



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220921

Dengue cases

Dengue cases in Punjab double in three weeks (The Tribune: 20220921)

<https://www.tribuneindia.com/news/punjab/dengue-cases-in-state-double-in-three-weeks-433425>

Dengue cases have reportedly doubled in the past three weeks. The real challenge lies in the next 40 days when the state may hit the peak.

Going by the data of the Health Department, 1,739 confirmed cases have been reported so far. Four persons have succumbed to the vector-borne disease. Till the end of August, there were 800 cases and two deaths had been reported.

SAS Nagar, Ropar, Fatehgarh Sahib, Ferozepur and SBS Nagar are among the worst-affected districts.

Last year, 23,389 cases of dengue and 55 deaths were reported.

Cancer

Hospitals nearer home, no more rush on 'cancer train'(The Tribune: 20220921)

<https://www.tribuneindia.com/news/punjab/hospitals-nearer-home-no-more-rush-on-cancer-train-433411>

About 100 patients travelled to Bikaner daily for treatment 6 years ago | Now, number down to 15-25

Hospitals nearer home, no more rush on 'cancer train'

Patients travel by the 'cancer train' free of cost. Tribune Photo

The Abohar-Jodhpur Express, infamously dubbed as the “cancer train”, may soon shed its tag because the number of cancer patients travelling from Malwa to Bikaner, Rajasthan, for treatment has nosedived over the past few years.

Reason: several cancer hospitals, both government and private, have come up in the region.

To name a few, the Advanced Cancer Institute-cum-Hospital, Bathinda; Government Medical College and Hospital, Faridkot; All India Institute of Medical Sciences (AIIMS), Bathinda; and Homi Bhabha Cancer Hospital and Research Centre, Sangrur, are catering to cancer patients.

Around six years ago, 80 to 100 cancer patients travelled by the Abohar-Jodhpur Express for Acharya Tulsi Regional Cancer Hospital and Research Centre, Bikaner, every day. The number has now come down to 15 to 25 patients.

Sukhpal Singh, who works for NGOs Sukh Sewa Society and the World Cancer Care Charitable Society, said: “Around five years ago, more than 100 patients travelled by the ‘cancer train’ daily. We used to distribute 250 to 300 packets of food among patients and members of their families. Now, we distribute not more than 70 packets. On some days, about 20 to 25 patients are aboard the train and there are days, when there are only 10.”

The price for a one-way ticket is Rs 210, but cancer patients have the facility to travel free of cost

“Six years ago, there was hardly any well-equipped government cancer hospital in the region and treatment cost in private ones was high. So, patients, mostly from rural areas, preferred visiting the Bikaner hospital. The treatment was cheaper there... Why travel 650 km (to and from Bikaner) when the treatment is available nearer home now?” said the NGO volunteer.

A senior railway official said, “After the chemotherapy, traversing a long distance back home in extreme weather conditions is difficult for patients. Earlier, they did not have a choice. Now, several health facilities have come up near their home. In the past seven years, there has been a fall of 85 per cent in the occupancy by cancer patients.”

Health facilities in Malwa have seen an influx of patients. For example, 82,000 patients availed of treatment at the Advanced Cancer Institute-cum-Hospital in Bathinda last year.

Diabetes risk

Four cups of black or green tea daily can cut diabetes risk by 17 pc (The Tribune: 20220921)

<https://www.tribuneindia.com/news/health/four-cups-of-black-or-green-tea-daily-can-cut-diabetes-risk-by-17-pc-432993>

The study, to be presented at the European Association for the Study of Diabetes (EASD) annual meeting in Sweden next week, scanned 19 cohort studies

A moderate consumption of black, green or Oolong (traditional Chinese drink) tea is linked to a lower risk of developing type 2 diabetes, a study involving over a million adults from eight countries has revealed.

The findings suggest that drinking at least four cups of tea a day is associated with a 17 per cent lower risk of diabetes over an average period of 10 years.

“Our results are exciting because they suggest that people can do something as simple as drinking four cups of tea a day to potentially lessen their risk of developing type 2 diabetes”, said lead author Xiaying Li from Wuhan University of Science and Technology in China.

The study, to be presented at the European Association for the Study of Diabetes (EASD) annual meeting in Sweden next week, scanned 19 cohort studies.

While it’s long been known that regularly drinking tea may be beneficial for health because of the various antioxidant, anti-inflammatory and anti-carcinogenic compounds tea contains, less clear has been the relationship between tea drinking and the risk of diabetes.

Overall, the new meta-analysis found a linear association between tea drinking and diabetes risk, with each cup of tea consumed per day reducing the risk of developing diabetes by around 1 per cent, said the study published in peer-reviewed journal Diabetologia.

When compared with adults who didn’t drink tea, those who drank 1-3 cups daily lowered their risk of diabetes by 4 per cent, while those who consumed at least 4 cups every day reduced their risk by 17 per cent.

The associations were observed regardless of the type of tea participants drank, whether they were male or female, or where they lived, suggesting that it may be the amount of tea consumed, rather than any other factor, that plays a major role.

“While more research needs to be done to determine the exact dosage and mechanisms behind these observations, our findings suggest that drinking tea is beneficial in reducing the risk of type 2 diabetes, but only at high doses (at least 4 cups a day)”, said Li.

It is possible that particular components in tea, such as polyphenols, may reduce blood glucose levels, but a sufficient amount of these bioactive compounds may be needed to be effective.

Despite the important findings, the authors noted that the study is observational and cannot prove that drinking tea reduces the risk of diabetes, but suggests that it is likely to contribute.

Active covid cases

Active covid cases in country decline to 46,216,510 new cases, 19 more deaths Reporte (The Tribune: 20220921)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-decline-to-46-216-433888>

With 4,510 new coronavirus infections being reported in a day, India's total tally of covid-19 cases rose to 4,45,47,599, while the active cases declined to 46,216, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 5,28,403 with 33 fatalities, which includes 19 deaths reconciled by Kerala, the data updated at 8am stated.

The active cases comprised 0.10 per cent of the total infections, while the national recovery rate increased to 98.71 per cent, the ministry said.

A decline of 1,163 cases has been recorded in the active caseload in a span of 24 hours.

The daily positivity rate was recorded at 1.33 per cent and the weekly positivity at 1.8 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 4,39,72,980, while the case fatality rate was recorded at 1.19 per cent.

According to the ministry, 216.95 crore doses of covid vaccine have been administered in the country so far under the nationwide vaccination drive.

The 14 fatalities reported in the last 24 hours include three from Rajasthan and two each from Karnataka and Maharashtra.

Vitamins and minerals

Why popping vitamins and minerals may cause more harm than good for your body9 (The Indian Express: 20220921)

<https://indianexpress.com/article/lifestyle/health-specials/vitamins-minerals-causing-harm-supplements-multivitamins-health-benefits-8163466/>

You do not need vitamins and minerals if you are not suffering from a disease. Exercising regularly and taking nutritious diets, including plenty of fruits and vegetables, should suffice, says Dr Anoop Misra, Chairman, Fortis CDOC Canter for Diabetes

You do not need vitamins and minerals if you are without any disease, says Dr Misra.

A 60-year-old gentleman came to me for consultation on his loss of appetite. On questioning, he showed me a list of 17 supplements (written on a scrap of worn out paper) that he was

taking. These ranged from vitamins, hormones and even steroids. He said that he just wanted to live longer than others by consuming these “energy giving supplements.” Investigations revealed a frayed liver (high liver enzymes indicating liver damage) while urine showed plenty of proteins (indicating kidney damage). I told him, “By consuming this dangerous cocktail of supplements and hormones, you may live shorter than others.” I stopped all his supplements and his liver and kidneys gradually healed.

Heart disease and diabetes

Staying up late? You may be more prone to heart disease and diabetes, says study (The Indian Express: 20220921)

<https://indianexpress.com/article/lifestyle/health-specials/staying-up-late-you-may-be-more-prone-to-heart-disease-and-diabetes-says-study-8162850/>

If we look at the conclusions logically, then a person who stays up late at night is likely to snack more and if a person wakes up early, is much more likely to go for a walk or do yoga in the morning. All factors, such as diet, exercise, obesity, diabetes, hypertension, family history, among others, together impact heart health, says Dr VK Bahl, Principal Director of Cardiac Sciences at Max Healthcare and former head of the Department of Cardiology, AIIMS

They found that early risers rely more on fat as an energy source and their activity spans a larger arc of diurnal hours, meaning fat may build up more easily in late-nighters, the scientists found. (Getty images/ Representatioive image)

If you are addicted to binge-watching late at night, then know that it can be bad for your heart and push you towards diabetes because you are not able to burn enough fat for energy. US researchers at Rutgers University in New Jersey have found that “night owls” are more likely to develop Type 2 diabetes or heart disease than people who get to bed and wake up early.

Local anaesthesia injection

Cutting Edge | Local anaesthesia injection can help in breast cancer treatment (The Indian Express: 20220921)

<https://indianexpress.com/article/lifestyle/health-specials/cutting-edge-breast-cancer-treatment-local-anaesthesia-injection-8162708/>

Surgery is a crucial intervention that offers a chance of cure for cancer patients. But it often induces the formation of a new metastatic disease — when it spreads from its site of origin to another part of the body. Now this local anaesthesia stops the cancer cells from communicating. ‘The intervention puts the cell to sleep, restricting their movement and chances of metastasis,’ says Dr Rajendra Badwe, the principal investigator and director of Tata Memorial Centre.

breast cancer cutting edgeIndia witnesses around 1,50,000 new breast cancer patients annually. (Photo: Getty Images)

A commonly-used local anaesthesia injection that cost less than Rs 100 can revolutionise the treatment for breast cancer. If used as an anti-cancer agent right before breast cancer surgery, 0.5 per cent Lidocaine can significantly lower the risk of death and recurrence by 29 per cent and 30 percent respectively. This is the finding of a decade-old, multi-centric study conducted by the researchers of Tata Memorial Centre, Mumbai.

Cholesterol

If my cholesterol is less than 200mg/dl, within normal limits, should I worry about heart disease? (The Indian Express: 20220921)

<https://indianexpress.com/article/lifestyle/health-specials/cholesterol-less-than-200mg-dl-normal-heart-disease-8162225/>

Watch out for levels of LDL or bad cholesterol and triglycerides, the real culprits. Indians should ideally keep their LDL levels less than 50 mg/dL. Heart disease among Indians is compounded by additional risk factors like family history, smoking, stress and diabetes, says Dr Balbir Singh, Chairman, Cardiac Sciences, Max Hospital, Saket

long covidthe Johns Hopkins recommendations say that LDL can be even more risky in women compared to men.(Representative/ Getty Images)

When 45-year-old Arjun Mishra* was brought into the emergency room with a heart attack and required immediate stenting, he was perturbed. For only a week before, his full body check-up reports had shown that his total cholesterol was less than 200mg/dL. But the reality is that optimal cholesterol levels don't always guarantee heart health because the proportion of bad cholesterol in the bloodstream can still lead to plaque build-up in the arteries.

Type-2 diabetes

How Type-2 diabetes increases the risk of strokes, dementia (The Indian Express: 20220921)

<https://indianexpress.com/article/lifestyle/health-specials/how-type-2-diabetes-increases-the-risk-of-strokes-dementia-8160497/>

A recent study also shows that diabetics who followed seven healthy habits were less likely to get dementia. These included no current smoking, moderate alcohol consumption – one drink a day for women and two for men – moderate physical activity for 2.5 hours a week or vigorous activity for 75 minutes, seven to nine hours of sleep daily, a healthy diet with more fruits, vegetables and whole grains, watching less television and having frequent social interactions.

Diabetes is a disease of complications and, most of the time, people don't get any symptoms related to them early on during the course of the disease. (Source: Getty Images/Thinkstock)

It is well-known that Type-2 diabetes increases the risk for heart disease but researchers now suggest that it can independently also increase the risk for dementia – a group of conditions that lead to impairment of the ability to remember, make decisions and social interactions. But there are ways to improve the outcome.

Anti-HIV drugs

SC notice to Centre on plea alleging shortage of anti-HIV drugs (The Hindu:20220921)

<https://www.thehindu.com/news/national/sc-notice-to-centre-on-plea-alleging-shortage-of-anti-hiv-drugs/article65914559.ece>

Antiretroviral therapy (ART) is treatment of people infected with human immunodeficiency virus (HIV) using anti-HIV drugs.

The Supreme Court has sought response from the Centre and others on a plea alleging shortage of anti-retroviral drugs for treating HIV patients in the country.

A bench of Justices D.Y. Chandrachud and Hima Kohli issued notice to the Ministry of Health, National AIDS Control Organisation and others on a plea filed by an NGO.

Protein powders

Drive against unsafe protein powders in gyms in Karnataka being planned (The Hindu:20220921)

<https://www.thehindu.com/news/national/karnataka/drive-against-unsafe-protein-powders-in-gyms-in-karnataka-being-planned/article65913647.ece>

While protein powders authorised by the Food Safety Department are considered safe, Health Minister K. Sudhakar said awareness would be created on low quality and unsafe protein powders

Karnataka Government would launch a special drive to create awareness among fitness enthusiasts who frequent gyms about the side-effects of unmonitored and unsafe consumption of protein powders, Law and Parliamentary Minister J.C. Madhuswamy and Health Minister K. Sudhakar informed the Legislative Assembly.

In response to a question by Sathish Reddy (BJP) during zero hour, the Minister said steps would be taken to check illegal sale of protein powders in gyms.

Calories

The body beyond calories (The Hindu:20220921)

<https://www.thehindu.com/sci-tech/health/the-body-beyond-calories/article65857618.ece>

Nutritionist Munmun Ganeriwal's book, 'Yuktahaar: The Belly and Brain Diet', recently released as an audiobook, features actor Taapsee Pannu's journey of physical transformation

"What I eat triggers my mind. Good food makes me happy, but food not made well, even if it is my favourite chhole bhature, can throw me off," says Taapsee Pannu, on the role food plays in a person's sense of well-being. The actor-producer has written the foreword to nutritionist and lifestyle consultant Munmun Ganeriwal's book, Yuktahaar : The Belly and Brain Diet, which was recently launched as an audiobook on Audible.

Taapsee has been working with Munmun and the book traces their journey towards physical transformation. Though she has not had to drastically alter her body for roles, the 2021-sports drama Rashmi Rocket required her to gain muscle. She played Rashmi Chibber, an Indian track and field athlete from Gujarat. "I had to appear athletic and gain muscle, but I did not want to do it with steroids. I had to do gain muscle in a natural way if I had to sustain a healthy body

after the film. I was pushing myself for that role and it was important that I got back to my regular self. I have a life beyond films,” says Taapsee, over a Zoom call.

The body beyond calories (The Hindu:20220921)

<https://www.thehindu.com/sci-tech/health/the-body-beyond-calories/article65857618.ece>

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World Alzheimer Day 2022

World Alzheimer Day 2022: अल्जाइमर के रोगी की घर में 5 तरीकों से करें देखभाल, स्वस्थ-लंबा जीवन जी सकेगा मरीज (Navbharat Times: 20220921)

<https://navbharattimes.indiatimes.com/lifestyle/health/on-world-alzheimer-day-doctor-share-5-easy-tips-to-care-for-someone-with-alzheimers-disease/articleshow/94339943.cms>

Alzheimer's Care Guide: अल्जाइमर बीमारी रोगी की मस्तिष्क की कोशिकाओं को नष्ट कर देती है और व्यक्ति की याददाश्त कमजोर होने लगती है। लोगों को ध्यान केंद्रित करने या हाल की घटनाओं को याद करने में कठिनाई हो सकती है। वे कुछ शब्द या नाम भूल सकते हैं। उनके स्वस्थ और बेहतर जीवन के लिए उनकी बेहतर देखभाल करना बहुत जरूरी है। डॉक्टर आपको कुछ उपाय बता रही हैं।

on world alzheimer day doctor share 5 easy tips to care for someone with alzheimers disease

World Alzheimer Day 2022: अल्जाइमर के रोगी की घर में 5 तरीकों से करें देखभाल, स्वस्थ-लंबा जीवन जी सकेगा मरीज

अल्जाइमर (Alzheimer) एक प्रगतिशील बीमारी है जो मस्तिष्क की कोशिकाओं को नष्ट कर देती है और व्यक्ति की याददाश्त, विचारों और व्यवहार को प्रभावित करती है। सेंटर फॉर डिजीज कंट्रोल एंड प्रिवेंशन (CDC) के अनुसार, जैसे-जैसे अल्जाइमर की बीमारी बढ़ती है, रोगी के लक्षण बिगड़ते जाते हैं। इससे सबसे बड़ी समस्या मरीज की देखभाल करने वालों को होती है।

अल्जाइमर क्या है और इसके क्या लक्षण हैं? जिन लोगों को अल्जाइमर रोग का हल्का या प्रारंभिक चरण है, वे अपना काम खुद कर सकते हैं। इस चरण के दौरान, लोगों को ध्यान केंद्रित करने या हाल की घटनाओं को याद करने में कठिनाई हो सकती है। वे कुछ शब्द या नाम भूल सकते हैं।

हालांकि लक्षण इतने गंभीर नहीं होते हैं। मध्यम अल्जाइमर रोग में स्मृति हानि, भ्रम और शारीरिक लक्षण शामिल हैं। इसमें मरीजों को परिवार के सदस्यों और करीबी दोस्तों को पहचानने में कठिनाई, नियमित दैनिक कार्यों को करने में परेशानी, जैसे कि कपड़े पहनना, बेचैनी या परेशानी होना, भटकना या खो जाना, पेशाब करने में कठिनाई होना आदि शामिल हैं।

हर साल 21 सितंबर को वर्ल्ड अल्जाइमर डे (World Alzheimer Day 2022) मनाया जाता है। इस दिन को मनाने का उद्देश्य अल्जाइमर रोग के कारणों और इसके साथ आने वाले सभी जोखिमों के बारे में जागरूकता को बढ़ावा देना है। इस अवसर दिल्ली स्थित करुणा हॉस्पिटल में सीनियर कंसल्टेंट डॉक्टर अर्चना गुप्ता बता रही हैं कि कोई व्यक्ति अल्जाइमर के मरीज की कैसे देखभाल कर सकता है।

सबसे कठिन है अल्जाइमर का अंतिम चरण

अल्जाइमर रोग के अंतिम चरण में लोगों को उनकी लगभग सभी बुनियादी दैनिक गतिविधियों, जैसे कि बैठना, चलना और खाने में मदद की आवश्यकता होती है। इस चरण के दौरान, लोग बातचीत करने की क्षमता खो सकते हैं। उन्हें चबाने या निगलने में कठिनाई हो सकती है।

एक रूटीन बनाएं

देखभाल करने वाले एक निरंतर दैनिक दिनचर्या स्थापित करके किसी को अधिक सहज महसूस करने में मदद कर सकते हैं। ऐसा करने से उस व्यक्ति में अपनेपन की भावना को बढ़ाने में मदद मिल सकती है। देखभाल करने वालों को दिनचर्या में महत्वपूर्ण बदलाव करने से बचने की कोशिश करनी चाहिए, क्योंकि यह किसी के लिए भ्रमित करने वाला हो सकता है।

गतिविधियों की पूरी योजना बनाएं

गतिविधियां जैसे संगीत सुनना, अल्जाइमर से पीड़ित व्यक्ति को व्यस्त रखने में मदद कर सकता है। देखभाल करने वाले घर के मरीजों के लिए कई कामों में बीजी रख सकते हैं। उदाहरण के लिए खाना बनाना और पकाना, व्यायाम, जैसे चलना, खींचना और हल्के वजन का प्रशिक्षण, नृत्य, संगीत सुनना, एक साधारण बोर्ड गेम खेलना, घर के काम, जैसे तह कपड़े धोने और बागवानी आदि।

संचार को बढ़ावा देना

अल्जाइमर रोग किसी व्यक्ति की दूसरों के साथ संवाद करने की क्षमता को महत्वपूर्ण रूप से प्रभावित कर सकता है। उन्हें विशिष्ट शब्दों की व्याख्या करने या याद रखने में कठिनाई हो सकती है। वाक्य के बीच में वे अक्सर अपने विचार की ट्रेन को भी खो सकते हैं। इसके लिए आप कई काम ट्राई कर सकते हैं जैसे आंख से संपर्क बनाए रखें और मुस्कराएं, एक समय में केवल एक ही प्रश्न पूछें, दूसरे व्यक्ति के नाम का प्रयोग करें, खुली और आरामदेह शारीरिक भाषा का प्रयोग करें, एक नरम, शांत आवाज के साथ बोलें आदि।

उन्हें एक पौष्टिक आहार दे

अल्जाइमर के खाने वालों की मदद करना और हाइड्रेटेड रहना महत्वपूर्ण है। अल्जाइमर वाले लोगों को वजन कम हो सकता है अगर वो याद नहीं कर सकते कि वे आखिरी बार कब खाया, खाना बनाना भूल गए, हर दिन एक ही खाद्य पदार्थ खाना, भोजन के बारे में पता नहीं, सूंघने और स्वाद लेने की क्षमता खो चुके, चबाने और निगलने में परेशानी होना आदि। इन चीजों से उसमें कमजोरी आ सकती है और स्वास्थ्य बिगड़ सकता है।

अल्जाइमर के मरीजों का कैसे रखें ध्यान

Alzheimer Disease

Alzheimer Disease: इन 6 कारणों से होती है ये दिमागी बीमारी, मरीज खाना चबाने-निगलने जैसी आदतें भी लगता है भूलने(Navbharat Times: 20220921)

<https://navbharattimes.indiatimes.com/lifestyle/health/world-alzheimer-day-2022-know-these-6-risk-factor-of-this-serious-brain-disease/articleshow/94333262.cms>

Can alzheimer be cured: अल्जाइमर एक गंभीर दिमागी बीमारी है। वर्तमान में अल्जाइमर रोग का कोई इलाज नहीं है। लेकिन ऐसी दवा उपलब्ध है जो लक्षणों को अस्थायी रूप से कम कर सकती है। इस बीमारी को फैटल भी कहा जाता है, क्योंकि इससे पीड़ित व्यक्ति लंबे समय तक जी नहीं पाते हैं।

world alzheimer day 2022 know these 6 risk factor of this serious brain disease

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हम सभी कभी न कभी कुछ चीजों को भूल जाते हैं। ऐसा खासकर पेपर और चाबियों के साथ तो ज्यादा ही होता है। लेकिन जरा सोचिए एक दिन आप अपने घर की चाबी नहीं घर ही भूल जाएं। अपने परिवार के लोगों का चेहरा न याद हो। यह याद न आए की आपका कोई परिवार भी है। कितनी भयानक है कल्पना। लेकिन डरावनी बात यह है कि यह कोई कल्पना नहीं एक बीमारी का लक्षण है।

अल्जाइमर (Alzheimer) एक न्यूरोलॉजिक डिसऑर्डर है। जिसमें दिमाग की कोशिकाएं सिकुड़ने लग जाती है। और दिमाग अपने कार्य को करने में सक्षम नहीं रह जाता है। इसे समझने, चीजों को याद रखने, चुनाव करने जैसे काम को करने में परेशानी होती है। इससे ग्रसित व्यक्ति उन चीजों को भी भूलने लग जाता है जिसे वह सालों से करता आ रहा है, जैसे खाना चबाना, कपड़े पहना, पैसे को गिनना आदि।

ज्यादातर लोगों को इस बीमारी से संबंधित जानकारियों का पता नहीं होता है। हर साल 21 सितंबर को विश्व अल्जाइमर दिवस (World alzheimer Day 2022) मनाया जाता है। इसका उद्देश्य विश्व अल्जाइमर के कारणों और इसके साथ आने वाले समग्र जोखिमों के बारे में जागरूकता को बढ़ावा देना है। ऐसे में चलिए जानते हैं किन अल्जाइमर के लिए कौन से कारक जिम्मेदार होते हैं।

बढ़ती उम्र

यूके की नेशनल हेल्थ सर्विस के अनुसार, अल्जाइमर को बुढ़ापे की बीमारी के रूप में देखा जाता है। जब शरीर के बाकी अंगों की तरह दिमाग भी कमजोर होता जाता है। ऐसे में जैसे-जैसे आप बड़े होते जाते हैं, वैसे-वैसे अल्जाइमर का खतरा बढ़ता जाता है। इस बीमारी का खतरा 65 साल की उम्र के बाद हर बितते 5 साल में दोगुना हो जाता है। हालांकि कम उम्र के लोगों को भी यह बीमारी हो सकती है।

जेंडर

हार्वर्ड के अनुसार यदि आप एक महिला हैं तो अल्जाइमर होने का खतरा आपको पुरुषों से ज्यादा होता है। महिलाएं पुरुषों के मुकाबले ज्यादा लंबे समय तक जीवित रहती हैं जिसेक वजह से इस बीमारी का खतरा इन्हें ज्यादा होता है।

फैमली हिस्ट्री

यदि आपके फैमली के DNA में अल्जाइमर बीमारी चली आ रही है तो बहुत संभावना है कि आप भी इससे पीड़ित हो सकते हैं। हालांकि इसका खतरा कम ही देखा जाता है। लेकिन आप इसे नजरअंदाज नहीं कर सकते हैं।

डाउन सिंड्रोम

इस विकार वाले लोगों को अक्सर 30 और 40 के दशक में अल्जाइमर रोग हो जाता है। ऐसा इसलिए है क्योंकि आनुवंशिक परिवर्तन जो डाउन सिंड्रोम का कारण बनते हैं, समय के साथ मस्तिष्क में अमाइलॉइड सजीले टुकड़े का निर्माण करते हैं, जो आगे चलकर अल्जाइमर का कारण बनते हैं।

सिर पर लगी गंभीर चोट

कुछ अध्ययनों ने अल्जाइमर रोग और सिर पर लगी चोट के बीच संबंध देखा गया है। ऐसे में यह माना जा सकता है कि जिन लोगों के सिर में गंभीर चोट लगी है, उनमें अल्जाइमर रोग विकसित होने का अधिक खतरा हो सकता है, लेकिन इस क्षेत्र में अभी भी बहुत अधिक शोध की आवश्यकता है।

खराब जीवनशैली

उच्च कोलेस्ट्रॉल और उच्च ब्लड प्रेशर मुख्य रूप से खराब जीवनशैली का परिणाम होते हैं। आपको अल्जाइमर का मरीज बना सकते हैं। इसके अलावा डायबिटीज, मोटापा, धूम्रपान, शराब का सेवन, डिप्रेशन, अकेलापन भी इस बीमारी के जोखिम को बढ़ाने का काम करते हैं।

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।