



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20240201

## **Covid sub-variant JN.1,**

**2,100 cases of Covid sub-variant JN.1, its lineages detected in India: INSACOG  
JN.1.11 has been detected in 245 cases while the rest of the cases were detected  
in the sub-lineages of JN.1 (The Tribune: 20240201)**

<https://www.tribuneindia.com/news/delhi/2-100-cases-of-covid-sub-variant-jn-1-its-lineages-detected-in-india-insacog-586046>

2,100 cases of Covid sub-variant JN.1, its lineages detected in India: INSACOG

The World Health Organization (WHO) has classified JN.1 as a separate "variant of interest" given its rapidly-increasing spread. istock

As many as 2,100 cases of COVID-19 sub-variant JN.1 and its lineages have been detected in the country so far, the INSACOG on Wednesday said.

There are 829 SARS-CoV-2 sequences of JN.1 across 18 the states and UTs while its sub-lineage JN.1.1 has been detected in 944 cases, according to the data compiled by the Indian SARS-CoV-2 Genomics Consortium (INSACOG).

JN.1.11 has been detected in 245 cases while the rest of the cases were detected in the sub-lineages of JN.1.

The Centre had last month asked the states and Union Territories to maintain a constant vigil amid detection of new variants in the country.

The World Health Organization (WHO) has classified JN.1 as a separate "variant of interest" given its rapidly-increasing spread, but said it poses a "low" global public health risk.

The JN.1 sub-variant of the coronavirus was previously classified as a variant of interest (VOI) as part of the BA.2.86 sub-lineages, the parent lineage that is classified as a VOI, the world body said.

## **Glaucoma cases**

### **80% of glaucoma cases go undetected in India: Experts (The Tribune: 20240201)**

<https://www.tribuneindia.com/news/health/80-of-glaucoma-cases-go-undetected-in-india-experts-586024>

Glaucoma is a disease that affects the optic nerve

80% of glaucoma cases go undetected in India: Experts

A whopping 80 per cent cases of glaucoma -- the third most common cause of blindness -- goes undetected in India, said experts here on Wednesday.

Glaucoma is a disease that affects the optic nerve. January is national glaucoma awareness month, a time to spread awareness about the disease.

Glaucoma is also known as the "sneak thief of sight", because there are no early symptoms. It is also the leading cause of irreversible blindness, affecting more than 80 million people worldwide.

"Glaucoma is a group of eye conditions that damage the optic nerve, leading to progressive vision loss. It typically presents with no symptoms in its early stages, making regular eye examinations crucial for early detection," Ikeda Lal, Senior Cornea, Cataract and Refractory Surgery Specialist, at Delhi Eye Centre and Sir Ganga Ram Hospital, New Delhi told IANS.

Lal explained that as the condition progresses, one may experience blurred vision, difficulty adjusting to low light, reduced peripheral (side) vision, and seeing halos around lights. Few patients may even experience eye pain and headache.

"If you notice any of these symptoms, it's important to see an eye doctor for a comprehensive eye exam," the doctor said.

Approximately, 11.2 million people aged 40 years and older have glaucoma in India but only 20 per cent of them know they have it. It is because the disease initially has no symptoms.

Although glaucoma primarily affects the middle-aged and the elderly, it can affect people of all ages, according to experts.

"Vision loss in glaucoma is caused by damage to the optic nerve which is responsible for carrying images from the eye to the brain. Vision loss or impairment may be associated with reduced quality of life and decreased ability to perform activities of daily living, including loss of independence, restricted mobility, depression, and anxiety," Rohit Saxena, R P Centre for Ophthalmic Sciences, AIIMS, New Delhi, told IANS.

He further added that glaucoma becomes more common with advancing age. Family history and genetics play a role, with individuals having relatives affected by glaucoma being at a higher risk.

Other factors contributing to glaucoma include elevated eye pressure, certain medical conditions like diabetes, hypertension and prolonged use of steroids, especially without regular monitoring.

While there is no absolute cure for glaucoma, early detection, and treatment is of great importance and this helps in preventing further vision loss.

"Treatment options may include eye drops to lower intraocular pressure, oral medications, laser therapy, or in severe cases, surgery. With early detection and adherence to treatment, sight can be saved from glaucoma and these patients can have a very good vision for their entire life. Therefore, there is no need to be scared of this disease," Lal noted.

Adults older than 40 years, especially those with a family history of glaucoma, must get a comprehensive eye exam every year, including an examination of the retina and the optic nerve. If and when it is identified, people will need long-term monitoring and management, the doctors said.

## **Sclerostin key protein for cardiovascular health**

### **Sclerostin key protein for cardiovascular health in patients with diabetes: Study (The Tribune: 20240201)**

<https://www.tribuneindia.com/news/health/sclerostin-key-protein-for-cardiovascular-health-in-patients-with-diabetes-study-585461>

The results revealed significantly higher levels of sclerostin in patients with type 2 diabetes and cardiovascular disease, suggesting a possible link between this protein and atherosclerosis

Sclerostin key protein for cardiovascular health in patients with diabetes: Study

Atherosclerosis, a common complication of this disease, involves the deposition of substances such as cholesterol and fats in the arteries. istock

Researchers have provided significant insights into the role of sclerostin in protecting against atherosclerosis in patients with type 2 diabetes.

According to the study published in the journal *Cardiovascular Diabetology*, sclerostin, commonly linked with the regulation of bone formation, has emerged as a protective factor in vascular health, especially in individuals with type 2 diabetes.

Atherosclerosis, a common complication of this disease, involves the deposition of substances such as cholesterol and fats in the arteries, resulting in the formation of plaques that can reduce blood flow and increase the risk of serious cardiovascular diseases, the researchers said.

The study included 121 controls and 139 patients with type 2 diabetes (48 with cardiovascular disease and 91 without).

The results revealed significantly higher levels of sclerostin in patients with type 2 diabetes and cardiovascular disease, suggesting a possible link between this protein and atherosclerosis.

Researchers have demonstrated that sclerostin is also helpful in lowering arterial calcification, which is linked to the onset of atherosclerosis.

The researchers from *ibs.GRANADA*, the San Cecilio University Hospital in Granada, the Centre for Networked Biomedical Research on Frailty and Healthy Ageing (CIBERFES) of the Carlos III Health Institute, as well as the University of Granada (UGR), conducted 'in vitro' experiments on vascular smooth muscle cells, replicating pathophysiological conditions of patients with type 2 diabetes.

"They found that sclerostin overexpression reduced calcium deposits, decreased cell proliferation and inflammation, and promoted cell survival," the study said.

## **E-cigarettes**

### **UK says it will ban disposable vapes and curb candy-flavoured e-cigarettes aimed at kids (The Tribune: 20240201)**

<https://www.tribuneindia.com/news/health/uk-says-it-will-ban-disposable-vapes-and-curb-candy-flavoured-e-cigarettes-aimed-at-kids-585438>

It is currently illegal to sell vapes or tobacco to children under 18 in the UK

The British government says it will ban the sale of disposable vapes and limit their cornucopia of flavours in an effort to prevent children becoming addicted to nicotine. It also plans to stick to a contentious proposal to ban today's young people from ever buying cigarettes.

Prime Minister Rishi Sunak is due to announce details of the plan on Monday

It is currently illegal to sell vapes or tobacco to children under 18 in the UK, but officials say that youth vaping has tripled in the past three years, and that cheap, colorful disposable vapes are a “key driver”.

As well as banning disposable vapes, the government says it will “restrict flavours which are specifically marketed at children” and ensure that manufacturers put vapes in “less visually appealing packaging”.

“As any parent or teacher knows, one of the most worrying trends at the moment is the rise in vaping among children, and so we must act before it becomes endemic,” Sunak said.

“The long-term impacts of vaping are unknown and the nicotine within them can be highly addictive, so while vaping can be a useful tool to help smokers quit, marketing vapes to children is not acceptable.” Sunak's government also said it will push on with a plan announced last year to gradually raise the minimum age to buy cigarettes, so that no one born after January 1, 2009 can ever legally buy them.

The idea has been welcomed by health experts, but outraged some members of the Conservative Party who view it as excessive state intervention. The plan was modelled on a proposal in New Zealand that was scrapped late last year after a change of government in that country.

The number of people in the UK who smoke has declined by two-thirds since the 1970s, but some 6.4 million people, or about 13 per cent of the population, still smoke, according to official figures.

## **Child sexual abuse**

**Child sexual abuse research in India should move away from prevalence studies, focus on interventions that help: expert (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/health/child-sexual-abuse-research-in-india-should-move-away-from-prevalence-studies-focus-on-interventions-that-help-expert/article67793666.ece>

Scholar Alankaar Sharma explains how dominant notions of masculinity affect survivors and can minimise support, how boys can internalise abuse, and the need for research that studies the lived experiences of survivors.

Alankaar Sharma, senior lecturer, School of Health and Society, University of Wollongong in Chennai on January 24, 2024.

Alankaar Sharma, senior lecturer, School of Health and Society, University of Wollongong in Chennai on January 24, 2024. | Photo Credit: Raghunathan S.R.

While one in six boys worldwide experience sexual abuse during childhood, their experiences are under-researched and under-addressed. Boys' abuse experiences can have profound and long-lasting impacts upon their mental and physical health, and how they view their abuse experiences, their lives after it, and their disclosures of it, can all be shaped by patriarchal notions and socio-cultural norms of what is expected of boys and men. In an interview, Alankaar Sharma, senior lecturer, School of Health and Society, University of Wollongong Australia, talks to Zubeda Hamid about how dominant notions of masculinity affect survivors and can minimise support, how boys can internalise abuse and how this can manifest in different ways, and the need for research that studies the lived experiences of survivors.

## **Malaria vaccine**

### **Can malaria vaccine rollout be scaled up? | Explained (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/health/can-malaria-vaccine-rollout-be-scaled-up-explained/article67784053.ece>

Which is the first country in the world to include the vaccine in routine immunisation programmes for children? What should be India's strategy to eradicate malaria?

Twenty countries aim to roll out a malaria vaccine pilot programme in 2024, according to GAVI, the Vaccine Alliance, and other outfits which aim to provide equal access to new and underused vaccines for children living in the world's poorest countries. Photo: WHO

Twenty countries aim to roll out a malaria vaccine pilot programme in 2024, according to GAVI, the Vaccine Alliance, and other outfits which aim to provide equal access to new and underused vaccines for children living in the world's poorest countries. Photo: WHO

The story so far: On January 22, Cameroon in Africa became the first country in the world to launch the RTS, S malaria vaccine for children into its routine national immunisation services. According to the World Health Organization (WHO), the rollout follows a malaria vaccine pilot

programme in Ghana, Kenya and Malawi, as efforts gather pace to scale up vaccination against the disease in high risk areas. Twenty countries aim to roll out the programme this year, according to GAVI, the Vaccine Alliance, and other outfits which aim to provide equal access to new and underused vaccines for children living in the world's poorest countries.

## **Community well-being**

### **Navigating the physical and mental toll of cold waves on community well-being (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/health/navigating-the-physical-and-mental-toll-of-cold-waves-on-community-well-being/article67726519.ece>

An expert tells us that as much as survival needs to encompass food, water, and shelter, fostering connections with others is equally essential for well-being during cold-wave conditions.

Cold weather can make you miserable and if you are struggling to keep your surroundings warm the consequences can be serious.

Cold weather can make you miserable and if you are struggling to keep your surroundings warm the consequences can be serious. | Photo Credit: Getty Images/iStockphoto

As winter tightens its grip on various regions, an unspoken yet pervasive menace emerges — cold waves that not only lead to bone-chilling temperatures but also cast a profound shadow on community well-being. From the physical strain that plummeting temperatures cause to the subtle yet grievous blows to mental resilience, cold waves impact all facets of human well-being.

## **Artificial skin'**

### **The finer touch: when 'artificial skin' is more sensitive than the original (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/health/the-finer-touch-when-artificial-skin-is-more-sensitive-than-the-original/article67775477.ece>

Researchers at TU Graz in Austria have received funding to examine real-life applications for their successful 'artificial skin' prototype that can reportedly 'feel' more than the real thing

The synthetic skin that could be employed in a number of situations including prosthesis.

The synthetic skin that could be employed in a number of situations including prosthesis.

In the city of Graz, flanking both sides of the river Our in Austria, it sometimes gets so cold you cannot feel your finger tips, or even your fingers anymore. Here in a lab at TU Graz, the city's public university, on a petri dish lies a patch of 'artificial skin', or smart skin, its creators say is even more sensitive than the human fingertip.

## **Virus**

### **Outbreak of Western Equine Encephalitis Virus in Argentina (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/science/outbreak-of-western-equine-encephalitis-virus-in-argentina/article67780160.ece>

The present outbreak also comes in the context of an ongoing outbreak in horses in Argentina and

The culprit: The primary mode of transmission of the infection to humans is through mosquitoes, which act as vectors for the virus.

The culprit: The primary mode of transmission of the infection to humans is through mosquitoes, which act as vectors for the virus. | Photo Credit: Getty/iStockPhoto

On December 20, 2023, the International Health Regulations National Focal Point (IHR NFP) in Argentina alerted the Pan American Health Organization/World Health Organization (PAHO/WHO) of a human case of Western Equine Encephalitis Virus (WEEV) infection. The patient had a sudden onset fever and neurological features on November 19, 2023 and was later admitted to a provincial hospital, and discharged on close follow-up on December 20. The outbreak has grown to 21 confirmed new cases of the infection in Argentina and comes after more than two decades since the last case was reported in the country. The last cases of human infections in Argentina were reported in 1982, 1983, and an isolated event in 1996. The present outbreak also comes in the context of an ongoing outbreak in horses in Argentina and Uruguay. Multiple outbreaks and human cases of Western Equine Encephalitis have been reported in the past from the U.S. and Canada and over 3,000 cases of infection have been reported over these years.

Western Equine Encephalitis is a mosquito-borne infection caused by the Western Equine Encephalitis Virus (WEEV), which belongs to the Togaviridae family of viruses. The virus has an approximately 11.5 kilobases long single-stranded RNA genome and is a recombinant of the eastern equine encephalitis virus (EEEV) and a Sindbis-like virus. Passerine birds are thought to be the reservoir and equine species as intermediate hosts. The primary mode of transmission of the infection to humans is through mosquitoes which act as vectors for the virus. While most of the infections are asymptomatic, the infection may lead to severe consequences in rare cases. An



estimated 4-5% of cases may manifest as infection/inflammation of the brain, resulting in neurological symptoms and sequelae of disease. With no specific antiviral treatment, symptomatic care is crucial, especially for neurologic symptoms.

## **IVF pregnancy**

### **World's first white rhinoceros IVF pregnancy may offer way to save subspecies (The Hindu: 20240201)**

<https://www.thehindu.com/sci-tech/science/worlds-first-white-rhinoceros-ivf-pregnancy-may-offer-way-to-save-subspecies/article67775726.ece>

Berlin scientists using of this method offers hope for saving the critically endangered northern white rhino subspecies from extinction.

Female northern white rhinos, the last two northern white rhinos on the planet, graze in their enclosure at Ol Pejeta Conservancy in Kenya.

Female northern white rhinos, the last two northern white rhinos on the planet, graze in their enclosure at Ol Pejeta Conservancy in Kenya. | Photo Credit: AP

Scientists in Berlin announced the first successful embryo transfer in a white rhinoceros using a method that offers hope for saving the critically endangered northern white rhino subspecies from extinction.

The white rhinoceros includes two distinct subspecies, northern and southern. The last male northern white rhino died in 2018, with only two female members remaining. Neither are able to carry a calf to term. Southern white rhinos are more abundant.

## Anxiety

### **Can you control anxiety with a pain diary? How is this better than journalling as a mental health tool? (Indian Express: 20240201)**

<https://indianexpress.com/article/health-wellness/pain-diary-anxiety-journalling-emotions-psychiatrist-9115702/>

A pain diary becomes a valuable tool to track and understand emotional struggles, stressors and triggers, says Mumbai psychiatrist Dr Sagar Mundada.

Written by Rupsa Chakraborty

Dr Sagar Mundada, a Mumbai-based psychiatrist, says this innovative approach of keeping a “pain diary” not only enhanced her self-awareness but also be in control. (Express file photo)

A 35-year-old woman, who had been battling chronic anxiety, found solace when doctors asked her to paint her mood for the day on a piece of paper, splashing colours she felt best represented her emotions. Each day, she depicted her emotional landscape, using colours and strokes to represent varying intensities of distress. Over weeks, patterns emerged, helping her therapist tailor effective coping strategies. The act of painting became her sanctuary, offering a non-verbal outlet for complex emotions.

Her treating doctor, Dr Sagar Mundada, a Mumbai-based psychiatrist, says this innovative approach of keeping a “pain diary” not only enhanced her self-awareness but also be in control. It shows the transformative potential of creative expression in mental health management.

Could you explain what a pain diary is?

A pain diary is a record-keeping tool where individuals document their daily experiences of physical or emotional pain. It's often used by those managing chronic conditions but its applications extend beyond physical health. In terms of mental health, a pain diary becomes a valuable tool to track and understand emotional struggles, stressors and triggers.

## **Cervical cancer**

### **Cervical cancer alert: Do you need to get a Pap test or screening done every year? (Indian Express:20240201)**

<https://indianexpress.com/article/health-wellness/cervical-cancer-alert-pap-test-screening-done-every-year-9113536/>

Dr Aruna Kalra, Department of Gynaecology and Obstetrics, CK Birla Hospital, Gurugram, busts some myths around cervical cancer

More than 95 per cent of all cervical cancer cases are linked to persistent infection with certain high-risk strains of the Human Papillomavirus (HPV). (Image: Image by LJNovaScotia from Pixabay)

More than 95 per cent of all cervical cancer cases are linked to persistent infection with certain high-risk strains of the Human Papillomavirus (HPV). That's why vaccination is being done on a war footing in a country like India that accounts for nearly a fifth of the cervical cancer cases globally. India reports around 1.25 lakh cases and about 75,000 deaths each year. The vaccine is 97 per cent effective in preventing cervical cancer.

However, there are many myths around HPV infection that need to be broken.

1) You need a Pap test every year: If your Pap test and HPV tests are both normal, then there is no need to get a Pap test every year. Cervical cancer guidelines for women say that between ages 21 and 30, they should get a Pap test done every three years. Between ages 30 and 64, a Pap test and HPV test should be done every five years. For ages 65 and older, consult a doctor. If you are sexually active, get the test done every five years.

## **H1N1 or swine**

### **Is H1N1 or swine flu making you sick after recovery? That's because you aren't resting enough( Indian Express:20240201)**

<https://indianexpress.com/article/health-wellness/is-h1n1-or-swine-flu-making-you-sick-after-recovery-thats-because-you-arent-resting-enough-9113268/>

Due to a lack of rest, the virus leaves a lot of inflammation in the body which may result in a fresh bout of fever, cough and nasal congestion, says Dr Nikhil Modi, Senior Consultant in Respiratory and Critical Care Medicine at Indraprastha Apollo Hospitals, New Delhi

Swine Flu ward at Ganga Ram Hospital in New Delhi (Express File Photo By Praveen Khanna)

Sheena Sharma had just about recovered from the H1N1 flu and the moment her fever broke, she pushed herself to work on Day 4 as she had to meet a deadline for a project she was working on. A few hours into it, she crumbled in a heap, with a sharp headache. A few hours later, she had breathing difficulty again. The next day she had to be hospitalised with pneumonia-like symptoms.

“We are so used to taking drugs that many people do not realise that adequate rest is as much therapy as medication is. If you push yourself too soon after any viral infection, there could be a worsening of symptoms with those with still weakened or compromised lungs lapsing into pneumonia,” says Dr Nikhil Modi, Senior Consultant in Respiratory and Critical Care Medicine at Indraprastha Apollo Hospitals, New Delhi. He also busts the myth of a relapse. “The body develops immunity against the virus you have suffered from. But due to a lack of rest, the virus leaves a lot of inflammation in the body which may result in a fresh bout of fever, cough and nasal congestion. We call it post-viral inflammation,” Dr Modi adds.

Does H1N1 flu, also called the swine flu, impact the lungs more severely?

Although University of Wisconsin researchers recently showed that the virus was able to penetrate the lungs to a deeper level and caused greater respiratory damage than other forms of flu, and could be more likely to cause pneumonia, they did an animal study with much larger doses of the virus. We need more research on human patients to come to such a drastic conclusion.

What are the chances of a patient developing pneumonia if he or she is not resting properly?

In most cases, symptoms may last for three to five days, with cough lasting for a slightly longer time. There are two possibilities for pneumonia to develop. First, the virus can cause pneumonia on both sides of the lungs, which we call typical viral pneumonia. There is a sudden fall in oxygen saturation and the patient has to be admitted to hospital for stabilisation.

Second, the virus lowers your immunity guard down to such an extent that a secondary bacterial infection can easily superimpose itself on a weakened lung, triggering pneumonia. Relapse of the H1N1 virus is unusual. That’s why rest is needed, to not create conditions for secondary infection to prey on your body.

Festive offer

How much rest and sleep would you recommend to recover from the flu?

Adequate rest, hydration, nutrition and seven to eight hours of sleep are required every day for a recovery. Before resuming your regular hours at the office, make sure that you are up and about in your home environment. If moving around and doing light activities don’t stress you out, you can venture out.

Poor sleep in 30s = memory loss in 50s. Why new study raises red flags for Alzheimer's

Dr MV Padma Srivastava, Chairperson, Neurology, Paras Health, Gurugram, gives us a lowdown on health issues related to sleep deficiency in the young

Sleep disorders over time can raise chances of neurological diseases like Alzheimer's. (Pexels)

If you're not sleeping deeply and peacefully in your 30s, then you are increasing your risk of cognitive decline midlife. That's what a new study in the journal *Neurology* indicates, that the quality rather than the quantity of sleep matters. Researchers, who tracked their subjects for a decade, found that people with more disrupted sleep in their 30s and 40s could face a 100 per cent likelihood of memory and thinking problems a decade later.

According to Dr MV Padma Srivastava, Chairperson, Neurology, at Paras Health in Gurugram, "Sleep disorders over time can raise chances of neurological diseases like Alzheimer's." Poor sleep leads to abnormal levels of beta-amyloid proteins in the brain, which in turn form amyloid plaques typical of Alzheimer's. These plaques might then affect sleep-related brain regions, further disrupting sleep.

If I am not sleeping properly in my 30s, how will it impact my life in the 50s?

Persistent inadequate sleep in your 30s and 40s can contribute to cognitive decline in your 50s. It affects the consolidation of memories, impairing learning and recall. It impairs focus, attention and decision-making skills, all of which lower cognitive function. Lack of sleep can notably affect the prefrontal cortex, responsible for higher-order thinking. This can lead to a reduction in executive functions like creativity and problem-solving. Sleep disorders that persist over time raise the chance of neurological diseases like Alzheimer's. Additionally, sleep plays a crucial role in emotional regulation and lack of it heightens stress, anxiety and mood disorders.

Inadequate sleep in your early years can contribute to cardiovascular problems such as hypertension. Lack of consistency in bedtime and wake-up times has been linked to an increased risk of obesity, high blood sugar, hypertension, high cholesterol and other metabolic problems, according to a 2019 study published in *Diabetes Care*. This study suggested that each hour of variability could raise the risk by 27 per cent. Last year, the American Heart Association found a correlation between irregular sleep habits and an increased risk of atherosclerosis in the 45-plus age group.

## **Sleeping**

### **How long should people in their 30s sleep? Any differences in recommendations for both men and women? (Indian Express:20240201)**

<https://indianexpress.com/article/health-wellness/poor-sleep-30s-memory-loss-50s-new-study-red-flags-alzheimers-9115421/>

The ideal sleeping time is between seven and nine hours for both. Of course, shifts in hormone production during various points can create significant sleeping problems for women and people assigned female at birth.

How to fall asleep on time?

Begin by determining your desired wake-up time. Count backwards to calculate the required hours of sleep and schedule your meal times and other activities accordingly. If you have trouble sleeping, then the following tips should help:

- 1) Devise a soothing bedtime ritual, like taking a warm bath, reading a book, or practising relaxation techniques.
- 2) Avoid alcohol, caffeine and food at least three hours before you intend to settle in.
- 3) Assess whether your mattress and bedding contribute positively to your sleep routine. Avoid visual stressors like a phone and laptop near your sleeping area.
- 4) Practise good sleep hygiene by avoiding daytime naps, spending time outdoors in the sun and limiting caffeine and alcohol intake. Take care not to overexpose yourself to light if you are in places where the days are longer.
- 5) Lastly, cut down on brain-stimulating activities before bedtime to help reinforce the association between sleep and rest.

How does stress and anxiety affect the quality of sleep?

The body's "fight or flight" reaction is triggered by ongoing stress, which raises cortisol levels and makes it harder to fall asleep. Anxiety can result in racing thoughts, making it challenging to relax. Prolonged feelings of stress can lead to a sustained state of heightened arousal in the nervous system, adversely affecting both physical and mental health over time.

## **Soft drink**

### **Soft drink consumption linked to liver cancer risk in women( Times of India:20240201)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/soft-drink-consumption-linked-to-liver-cancer-risk-in-women/photostory/107312628.cms?picid=107312905>

Soft drinks, laden with excessive sugars, artificial additives, and high-fructose corn syrup, can exert detrimental effects on liver health. The liver plays a pivotal role in metabolizing sugars, and when inundated with the elevated sugar content in soft drinks, it undergoes a process of metabolizing fructose into fat. This, in turn, contributes to the development of non-alcoholic fatty liver disease (NAFLD), a condition marked by an accumulation of fat in liver cells. Continued consumption of soft drinks may exacerbate NAFLD, progressing to more severe conditions such as non-alcoholic steatohepatitis (NASH) and, in some cases, leading to liver cirrhosis or hepatocellular carcinoma, a form of liver cancer. Additionally, the high levels of phosphoric acid in cola-type soft drinks may contribute to liver inflammation.

A study done by researchers at Brigham and Women's Hospital has found that women who consume soft drinks daily are at a higher risk of developing diseases like liver cancer and chronic hepatitis. The observational study included nearly 100,000 postmenopausal women from the Women's Health Initiative and followed them for over 20 years. "To our knowledge, this is the first study to report an association between sugar-sweetened beverage intake and chronic liver disease mortality," said first author Longgang Zhao of the Brigham's Channing Division of Network Medicine.

Soft drinks can have profound and adverse effects on human health due to their high sugar content and chemical additives. Regular consumption is linked to weight gain, increasing the risk of obesity, type 2 diabetes, and cardiovascular diseases. The excessive sugar and acidity in soft drinks can erode tooth enamel, leading to dental problems such as cavities and decay.

One of the most well-established health effects of soft drinks is their contribution to obesity and weight gain. These beverages are often high in added sugars, which not only provide empty calories but also fail to offer a sense of fullness. Regular consumption of sugary drinks can lead to an excess intake of calories, contributing to weight gain and an increased risk of obesity. Obesity, in turn, is associated with various health issues, including type 2 diabetes, cardiovascular diseases, and certain cancers.

The excessive consumption of soft drinks has been linked to an increased risk of developing type 2 diabetes. The high sugar content can lead to elevated blood glucose levels, putting a strain on the body's ability to produce and utilize insulin effectively. Over time, this can result in insulin

resistance, a condition where the body's cells become less responsive to insulin. Insulin resistance is a key factor in the development of type 2 diabetes, a chronic condition with serious implications for overall health.

Soft drinks, particularly those containing phosphoric acid, can negatively impact bone health. Phosphoric acid interferes with calcium absorption, potentially leading to decreased bone density and an increased risk of osteoporosis. Overconsumption of soft drinks, especially in individuals with low calcium intake, may contribute to weakened bones and an elevated risk of fractures.

The link between soft drink consumption and cardiovascular diseases is well-established. High intake of added sugars, particularly in the form of sugary drinks, is associated with an increased risk of heart disease. Excessive sugar can contribute to elevated blood pressure, inflammation, and unhealthy lipid profiles, all of which are risk factors for cardiovascular issues, including heart attacks and strokes.

Opt for healthier soft drink alternatives to reduce health risks. Herbal teas or infusions provide flavorful alternatives without added sugars. Coconut water offers hydration with natural electrolytes, while kombucha provides a fizzy, probiotic-rich option. Prioritizing these alternatives can help decrease sugar and calorie intake, contributing to better overall health and well-being.

## **Brain health**

### **How does writing by hand improve brain health? (Times of India:20240201)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/how-does-writing-by-hand-improve-brain-health/photostory/107289932.cms?picid=107289969>

A new study published in the *Frontiers in Psychology* journal has found an interesting correlation between handwriting and brain health. For the study, the researchers recorded the brain activity of 36 university students. The researchers at the Norwegian University of Science and Technology finally concluded that handwriting might improve learning and memory.

The students were asked to either write or type words like forest or hedgehog within 25 seconds. A cap of sensors, with 256 electrodes, was placed on their head to measure their brain waves. “Our main finding was that handwriting activates almost the whole brain as compared to typewriting, which hardly activates the brain as such. The brain is not challenged very much when it’s pressing keys on a keyboard as opposed to when it’s forming those letters by hand,” said Audrey van der Meer, the study’s co-author and a neuropsychology professor at NTNU told NBC News.

03/5How do handwriting and typewriting differ in the context of brain?



The researchers found that writing by hand required setting up communication between the brain's visual, sensory, and motor cortices while for typewriting the students had to visualize the letters and then use their motor skills to improve writing. "When you have to form letters by hand, an 'A' will look completely different than a 'B' and requires a completely different movement pattern," van der Meer told the media.

Handwriting engages multiple regions of the brain, promoting cognitive function and memory retention. The tactile and rhythmic nature of handwriting has therapeutic effects, reducing stress and anxiety by inducing a meditative state. The intentional, deliberate strokes involved in forming letters can enhance focus, mindfulness, and self-expression, fostering a sense of accomplishment and creativity. The personal connection to one's thoughts through handwriting reinforces self-reflection and emotional well-being, providing a calming and centering influence on mental health.

Handwriting is crucial for children's cognitive development, enhancing fine motor skills and hand-eye coordination. It aids in letter recognition, spelling, and language skills, contributing to effective communication. The physical act of writing activates different brain regions, promoting neural connections and memory retention. Handwriting also fosters creativity and self-expression, allowing kids to convey thoughts uniquely. Additionally, the tangible aspect of handwriting provides a sensory experience that digital typing may lack, aiding in information retention. Overall, handwriting plays a fundamental role in children's educational and psychological development, supporting their academic success and cognitive growth.

## **Thyroid disorders**

### **Common thyroid disorders and their symptoms ((Times of India:20240201)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/common-thyroid-disorders-and-their-symptoms/photostory/107288042.cms?picid=107288306>

Thyroid disorders are conditions that affect the thyroid gland, a small butterfly-shaped organ located in the front of the neck. The thyroid plays a crucial role in regulating various bodily functions, including metabolism, energy production, and the functioning of organs. Common thyroid disorders include hypothyroidism, hyperthyroidism, Hashimoto's thyroiditis, Graves' disease, thyroid nodules, thyroid cancer, and thyroiditis.

Hypothyroidism occurs when the thyroid gland doesn't produce enough thyroid hormones. This can result in a slowdown of bodily functions. Common symptoms include fatigue, weight gain, cold intolerance, dry skin, constipation, muscle weakness, depression, and impaired memory.

Hypothyroidism is often caused by an autoimmune condition called Hashimoto's thyroiditis, where the immune system attacks the thyroid gland.

Hyperthyroidism is the opposite of hypothyroidism, where the thyroid gland produces an excess of thyroid hormones. This can lead to an acceleration of bodily functions. Symptoms include weight loss, rapid heartbeat, anxiety, irritability, tremors, increased sweating, heat intolerance, and difficulty sleeping. Graves' disease is a common cause of hyperthyroidism and is also an autoimmune disorder where the immune system stimulates the thyroid to produce more hormones. Hashimoto's thyroiditis is an autoimmune disorder where the immune system mistakenly attacks the thyroid gland. Over time, this can lead to hypothyroidism. Symptoms are similar to those of hypothyroidism and may also include a goiter (enlarged thyroid gland) and occasional neck discomfort.

Graves' disease is an autoimmune disorder where the immune system stimulates the thyroid to produce more hormones than the body needs. This leads to hyperthyroidism. Symptoms include those typical of hyperthyroidism, such as weight loss, rapid heartbeat, and anxiety. Additionally, Graves' disease can cause eye problems like bulging eyes (exophthalmos), skin changes, and an enlarged thyroid gland (goiter).

Thyroid nodules are growths or lumps that form within the thyroid gland. Most nodules are benign and asymptomatic, but some can cause difficulty swallowing, a visible lump in the neck, or pain. While many nodules are harmless, some may be cancerous, necessitating further evaluation through imaging or biopsy.

Thyroid cancer is a relatively rare but serious condition. In its early stages, thyroid cancer may be asymptomatic. As it progresses, symptoms may include a lump in the neck, hoarseness, difficulty swallowing, and enlarged lymph nodes. Papillary thyroid cancer is the most common type, and it often has a good prognosis if detected early and appropriately treated.

Thyroiditis refers to inflammation of the thyroid gland, which can cause an over-release or depletion of thyroid hormones. Symptoms may include pain or discomfort in the thyroid gland, fever, fatigue, and sometimes symptoms of hyperthyroidism or hypothyroidism. There are different types of thyroiditis, including acute infectious thyroiditis, subacute thyroiditis, and chronic lymphocytic thyroiditis (Hashimoto's thyroiditis).

Some thyroid disorders, especially in their early stages, may not present noticeable symptoms. Regular check-ups and thyroid function tests are essential for early detection and management of thyroid disorders. Proper diagnosis and appropriate treatment are crucial for managing thyroid disorders effectively. Thyroid disorders are often manageable, and with the right medical intervention, individuals can lead healthy and fulfilling lives.

## Good Cholesterol Diet

### Good Cholesterol Diet: गंदे कोलेस्ट्रॉल को जड़ से उखाड़ देंगे ये 10 फल, झट से बाहर निकलेगा पीला दुश्मन ( Navbharat Times: 20240201)

<https://navbharattimes.indiatimes.com/lifestyle/health/10-seasonal-fruits-that-can-decrease-bad-cholesterol-and-increase-good-cholesterol-naturally/articleshow/107311751.cms?story=7>

Cholesterol Lowering Fruits: कोलेस्ट्रॉल बढ़ना दिल के दौरे का एक बड़ा कारण है और इसे कम करने के लिए आपको हेल्दी लाइफस्टाइल जीना चाहिए। इसके अलावा हेल्दी डाइट लेने और कुछ सीजनल फ्रूट्स को डाइट में शामिल करने से गंदे कोलेस्ट्रॉल को कम करने में मदद मिल सकती है।

10 seasonal fruits that can decrease bad cholesterol and increase good cholesterol naturally

Good Cholesterol Diet: गंदे कोलेस्ट्रॉल को जड़ से उखाड़ देंगे ये 10 फल, झट से बाहर निकलेगा पीला दुश्मन

दिल को स्वस्थ रखने और दिल की बीमारियों से बचने के लिए खराब कोलेस्ट्रॉल (एलडीएल कोलेस्ट्रॉल) के लेवल को कम करना जरूरी है। खराब कोलेस्ट्रॉल रक्त वाहिकाओं में जमा होकर उन्हें ब्लॉक कर सकता है जिससे ब्लड फ्लो धीमा हो सकता है। ऐसा होने से आपको हार्ट अटैक और स्ट्रोक का जोखिम है।

हाई कोलेस्ट्रॉल के लक्षण क्या हैं? कोलेस्ट्रॉल बढ़ने के वैसे तो कोई खास लक्षण नहीं हैं लेकिन अधिकतर मामलों में उस समय लक्षण महसूस होते हैं, जब इसका लेवल हद से ज्यादा बढ़ चुका होता है और आपको पेरीफेरल आर्टरी डिजीज, स्ट्रोक, हाई बीपी, टाइप 2 डायबिटीज जैसे समस्याएं हो सकती हैं। बेहतर है आप इनके लक्षणों पर नजर रखें।

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पेट से जुड़ी हर समस्या जैसे कब्ज़, गैस की समस्या, खट्टी उकार , एसिडिटी, आदि का शर्तिया इलाज नहीं तो पूरे पैसे वापस!!

Udararogya

कोलेस्ट्रॉल कैसे कम करें? डाइट में कुछ फलों को शामिल करने से बैड कोलेस्ट्रॉल को नैचुरली कम करने में मदद मिल सकती है। न्यूट्रिशनिस्ट और डाइटीशियन शिखा अग्रवाल शर्मा कुछ ऐसे सीजनल फ्रूट्स के बारे में नाता रही हैं, जो गंदा कोलेस्ट्रॉल कम करके दिल को स्वस्थ रख सकते हैं।

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सेब

सेब

सेब में घुलनशील फाइबर, विशेष रूप से पेक्टिन होते हैं, जो एलडीएल कोलेस्ट्रॉल लेवल को कम करने में मदद करते हैं। दिन में एक या दो सेब खाने से आपको कोलेस्ट्रॉल लेवल को कम करने में मदद मिल सकती है।

सुबह उठकर खाली पेट खाएं ये फल कोलेस्ट्रॉल रहेगा कंट्रोल

Fruits for Good Cholesterol : सुबह उठकर खाली पेट खाएं ये फल कोलेस्ट्रॉल रहेगा कंट्रोल

बेरीज

बेरीज

स्ट्रॉबेरी, ब्लूबेरी, रास्पबेरी और ब्लैकबेरी जैसे बेरीज एंटीऑक्सिडेंट और घुलनशील फाइबर से भरपूर होते हैं। इनके नियमित सेवन से एलडीएल कोलेस्ट्रॉल लेवल को कम करने और दिल के स्वास्थ्य में सुधार करने में हेल्प मिल सकती है।

खट्टे फल

खट्टे फल

संतरे, अंगूर, नींबू और नींबू जैसे खट्टे फल घुलनशील फाइबर और प्लेवोनोइड से भरे होते हैं। ये यौगिक एलडीएल कोलेस्ट्रॉल के स्तर को कम करने और हृदय स्वास्थ्य में सुधार करने का काम करते हैं।

एवोकैडो

एवोकैडो

एवोकाडो मोनोअनसैचुरेटेड फैट से भरपूर होता है, जो एचडीएल (अच्छे) कोलेस्ट्रॉल के लेवल को बढ़ाते हुए एलडीएल कोलेस्ट्रॉल लेवल को कम करने में मदद कर सकता है। इनमें बीटा-सिटोस्टेरोल भी होता है, जोकि एक ऐसा यौगिक जो भोजन से कोलेस्ट्रॉल के अवशोषण को कम करने में मदद करता है।

केला

केला

केले में पोटैशियम की मात्रा अधिक होती है, जो हाई ब्लड प्रेशर को कंट्रोल करने और हृदय रोग के खतरे को कम करने में मदद करता है। इनमें घुलनशील फाइबर भी होता है, जो एलडीएल कोलेस्ट्रॉल लेवल को कम करने में मदद कर सकता है।

डाइट में इन फलों को भी करें शामिल

डाइट में इन फलों को भी करें शामिल

अंगूर में पॉलीफेनोल्स नामक एंटीऑक्सीडेंट होते हैं, जो एलडीएल कोलेस्ट्रॉल के स्तर को कम कर सकते हैं

अनार पॉलीफेनोल्स और एंथोसायनिन सहित एंटीऑक्सीडेंट से भरपूर होता है, जो एलडीएल कोलेस्ट्रॉल को कम करता है

कीवी में फाइबर, विटामिन सी और एंटीऑक्सीडेंट प्रचुर मात्रा में होते हैं, जो दिल को स्वस्थ रखते हैं

नाशपाती घुलनशील फाइबर का एक उत्कृष्ट स्रोत है, जो एलडीएल कोलेस्ट्रॉल को कम करता है

चेरी में एंथोसायनिन नामक एंटीऑक्सीडेंट होते हैं, जो एलडीएल कोलेस्ट्रॉल के स्तर को कम करने और शरीर में सूजन को कम करते 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।

उस्मान खान के बारे में

उस्मान खान

उस्मान खान

"उस्मान खान नवभारत टाइम्स में बतौर कंटेंट राइटर कार्यरत हैं। डिजिटल मीडिया में 12 सालों से काम कर रहे हैं। समाचार और मनोरंजन से अपना करियर शुरू किया और और पिछले 7 साल से हेल्थ जर्नलिज्म से जुड़े हुए हैं। इन्हें हेल्थ और फिटनेस प

## Papaya Benefits:

### Papaya Benefits: हर दिन अगर पपीता खाया तो शरीर को होंगे इतने सारे फायदे (Hindustan:20240201)

<https://www.livehindustan.com/lifestyle/health/story-improve-digestion-to-promote-weight-loss-eating-papaya-in-empty-stomach-have-many-benefits-to-health-9270669.html>

Papaya Benefits: सेब-अनार जैसे फलों को हमेशा खाते हैं तो मौसमी फ्रूट्स को डाइट में शामिल करने की आदत डालें। हर दिन खाली पेट पपीता खाने से शरीर को काफी सारे फायदे

होते हैं। जाने पपीता खाने के फायदे।

होम NCR देश बजट 2024 NEW क्रिकेट मनोरंजन करियर फोटो वीडियो बिजनेस धर्म विदेश

2/1/24, 11:18 AM improve digestion to promote weight loss eating papaya in empty stomach have many benefits to health - Papaya Benefits: हर दिन ...

<https://www.livehindustan.com/lifestyle/health/story-improve-digestion-to-promote-weight-loss-eating-papaya-in-empty-stomach-have-many-benefits-t...> 2/8

हमें फॉलो करें

हेल्दी रहने के लिए फलों को खाने की सलाह दी जाती है। लेकिन ज्यादातर लोगों को लगता है कि केवल सेब जैसे फल ही फायदेमंद होते हैं। लेकिन मौसमी फलों को

डाइट में शामिल करने का ज्यादा बेनिफिट होता है। सर्दियों में मार्केट में पपीता खूब मिलता है। इन मीठे पपीतों को अगर सुबह खाली पेट खाया जाए तो इससे सेहत

को कई सारे फायदे होते हैं। जाने खाली पेट पपीता खाने के फायदे

विज्ञापन

कब्ज से राहत

पपीता पपेन एंजा एं इम से भरपूर होता है। जिसके कई सारे फायदे हैं। खासतौर पर जिन लोगों को कब्ज की समस्या रहती है। उन्हें डाइट में पपीता जरूर शामिल करना

चाहिए। जब भी पेट खाली हो तो सुबह या शाम के वक्त पपीता खा लें। ये डाइजेशन के प्रोसेस को इं प्रूव करता है।

शरीर में न्यूट्रिशन अब्जॉर्बन की क्षमता बढ़ाता है

पपीतेको जब हम खाली पेट खातेहैंतो इसमेमौजूद जरूरी न्यूट्रिशन शरीर आसानी सेऔर तेजी सेसोखता है।  
क्योंकि खाली पेट होनेपर शरीर के लिए एकमात्र

फल पपीता ही होता है। जिसके न्यूट्रिशन ही शरीर को मिलतेहैंऔर पूरी तरह सेफायदा करता है।

ब्लड शुगर लेवल को करता हैस्थिर

अगर खाना खानेके दो घंटे बाद आप पपीता खातेहैंतो येशरीर मेंग्लाइसेमि कंट्रोल को प्रमोट करता है।  
जिससेब्लड शुगर लेवल के बढ़ने-घटनेके चांस नहीं रहते।

भूख को शांत करता है

अगर आप वजन कंट्रोल करतेहैंऔर चाहतेहैऐसा फल खाएं जो भूख को शांत करे। तो पपीता खा लें।  
इसमेमौजूद फाइबर की मात्रा पेट को भरती हैऔर दिमाग

को भी संकेत मिलता हैकि पेट भर गया है।

ब्लॉटिंग को रोकता है

खाना खानेके बाद अक्सर लोगों को पेट भारी होनेऔर ब्लॉटिंग की समस्या परेशान करती है। अगर आप  
खाना खानेके दो घंटे बाद पपीता खातेहैंतो इससेपेट

फूलनेऔर ब्लॉटिंग की समस्या नहीं होती हैक्योंकि पपीता खानेको पचानेवालेएंजा एं इम को बनाता है।  
जिससेडाइजेशन आसान हो जाता है।