



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20220906

Monkeypox case

Delhi reports 6th monkeypox case, last 5 already recovered (Hindustan Times: 20220906)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=69170e1b62&imageview=0>

The national capital reported its sixth case of monkeypox on Monday, after a 22-year-old woman of African origin, admitted to the Lok Nayak Hospital, tested positive for the viral disease. So far, 11 monkeypox cases have been reported in the country -- six in Delhi and five in Kerala.

Dr Suresh Kumar, medical director, Lok Nayak Hospital, the nodal hospital for monkeypox cases in Delhi, said the 22-year-old woman, a resident of west Delhi, was admitted to the hospital on August 31 with symptoms typical of monkeypox — high fever and rashes on the skin. Her samples were sent to the National Institute of Virology in Pune and on Saturday her reports returned positive.

“The other five (monkeypox) patients have been discharged. Currently, we just have this one patient and she is recovering well,” said Dr Kumar.

Dr Kumar said the woman arrived in India this January, and since then she has no travel history — local or foreign. In all cases of monkeypox reported in Delhi, except one, the patients have not reported any foreign travel, which strongly indicates the local transmission of the infection.

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those of smallpox. The World Health Organization declared it a public health emergency on July 23 and it is clinically less severe than smallpox.

Officials said monkeypox cases are not rising at a rapid rate and going by the current trend of infection spread, none of the patient’s contacts has been infected.

“We are definitely on alert mode but there is no reason to panic,” said a health official, asking not to be named.

Winter pollution plan

Winter pollution plan by Sept 15: Minister Rai (Hindustn Times: 20220906)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=6906adc498&imageview=0>

The Delhi government has started preparing a winter action plan to tackle the severe air pollution that engulfs the Capital every year from November onwards. All agencies and government departments have been asked to submit suggestions to the environment department by September 7, Delhi environment minister Gopal Rai announced on Monday after a review meeting.

His department will then share a detailed action plan by September 15, Rai said.

The first report on the functioning of the smog tower installed at Connaught Place will also be released by the Delhi Pollution Control Committee (DPCC) on September 15, allowing the government to gauge its efficacy, he said.

The meeting on Monday was attended by officials from DPCC, the environment department, development department, Delhi Cantonment Board, Central Public Works Department, Delhi Development Authority, Delhi Police, Delhi Transport Corporation, revenue department, and transport department.

The issues that will be part of the action plan include stubble burning, dust pollution, vehicular pollution, open waste burning, and industrial pollution. “The nodal agency for each key focus area has been decided,” Rai said. “This plan will play an important role in Delhi’s environmental improvement and pollution control.”

New Cases

At 4,417, India records lowest single-day rise in covid cases in 3 months 23 new fatalities reported (The Tribune:20220906)

<https://www.tribuneindia.com/news/nation/at-4-417-india-records-lowest-single-day-rise-in-covid-cases-in-3-months-429101>

, India records lowest single-day rise in covid cases in 3 months
Photo for representation only. Tribune file

India saw a single-day rise of 4,417 new coronavirus infections, the lowest in last three months, taking the tally of covid cases to 4,44,66,862, according to the Union health ministry data updated on Tuesday.

Active covid cases have further declined to 52,336, while the death toll has climbed to 5,28,030 with 23 fatalities, including one death reconciled by Kerala, the data updated at 8 am showed.

India had reported 3,714 new cases in a span of 24 hours on June 6.

The active cases comprises 0.12 per cent of the total infections while the national covid recovery rate has increased to 98.69 per cent, the health ministry said.

A decline of 1,638 cases has been recorded in the active covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 1.2 per cent while the weekly positivity rate was recorded at 2.06 per cent, according to the health ministry.

The number of people who have recuperated from the disease surged to 4,38,86,496, while the case fatality rate was recorded at 1.19 per cent.

According to the ministry, 213.72 crore doses of covid vaccines have been administered in the country so far under the nationwide covid vaccination drive.

The 22 new fatalities include four from Delhi, three from Maharashtra, and two each from Bihar, Haryana, Karnataka and West Bengal among others.

Vaccination

Vaccinated people infected by Omicron have 4 times greater protection, reveals study

The research analyses probability of vaccinated people becoming infected with subvariant (The Tribune:20220906)

<https://www.tribuneindia.com/news/coronavirus/vaccinated-people-infected-by-omicron-have-4-times-greater-protection-reveals-study-427867>

Vaccinated people infected by Omicron have 4 times greater protection, reveals study
Photo for representation only. Reuters file

Vaccinated people who were infected by the first Omicron subvariants have four times greater protection than jabbed people who did not catch the covid infection, according to a study.

The research, published recently in the New England Journal of Medicine, analysed the probability of vaccinated people becoming infected with the subvariant BA.5 currently in circulation.

The researchers in Portugal estimated the degree of protection conferred by infections with previous variants and used real-world data.

"Vaccinated people who were infected by Omicron subvariants BA.1 and BA.2 have a protection against infection with subvariant BA.5, in circulation since June, about four times greater than vaccinated people who were not infected at any time," said Luis Graca, a professor at the University of Lisbon.

"Infections in 2020 and 2021 that occurred through infection with earlier variants of the SARS-CoV-2 virus also confer protection against infection for the more recent Omicron variant, although this protection is not as high as that of individuals infected with the BA.1 and BA.2 variants, at the beginning of 2022," said Grace, co-leader of the study.

These results are very important because the adapted vaccines that are in clinical development and evaluation are based on the BA.1 subvariant of the virus, which was a dominant variant in infections in January and February 2022, the researchers said.

Until now, it was not known what degree of protection this subvariant provides against the strain that is currently in circulation, they said.

The researchers had access to the registry of covid cases at Portugal's national level.

"We used the Portuguese national registry of covid cases to obtain information on all cases of SARS-CoV-2 infections in the population over 12 years of age residing in Portugal," said Manuel Carmo Gomes, associate professor at the University of Lisbon.

"The virus variant of each infection was determined considering the date of infection and the dominant variant at that time. We considered the infections caused by the first variants of Omicron BA.1 and BA.2 together," Gomes said.

The researchers then analysed the probability of a person that was previously infected to be reinfected with the current variant, which allowed them to calculate the percentage of protection provided by previous infections.

The study demonstrates that previous infection in vaccinated people continues to confer for the variants that are known for their ability to evade the immune response, such as the subvariant currently dominant, they added.

Health and Physical Fitness

How a walk or jog daily between 20 and 40 minutes can lower the risk of heart failure by over 60 per cent (Indian Express:20220906)

<https://indianexpress.com/article/lifestyle/health-specials/how-a-walk-or-jog-daily-between-20-and-40-minutes-can-lower-the-risk-of-heart-failure-by-over-60-per-cent-8132027/>

UK study only reinforces the need to make physical activity a habit instead of vigorously working out every once in a while. You cannot work out a lot for a month and then discontinue. Your activity has to be consistent and reasonable that can easily be accommodated in your routine, says Dr Rakesh Yadav, professor of cardiology, AIIMS

The study suggests increasing physical activity for those who are overweight or obese, have high blood pressure and have elevated blood sugar and cholesterol levels. (Source: File) You just need 150 to 300 minutes of walking or 75 to 100 minutes of jogging every week to reduce your risk of heart failure by two-thirds. According to a UK study that tracked 95,000 people, moderate to vigorous exercises had the intended effect on heart health.

Heart failure is a chronic condition where the heart is not capable of pumping sufficient blood to keep a person well oxygenated. “There are many potential ways that regular physical activity may reduce the risk of developing heart failure. For example, it helps prevent weight gain and related cardio-metabolic conditions, such as high blood pressure and Type 2 diabetes, all of which are risk factors for heart failure. Regular physical exercise may also strengthen the heart muscle, which, in turn, may prevent heart failure,” said Frederick K. Ho, one of the authors of the study from the School of Cardiovascular and Metabolic Health at the University of Glasgow.

The study suggests increasing physical activity for those who are overweight or obese, have high blood pressure and have elevated blood sugar and cholesterol levels. Instead of depending on study participants reporting their weekly level of activity, the researchers used data from an accelerometer to understand the patterns of physical activity. After a follow-up of over six years, the researchers found that those who logged 150 to 300 minutes of moderate exercise were at 63 per cent lower risk of heart failure while those who did 75 to 100 minutes of vigorous exercise were at a 66 per cent lower risk.

How much and what kind of exercise should one do?

Dr Rakesh Yadav, professor of cardiology at the All India Institute of Medical Sciences (AIIMS) Delhi, says that it is well-known that regular physical activity improves heart health. He, however, recommends moderate exercise such as walking or yoga to the elderly people at risk of heart failure instead of vigorous routines. “Sedentary life is a risk factor for heart attack, cardiovascular diseases and heart failure. So, we encourage everyone to walk for around 45 minutes a day,” says Dr Yadav, adding that in such studies, there are always several

confounding factors like whether the people were more health-conscious or whether they were from a higher socio-economic background.

He even feels that the study is actually not meant for most of India. “A huge proportion of people in our country work in the fields, are out all day long, walk during their commute – all of this will count towards physical activity. They do not need to separately wake up each morning and go for a walk.”

He adds, “However, those who remain at home for most of the time such as retired people or housewives or sedentary workers in offices must ensure that they keep moving around.”

With many people continuing to work from home given the flexi office hours after the pandemic, Dr Yadav says there are many who have not returned to the usual patterns of their physical activities. “The human body is highly adaptable but that also means it will become sedentary if you do not walk or exercise for a long duration. So, I tell my patients to keep moving,” he said.

Food and Nutrition

Why pomegranate is a food medicine for heart, diabetes and inflammatory diseases (Indian Express:20220906)

<https://indianexpress.com/article/lifestyle/health-specials/pomegranate-food-medicine-heart-diabetes-inflammatory-diseases-8131694/>

The pomegranate has so many properties that it is good for reviving your body from all kinds of illnesses and even lifestyle maintenance. It is heart and brain-health friendly, is good for diabetics, is loaded with Vitamin A and C and rich in antioxidants, explain nutrition experts

A study in people with diabetes in 2014 demonstrated that daily pomegranate juice consumption lowered inflammatory markers by about 30 per cent. (File/Getty)

As a fruit, having a pomegranate seems very challenging. Its hardshell exterior seems difficult to crack and then isolating the ruby-red crystal-like seeds may seem a tad tedious. But it packs so much of nutrients, antioxidants and flavonoids in particular, that it is no less than a superfood and works on several malaises in your body. It is your go-to “food medicine” and should be used as such.

Says Ritika Samaddar, Regional Head, Department of Clinical Nutrition and Dietetics, Max Healthcare, “The pomegranate has so many properties that it is good for reviving your body from all kinds of illnesses and even lifestyle maintenance. It is heart and brain-health-friendly, is good for diabetics, is loaded with Vitamin A and C and rich in antioxidants. In fact, it is a good snacking fruit and can kill your in-between hunger pangs. Have a whole fruit full of fibre, chew the seeds and gulp it down to derive maximum benefits. Don’t have it as juice.”

Don't miss |Want to reverse diabetes? Cut down carbs to 55 per cent, increase protein to 20 per cent, says ICMR
How does it help in heart health?

Its creamy white to deep red colourants determine the level of antioxidants. “Like many fruit juices, pomegranate juice contains antioxidants, especially polyphenols, but at much higher levels. It contains nearly three times as many antioxidants as green tea or red wine and protects the heart by reducing the low-density lipoprotein (LDL) or bad cholesterol,” says Dr Varsha Gorey, senior clinical dietician, Head, Dietetics, Apollo Hospitals, Navi Mumbai.

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Polyphenols also help fight inflammation and ageing and maintain blood flow. “When you crack open a pomegranate, you find red, juiced up arils that have a sweet but tart taste. Each aril has a small seed. A pomegranate has 83 Kcal, 13 gm of sugar, is rich in fibre and a glycaemic index (GI) of 53. It also has a lot of folate, potassium and vitamin K. But the best part is that it can block triglycerides that increase your risk of heart disease. By attacking them before they can be deposited in the body, a pomegranate keeps blockages away and even stops belly fat. A study in 51 people with high cholesterol and triglycerides demonstrated that daily pomegranate seed oil for four weeks significantly lowered triglycerides and improved the HDL-LDL ratio. Its potassium and magnesium content helps in lowering hypertension and blood pressure (BP). Its essential fats aid digestion and relieve constipation, maintaining gut health,” adds Dr Gorey.

A 2017 review in Pharmacological Research of eight clinical trials showed that pomegranate juice reduced systolic and diastolic blood pressure, thereby sealing its place as a heart-healthy food.

Explained |Managing type 1 diabetes

How does it help in diabetes?

“Considering that it is a reservoir of insoluble dietary fibres, consuming the fruit leads to better insulin management,” says Samaddar. Over the last decade, various studies have linked pomegranate with Type 2 diabetes prevention and treatment. A study has identified how pomegranates work on Type 2 diabetics by reducing their oxidative stress and lipid peroxidation. It showed how fasting blood glucose levels decreased significantly with puniceic acid, methanolic seed extract and pomegranate peel extract. Known compounds in pomegranate, punicalagin, ellagic, gallic, oleanolic, ursolic, uallic acids and tannins have been identified as controlling diabetes. A study in people with diabetes in 2014 demonstrated that daily pomegranate juice consumption lowered inflammatory markers by about 30 per cent.

How is pomegranate anti-inflammatory and fights chronic diseases, cancer, osteoarthritis and rheumatoid arthritis?

Studies in 2013 and 2014 have shown that pomegranate extract can reduce inflammatory activity in the digestive tract, in breast cancer and colon cancer cells. Some laboratory studies have shown that pomegranate extracts can slow down cancer cell reproduction and can even cause apoptosis (cell death) in cancer cells. “Studies have found pomegranate juice to impact concentrations of C-reactive protein and IL-6 biomarkers in patients with inflammatory diseases. Pomegranates are anti-bacterial and anti-fungal and are good for oral cavity health,” says Dr Gorey.

As the fruit is rich in dietary nitrates, it can boost energy levels. A study of 19 athletes in 2014 demonstrated that pomegranate extract taken before exercise significantly enhanced blood flow and delayed fatigue.

The fruit works wonders on an ageing population. A study in Nature Metabolism showed that urolithin A, a compound in pomegranates, improves the functioning of mitochondria — the cells’ powerhouses.

When and how should I have pomegranates?

Drug-resistant TB

**Trial confirms a new therapy regime can work for drug-resistant TB
The trial was commissioned to evaluate if the existing BPal drug routine can be maintained while reducing its toxicity through a lower dose and shortening the duration of Linezolid, say (Indian Express:20220906)**

<https://indianexpress.com/article/lifestyle/health-specials/trial-new-therapy-regime-drug-resistant-tb-8127537/>

Tuberculosis, tuberculosis cases, COVID-19, Covid pandemic, Indian express, Opinion, Editorial, Current Affairs Efforts have been going on to develop improved drug/s for TB, especially drug-resistant forms of the disease, which are more difficult to treat and entail the administration of highly toxic drugs.

Finally, there is some good news for drug-resistant strains of tuberculosis (TB). A new therapy protocol has been developed that could work. Results of a ZeNix phase III clinical trial has found that the BPal treatment regimen remains effective against highly drug-resistant strains of tuberculosis with a reduced dosage. “This is going to be a game changer, especially for a high burden country like India,” says Dr Vikas Oswal, member of the national technical expert group, Central TB division, Government of India.

Why is this an eventful development in TB therapies?

Efforts have been going on to develop improved drug/s for TB, especially drug-resistant forms of the disease, which are more difficult to treat and entail the administration of highly toxic drugs. The Global TB Report 2021 stated that the mortality rate due to all forms of TB between 2019 and 2020 increased by 11 per cent in India. In absolute numbers, the total number of estimated deaths from all forms of TB, excluding HIV, for 2020 was 4.93 lakh (4.53-5.36 lakhs) in the country, 13 per cent higher than the 2019 estimate. It's useful to remember that India is also one of the top high-burden countries for MDR/RR-TB as estimated by the WHO for 2021–2025. It is against this backdrop that the recent development assumes significance.

What are the trial results?

The results from the trial, which was led by the TB alliance, a non-profit TB drug developer, were published in the New England Journal of Medicine on Thursday. ZeNix is a clinical trial testing the BPal regimen, which consists of Pretomanid, Bedaquiline and Linezolid. The trial was commissioned to evaluate if the efficacy of the BPal drug regimen can be maintained while reducing its toxicity through a lower dose and shortening the duration of Linezolid. It took place across 11 sites in Georgia, Moldova, Russia and South Africa. Uniformly, they have shown that BPal treatment remains effective against highly drug-resistant TB strains. The success rate for trial participants receiving a variable dosage of linezolid (600-1200mg) as part of the BPal regimen was between 84 to 93 per cent. “These results add to the substantial evidence base for the efficacy and safety of the BPAL regimen and will enable care providers to further optimise use of the regimen,” said Mel Spigelman, M.D., President and CEO of TB Alliance.

Will we be testing the BPal regimen of drugs in India?

“The results have a promising outcome for India and at present an ICMR trial is under way across 13 sites in the country to test it,” says Dr Oswal, who is also the principal investigator of the trial site in Mumbai. “We have the highest number of drug-resistant TB in Mumbai – this regime is definitely a promising one and we are looking forward to it. The present treatment has 13-14 drugs daily given for a period of 18-24 months. The BPAL regimen has a maximum of three to four drugs daily where it can be given only for six months – The trial in India was kickstarted at Shatabdi hospital in October last year and we have enrolled patients across 13 sites in the country. The trial is under way but we are hoping to roll out the BPal regimen soon,” Dr Oswal said.

What is drug-resistant TB?

Drug-resistant TB develops when the long, complex, decades-old TB drug regimen is improperly administered, or when people contract TB from others who have drug-resistant disease—highlighting the urgent need to develop better and shorter treatment regimens. Only an estimated one third of people with drug-resistant TB infections received treatment in 2020.

BPAL: What it is, and why it's important?

Developed by a non-profit organization, TB Alliance, Pretomanid is the newest anti-TB drug, prescribed as part of the BPAL regimen, which includes two other drugs – Bedaquiline and Linezolid. Medical practitioners are hoping that this new drug in the BPAL combination will drastically cut short the treatment duration by half (and more), and reduce the amount of medication an MDR-TB patient must take during treatment. From a treatment duration of 18

to 24 months, the BPaL is likely to bring down treatment time to around six months. Furthermore, the older “all oral drug regimen”, included nearly 14 different anti-TB drugs for a patient to take every day. With BPaL, it is likely to take just three daily tablets. A shorter regimen, which is all oral and requires lesser doses per day, makes it easier for a patient to adhere and complete treatment.

Fatty Liver Disease

HomeLifestyleHealth SpecialsCan I get Fatty Liver Disease even if I don't consume alcohol? What lifestyle changes do I need to make? (Indian Express:20220906)

<https://indianexpress.com/article/lifestyle/health-specials/fatty-liver-disease-alcohol-lifestyle-changes-8126823/>

Can I get Fatty Liver Disease even if I don't consume alcohol? What lifestyle changes do I need to make?

Non-Alcoholic Steatohepatitis (NASH) can damage the liver cells and cause a number of changes in the organ. This can lead to liver fibrosis or destruction of liver cells. NASH can lead to further cirrhosis, says surgical gastroenterologist Dr Avinash Supe, Director, Hinduja Hospital

Nowadays, abdominal sonography in many patients shows an increase in liver fat and is reported as fatty liver disease with different grades.

What is Fatty Liver Disease?

Fatty liver disease is a common condition caused by the storage of extra fat in the liver. The liver is the largest organ in your body, which helps your body digest food, store energy and remove toxins before ingredients are assimilated in the body. When we eat more sugar or fatty food than what we need, our body stores this excess sugar or fat in the form of deposits in the liver.

Also Read |When should I get tested if I have viral fever? What is the fastest way to recover from viral flu?

Nowadays, abdominal sonography in many patients shows an increase in liver fat and is reported as fatty liver disease with different grades. Most people have no symptoms, and it doesn't cause serious problems for them. However, in some cases, though, it can lead to liver damage. One can often prevent or even reverse fatty liver disease with lifestyle changes.

Why does it happen to even non-drinkers?

Yes, it is possible to develop Fatty Liver Disease if even one is a non-drinker. It is called Non-Alcoholic Fatty Liver Disease (NAFLD)—a spectrum of disease characterised by hepatic steatosis in the absence of excessive alcohol consumption. Until a few years ago, life was relaxed. Over the last few decades, life has become more stressful and the effects of these lifestyle changes are visible to us in the form of fat in the liver. Non-alcoholic fatty liver disease

affects about 25 per cent of the world's population. In the United States, obesity, Type 2 diabetes and high cholesterol are on the rise, as is the number of patients with NAFLD. In India, too, the proportion is growing rapidly.

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NAFLD can be subdivided into two categories — Simple fatty liver disease, in which fat in your liver does not damage your liver cells. The second is Non-Alcoholic Steatohepatitis (NASH), which involves damage to the liver cells and causes a number of changes in the organ. This can lead to liver fibrosis or destruction of liver cells. NASH can lead to further cirrhosis or liver cancer.

How is NAFLD different from Alcoholic Fatty Liver Disease?

Alcoholic fatty liver disease is caused by excessive alcohol consumption. Your liver processes alcohol and removes it from your body. The energy produced by alcohol is stored in the liver in the form of fat. But doing so produces harmful substances. These substances damage the liver cells. This also weakens your body's natural immune system. The more you drink, the more your liver deteriorates. Alcoholic fatty liver disease (liver fat) is an early stage of alcoholic liver disease. The next stages are alcoholic hepatitis and cirrhosis.

Since you are here |The three BA.2 sub-variants driving Covid surge and the efficacy of vaccines against them

What are the causes behind Fatty Liver Disease?

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When the fat in your diet is not properly digested or used properly, it accumulates in the liver. This is due to too much sugar or fat in the diet and less exercise/movement. Obesity, diabetes, thyroid/other endocrine deficiencies, gastric bypass surgery and high blood cholesterol/triglyceride levels increase the amount of fat in the liver.

Who is at risk of Fatty Liver Disease?

People with the following disorders/profile are more likely to develop fatty liver disease.

- Diabetes
- Obesity
- Middle-aged or elderly
- High levels of fat in the blood, such as cholesterol and triglycerides
- High blood pressure
- Corticosteroids and some cancer drugs
- Metabolic syndrome and metabolic disorders
- Rapid weight loss
- Diseases like Hepatitis C.

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Alcoholic fatty liver disease only occurs in people who drink heavily, especially those who have been drinking for a long time. Women who drink heavily, are more likely to be obese or have some genetic mutations can suffer from Fatty Liver Disease.

What are the symptoms of Fatty Liver Disease?

Fatty Liver Disease is graded in four grades. Grade 1 is a minor with minimal or no changes in liver parenchyma. Grade 4 means severe damage to the liver. Most people have a grade 1 disease. Fatty Liver Disease (Early Illness, Grade 1) does not cause any problems and has no symptoms. But some people may feel tired or have a mild inflammation in the upper right side of their abdomen. But if the disease is severe, the liver may become enlarged, swollen and jaundiced.

Some tests help you diagnose Fatty Liver Disease. These include sonography, blood tests, elastography, and sometimes biopsy. Diagnosis of increased fat is made by examination such as ultrasonography, CT scan or MRI. Blood detects the presence of jaundice.

ALT, AST, GGT enzymes should be tested in the blood and higher tests indicate presence of liver damage. Care should be taken only if the enzymes in the blood are increased due to fat in the liver. If the liver enlargement persists, a biopsy should be performed. Some of the enzymes in the blood (GGT) are increased if the fat in the liver causes the destruction of the liver cells. Destruction of liver cells can cause the liver to become firmer and stiff. Liver stiffness can mean fibrosis. It can later transform into cirrhosis.

What are the treatments for Fatty Liver Disease?

Weight loss is recommended for non-alcoholic fatty liver. Losing weight can reduce fat, inflammation and fibrosis in the liver. Some medications can increase fat in the liver, so these can be stopped on the doctor's advice. Some diabetes medications and vitamin E can help reduce fat in the liver.

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The most important part of treating alcohol-related liver fat disease is to stop drinking. Cirrhosis can be caused by either alcoholic Fatty Liver Disease or Non-Alcoholic Fatty Liver disease (non-alcoholic steatohepatitis). Health problems caused by cirrhosis can be treated with medication, surgery and other medical procedures. If cirrhosis causes liver failure, you may need a liver transplant.

Are lifestyle changes needed to prevent Fatty Liver Disease?

Although Fatty Liver Disease is common these days because of changing lifestyle and food habits, the good news is that it can be controlled and reversed in most cases with lifestyle modifications, exercises and diet control. However few patients may have progression to cirrhosis and may require major therapy such as liver transplantation

- o Eat a balanced diet, limit salt and sugar, and eat plenty of fruits and vegetables.
- o Abstain from heavy alcohol consumption. Heavy alcohol use is associated with disease progression
- o Vaccinate for hepatitis A and B, flu and pneumococcal disease. If you have hepatitis A or B with a Fatty Liver Disease, you are more likely to have liver failure.
- o Weight management is essential. Exercise regularly, which will help you lose weight and reduce liver fat. Bariatric surgery and medications have also been useful in extremely obese individuals.

o Talk to your doctor before taking vitamins, or any supplements or alternative medications or specific diets.

life-saving therapy

Patients with rare diseases await support to start life-saving therapy despite Ministry's go-ahead (The Hindu:20220906)

<https://www.thehindu.com/news/national/patients-with-rare-diseases-await-support-to-start-life-saving-therapy-despite-ministrys-go-ahead/article65855861.ece>

Patients have raised their concerns regarding the loss of precious time in starting treatment for eligible rare disease patients

Despite specific instructions and operational guidelines issued by the Health Ministry to help persons with rare diseases in India, families of these persons in a letter to Health Minister Mansukh Mandaviya, earlier this week, said that as per records available, none of the eight Centres of Excellence (CoEs) – which are to carry-out the protocol — have even started the process to provide support for life-saving therapy for the patients.

“It has been close to a month since the Ministry of Health and Family Welfare released the operational guidelines, giving clear instructions to the CoEs on Rare Diseases to start treatment for all eligible patients, but to no avail,” said Rare Diseases India Foundation (RDIF), a coalition of patient support groups in India, in its letter.

The group has sought urgent help stating that the life threatening risks that many of the young patients, primarily children, are facing is a matter of grave concern.

According to conservative estimates made by patient support groups, close to 10 of these children are reported to have lost their lives in the last few months awaiting treatment support.

“Any further delay in this regard is likely to severely impact the health conditions of many others,” said Saurabh Singh, co-founder and chairman of the Foundation.

He added that it has been close to 4 months since the Health Ministry committed funding support up to ₹50 lakh for all categories of eligible rare diseases patients. The unending delay on the part of the CoEs has caused serious concern and anxiety to the nearly 350 patients and their families diagnosed with life-threatening rare genetic conditions, including Lysosomal Storage Disorders (LSDs) like Gaucher disease, Pompe disease and MPS I and II diseases.

The Foundation has highlighted the recent untimely demise of an 8-year old rare disease patient in Tamil Nadu due to the delay in treatment.

Patients and representatives of patient support groups have raised their concerns regarding the loss of precious time in starting treatment for eligible rare disease patients.

The communication further adds that an analysis of the crowd funding platform – an initiative of the Health Ministry – reveals that 68 out of the 164 patients diagnosed with ultra-rare genetic

conditions, including LSDs could be immediately put on life-saving therapy, thereby reducing risk to loss of lives, and the ongoing anxiety.

“Patients without any institutional support are otherwise left with no option but to wait for the inevitable. Majority of these patients have been diagnosed with Gaucher diseases, for which the Drugs Controller General of India approved therapy is available for many years,” the foundation has said.

According to the India’s National Policy for Rare Diseases (2020) — availability and access to medicines are important to reduce morbidity and mortality associated with rare diseases. Despite progress in recent years, effective or safe treatment is not available for most rare diseases. Hence, even when a correct diagnosis is made, there may not be an available therapy to treat the rare disease. There are between 7000-8000 rare diseases, but less than 5% have therapies available to treat them. About 95% rare diseases have no approved treatment and less than 1 in 10 patients receive disease specific treatment. Where drugs are available, they are prohibitively expensive, placing immense strain on resources.

It added that so far only about 450 diseases have been recorded in India from tertiary care hospitals that are globally considered as rare diseases. The most commonly reported diseases include haemophilia, thalassemia, sickle-cell anaemia and primary immuno deficiency in children, auto-immune diseases, lysosomal storage disorders such as Pompe disease, Hirschsprung disease, Gaucher’s disease, cystic fibrosis, hemangiomas and certain forms of muscular dystrophies.

Low testosterone levels

Low testosterone levels may up risk of COVID-19 hospitalisation for men: Study(The Hindu:20220906)

<https://www.thehindu.com/sci-tech/science/low-testosterone-levels-may-up-risk-of-covid-19-hospitalisation-for-men-study/article65853364.ece>

Men diagnosed with COVID-19 and having low testosterone levels are more likely to be hospitalised with the viral disease than those with normal levels of the hormone, according to a study.

The researchers at Washington University School of Medicine in St. Louis and Saint Louis University School of Medicine, US analysed the cases of 723 men who tested positive for COVID-19, mostly in 2020 before vaccines were available.

The data indicate that low testosterone is an independent risk factor for COVID-19 hospitalisation, similar to diabetes, heart disease and chronic lung disease.

New study suggests men having low testosterone levels and diagnosed with Covid-19 are more likely to be hospitalised.

New study suggests men having low testosterone levels and diagnosed with Covid-19 are more likely to be hospitalised. | Photo Credit: RAGHUNATHAN SR

The study, published in the journal JAMA Network Open, found that men with low testosterone who developed COVID-19 were 2.4 times more likely to require hospitalisation than those with hormone levels in the normal range.

The researchers also found that men who were once diagnosed with low testosterone but successfully treated with hormone replacement therapy were no more likely to be hospitalised for COVID-19 than those whose hormone levels had always tested in the normal range.

The study suggests that treating men with low testosterone may help protect them against severe disease and reduce the burden on hospitals during COVID-19 waves.

"It is very likely that COVID-19 is here to stay," said study co-senior author Abhinav Diwan, a professor of medicine at Washington University.

"Hospitalisations with COVID-19 are still a problem and will continue to be a problem because the virus keeps evolving new variants that escape immunisation-based immunity," Diwan said.

The researchers noted that low testosterone is very common, found in up to a third of men over 30.

"Our study draws attention to this important risk factor and the need to address it as a strategy to lower hospitalisations," Diwan said.

Diwan and co-senior author Sandeep Dhindsa, an endocrinologist at Saint Louis University, previously had shown that men hospitalised with COVID-19 have abnormally low testosterone levels.

However, severe illness or traumatic injury can cause hormone levels to drop temporarily, they added.

National Medical Commission

Conversion therapy' is misconduct, declares National Medical Commission (The Hindu:20220906)

<https://www.thehindu.com/news/national/nmc-declares-conversion-therapy-to-be-professional-misconduct/article65842557.ece>

According to experts "Reparative" or "conversion" therapy is a dangerous practice that targets LGBTQ+ youth and seeks to change their sexual or gender identities.

The National Medical Commission (NMC), the apex regulatory body of medical professionals in India, has said that “conversion therapy” will be counted as professional misconduct and has also written to all the State Medical Councils empowering them to take disciplinary action against medical professionals if they undertake “conversion therapy”.

The move, according to experts, is a singularly significant step towards eliminating quackery. According to experts “Reparative” or “conversion” therapy is a dangerous practice that targets LGBTQ+ youth and seeks to change their sexual or gender identities.

So-called “conversion therapy,” also known as “reparative therapy,” is a range of dangerous and discredited practices that falsely claim to change a person’s sexual orientation or gender identity, or expression. Such practices have been rejected by every mainstream medical and mental health organization for decades, but due to continuing discrimination and societal bias against LGBTQ people, some practitioners continue to conduct conversion therapy. Minors are especially vulnerable, and conversion therapy can lead to depression, anxiety, drug use, homelessness, and suicide.

The letter to State Medical Councils written on August 25 states that the Madras High Court has directed the National Medical Commission to issue necessary official notification by enlisting – Conversion Therapy as a professional misconduct.

“In compliance of order July 8, 2022, Ethics and Medical Registration Board, National Medical Commission has decided that conversion therapy will constitute a professional misconduct under the Indian Medical Council (Professional Conduct Etiquettes and Ethics) Regulations, 2002,” said the communication.

The American Academy of Child and Adolescent Psychiatry has said that it finds no evidence to support the application of any “therapeutic intervention” operating under the premise that a specific sexual orientation, gender identity, and/or gender expression is pathological. Furthermore, based on the scientific evidence, the AACAP asserts that such “conversion therapies” (or other interventions imposed with the intent of promoting a particular sexual orientation and/or gender as a preferred outcome) lack scientific credibility and clinical utility. Additionally, there is evidence that such interventions are harmful. As a result, “conversion therapies” should not be part of any behavioral health treatment of children and adolescents.”

COVID-19 shots

U.S. advisors endorse updated COVID-19 shots for fall boosters (The Hindu:20220906)

<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.”

Monkeypox virus

New sub-lineages of monkeypox virus emerge (The Hindu:20220906)

<https://www.thehindu.com/sci-tech/science/new-sub-lineages-of-monkeypox-virus-emerge/article65842822.ece>

Despite a slow decline in cases globally, monkeypox cases continue to rise rapidly in Latin America

Monkeypox was a neglected disease until early this year, with few reports on cases, and that too from travellers, though the disease was endemic in Central and Eastern Africa for many years. First identified in 1958 as a disease in imported monkeys in Denmark, monkeypox is a zoonotic viral infection that

आयुर्वेद

आयुर्वेद: शरीर में जमा चर्बी को तेजी से कम करेगा शहद, एक्सपर्ट से जानिए इस्तेमाल करने का सही तरीका (Hindustan :20220906)

Best Fat Burning Drink: शरीर में जमा एक्सट्रा फैट को कम करने के लिए आप आयुर्वेद द्वारा बताए गए ड्रिंक्स को पी सकते हैं। ये तेजी से फैट कम करते हैं और टॉक्सिन को भी बाहर निकलते हैं।

आयुर्वेद: शरीर में जमा चर्बी को तेजी से कम करेगा शहद, एक्सपर्ट से जानिए इस्तेमाल करने का सही तरीका

Avantika Jain लाइव हिंदुस्तान, नई दिल्ली

Tue, 06 Sep 2022 09:24 AM

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Best Way to Burn Fat at Home: शहद का इस्तेमाल सदियों से अलग-अलग चीजों में किया जा रहा है। कुछ लोग चर्बी घटाने के लिए तो कुछ बढ़ाने के लिए इसका इस्तेमाल करते हैं। मधुमक्खी के छत्ते से निकला फ्रेश शहद शरीर के वजन को बढ़ाता है और हल्का रेचक होता है। वहीं शहद जो पुराना है, फैट के मेटाबॉलिज्म में मदद करता है और कफ को खत्म करता है। आयुर्वेद एक्सपर्ट डॉ दीक्सा भावसार ने अपने इंस्टाग्राम पोस्ट में शहद से जुड़ी बातों के बारे में बताया है और साथ ही इसे बेस्ट फैट बर्नर भी बताया है।

आयुर्वेद में शहद के फायदे

- 1) शहद आंखों और आंखों की रोशनी के लिए बहुत अच्छा होता है।
- 2) यह प्यास बुझाता है और कफ को घोलता है।
- 3) यह मूत्र मार्ग के विकारों, दमा, खांसी, दस्त और जी मिचलाना-उल्टी में बहुत मददगार है।
- 4) यह एक नेचुरल डिटॉक्सिफायर है।
- 5) यह दिल के लिए अच्छा है, त्वचा में सुधार करता है, और कामोत्तेजक है।
- 6) गहरे घावों को जल्दी भरने में मदद करता है।
- 7) स्वस्थ दानेदार टिशू के विकास की शुरुआत करता है।

यू न करें इस्तेमाल

- 1) शहद को गर्म खाने या पानी के साथ नहीं मिलाना चाहिए।
- 2) गर्म जगह पर काम करते समय शहद नहीं खाना चाहिए।
- 3) शहद को कभी भी घी के साथ या गर्म, मसालेदार खाने के साथ नहीं मिलाना चाहिए।
- 4) इसके अलावा फर्मेण्टेड ड्रिंक्स (जैसे, विह्स्की, रम, ब्रांडी) या सरसों में इसे नहीं मिलाना चाहिए।

कैसे करें इस्तेमाल

- 1) मोटापे के लिए इसका इस्तेमाल कर रहे हैं तो एक गिलास कमरे के तापमान के पानी के साथ 1 चम्मच शहद लें।
- 2) 1 टीस्पून शहद के साथ एक टीस्पून पीएफ हल्दी और 1 काली मिर्च को मिलाकर पीने से खांसी, सर्दी, साइनसाइटिस, इम्युनिटी ठीक करने में मदद मिलेगी।

3) इसके अलावा गर्म पानी में शहद पीने की बड़ी गलती करने से बचें। यह भी पढ़ें: माइग्रेन के दर्द से छुटकारा पाने के लिए आयुर्वेद ने बताई 3 आसान चीजें

Arthrities

जोड़ों के दर्द से राहत के लिए मेरी मम्मी करती हैं गाउटवीड का इस्तेमाल, जानिए क्या है ये चमत्कारिक हर्ब(Hindustan :20220906)

<https://www.livehindustan.com/lifestyle/story-try-goutweed-in-rheumatoid-arthritis-but-with-doctor-prescription-7037748.html>

र्यूमेटाॉयड आर्थराइटिस और गाउट के रोगियों के लिए दर्द परेशानी भरा हो सकता है। अगर आपके एंजिंग पेरेंट्स भी इस समस्या से जूझ रहे हैं, तो गाउटवीड मददगार हो सकता है। यूनानी चिकित्सा में भी इसका प्रयोग किया

जोड़ों के दर्द से राहत के लिए मेरी मम्मी करती हैं गाउटवीड का इस्तेमाल, जानिए क्या है ये चमत्कारिक हर्ब

गठिया, जोड़ों के दर्द में कई तरह की जड़ी-बूटियां राहत दिलाती हैं। जड़ी-बूटियों से तैयार लेप, एसेंशियल ऑयल, अर्क भी इन रोगों से राहत दिलाते हैं। हाल में जिस हर्ब से गठिया का इलाज तेजी से दोबारा प्रचलित हुआ है, वह है गाउटवीड। होम्योपैथ और यूनानी दवाओं में इसका खूब प्रयोग किया जाता है। कई रिसर्च भी बताते हैं कि गठिया और जोड़ों के दर्द (Goutweed for joint pain) से राहत दिलाता है गाउटवीड। आजकल मेरी मम्मी दादी को जोड़ों के दर्द से राहत दिलाने के लिए इसी का इस्तेमाल कर रहीं हैं। मैंने एक्सपर्ट से इस बारे में जाना कि आखिर यह क्या है और कैसे काम करती है। अधिक जानने के लिए इस लिंक पर क्लिक करें - जोड़ों के दर्द से राहत के लिए मेरी मम्मी करती हैं गाउटवीड का इस्तेमाल, जानिए क्या है ये चमत्कारिक हर्ब

Kids Mental Health

Kids Mental Health : पेरेंट के गुस्से से कैसे खराब हो सकती है बच्चे की मेंटल हेल्थ, ऐसे पहचानें

Parent Anger Side effects : गुस्सैल पेरेंट कई बार बच्चों पर गुस्सा उतार देते हैं। वक्त के साथ उनका गुस्सा शांत भी हो जाता है लेकिन रोज का गुस्सा दिखाने से बच्चों की मेंटल हेल्थ खराब होती जाती है।(Hindustan :20220906)

<https://www.livehindustan.com/lifestyle/story-how-parents-anger-can-spoil-the-child-mental-health-know-7036269.html>

Kids Mental Health : पेरेंट के गुस्से से कैसे खराब हो सकती है बच्चे की मेंटल हेल्थ, ऐसे पहचानें

ज्यादातर लोगों को जब गुस्सा आता है, तो वे इस बात पर ध्यान नहीं देते कि वे किस पर गुस्सा निकाल रहे हैं। खासकर अगर छोटे बच्चे घर में हैं, तो गुस्सैल पेरेंट कई बार बच्चों पर गुस्सा उतार देते हैं। वक्त के साथ उनका गुस्सा शांत भी हो जाता है लेकिन रोज का गुस्सा दिखाने से बच्चों की मेंटल हेल्थ खराब होती जाती है। ऐसे में अगर आपका पार्टनर हमेशा बच्चों पर गुस्सा करता है और इस वजह से आप बच्चे में कुछ नेगेटिव बदलाव देख रहे हैं, तो इसे इमनोर न करें बल्कि बच्चे से बात करें। आइए, जानते हैं कि रोजाना बच्चे को डांटने पर उसकी मेंटल हेल्थ पर क्या असर पड़ता है।

आपके पार्टनर के आते ही छुप जाना

मम्मी या पापा जो भी बच्चे पर ज्यादा गुस्सा करता है, बच्चा उससे बचने की कोशिश करता है। आमतौर पर आप देखेंगे कि बच्चे गुस्सा करने वाले लोगों को देखकर छुपने की कोशिश करते हैं क्योंकि उनका सामना करते हुए उन्हें डर लगता है।

गुमसुम रहना या रोना-चिल्लाना

बच्चे की मेंटल हेल्थ अगर आपके गुस्से से खराब हो रही है, तो बच्चा हमेशा गुमसुम रहता है या फिर रोकर या चिल्लाकर अपने इमोशन्स को बाहर निकालता है। ऐसे में अगर आपका बच्चा भी ऐसा ही बिहेव कर रहा है, तो आपको ध्यान देने की जरूरत है।

दोस्तों से बुराई करना

आपका बच्चा अगर बड़ा है, तो उसे इस बात की समझ होगी कि उसके साथ क्या गलत हो रहा है और वह इसकी शिकायत करने के लिए अपने लोगों को तलाशेगा। वे अपने दोस्तों से पेरेंट की बुराई कर सकता है। इसका मतलब है कि बच्चा बहुत डिस्टर्ब है।

Heart disease

Test for heart disease: समय रहते करा लें ये 7 टेस्ट, टल जाएगा हार्ट अटैक, दिल के रोग और स्ट्रोक का खतरा (Navbharat Times :20220906)

<https://navbharattimes.indiatimes.com/lifestyle/health/7-important-medical-tests-to-diagnose-heart-conditions-according-expert/articleshow/94016630.cms>

Ways to prevent heart disease: लंबा और स्वस्थ जीवन जीने के लिए दिल को स्वस्थ रखना बहुत जरूरी है। इसके लिए आपको समय-समय कुछ मेडिकल टेस्ट कराते रहना जरूरी है जिससे आपको पता चलता रहे कि आपका दिल कितनी अच्छी तरह या खराब तरीके से काम कर रहा है।

7 important medical tests to diagnose heart conditions according expert

Test for heart disease: समय रहते करा लें ये 7 टेस्ट, टल जाएगा हार्ट अटैक, दिल के रोग और स्ट्रोक का खतरा

दिल शरीर के सबसे महत्वपूर्ण अंगों में से एक है। शरीर के बेहतर कामकाज के लिए दिल को स्वस्थ रखना बहुत जरूरी है। गलत खान-पान, सुस्त जीवनशैली और तनावपूर्ण जीवन दिल की सेहत को बिगाड़ सकते हैं। हालांकि हाई ब्लड प्रेशर, डायबिटीज, कोलेस्ट्रॉल, पारिवारिक इतिहास जैसे कारक भी दिल की सेहत को खराब कर सकते हैं।

वर्ल्ड हेल्थ ऑर्गनाइजेशन (WHO) के अनुसार, दुनियाभर में सबसे ज्यादा मौत हृदय रोग (CVDs) की वजह से होती है। हर साल लगभग 17.9 मिलियन लोगों की दिल से जुड़े रोगों की वजह से मौत होती है। चिंता की बात यह है कि हर पांच में से चार लोगों की मौत दिल के दौर (Heart Attack) और स्ट्रोक (Stroke) के कारण होती हैं और इनमें से एक तिहाई मौतें 70 वर्ष से कम उम्र के लोगों में समय से पहले होती हैं।

दिल को स्वस्थ रखने के उपाय क्या हैं? लंबा और स्वस्थ जीवन जीने के लिए दिल को स्वस्थ रखना बहुत जरूरी है। इसके लिए आपको समय-समय कुछ मेडिकल टेस्ट कराते रहना जरूरी है जिससे आपको पता चलता रहे कि आपका दिल कितनी अच्छी तरह या खराब तरीके से काम कर रहा है। हम आपको कुछ टेस्ट के बारे में बता रहे हैं जिनके जरिए आप दिल का हाल जान सकते हैं।

लिपिड प्रोफाइल टेस्ट (Lipid profile tests)

-lipid-profile-tests

CDC के अनुसार, ये टेस्ट शरीर में कोलेस्ट्रॉल और ट्राइग्लिसराइड्स के स्तर को मापते हैं। यह अधिक मात्रा में जमा होने पर हृदय को रक्त की आपूर्ति को अवरुद्ध कर सकते हैं। इससे उच्च रक्तचाप, हृदय विकार या यहां तक कि दिल का दौरा भी पड़ सकता है।

कार्डिएक रिस्क और कार्डिएक स्क्रीन टेस्ट (Cardiac risk and cardiac screen tests)

-cardiac-risk-and-cardiac-screen-tests

दिल के रोगों का पारिवारिक इतिहास या डायबिटीज, मोटापा, हाई ब्लड प्रेशर जैसे जोखिम वाले लोगों को ब्लड टेस्ट, यूरिन टेस्ट, शुगर टेस्ट कराने से हृदय रोगों के निदान या रोकथाम में मदद मिल सकती है। यह समझने में मदद करता है कि आपका दिल कितनी अच्छी तरह काम कर रहा है।

टू हेल्थ हार्ट (True Health Heart)

-true-health-heart

इस टेस्ट के नाम से पता चलता है कि बुनियादी और साथ ही हृदय विशिष्ट मापदंडों को मापकर अपने हृदय स्वास्थ्य के बारे में एक तस्वीर देते हैं। परिणामों के आधार पर, आगे के परीक्षण या उपचार पर निर्णय लिया जा सकता है।

डायबिटीज और मोटापे के लिए टेस्ट (Tests for Diabetes and Obesity)

-tests-for-diabetes-and-obesity

टाइप 2 डायबिटीज या डायबिटीज मेलिटस के रोगियों में हाई ब्लड शुगर का लेवल यदि अनुपचारित छोड़ दिया जाए तो यह हृदय को प्रभावित कर सकता है। इसलिए ब्लड शुगर लेवल की नियमित जांच बहुत जरूरी है। अधिक वजन और मोटापा भी हृदय रोगों का कारण बनता है। मोटापे के लिए परीक्षण और इसमें शामिल कारक अब उपलब्ध विभिन्न परीक्षणों के साथ संभव है।

ब्लड टेस्ट (Blood tests)

-blood-tests

जब आपकी मांसपेशियों को नुकसान होता है, जैसे दिल का दौरा पड़ने पर आपका शरीर आपके रक्त में रसायन भेजता है। यौगिकों को रक्त परीक्षण के माध्यम से मापा जा सकता है ताकि यह निर्धारित किया जा सके कि आपके हृदय की मांसपेशियों को कितना नुकसान हुआ है या नहीं। आपके रक्त में अन्य रसायनों, जैसे रक्त वसा (कोलेस्ट्रॉल और ट्राइग्लिसराइड्स सहित), विटामिन और खनिजों को भी रक्त परीक्षण द्वारा मापा जाता है।

इलेक्ट्रोकार्डियोग्राम (ECG)

-ecg

बेटर हेल्थ के अनुसार, आपके दिल के विद्युत आवेगों को ईसीजी द्वारा पढ़ा जाता है। इससे पता चलता है कि आपका दिल कितनी कुशलता से पंप कर रहा है। आपकी छाती, हाथ और पैरों पर, छोटे चिपचिपे धब्बे और तार के तार लगाए जाते हैं। लीड एक ईसीजी मशीन से जुड़े होते हैं, जो कागज पर विद्युत आवेगों को रिकॉर्ड और प्रिंट करता है। दिल का दौरा या अनियमित दिल की धड़कनकी पहचान करने के लिए आपके डॉक्टर द्वारा एक ईसीजी का उपयोग किया जा सकता है।

एक्सरसाइज स्ट्रेस टेस्ट (Exercise stress test)

-exercise-stress-test

एक ईसीजी परीक्षा जिसे तनाव परीक्षण के रूप में जाना जाता है, जिसे ट्रेडमिल या व्यायाम परीक्षण भी कहा जाता है, जब आप कसरत कर रहे होते हैं। आपका डॉक्टर यह आकलन कर सकता है कि शारीरिक गतिविधि के दौरान आपका दिल कितनी अच्छी तरह काम करता है।

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

Dengue home remedy

Dengue home remedy: बढ़ा डेंगू का आतंक! बुखार-जोड़ों व सिर में दर्द जैसे संकेत मिलते ही घोल के पी लें ये 5 पत्ते (Navbharat Times :20220906)

<https://navbharattimes.indiatimes.com/lifestyle/health/5-effective-dengue-home-remedy-that-can-prevent-dengue-to-be-life-threatening/articleshow/94002734.cms?story=5>

Dengue ke lakshan aur upchar: डेंगू के लक्षण आमतौर पर फ्लू जैसे होते हैं, लेकिन डेंगू रक्तसावी बुखार में भी बदल सकते हैं, जो एक जानलेवा स्थिति है। दूसरी बार संक्रमित होने से आपके गंभीर लक्षणों का खतरा बढ़ जाता है। ऐसे में जरूरी है डेंगू को शुरुआती स्तर पर ही निदान करके इसका उपचार किया जाए।

5 effective dengue home remedy that can prevent dengue to be life threatening

Dengue home remedy: बढ़ा डेंगू का आतंक! बुखार-जोड़ों व सिर में दर्द जैसे संकेत मिलते ही घोल के पी लें ये 5 पत्ते
सेंटर फॉर डिजीज कंट्रोल एंड प्रीवेंशन (CDC) के अनुसार, डेंगू एक गंभीर बीमारी है। डेंगू के वायरस से संक्रमित एडीज प्रजाति के मच्छरों के काटने से यह बीमारी लोगों में फैलती है। दुनिया की करीब आधी आबादी, लगभग 4 अरब लोग डेंगू के खतरे वाले क्षेत्रों में रहते हैं।
एमजॉन पर स्मार्टफोन अपग्रेड डेज, हाथोंहाथ बिकने वाले मोबाइल पर 40% तक छूट

इकोनॉमिक टाइम्स की रिपोर्ट के अनुसार, केंद्रीय स्वास्थ्य मंत्री मसुख मंडाविया ने राज्यसभा को सूचित किया, भारत ने 2019 में 2,05,243 मामलों की तुलना में 2021 के दौरान डेंगू के 1,64,103 मामले दर्ज किए थे।

एक बार फिर भारत में डेंगू के मामले बढ़ रहे हैं। हालांकि कोई भी मच्छर जनित वायरल बीमारी का शिकार हो सकता है। डेंगू होने पर इसके लक्षण 3-14 दिनों तक रह सकते हैं। लेकिन प्राकृतिक घरेलू उपचार से इसके ठीक होने की प्रक्रिया को तेज किया जा सकता है। यहां कुछ आसानी से उपलब्ध घरेलू सामग्रियां दी गई हैं जो रिकवरी के दौरान काम आ सकती हैं।

डेंगू से बचने का घरेलू उपाय-पपीते के पत्ते का सेवन

एनसीबीआई की रिपोर्ट के अनुसार, पपीते के पत्तों को डेंगू संक्रमण से लड़ने के लिए सबसे अच्छे और सबसे प्रभावी प्राकृतिक उपचारों में से एक माना जाता है। इस घरेलू नुस्खे को बनाने के लिए पपीते के पत्तों को एक बाउल में धोकर काट लें और इसमें एक गिलास पानी डाल दें। पानी जैसा पेस्ट बनाने के लिए इसे दरदरा पीस लें। तैयार मिश्रण को छान कर पी लें। यह प्लेटलेट काउंट और आपकी इम्युनिटी को बढ़ाने में प्रभावी रूप से मदद कर सकता है।

डेंगू से बचने के तरीका- मेथी के पत्ते

मेथी में मौजूद एंटी-इन्फ्लेमेटरी और एंटीपायरेटिक गुण डेंगू बुखार को कम करने में मदद कर सकते हैं। खासकर मेथी के पत्तों का पानी डेंगू बुखार के लिए फायदेमंद हो सकता है। इसे बनाने के लिए एक चम्मच मेथी के सूखे पत्ते को पानी में डालकर उबालें। उबालने के बाद मेथी के पानी को छान लें और चाय की तरह सेवन करें।

डेंगू से बचने के लिए पिएं नीम के पत्ते

Pubmed के अनुसार, नीम के पत्ते रक्त प्लेटलेट्स और श्वेत रक्त कोशिका प्लेटलेट काउंट को बढ़ाने का काम करते हैं। जो डेंगू बुखार के सबसे बुरे दुष्प्रभाव हैं। इस पौधे में निंबिन और निंबिडिन नामक रसायन होते हैं, जिनमें एंटी इन्फ्लेमेटरी, एंटी-पायरोटिक और एंटी-माइक्रोबियल गुण होते हैं। इसका सेवन करने के लिए एक कप पानी में नीम के पत्ते डालकर उबाल लें। इस पानी को छान लें और नीम का पानी गुनगुना हो जाए तो इसमें शहद मिला लें।

तुलसी पत्ते के सेवन से करें डेंगू से बचाव

तुलसी की पत्तों में एंटीमाइक्रोबायल गुण होते हैं जो डेंगू वायरस को खत्म करने में मदद कर सकते हैं। साथ ही इसके पत्तों का सेवन शरीर की प्रतिरक्षा प्रणाली को दुरुस्त करने का काम भी करता है। तुलसी के पत्तों को 2 ग्राम काली मिर्च के साथ उबालकर पीना डेंगू में सेहतमंद साबित हो सकता है।

डेंगू का घरेलू उपाय है जौ घास

जौ घास में ब्लड प्लेटलेट की संख्या में तेजी से वृद्धि करने की क्षमता होती है। क्योंकि डेंगू होने पर प्लेटलेट्स की संख्या में कमी एक चिंताजनक विषय है ऐसे में जौ घास का सेवन फायदेमंद साबित हो सकता है। इसका सेवन आप सीधे तौर पर या चाय के रूप में कर सकते हैं।

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

Prostate cancer

पैर में दिख रहे इस एक लक्षण से जाने आपको हो गया है Prostate cancer, इन 5 संकेतों पर भी रखें नजर(Navbharat Times :20220906)

<https://navbharattimes.indiatimes.com/lifestyle/health/sign-and-symptoms-of-prostate-cancer-men-should-not-ignore-it-can-be-spread-in-the-legs-and-lungs/articleshow/93999184.cms?story=6>

Warning signs of prostate cancer: शुरुआती स्टेज में प्रोस्टेट कैंसर के कोई विशेष लक्षण नहीं के बराबर होते हैं। लेकिन जैसे-जैसे बीमारी बढ़ती है, आपको कुछ चेतावनी के संकेत मिल सकते हैं। ऐसे में जरूरी है आपको इसके संकेतों के बारे में पता हो।

sign and symptoms of prostate cancer men should not ignore it can be spread in the legs and lungs

पैर में दिख रहे इस एक लक्षण से जाने आपको हो गया है Prostate cancer, इन 5 संकेतों पर भी रखें नजर

प्रोस्टेट कैंसर (Prostate Cancer) पुरुषों में होने वाला दूसरा सबसे आम कैंसर है। विश्व स्वास्थ्य संगठन (WHO) के अनुसार, 2020 में 10 मिलियन लोगों की मौत कैंसर के कारण हुई। वहीं, इसी साल दुनिया भर में, अनुमानित 1.41 मिलियन लोग प्रोस्टेट कैंसर से पीड़ित भी पाए गए। जिससे यह दुनिया में चौथा सबसे अधिक निदान किया जाने वाला कैंसर बन गया।

एमजॉन पर स्मार्टफोन अपग्रेड डेज, हाथोंहाथ बिकने वाले मोबाइल पर 40% तक छूट

हालांकि प्रोस्टेट कैंसर के 60% मामलों का निदान 65 या उससे अधिक उम्र के लोगों में होता है, लेकिन कम उम्र के पुरुष भी इस बीमारी के शिकार हो सकते हैं। प्रोस्टेट कैंसर जेनेटिक, मोटापे जैसे कारकों से संबंधित लोगों में अन्य लोगों की तुलना में अधिक होता है। इस कैंसर का सबसे महत्वपूर्ण और गंभीर विशेषता यह है कि यह प्रोस्टेट के बाहर फैल सकता है, जिससे ऐसे लक्षण सामने आते हैं जो सामान्य मूत्र संबंधी लक्षणों से भिन्न हो सकते हैं।

क्या प्रोस्टेट कैंसर का इलाज संभव है? हां, प्रोस्टेट कैंसर का इलाज संभव है। लेकिन तभी जब इसका पता शुरूआती स्टेज में चल जाए।
क्या है प्रोस्टेट कैंसर?

प्रोस्टेट कैंसर पुरुषों में होने वाला गंभीर कैंसर है। यह कैंसर पुरुषों में पायी जाने वाली अखरोट आकार की प्रोस्टेट नामक ग्रंथि में होता है। यह छोटी ग्रंथि ही वीर्य बनाने में मदद करती है। आमतौर पर प्रोस्टेट कैंसर तब शुरू होता है जब प्रोस्टेट ग्रंथि में कोशिकाएं नियंत्रण से बाहर होने लगती हैं।

प्रोस्टेट कैंसर के कारण

प्रोस्टेट कैंसर के कारणों का कोई स्पष्ट उत्तर नहीं है। मेयो क्लिनिक के अनुसार, प्रोस्टेट कैंसर तब शुरू होता है जब प्रोस्टेट में कोशिकाएं अपने डीएनए में परिवर्तन विकसित करती हैं। ये असामान्य रूप से जमा होने वाली कोशिकाएं एक ट्यूमर बनाती हैं जो आस-पास के ऊतकों पर पहला कर सकती है।

प्रोस्टेट कैंसर के फैलने पर दिखते हैं ये लक्षण

शरीर के दूसरे भागों में प्रोस्टेट कैंसर पर फैलने पर सामान्य रूप से हड्डियों में दर्द, अत्यधिक थकान, अस्वस्थ होने की सामान्य भावना और अस्पष्टीकृत वजन कम होने जैसे लक्षण नजर आते हैं। इसके अलावा, कुछ लोगों को उस क्षेत्र के लिए विशिष्ट लक्षणों का अनुभव हो सकता है जहां कैंसर फैल गया है।

पैर में प्रोस्टेट कैंसर फैलने के संकेत

एडवांस प्रोस्टेट कैंसर के लक्षण प्रसार द्वारा लक्षित स्थान के आधार पर भिन्न हो सकते हैं। लेकिन पैर में फैलने वाले ट्यूमर का एक संकेत देखा जा सकता है, जो सूजन है।

कैंसर रिसर्च यूके के अनुसार, सूजन इसलिए होती है क्योंकि प्रोस्टेट कैंसर लिम्फ नोड्स में फैलता है। उस क्षेत्र में तरल पदार्थ के निर्माण के कारण पैरों में सूजन हो सकती है। सूजन को लिम्फोएडेमा कहा जाता है।

शरीर के इन भागों में फैलता है प्रोस्टेट कैंसर

प्रोस्टेट कैंसर केवल स्थानीय क्षेत्र या लिम्फ नोड्स तक ही सीमित नहीं है। यह हड्डियों, आंतों, यकृत और फेफड़ों में भी फैल सकता है। लेकिन यह भी याद रखें कि पैरों में सूजन का मतलब प्रोस्टेट कैंसर होना जरूरी नहीं है। कई अन्य स्वास्थ्य स्थितियां हैं जो पैर में सूजन और दर्द का कारण बन सकती हैं।

प्रोस्टेट कैंसर के इन इशारों को न करें इग्नोर

प्रोस्टेट कैंसर आमतौर पर मूत्र संबंधी लक्षणों का कारण बनता है। इसमें बार-बार पेशाब आना, रात के दौरान ज्यादा पेशाब लगना, पेशाब करने में कठिनाई, पेशाब करते समय तनाव या कमजोर प्रवाह। इसके अतिरिक्त, इजेकुलेटिंग में कठिनाई, मूत्राशय पर दबाव महसूस होना और मूत्र या वीर्य में खून जैसे लक्षणों का भी अनुभव हो सकता है।

इस लेख को अंग्रेजी में पढ़ने के लिए यहां क्लिक करें।

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

आपके लिए
हेल्थ

बदन में नहीं है जान, हमेशा रहती है थकान? इस Vitamin की है कमी, तुरंत खाना शुरू करें ये चीज

हेल्थ

Test for heart disease: समय रहते करा लें ये 7 टेस्ट, टल जाएगा हार्ट अटैक, दिल के रोग और स्ट्रोक का खतरा फैमिली

होमवर्क के नाम से ही गायब हो जाता है आपका बच्चा, प्रेशर डालने या डांट लगाने की बजाय ये स्मार्ट तरीके आएं काम हेल्थ

रात में भूख से खुल जाती है नींद? हो सकती है ये अजीब बीमारी, इन 4 संकेतों पर रखें नजर हेल्थ

Dengue home remedy: बढ़ा डेंगू का आतंक! बुखार-जोड़ों व सिर में दर्द जैसे संकेत मिलते ही घोल के पी लें ये 5 पत्ते नवीनतम टीवी पर आपके लिए चुनिंदा डील- 50% तक की छूट देखें |

अगला लेख

पेशाब में जलन, वाइट डिस्चार्ज जैसी 6 बीमारियों का काल है चावल का पानी, Ayurveda डॉ. ने बताए फायदे