



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220207

Covid vaccination

Aadhaar card not mandatory on CoWIN portal for Covid vaccination, Centre tells Supreme Court (The Tribune: 20220207)

<https://www.tribuneindia.com/news/nation/aadhaar-card-not-mandatory-on-cowin-portal-for-covid-vaccination-centre-tells-sc-367822>

The court was informed by the Ministry of Health and Family Welfare that one of the nine identity documents can be produced for vaccination

Aadhaar card not mandatory on CoWIN portal for Covid vaccination, Centre tells Supreme Court

Photo for representation only. iStock

The Centre on Monday told the Supreme Court that the Aadhaar card is not mandatory for registration on CoWIN portal for Covid vaccination.

A bench of Justices DY Chandrachud and Surya Kant was informed by the Ministry of Health and Family Welfare that one of the nine identity documents including passport, driving licence, PAN card, voter's card, ration card can be produced for vaccination.

The apex court took note of the submission and disposed of a plea filed by Siddharth Shankar Sharma who claimed that the Aadhaar card was being mandatorily insisted upon for administering Covid vaccination on the CoWIN portal.

The apex court had on October 1, 2021 issued notice to the Centre on the PIL.

"Pursuant to this court's order dated October 1, 2021, the Ministry of Health and Family Welfare has filed an affidavit which records that the Aadhaar card is not mandatory for registration on CoWIN portal and one of the nine identity documents can be produced... It is also recorded in the affidavit that a provision has been made for other category of persons who may not have identity cards in their possession like prison inmates, inmates at mental health institutions, etc," the bench said.

Pandemic

Pandemic widens screening gap among non Covid diseases, including cancer Cancer cases in India increased at average annual rate of 1.1-2 per cent from 2010-2019(The Tribune: 20220207)

<https://www.tribuneindia.com/news/coronavirus/pandemic-widens-screening-gap-among-non-covid-diseases-including-cancer-367600>

Pandemic widens screening gap among non Covid diseases, including cancer
Photo for representational purpose only.

The ongoing Covid pandemic has disrupted healthcare systems globally leading to widening the gap between treatment and patient care of non-Covid disease including cancer. Cancer is a major contributor to the disease burden worldwide. Several studies have projected that the global cancer burden will continue to grow for at least next two decades.

The Covid pandemic has undoubtedly delayed the cancer screenings, diagnosis, and treatment around the world. The cancer cases in India increased at an average annual rate of 1.1-2 per cent from 2010-2019, and deaths in the country also went up at an average rate of 0.1-1 per cent in the same period, according to the analysis by the Institute for Health Metrics and Evaluation (IHME), University of Washington School of Medicine.

The new cancer patients registration, follow up for old patients and surgery had recorded considerable decline in India between March and May 2020, compared to the same period in 2019 as per a Lancet study of May 2021. The ambidirectional cohort study was conducted at 41 cancer centres across India that were members of the National Cancer Grid of India to compare provision of oncology services between March 1 and May 31, 2020, with the same time period in 2019.

A total of 54 per cent reduction was recorded in the new patients registration between this period. The number of new patients registered decreased from 1,12,270 to 51,760 between March 1 and May 31, 2020, as per the study. On the same line, a total of 46 per cent reduction, from 6,34,745 to 3,40,984 patients, was registered in the number of patients who had follow-up visits to the hospital.

Dr Anshuman Kumar, Delhi based cancer specialist, told IANS that in the absence of decentralised cancer care centres in India, the patients have largely been ignored in the first and second Covid wave. “Patients coming from rural areas of different states were stopped to visit for follow-up and even for first time treatment as all transport communication channels was closed. All of sudden, premier health institutions like AIIMS and others started refusing patient admissions other than Covid which impacted the cancer care in India adversely.

Highlighting the Lancet study, he said that 54 per cent reduction in the new patients registration among 41 cancer care centers nationwide was due to the illogical decision of shutting doors of premier health institution for non Covid patients.

According to a study from AIIMS Oncology department, total 51 per cent reduction was recorded in new case registration in OPD and around one third reduction was noticed in the cancer surgeries. The Lancet study points out that the hospital admissions decreased from 88,801 to 56,885 (36 per cent reduction) and outpatient chemotherapy decreased from 1,73,634 to 1,09,107 (37 per cent reduction) in 41 cancer centres.

These reductions were even more marked between April and May, 2020. Cancer screening was stopped completely or was functioning at less than 25 per cent of usual capacity at more than 70 per cent of centres during these months, the study said.

The ongoing Covid pandemic has also impacted adversely the research and development in the cancer. “The COVID pandemic has impeded the R&D of cancer treatment in 3 ways. Firstly, patient enrolment in oncology clinical trials of chemotherapeutic drugs has gone down. Second, the trials of modes of administering these therapies also got impacted adversely. Oncotherapy medicines have to be protected from Bacterial Contamination and the health care worker (HCW) has to be protected from getting chemically contaminated by these drugs. Trials of advanced closed system transfer devices got stalled. Thirdly, R&D in Oncology also suffered as there was also a conscious effort by many cancer researchers to focus their effort on Covid,” said Pavan Choudary, Chairman Medical Technology Association of India.

New Covid cases

India logs 83,876 fresh Covid cases, 895 more deaths

The number of active cases in the country decline to 11,08,938(The Tribune: 20220207)

<https://www.tribuneindia.com/news/nation/india-logs-83-876-fresh-covid-cases-895-more-deaths-367803>

India on Monday reported 83,876 fresh Covid cases that took its total tally to 4,22,72,014, according to the Union health ministry data.

The death toll climbed to 5,02,874 with 895 more fatalities, the data updated at 8 am stated.

The number of active cases in the country declined further to 11,08,938, comprising 2.62 per cent of the total infections. The national Covid recovery rate improved to 96.19 per cent, the ministry said.

A reduction of 1,16,073 cases has been recorded in the active Covid caseload in a span of 24 hours.

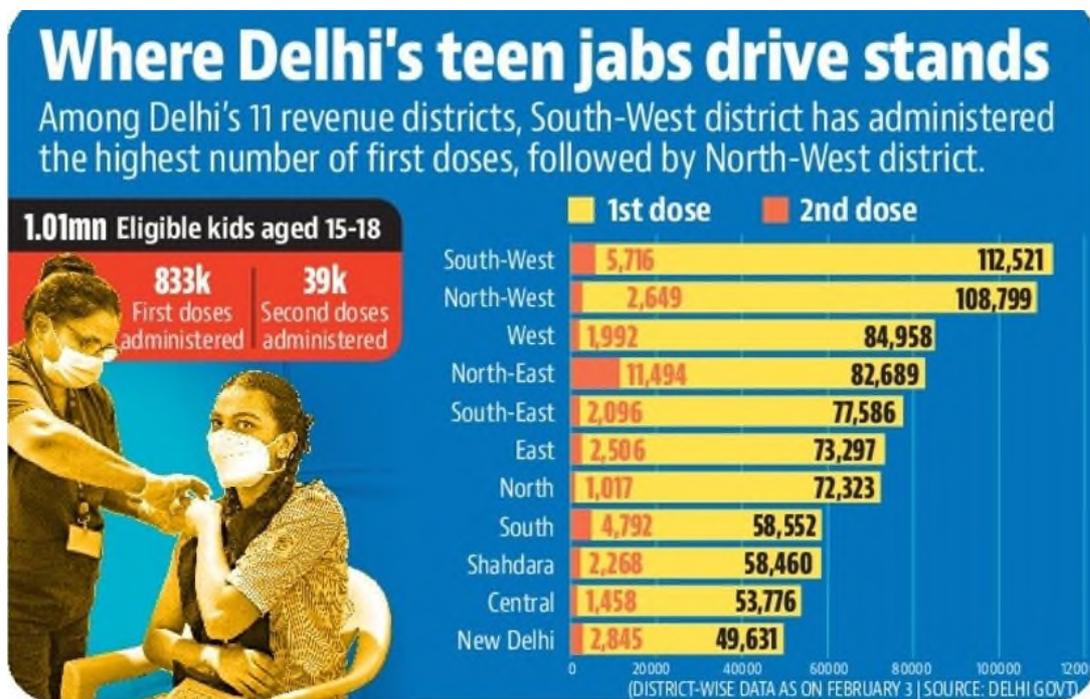
The daily positivity rate was recorded at 7.25 per cent, while the weekly positivity rate was recorded at 9.18 per cent, the ministry said.

The number of people who have recuperated from the disease surged to 4,06,60,202, while the case fatality rate stands at 1.19 per cent, it said.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive have exceeded 169.63 crore.

Teens Vaxxed

With kids set to head back to class, 82% teens vaxxed once (Hindustan Times:20220207)



Over 82% of those aged between 15 and 18 in Delhi have been administered at least one dose of a coronavirus vaccine, state government records showed, as schools in the Capital prepare to resume in-person lessons for classes 9 and above from Monday.

Over 1 million eligible beneficiaries in the 15-18 age group in Delhi, over 833,000 have received at least one vaccine jab, showed district-wise data submitted during a Delhi Disaster Management Authority (DDMA) meeting on February 3.

To be sure, over 927,000 vaccine doses have been administered to children in this age group, according to the CoWin dashboard as of 8.30pm on Sunday, but this number includes first and second jabs, since the portal does not provide separate dose-wise data for this bracket.

Inoculations for this group across the country began on January 3 this year, while second doses began to be administered from January 31. Children in India are currently being administered doses of Covaxin, a two-dose vaccine, with each jab to be taken at least 28 days apart.

Since second doses began being rolled out in Delhi, over 39,000 kids in the city had completed their vaccination regimen as on February 3, showed the report, a copy of which HT has seen.

The national capital on Sunday added 1,410 Covid-19 cases to its tally, the lowest single-day jump since December 30, when Delhi added 1,313 infections, showed records from the state government.

Among Delhi's 11 revenue districts, South-West district has administered the highest number of first doses to children, inoculating 112,521 with one jab. It is followed by the North-West district, which has jabbed 108,799 with the first dose.

Vaccinations for children in this bracket are conducted in planned camps at schools, special outreach camps and at sites in regular inoculation centres.

Officials said the city's strong vaccine coverage among children aged 15 and above was among the factors DDMA took into account while it ordered the reopening of schools in phases from February 7.

Schools will be opened in two phases, at first for classes 9-12 from February 7, before the remaining grades are opened up on February 14. Colleges and coaching centres can open at once from next week but teachers in schools will not be allowed to rejoin work if they are not vaccinated.

The vaccine coverage among teenagers is higher in government schools as compared to private institutions, the data showed.

While 95% eligible beneficiaries have been vaccinated in Delhi's government schools, 62% eligible students in private schools have taken a jab. Around 73% in government-aided schools had received the first jab, as of February 3.

A health department official, who did not want to be identified, said all public, aided and private schools were approached for vaccinations and rosters were made to conduct inoculation camps for the 15-18 age group.

"Vaccination camps were organised in coordination with the school," said a district immunisation officer who asked not to be named.

"It is difficult to pinpoint the reason behind low turnout among students from private schools. We have observed hesitation in some parents of students from private schools towards vaccination. Since vaccines are not mandatory, we cannot force anyone to take jabs," said the officer.

South-East Delhi district magistrate Vishwendra (who goes by a single name) said children in the region have reacted positively to the vaccination programme and turned up in numbers.

"We have achieved nearly 100% first dose coverage in government schools in the district. Efforts are being made to inoculate all eligible beneficiaries under this category at the earliest," said Vishwendra.

Central Delhi district magistrate Akriti Sagar meanwhile said the administration has conducted outreach camps for eligible children, including for children of sex workers and those living in state-run shelters.

"We held a meeting with all private schools and informed them about the vaccination rollout. We also conducted camps in all private schools who approached us," Sagar said.

A West Delhi district official said that one of the reasons some students had not received a jab was recent Covid-19 infections.

The health ministry has asked states to delay vaccine doses by three months for people who have recently suffered a coronavirus infection.

“During the Omicron wave, many in the 15-18 age group contracted the infection. All those who tested positive will be eligible for the jab only after three months,” said a state health department official.

Sudha Acharya, chairperson of the National Progressive School Conference (NPSC), which has over 120 Delhi schools as members, said the provision of hybrid learning had led to some parents delaying doses for their children.

“In our school zone, we have achieved over 75% vaccination rate. As far as schools in other zones are concerned, there could be various reasons behind the slow vaccination rate. I think once the CBSE announces the board exam schedule, parents will start thinking of vaccination. Since the option of hybrid learning is still available as an option, they might not be treating vaccination as something that needs to be done on priority,” said Acharya.

She said that while schools had tied up with district administrations and private hospital chains for vaccinations, the rate of jabs may also pick up pace once schools reopen.

“A lot depends on the initiatives that schools are taking to facilitate vaccinations. Now that schools are reopening, I expect a better response,” she said.

Food and Nutrition

This winter superfood will help keep the body warm and healthy

"Let's include this superfood in our diets and pave the way to good health in 2022," said nutritionist Lovneet Batrab (The Indian Express: 20220207)

<https://indianexpress.com/article/lifestyle/health/ginger-superfood-warm-healthy-winter-foods-benefits-7698228/>

gingerGinger should be a part of your diet (Source: Getty Images/Thinkstock)

Winter is all about enjoying seasonal delicacies along with foods that help keep the body warm, healthy, and away from seasonal illnesses. While there are many foods that are known for their nutritional value, experts call ginger the perfect “winter superfood” recommending to add it to one’s diet during the chilly season.

Also on ginger |Why consuming ginger is great for your immune system

“Ginger, popularly known as adrak, is one of the most important spices used in the Indian kitchen; pungent and aromatic. It has been widely used for its medicinal properties. Now that winter is here, we would need foods that keep us warm and healthy and ginger is one such super food,” mentioned nutritionist Lovneet Batra in an Instagram post.

Amid Omicron scare

Amid Omicron scare, here's what you should know about common cold signs, treatment

According to a doctor, the rhinovirus infections are usually mild and self-limiting. (The Indian Express: 20220207)

<https://indianexpress.com/article/lifestyle/health/omicron-common-cold-signs-treatment-health-virus-7738348/>

common cold, common cold in winters, common cold symptoms, how to find out if it is common cold or Covid, Omicron, symptoms, indian express news Common cold is a viral infection causing inflammation of nasal and throat mucus membrane. (Photo: Getty/Thinkstock)

In winters, the common cold — caused by rhinoviruses — afflicts a lot of people around the world. As we brave a new Covid wave this year, and with temperatures plummeting across northern states in the country, it is normal to get confused between common cold and Covid infection since both present similar symptoms.

Dr Sanjay Bhatia, ENT surgeon, Fortis Hospital Mulund, explains that the Omicron variant presents cold-like symptoms of runny nose, headaches, sneezing, sore throat, body aches, cough, fatigue with fever. “It is prudent to first rule out Omicron infection by doing a home Rapid Antigen Test or gold standard RT-PCR test. If positive, one should be treated accordingly. Once Omicron is ruled out, you can be treated for common cold, diagnosis of which is usually through history and physical examination; no aggressive workup is required,” he says.

ALSO READ | Covid ear: Here's how the virus can affect your hearing

According to the doctor, the rhinovirus infections are usually mild and self-limiting. Children are affected more due to their developing immune system. The virus spreads easily through droplets that are coughed or sneezed by infected persons and from fomites. Incubation period is usually 3 days before the symptoms develop, and it can usually last for a week or 10 days.

The common symptoms are:

- Nasal dryness and irritation
- Watery nasal discharge, sneezing and nasal congestion
- Nasal secretion may get thick and turn yellow or green
- Irritation of throat or sore throat
- Watery and itchy eyes
- Mild cough
- Low grade fever with chills
- Headache and generalised malaise, body aches
- Facial and ear fullness or pain

ALSO READ | Keep cold, cough, sneezing and sore throat away with these Ayurvedic tips

Management is usually symptomatic, with:

- * Rest and plenty of fluids
- * Good nutrition
- * Nasal decongestant and antihistamines, as prescribed by the doctor
- * Cough suppressant, as prescribed by the doctor
- * Analgesic and antipyretic medication, as prescribed by the doctor
- * Antibacterial agents are not effective unless there is superadded bacterial infection

Covid vaccine

South Africa's health regulator registers Sinopharm Covid vaccine (The Indian Express: 20220207)

<https://timesofindia.indiatimes.com/world/rest-of-world/south-africas-health-regulator-registers-sinopharm-covid-vaccine/articleshow/89396539.cms>

The South African health regulator said on Monday it had registered Chinese Covid-19 vaccine Sinopharm, effectively clearing the way for its use in the country. "This authorisation is based on acceptable safety, quality and efficacy data submitted by MC Pharma," South African Health Products Regulatory Authority (SAHPRA) said in a statement. MC Pharma is a Beijing-based company that manufactures Sinopharm vaccine, the regulator said.

Cancer treatment

Study suggests moderate exercise program could improve cancer treatment outcomes London (New Kerala: 20220207)

[England], February 6: Researchers have suggested that a moderate exercise programme could improve the success of chemotherapy treatment in oesophageal cancer pat-> View it--> <https://www.newkerala.com/news/2022/20363.htm>

Obesity

Obesity linked to rise in female reproductive disorders: Study (New Kerala: 20220207)

Researchers have found a link between obesity and a range of female reproductive disorders. The study has been published in the 'PLOS Medicine Journal'. Female-> View it--> <https://www.newkerala.com/news/2022/20271.htm>

Heart disease

Social isolation, loneliness increases heart disease risk in older women: (New Kerala: 20220207)

A recent study has found that there is an almost 27 per cent increase in heart disease risk in postmenopausal women who experience both high level-> View it--> <https://www.newkerala.com/news/2022/20267.htm>

Dementia risk

Study finds chronic conditions in middle age linked to increased dementia risk London, (New Kerala: 20220207)

A new study has found that having two or more chronic conditions (known as multimorbidity) in middle age is associated with an increased risk of dement-> View it--> <https://www.newkerala.com/news/2022/20249.htm>

Pregnancy

Residing in walkable neighbourhood decreases excessive weight gain risk during pregnancy: (New Kerala: 20220207)

Study New York, February 6: Pregnant people who live in walkable neighbourhoods have lower odds of excessive gestational weight gain (GWG) than those who live e-> View it--> <https://www.newkerala.com/news/2022/20233.htm>

Antibodies,

Highest risk patients for severe COVID-19 least likely to get monoclonal antibodies, says study (New Kerala: 20220207)

Cambridge (Massachusetts), February 6: Ever since the COVID-19 pandemic hit the world, researchers have been giving every possible information to help in -> View it--> <https://www.newkerala.com/news/2022/20222.htm>