर बाद वाला अधिक होता है तो उनसे भी धीमी प्रतिक्रिया होती है। ऐसे में ब्लड मसूड़े, छोटे घाव और संक्रमण धीरे-धीरे ठीक होते हैं।

3) आराम करने के बाद भी थकान- जब ग्लूकोज का लेवल बढ़ता है, तो शरीर द्वारा इसका अवशोषण मुश्किल हो जाता है। ऐसे में अच्छी नींद या आराम करने के बाद भी आपको थकान होने लगती है।

4) बार-बार दर्द- हाई ग्लूकोज के लेवल के अन्य जरूरी लक्षण कंधे में लगातार दर्द, बेहोशी, सांस की तकलीफ और छाती, हाथ या जबड़े में परेशानी है।

5) आंखों में धुंधलापन- जब शुगर का लेवल बढ़ जाता है, तो आंख का लेंस या तो सिकुड़ जाता है या सूज जाता है, जिससे फ्लोटर्स नामक छोटे धब्बे बनने के कारण धुंधला दिखता है। यह भी पढ़ें: डायबिटीज को न लें हल्के में, ये 5 सुपरफूड्स रखेंगे ब्लड शुगर लेवल कंट्रोल

Home Remedy

इम्युनिटी ही नहीं, त्वचा के लिए भी शानदार है तुलसी, हम बता रहे हैं तुलसी के 5 DIY हैक्स(Hindustan: 20220905)

<https://www.livehindustan.com/lifestyle/story-use-basil-for-natural-face-mask-7027043.html>

तुलसी को संजीवनी कहा गया है। ये न सिर्फ आपको कफ और कोल्ड जैसी समस्याओं में राहत देती, बल्कि आपकी त्वचा पर मौजूद अनचाहे दाग-धब्बों से भी छुटकारा दिला सकती है। हम बता रहे हैं तुलसी के 5 DIY हैक्स।

इम्युनिटी ही नहीं, त्वचा के लिए भी शानदार है तुलसी, हम बता रहे हैं तुलसी के 5 DIY हैक्स

स्किन को स्वस्थ और खूबसूरत बनाए रखने के लिए क्रीम और केमिकल वाले प्रोडक्ट हर बार काम नहीं आते। कभी-कभी तो ये फायदा पहुंचाने की बजाए चेहरे को बिगाड़ जाते हैं। इसलिए हेल्थ शॉट्स पर हमेशा से नेचुरल, हर्बल और आयुर्वेदिक जड़ी-बूटियों के इस्तेमाल की सिफारिश की जाती रही है। घर-घर में मौजूद ऐसी ही एक नेचुरल हर्ब है तुलसी। जिसे आयुर्वेद में संजीवनी कहा गया है। ये न सिर्फ आपको मौसमी संक्रमण से बचाए रखती है, बल्कि आपकी त्वचा को भी मनचाहा निखार देती है। अधिक जानने के लिए इस लिंक पर क्लिक करें - इम्युनिटी ही नहीं, त्वचा के लिए भी शानदार है तुलसी, हम बता रहे हैं तुलसी के 5 DIY हैक्स

PCOS Awareness Month

PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज(Hindustan: 20220905)

<https://www.livehindustan.com/lifestyle/story-pcos-awareness-month-know-the-causes-symptoms-and-preventive-measures-for-this-lifestyle-disorder-7019360.html>

यदि आप भी इरेगुलर पीरियड्स, इरेगुलर फ्लो, इंफर्टिलिटी से जूझ रही हैं तो यह पीसीओएस के कारण हो सकता है। जानिए क्या है महिलाओं को होने वाली यह समस्या। तो चलिए जानते हैं इस बारे में विस्तार से

PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज

फीमेल हेल्थ या महिला यौन स्वास्थ्य के बारे में आज भी जागरूकता की कमी है। ज्यादातर महिलाएं अपने स्वास्थ्य के बारे में न अपने पार्टनर से खुलकर बात करती हैं और न ही डॉक्टर से। ये बस उनकी गर्ल्स टॉक का हिस्सा बन कर रह जाता है। जिसमें जानकारीयां बहुत कम और परेशानियां बहुत ज्यादा होती हैं। पर यह जरूरी है कि आप अपनी सेहत के बारे में खुल कर बात करें। न केवल परिवार में बल्कि पब्लिक स्पेस में भी। इसी उद्देश्य के लिए सितंबर को पीसीओएस अवेयरनेस मंथ (PCOS Awareness Month) के रूप में सेलिब्रेट किया जाता है। अधिक जानने के लिए इस लिंक पर क्लिक करें - **PCOS Awareness Month : यह बीमारी नहीं, बल्कि एक लाइफस्टाइल डिसऑर्डर है, जानिए कैसे करना है मैनेज**