



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240206

विटामिन डी

Vitamin D की ओवरडोज से पड़ सकते है लेने के देने! कहीं आपके शरीर में भी तो नहीं दिख रहे ये लक्षण? (Dainik Jagran: 20240206)

https://www.jagran.com/lifestyle/health-excess-vitamin-d-can-be-harmful-for-your-health-know-these-symptoms-of-vitamin-d-toxicity-23645527.html?cx_testId=25&cx_testVariant=cx_1&cx_artPos=4&cx_experienceId=EXUVI185SCA6#cxrecs_s

बॉडी के लिए पर्याप्त विटामिन डी लेना बहुत जरूरी है। हार्मोनल हेल्थ से लेकर बोन हेल्थ तक के लिए ये काफी जरूरी होता है। ऐसे में अक्सर लोग तरह-तरह के सप्लीमेंट्स से इसकी ओवरडोज ले लेते हैं। क्या आप जानते हैं कि इसकी ओवरडोज से क्या नुकसान उठाने पड़ सकते हैं। आइए इस आर्टिकल में जानते हैं इसके बारे में।

शरीर के लिए नुकसानदायक हो सकता है ज्यादा विटामिन डी
विटामिन डी की कमी या अधिकता दोनों हानिकारक हो सकती है।
इसकी ओवरडोज से बॉडी में खून के अंदर कैल्शियम जमा होने लगता है।
ज्यादा विटामिन डी आपकी हड्डियों में दर्द से लेकर किडनी के लिए भी खतरा पैदा कर सकता है।
लाइफस्टाइल डेस्क, नई दिल्ली। Vitamin D Toxicity: विटामिन डी शरीर के लिए कितना जरूरी है, ये तो आपने कई दफा सुना होगा। ये एक फैट-सॉल्युबल विटामिन है, जो बॉडी में फॉस्फोरस और कैल्शियम को एब्जॉर्ब और रिटैन करने में मदद करता है। ये शरीर के मैसेजिंग सिस्टम को भी दुरुस्त करता है और हड्डियों को भी मजबूत बनाता है। चूंकि हर चीज की अधिकता नुकसानदायक ही साबित होती है, ऐसा ही इसके साथ भी है। शरीर में इसका लेवल बढ़ाने पर तो सभी का जोर रहता है, लेकिन बहुत कम लोग हैं जो इसके साइड इफेक्ट्स के बारे में जानते हैं। जी हां, शरीर में इसकी ओवरडोज से भी लेने के देने पड़ सकते हैं। आइए जानते हैं कैसे।

पाचन क्रिया पर बुरा असर

बॉडी में विटामिन डी का लेवल ज्यादा होने से भी कई परेशानियां खड़ी हो सकती हैं। इनमें पाचन क्रिया भी एक है। इसकी ओवरडोज आपको कमजोर बना सकती है, ऐसे में उल्टी ज्यादा आती है और खाना पच नहीं पाता है। अगर आपको भी ज्यादातर मतली का जी रहता है, तो डॉक्टर से संपर्क कर लेना चाहिए।

हाइपरकैल्शिया की समस्या

शरीर में ज्यादा विटामिन डी हो जाने से हाइपरविटामिनोसिस डी की समस्या पैदा हो सकती है। हालांकि ये रेयर केसेज में होता है, लेकिन इसको नजरअंदाज करना बड़ी भूल हो सकती है। इस स्थिति में खून के अंदर कैल्शियम जमा होने लगता है, जो आपकी हार्ट हेल्थ और ब्लड सर्कुलेशन के लिए नुकसानदायक होता है।

बोन डेंसिटी कम हो जाना

विटामिन डी की अधिकता से बोन डेंसिटी कम हो सकती है। ऐसे में फ्रैक्चर या ऑस्टियोपोरोसिस जैसी तकलीफें आम हो जाती हैं। इसकी ओवरडोज होने पर आपकी हड्डियां पतली और खोखली होकर हल्की-फुल्की चोट में भी टूट सकती हैं। इसलिए इससे जुड़े सप्लीमेंट्स लेने से पहले डॉक्टर से सलाह जरूर ले लेनी चाहिए।

एचपीवी संक्रमण

पुरुषों को भी हो सकता है एचपीवी संक्रमण, बढ़ सकता है कैंसर का खतरा, ऐसे लोगों में जोखिम अधिक (Amar Ujala: 20240206)

<https://www.amarujala.com/photo-gallery/lifestyle/fitness/hpv-infection-and-cancer-risk-in-male-know-its-symptoms-and-prevention-tips-2024-02-05>

सर्वाइकल कैंसर इन दिनों विशेष चर्चा में हैं। मॉडल और अभिनेत्री पूनम पांडे ने सर्वाइकल कैंसर से अपनी ही मौत की झूठी खबर फैलाई, हालांकि बाद में उन्होंने स्पष्टीकरण देते हुए बताया कि वह जिंदा हैं। उन्होंने ऐसा सिर्फ लोगों को सर्वाइकल कैंसर को लेकर जागरूक करने के उद्देश्य से किया था, जिससे लोगों में इसपर चर्चा हो सके, बचाव के लिए लोग टीकाकरण कराने पर जोर दें।

पूनम पांडे के इस स्टंट को लेकर सोशल मीडिया पर लोगों ने अलग-अलग तरह की प्रतिक्रियाएं दी हैं। पर इसका दूसरा पक्ष ये भी है कि सर्वाइकल कैंसर को लेकर चर्चा तो तेज हुई ही है।

सर्वाइकल कैंसर को मुख्यरूप से महिलाओं में होने वाले कैंसर के रूप में जाना जाता है, ये मृत्यु के प्रमुख कारकों में से भी एक है। पर क्या आप जानते हैं कि सर्वाइकल कैंसर के कारण एचपीवी संक्रमण का खतरा महिलाओं के साथ पुरुषों में भी हो सकता है? पुरुष भी एचपीवी (ह्यूमन पैपिलोमा वायरस) संक्रमण के शिकार हो सकते हैं।

HPV Infection

पुरुषों को भी हो सकता है एचपीवी संक्रमण

स्वास्थ्य विशेषज्ञ कहते हैं, पुरुषों में मुंह और गले, लिंग या गुदा का एचपीवी-संबंधी कैंसर विकसित हो सकता है। एचपीवी संक्रमण, यौन रूप से सक्रिय लोगों में आम है। हमारी प्रतिरक्षा प्रणाली आमतौर पर एचपीवी संक्रमणों को खुद से खत्म करने में मददगार हो सकती है, संक्रमण आमतौर पर कोई लक्षण पैदा

नहीं करता है। हालांकि जिन लोगों की प्रतिरक्षा प्रणाली कमजोर होती है उनमें इसका जोखिम अधिक हो सकता है।

90% से अधिक गुदा कैंसर एचपीवी संक्रमण के कारण होते हैं। इसके अलावा लिंग और मुंह-गले के कैंसर के लिए भी एचपीवी संक्रमण को कारक माना जाता है जिसका पुरुषों में खतरा अधिक हो सकता है।

कैंसर का खतरा
पुरुषों में कई प्रकार के कैंसर का जोखिम

अमेरिकन कैंसर सोसाइटी (एसीएस) का अनुमान है कि साल 2022 में अमेरिका में लगभग 2,070 पुरुषों में लिंग के कैंसर और 3,150 पुरुषों में गुदा कैंसर का निदान किया गया, इसमें से अधिकतर एचपीवी संक्रमण से संबंधित थे।

एचपीवी मुख्यतौर पर यौन साझेदारों के बीच संपर्क से फैलता है। समलैंगिक पुरुषों में एचपीवी संक्रमण और इससे संबंधित गुदा कैंसर का खतरा अधिक होता है।

स्वास्थ्य विशेषज्ञ कहते हैं, यौन रूप से सक्रिय समलैंगिक और उभयलिंगी पुरुषों में गुदा कैंसर का खतरा उन पुरुषों की तुलना में लगभग 17 गुना अधिक हो सकता है जो केवल महिलाओं के साथ यौन संबंध रखते हैं। इसलिए एचपीवी संक्रमण को सिर्फ महिलाओं में होने वाले संक्रमण मानकर नहीं चलना चाहिए।

एचपीवी संक्रमण का खतरा
क्या कहते हैं स्वास्थ्य विशेषज्ञ?

अमर उजाला से बातचीत में दिल्ली स्थित अस्पताल में कैंसर रोग विशेषज्ञ डॉ प्रवीण जैन बताते हैं, एचपीवी संक्रमण का खतरा पुरुष-महिला दोनों को हो सकता है, इसलिए टीकाकरण की भी आवश्यकता दोनों में है। पुरुषों को, विशेषतौर पर समलैंगिकों को एचपीवी वैक्सीनेशन जरूर करानी चाहिए। ये लिंग, गुदा और कुछ प्रकार के ओरल कैंसर के खतरे को कम करने में आपके लिए मददगार हो सकती है।

भारत में पुरुषों में भी एचपीवी संक्रमण के कारण कुछ प्रकार के कैंसर का जोखिम देखा जा रहा है, वैक्सीनेशन की दर को बढ़ाकर संक्रमण की रोकथाम और कैंसर के खतरे को कम करने में मदद मिल सकती है।

एचपीवी वैक्सीन
पुरुषों में एचपीवी वैक्सीनेशन

यू.एस. में एचपीवी संक्रमण और इसके कारण होने वाले कैंसर को रोकने के लिए 9 टीके उपलब्ध हैं। इसे 9 वर्ष से लेकर 26 वर्ष की आयु तक के पुरुषों और महिलाओं को दिया जा सकता है। समलैंगिक पुरुषों को एचपीवी का टीका देकर इन्हें एचपीवी के गंभीर प्रकार के संक्रमण और कैंसर के जोखिमों से बचाने में मदद मिल सकती है।

स्वास्थ्य विशेषज्ञ कहते हैं, टीकाकरण के साथ सुरक्षित यौन संबंधों को बढ़ावा देकर इस संक्रमण और इसके कारण होने वाले कैंसर के खतरे से पुरुषों-महिलाओं दोनों को सुरक्षित रखने में मदद मिल सकती है।

दिमागी बुखार

दिमागी बुखार और इससे मृत्युदर को कम करने में मिली सफलता, जानिए कितनी गंभीर रही है ये बीमारी (Amar Ujala: 20240206)

<https://www.amarujala.com/photo-gallery/lifestyle/fitness/up-budget-2024-25-acute-encephalitis-syndrome-and-japanese-encephalitis-risk-and-death-rate-2024-02-05>

उत्तर प्रदेश सरकार ने सोमवार (5 फरवरी) को वित्तवर्ष 2024-25 के लिए बजट पेश किया। वित्तमंत्री सुरेश खन्ना ने प्रदेश के संपूर्ण विकास को बढ़ावा देने के लिए कई प्रकार की योजनाओं की घोषणा की है। बजट में स्वास्थ्य क्षेत्र पर भी विशेष ध्यान दिया गया है। इसमें नए मेडिकल कॉलेज स्थापित करने, असाध्य रोगों के इलाज के लिए 125 करोड़ रुपये देने की घोषणा की गई है।

प्रदेश सरकार के कार्यों का लेखा-जोखा पेश करते हुए वित्तमंत्री ने बताया, राज्य में एन्सेफलाइटिस (दिमागी बुखार) लंबे समय से बड़ी समस्या बनी हुई थी, इसमें पिछले कुछ वर्षों में विशेष सुधार हुआ है। एक्यूट एन्सेफलाइटिस सिंड्रोम (AIS) रोगियों में 76 फीसदी, मृत्युदर में 98 फीसदी की कमी आई है, जबकि जापानी एन्सेफलाइटिस के रोगियों में 85 फीसदी, मृत्युदर में 96 फीसदी की गिरावट दर्ज की गई है।

एन्सेफलाइटिस, बच्चों में मृत्यु का प्रमुख कारण रही है। आइए इन बीमारियों और इसके कारण होने वाली समस्याओं के बारे में जानते हैं।

दिमागी बुखार का खतरा

पहले जापानी एन्सेफलाइटिस के बारे में जानिए

जापानी एन्सेफलाइटिस, मच्छर जनित वायरल संक्रमण है। यह एशिया में वायरल एन्सेफलाइटिस का प्रमुख कारण है। वायरस से संक्रमित मच्छरों के काटने से इसके इंसानों में फैलाने का खतरा हो सकता है। ये वायरस घोंघों और सुअरों को भी संक्रमित कर सकती है। बच्चों में जापानी एन्सेफलाइटिस विकसित होने का खतरा अधिक देखा जाता रहा है।

हल्के स्तर के जापानी एन्सेफलाइटिस से पीड़ित व्यक्ति को केवल बुखार और सिरदर्द हो सकता है, लेकिन अगर समय रहते इसकी पहचान या इलाज न की जाए तो रोग के गंभीर और घातक रूप लेना का खतरा अधिक हो सकता है।

बच्चों में जापानी एन्सेफलाइटिस का खतरा गंभीर हो सकते हैं इसके लक्षण

स्वास्थ्य विशेषज्ञ बताते हैं, जापानी एन्सेफलाइटिस की शुरुआती स्थिति में सिरदर्द, तेज बुखार, झटके आने, जी मिचलाना-उल्टी, गर्दन में अकड़न या लकवा की समस्या हो सकती है। हालांकि रोग के बढ़ने के साथ गंभीर बेहोशी, बच्चों में अनियंत्रित तौर पर झटके आने, अंडकोष में सूजन जैसी जटिलताओं का खतरा हो सकता है।

जापानी एन्सेफलाइटिस मस्तिष्क को भी गंभीर रूप से प्रभावित कर सकती है। कुछ रोगियों में इसके कारण बहरापन, भावनात्मक विकार और शरीर के एक तरफ लकवा की दिक्कत होने का खतरा बढ़ सकता है।

एन्सेफलाइटिस के हो सकते हैं गंभीर लक्षण
एक्यूट एन्सेफलाइटिस सिंड्रोम क्या है?

एक्यूट एन्सेफलाइटिस सिंड्रोम (ईएस) मुख्यरूप से बच्चों और युवा वयस्कों को प्रभावित करती है, इसके कारण हर साल बड़ी संख्या में लोगों की मौत हो जाती है। ईएस के कारण रोगी में तीव्र बुखार की समस्या के साथ कई प्रकार की न्यूरोलॉजिकल समस्याओं जैसे मानसिक भ्रम या कोमा खतरा हो सकता है। वायरल एन्सेफलाइटिस के अलावा, लेप्टोस्पायरोसिस और टॉक्सोप्लाज्मोसिस का गंभीर रूप वाले ईएस का कारण बन सकती है।

मच्छरों के काटने से बचें
एन्सेफलाइटिस से कैसे करें बचाव?

डॉक्टर कहते हैं, किसी को भी एन्सेफलाइटिस का खतरा हो सकता है, विशेषतौर पर जिन लोगों की रोग प्रतिरोधक क्षमता काफी कमजोर होती है उनमें संक्रमण के गंभीर रूप लेने और जोखिमों के बढ़ने की समस्या अधिक देखी जाती रही है। वायरल एन्सेफलाइटिस को रोकने का सबसे अच्छा तरीका, वायरस के संपर्क से बचना है।

मच्छरों के काटने से बचाव के साथ हाथों की साफ-सफाई का ध्यान रखना, बर्तन और कपड़ों को साझा न करना, बच्चों का टीकाकरण कराना जरूरी माना जाता है। मच्छरों को पनपने से रोकने वाले उपाय करते एन्सेफलाइटिस और मच्छर जनित अन्य रोगों के खतरे से बचाव किया जा सकता है।

Yoga

Yoga for insomnia and sleep disorders: 8 exercises for relaxation and better sleep (Hindustan Times: 20240206)

<https://www.hindustantimes.com/lifestyle/health/yoga-for-insomnia-and-sleep-disorders-8-exercises-for-relaxation-and-better-sleep-101707194679567.html>

Here are 8 easy-to-do Yoga asanas and exercises to help alleviate insomnia, better sleep and improve your overall well-being

In winter, practicing Yoga can be particularly beneficial for managing insomnia and sleep disorders. The cold weather and shorter days may disrupt sleep patterns for many individuals, making it essential to adopt strategies that promote relaxation and better sleep.

In an interview with HT Lifestyle, Himalayan Siddhaa Akshar, Founder of Akshar Yoga Kendraa, suggested some straightforward and practical yoga poses and techniques to help alleviate insomnia and improve sleep during the winter months -

Child's Pose (Balasana):

Start by kneeling on the mat, sit back on your heels, and extend your arms forward with your forehead resting on the ground. This pose helps to calm the mind, relieve stress, and gently stretch the spine, promoting a sense of relaxation conducive to better sleep.

2. Legs Up the Wall (Viparita Karani):

Lie on your back and place your legs up against a wall, keeping your arms by your sides. This pose promotes blood circulation, relaxes the nervous system, and is known for its calming effect on the mind. It's particularly helpful for individuals dealing with insomnia.

3. Corpse Pose (Savasana):

Lie flat on your back with your arms by your sides and palms facing up. Close your eyes and focus on your breath. Savasana helps in releasing tension from the body and calming the mind, preparing you for a restful sleep.

4. Seated Forward Bend (Paschimottanasana):

Sit with your legs extended in front of you and hinge at your hips to reach for your toes. This forward bend stretches the spine and hamstrings, promoting a soothing effect on the nervous system. It is beneficial for easing stress and anxiety.

5. Alternate Nostril Breathing (Nadi Shodhana):

Sit comfortably and use your right thumb to close off your right nostril. Inhale through the left nostril, then close it with your right ring finger. Open and exhale through the right nostril. This pranayama technique helps balance the left and right hemispheres of the brain, promoting relaxation and mental clarity.

6. Reclining Bound Angle Pose (Supta Baddha Konasana):

Lie on your back, bringing the soles of your feet together and allowing your knees to fall open. This pose opens the hips and groin, releasing tension from these areas. It's a gentle pose that encourages relaxation and can be beneficial for individuals with sleep disorders.

7. Deep Breathing (Pranayama):

Practice deep, rhythmic breathing to calm the nervous system. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. Repeat this process several times, focusing on the breath and letting go of any tension.

8. Standing Forward Bend (Uttanasana):

Stand with your feet hip-width apart, hinge at your hips, and reach for the floor. This forward bend stretches the entire back of the body, promoting relaxation and relieving stress. It also helps calm the mind and improve focus.

Remember to practice these Yoga poses and techniques consistently to experience their full benefits. Incorporating them into your routine, especially during the winter months, can contribute to better sleep and overall well-being.

Monkey fever

Monkey fever kills 2 in Karnataka: Symptoms, preventive tips and all you want to know (Hindustan Times: 20240206)

<https://www.hindustantimes.com/lifestyle/health/monkey-fever-kills-2-in-karnataka-symptoms-preventive-tips-and-all-you-want-to-know-101707136645891.html>

Monkey fever or Kyasanur Forest Disease is a tick-borne haemorrhagic fever that has claimed two lives in Karnataka. All about the symptoms and prevention tips.

Monkey fever or Kyasanur Forest Disease (KFD) has claimed two lives in Karnataka calling for urgent action and implementation of preventive measures to contain spread of the disease. The tick-borne haemorrhagic fever, usually contracted by monkeys, is caused by KFD virus which is an arbovirus of the family Flaviviridae. An 18-year-old girl and a 79-year-old man have so far succumbed to the disease, out of 49 positive cases in the state. The initial symptoms of the viral disease are sudden fever, headache, body ache, vomiting, abdominal pain, and diarrhoea. While severe disease with haemorrhagic symptoms may occur later. It is important to control tick populations in wildlife, particularly monkeys, to prevent the spread. (Also read: India on the verge of eliminating 'black fever' kala-azar, second deadliest parasitic disease)

What is Monkey Fever?

Kyasanur Forest Disease (KFD) commonly known as Monkey Fever is a viral haemorrhagic disease that was first identified in 1957 in the Kyasanur Forest in the Western Ghats of India. It is caused by KFD virus (KFDV) which is an arbovirus of the family Flaviviridae.

"Initially confined to the Western Ghats of Karnataka, the disease has expanded its presence over the past decade, with reported cases extending to neighbouring states along the Western Ghats, such as Kerala, Maharashtra, and Tamil Nadu. The disease's burden is on the rise, reflecting a shift in its epidemiological profile and establishing it as an emerging tropical disease in India," says Dr Laxman Jessani - Consultant Infectious Disease, Apollo Hospitals Navi Mumbai.

"Recently, 31 cases have been detected in Karnataka's Uttara Kannada district with patients either being treated at home or admitted to hospitals but are reported to be stable. This indicates ongoing transmission and the need for continued surveillance and preventive measures in affected areas," says Dr Jessani.

How does Monkey fever spread?

"Infection occurs through tick bites carrying the virus or, less commonly, contact with infected animals, primarily monkeys. Symptoms include fever with possible haemorrhagic and/or neurological features. While approximately 80% of patients recover without post-viral symptoms, around 20% may develop severe haemorrhagic or neurological issues. Estimates suggest that around 500 human KFDV infections occur annually with a case fatality rate of 3-5%. As it is life-threatening and there is lack of effective countermeasures, KFDV is classified as a Biosafety level 4 (BSL4) pathogen," says Dr Jessani.

Symptoms of Monkey Fever

After an incubation period of 3 to a week post-tick bite, monkey fever starts abruptly with fever, chills, headache, and severe exhaustion.

"As the disease progresses, symptoms can escalate to include nausea, vomiting, stomach pain, diarrhoea, meningitis, confusion and even haemorrhagic signs like nose bleeds and bleeding gums. Without proper supportive treatment, complications like shock, dehydration, electrolyte disturbances, haemorrhage and organ failure can arise and become fatal," says Dr Shruti Sharma, Consultant-Internal Medicine, Yatharth Super Speciality Hospital.

"The virus has a 3-8 day incubation period and manifests in two or rarely four stages. In the first phase, symptoms include sudden fever, headache, body ache, conjunctiva inflammation, vomiting, abdominal pain, and diarrhoea. Clinical examination reveals lymphadenopathy, hepato-splenomegaly, weakness, and fatigue. Haemorrhagic symptoms may occur, with most patients recovering in 10-14 days," says Dr Jessani.

"The initial symptoms often include a sudden onset of high fever accompanied by chills. Severe headaches and muscle pain are common, making the infected person feel extremely unwell. Nausea, vomiting, and diarrhoea may occur, impacting the digestive system. In severe cases, it can lead to bleeding tendencies, which may result in a range of complications," says Dr Manjusha Agarwal, Senior Consultant, Internal Medicine Global Hospitals, Parel, Mumbai.

The virus can cause damage to vital organs, leading to organ failure. Severe cases may progress to haemorrhagic fever, causing internal bleeding and potentially fatal outcomes. If haemorrhagic symptoms persist, the second phase may bring severe neurological complications like drowsiness, disorientation, confusion, convulsion, and loss of consciousness.

"While most patients recover with subsided fever and rare long-term complications, continuous haemorrhagic issues may lead to poor outcomes, with a 2-10% mortality rate. Non-endemic areas show higher fatalities, potentially due to lower herd immunity and delayed diagnosis. Those with weakened immune systems or advanced age face a higher risk of severe outcomes," adds Dr Jessani.

"The virus can cause damage to vital organs, leading to organ failure. Severe cases may progress to haemorrhagic fever, causing internal bleeding and potentially fatal outcomes," says Dr Agarwal.

Diagnosis, prevention and management tips

"Due to unclear early symptoms, monkey fever diagnosis relies on clinical suspicion and confirmatory lab tests like ELISA antibody assays and RT-PCR assays that can identify immune response to KFDV and detect viral genetic material, respectively. As there are no antiviral medications that directly target KFDV, management involves symptomatic relief, close monitoring of complications, maintenance of nutrition and organ function. Preventive measures emphasize personal protection against ticks in outbreak zones via repellents and appropriate clothing as well as spraying of acaricides to control tick population spread," says Dr Sharma.

"Early detection is vital for effective management. Preventive measures involve avoiding tick bites through protective clothing, repellents, and caution in endemic areas. Education and awareness are crucial for at-risk populations. A vaccine for Kyasanur Forest Disease is recommended for those in or visiting endemic regions, with vaccination campaigns effectively reducing disease incidence. The current vaccine is a 0.1% formalin inactivated tissue culture vaccine, and ongoing research explores more effective options," says Dr Jessani.

"Management involves supportive care, symptom relief, and complication treatment, as there is no specific antiviral for KFD. Severe cases may require hospitalization for complication management," adds the expert.

Dr Agarwal shares prevention and management tips for Monkey Fever:

1. A vaccine is available in endemic areas, offering protection against KFD.2. Wearing protective clothing, using tick repellents, and avoiding tick-infested areas reduce the risk of transmission.
2. Monitoring and controlling tick populations in wildlife, particularly monkeys, can help prevent the spread of the virus.

How to take care

1. There is no specific antiviral treatment for KFD, so medical care focuses on alleviating symptoms and providing supportive measures.
2. Severe cases may require hospitalization for close monitoring and intensive care.
3. Maintaining hydration is crucial to manage fever and prevent complications.
4. Analgesics and antipyretics may be prescribed to alleviate pain and reduce fever.

Gene editing

Gene editing offers hope to patients with inherited disorders: Study (Hindustan Times: 20240206)

<https://www.hindustantimes.com/lifestyle/health/gene-editing-offers-hope-to-patients-with-inherited-disorders-study-101707130604486.html>

The study shows that gene-editing therapy can heal angioedema - a genetic disease that causes severe, painful, and sudden swelling attacks.

According to the lead researcher, a single treatment with a groundbreaking gene-editing therapy changed the lives of a group of patients suffering from a hereditary ailment.

Patients from New Zealand, the Netherlands, and the United Kingdom have hereditary angioedema, a genetic disease that causes severe, painful, and sudden swelling attacks. These disturb normal activities and have the potential to cause airway damage and death.

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Researchers from the University of Auckland, Amsterdam University Medical Center, and Cambridge University Hospitals have successfully treated over ten patients with CRISPR/Cas9 technology, with preliminary findings just published in a leading journal.

"It looks as if the single-dose treatment will provide a permanent cure for my hereditary angioedema patients' very disabling symptoms," said principal investigator Dr Hilary Longhurst, who is both a clinical immunologist at Auckland Hospital Te Toku Tumai and an honorary associate professor at the University of Auckland.

"Plus, of course, there is huge potential for development of similar CRISPR/Cas9 treatments for other genetic disorders."

Globally, it is estimated one in 50,000 people have hereditary angioedema, however, because it is rare, it is often not correctly diagnosed.

In the phase one study, there were no serious or lasting side effects from the single infusion, which took place over two to four hours under clinical supervision from late 2021 and onwards.

The investigational therapy, called NTLA-2002, utilises in vivo CRISPR/Cas9 technology to target the KLKB1 gene, which is responsible for producing plasma prekallikrein.

By editing this gene, the therapy reduces the levels of total plasma kallikrein, effectively preventing angioedema (swelling) attacks.

The trial, published in the New England Journal of Medicine, demonstrated a dose-dependent reduction in total plasma kallikrein protein with reductions of up to 95 per cent achieved.

A mean reduction of 95 per cent in angioedema attacks was observed across all patients through to the latest follow-up.

The patients from the initial study will be followed up for a further 15 years to continue to assess long-term safety and efficacy. A larger and more robust, double-blinded, placebo-controlled phase two trial is under way and a Phase 3 trial is planned to start in the second half of 2024.

Dr Danny Cohn, from the Department of Vascular Medicine at the Amsterdam University Medical Center, says these promising results are a step forward for this group of patients.

"We've never been closer to the ultimate treatment goal of normalising hereditary angioedema patients' lives and offering total control of the disease," said Dr Cohn.

Dr Padmalal Gurugama, consultant in clinical immunology and allergy at Cambridge University Hospitals, UK says the gene editing therapy has the potential to significantly improve patients' lives.

"Hereditary angioedema can cause patients severe swellings and intense pain which can be life-threatening as well as restricting normal activities, such as going to work or school.

"Because it is often misdiagnosed, many patients undergo unnecessary treatments and invasive procedures." The therapy affects only the patient and is not passed on to their children, who still have an even chance of inheriting the disorder.

The studies have been funded by US company Intellia Therapeutics, which chose New Zealand to lead the research as, at that time - late 2021, it had relatively fewer COVID-19 cases than other countries.

So far, the only approved CRISPR therapy, CASGEVY, is for sickle cell disease and beta-thalassemia. However, CASGEVY is an ex vivo CRISPR therapy, where the cells are taken from the patient and edited outside of the body and then reinfused, whereas NTLA-2002 is an in vivo CRISPR therapy, where the targeted gene editing occurs directly within the body.

CRISPR technologies are being used to develop treatments for a wide range of diseases, such as genetic disease, cardiovascular disease, cancer and autoimmune diseases. See Intellia's website.

One New Zealand patient, Judy Knox, said, "Having had the CRISPR/Cas9 therapy has been like a medical magic wand, it's changed my life."

Before she was diagnosed, Judy would get abdominal swelling with vomiting and severe pain that could last several days. Dental surgery could prompt dangerous swelling in her mouth, including her tongue and palette, and her throat which was excruciatingly painful and threatened to suffocate her.

Once diagnosed Judy, who is a nurse in Whangarei, carefully managed her androgen medication and was prepared to increase it (within the prescribed dose) to deal with any flare-ups.

In recent years supply of this medication was not always reliable which became a very real concern for her. Judy knew that there were emergency medications available in New Zealand that, although funded, were still extremely expensive.

When the opportunity to participate in the study came up, she wasted no time volunteering and was one of the first people in the world to receive the CRISPR/Cas9 therapy in a clinical research centre in New Zealand.

"I put my hand up and said, 'I'll do it.' And because it was beneficial to others."

Another factor was her concern about the continuing availability of the drugs she needed.

Now she has weaned herself off her medicines and feels she has a 'whole new life.'

For anyone contemplating the therapy, she said, "Go for it, because it works."

Weight loss

Inexplicable weight loss is linked with higher risk of fractures: Study (Hindustan Times: 20240206)

<https://www.hindustantimes.com/lifestyle/health/inexplicable-weight-loss-is-linked-with-higher-risk-of-fractures-study-101707130591375.html>

The study shows that unexplained weight loss in older adults can be linked to underlying diseases or higher risk of fractures.

In older adults, unexplained rapid weight loss may be a sign of an underlying disease and linked to a higher risk of fractures and falls, as well as a worse prognosis over the long run, a study said.

The present therapies involve modifying inefficient dietary and physical activity behaviours, as there is an inadequate understanding of the elements that may contribute to rapid weight loss.

Dr Cassandra Smith, a postdoctoral research fellow at Edith Cowan University (ECU), found that a higher chance of rapid weight loss was linked to abdominal aortic calcification (AAC), a sign of severe blood vessel disease, in a study involving 929 older women.

Over the course of five years of observations, rapid weight loss is defined as a fall in body weight of more than five per cent within any 12-month period.

"Rapid weight loss, when it occurs in older women can be a sign of bad things to come such as early institutionalisation, cognitive decline, Alzheimer's disease, and pose a higher risk for falls and fractures," Dr Smith said.

During a five-year observation, 39.4 per cent of the patients had rapid weight loss, which was associated with a 49 per cent increase in the risk of dying in the next 9.5 years. This risk of dying increased to 87 per cent in women who experienced rapid weight loss of more than 10 per cent in a 12-month interval.

When looking at the one-in-two women that had moderate to extensive AAC, they were 36 per cent and 58 per cent more likely to have rapid weight loss over the five years. The results remained similar after adjusting for dietary factors, blood pressure and cholesterol. Importantly this link was still seen in women meeting protein energy and physical activity recommendations.

Dr Smith said the explanations for the relationship between AAC and rapid weight loss remained unclear. One hypothesis is that AAC could limit blood flow to the gut, which could affect the absorption of nutrients.

"This has the potential to change how we treat those older individuals who present with rapid weight loss," Dr Smith said.

"The traditional approach would be to increase protein and energy intake, but data is showing us that it could actually be a vascular disease that is driving that weight loss, in which case using the traditional approaches may not help with body composition."

"Given the poor outcomes commonly associated with rapid weight loss in older adults, AAC may be a tool to identify those older women with the highest risk. It also opens the door to an opportunity for cardiovascular disease risk screening and to consider disease in other vascular beds or organs that may be influencing body composition."

"The next steps of this research are to replicate these findings in other cohorts, to perform studies with blood flow measures and the capacity to track macronutrient absorption."

Exercise

Scientists say exercising 22 mins daily can cut death risk from prolonged sitting; here's a routine to try (The Indian Express: 20240206)

<https://indianexpress.com/article/lifestyle/fitness/exercising-cut-death-risk-prolonged-sitting-9142581/>

According to the study's lead author, Edvard Sagelv, a researcher at The Arctic University of Norway, the current recommendation of 150 minutes per week of moderate to vigorous activity "is sufficient to offset the detrimental health effects of prolonged sitting."

When you sit for extended periods, your muscles are inactive

When you sit for extended periods, your muscles are inactive

In recent years, office workers forced into extended periods of sitting have been bombarded with alarming headlines about the dire consequences of this inactivity, suggesting even regular exercise couldn't fully mitigate the damage.

However, a study published in the British Journal of Sports Medicine offers a beacon of hope, finding that as little as 22 minutes of moderate to vigorous activity a day can counter the ill effects of prolonged sitting. Moreover, the researchers discovered a decrease in the risk of premature death from any cause as a person's activity level increases.

What does the research say?

According to the study's lead author, Edvard Sagelv, a researcher at The Arctic University of Norway, the current recommendation of 150 minutes per week of moderate to vigorous activity "is sufficient to offset the detrimental health effects of prolonged sitting." Quoted by NBC News, he elaborated, "The beauty of this is that we're talking about activities that make you breathe a bit harder, like brisk walking, gardening, or tackling a hill."

Seeking to determine whether physical activity could affect the relationship between sedentary time and mortality, the researchers investigated the amount of activity and sitting time necessary to influence this risk.

Their findings revealed a decline in the risk of death with increased physical activity. Among those who sat for less than 10½ hours daily, an extra 10 minutes of activity translated to a 15 per cent lower death risk, while for those exceeding 10½ hours of daily sitting, the risk reduction jumped to 35 per cent.

Exercise helps decrease the risk of death associated with prolonged sitting by counteracting its negative effects on the body.

Why is prolonged sitting associated with a high risk of death?

Dr Sanjay Kumar, general physician, Cygnus Laxmi Hospital, explained that prolonged sitting increases the risk of death due to its association with several adverse health outcomes, including obesity, cardiovascular disease, type 2 diabetes, and certain types of cancer.

“When you sit for extended periods, your muscles are inactive, leading to decreased metabolism, poor blood circulation, and increased inflammation, all of which contribute to higher mortality rates,” he added.

Exercise helps decrease the risk of death associated with prolonged sitting by counteracting its negative effects on the body, according to Dr Kumar, who said that regular physical activity strengthens muscles, improves circulation, boosts metabolism, and reduces inflammation. “Engaging in exercise, such as brisk walking, jogging, cycling, or strength training, helps offset the harmful effects of sitting for long periods, promoting overall health and longevity.”

What can you include in your 25 minute workout routine?

According to Joel Arun Benjamin, professional track field athlete and fitness trainer, India has one of the highest burdens of cardiovascular diseases (CVD) worldwide.

“Brisk walking for 15 minutes can help us to take down the risk of CVD. Along with 15 minutes of strength training at least twice a week is most important thing which every human being should must do it, specially after the age of 30,” Benjamin explained in an interaction with indianexpress.com.

Human body starts losing lean muscles after the age of 30th by 8 per cent per decade, said Benjamin, adding that by the age of 60 that percentage goes up to 15 per cent per decade and he recommended strength training to prevent this.

Benjamin noted, “You have many problems in life unless you have a health problem, once you have a health problem you only have one problem.”

Malnutrition

An Uttar Pradesh model to tackle malnutrition (The Hindu: 20240206)

<https://www.thehindu.com/opinion/op-ed/an-uttar-pradesh-model-to-tackle-malnutrition/article67815027.ece>

Community-based micro enterprises, led by women's self-help groups, produce fortified and nutritious foods as take home ration through the Integrated Child Development Services programme

The Fatehpur take home ration unit where the World Food Programme supported the first pilot for women-led micro-enterprise

The Fatehpur take home ration unit where the World Food Programme supported the first pilot for women-led micro-enterprise | Photo Credit: United Nations World Food Programme

Uttar Pradesh is a remarkable example of the importance of women's empowerment in tackling malnutrition by supporting community-based micro enterprises led by self-help groups. These enterprises produce fortified and nutritious foods for pregnant/breastfeeding mothers and children, provided as take home ration through the Integrated Child Development Services (ICDS) programme.

In 2020, the Department of Women and Child Development and the Uttar Pradesh State Rural Livelihood Mission collaborated to set up a decentralised production of take home rations by women's enterprises. The model involves the production of different variants for ICDS beneficiaries. This is done by a 20-member women group that uses automated equipment with a capacity of five metric tonnes per day. Once the rations are delivered to Anganwadi centres by the women's groups, the women are reimbursed according to ICDS cost norms. The feasibility of this model was demonstrated by the United Nations World Food Programme (WFP) by using two pilot plants in Unnao and Fatehpur in 2021.

Public Health

A critical view of the ‘sanitation miracle’ in rural India (The Hindu: 20240206)

<https://www.thehindu.com/opinion/lead/a-critical-view-of-the-sanitation-miracle-in-rural-india/article67814953.ece>

The government needs to identify the shortcomings in the existing programme if it wants to transform India from open defecation free to open defecation free-plus status by 2024-25

In the past decade, improving sanitation coverage has been one of the key public policy miracles in India. Access to water and sanitation is Goal 6 in the 17 Sustainable Development Goals envisaged by the United Nations. Public sanitation programmes have a long history in the country, beginning with the launch of the highly subsidised Central Rural Sanitation Programme (CRSP) in 1986. The Total Sanitation Campaign in 1999 marked a shift from a high subsidy regime to a low subsidy one and a demand-driven approach. The public sanitation programme evolved as a mission in 2014 under the Swachh Bharat Mission-Grameen (SBM-G) to make India Open Defecation Free (ODF) by October 2019.

According to information by the Government of India, sanitation coverage in the country improved from 39% in 2014 to 100% in 2019. Encouraged by the achievements under the SBM, the government launched Phase II of the SBM-G. The focus here was on the sustainability of initial achievements by promoting solid and liquid waste management and covering those households left out earlier. The government aims to transform India from ODF to ODF Plus by 2024-25. Around 85% of villages in India have become ODF Plus, according to government data. Nevertheless, this impressive performance also needs to be viewed from the perspective of behavioural change, which will usher in sustainability in a true sense.

Alzheimer's disease

Nose picking habit may 'partially' signal Alzheimer's risk: Scientists (New Kerala: 20240206)

<https://www.newkerala.com/news/2024/7815.htm>

People who frequently pick their noses may be at a higher risk of developing Alzheimer's disease, according to a review of dozens of published studies.

While scientists cannot accurately pinpoint what causes Alzheimer's disease, but in the brains of patients, they have observed a buildup of a protein called tau, which is associated with the body's immune response.

But recent studies have pointed the role of neuroinflammation, at least partially in its pathogenesis.

In the new study, researchers at the Western Sydney University in Australia "hypothesised that neuroinflammation in Alzheimer's may be partially caused by viral, bacterial and fungal pathogens entering the brain via the nose and the olfactory system".

Chronic nose-picking, medically known as rhinotillexomania, introduces germs into the sensitive nasal cavity that cause inflammation in the brain, which has been linked to the onset of Alzheimer's disease.

In the paper, published in the journal *Biomolecules*, the team showed support for this theory, suggesting that shifts in the nasal environment caused by an overgrowth of germs could be the source of chronic, mild brain infections.

The researchers said the such infections can exist seemingly without symptoms but may cause inflammation and leave behind harmful plaques of protein that contribute to the development of neurodegenerative diseases, including Alzheimer's.

"One of the lessons learned from Covid is the value of hand hygiene through frequent hand washing and the use of hand sanitizers, and we suggest these routine hygienic procedures be mandatory routine procedures for the incurable nose-picker," the researchers wrote in the paper.

Familial cancer

Familial cancer cases on the rise in India: Experts (New Kerala: 20240206)

<https://www.newkerala.com/news/2024/7660.htm>

As we approach World Cancer Day, which is observed every year on February 4, experts have expressed their concern over the rising cases of 'familial cancer' in India.

Image description

Familial cancer is characterised by gene mutations in two or more first-degree relatives diagnosed with the same type of cancer. According to experts, this condition is influenced by hereditary predisposition, variable gene penetrance, and environmental factors.

"Familial cancers arise when multiple family members develop the same cancer more often than chance dictates. While environmental factors can play a role, many cases involve inherited gene mutations, increasing cancer risk," Mandeep Singh Malhotra, Director of Surgical Oncology at CK Birla Hospital, Delhi, told IANS on Saturday.

"These 'genomic cancers' comprise 5-10 per cent of global cancer cases and understanding them is crucial for prevention. Other notable familial cancer types include medullary thyroid cancer, familial adenomatous polyposis (FAP), and Lynch syndrome, linked to colorectal cancers," he added.

A data analysis conducted by Metropolis Healthcare on Hereditary Cancer Syndromes revealed a 49.02 per cent overall positivity rate. It studied the results of 102 patients who underwent for testing.

Out of the total detected cases, the maximum cases were of breast cancer (34 per cent), followed by gastrointestinal cancer (30 per cent), ovarian (8 per cent) and prostate cancer.

"Hereditary predisposition, passed through successive generations of a family, has been implicated in 10–15 per cent of cancer cases. Breast, colon, bladder, and ovarian cancers are commonly associated with a hereditary predisposition," said Kirti Chadha, Chief Scientific Officer and Senior Oncopathologist, Metropolis Healthcare Limited.

Chadha also mentioned that they observed a high detection rate of pathogenic mutations, particularly in individuals with a personal history of at least two different primary solid tumour cancers.

"BRCA-Related Cancer diagnosed at age 40 or younger, history of colorectal polyposis and other such cited associations with a higher proportion in breast, gastrointestinal, ovarian, and prostate cancers," she noted.

Moreover, health experts recommend that if a person has close family members with cancer they should consider seeking genetic counseling.

The doctors will create a pedigree chart to assess the actual risk, going beyond mere apprehension. Depending on the identified risks, various genomic tests may be recommended, targeting specific cancer types or multiple genes.

"A person with an inherited cancer susceptibility gene should take extra steps to ensure he/she finds out ways to lower your risk and find cancer early," Sunny Jain, Cancer Care/Oncology, Sr Consultant & HOD - Oncology, Marengo Asia Hospitals, Faridabad, told IANS.

"This may include eating a healthy diet, quitting smoking and alcohol, having regular checkups, enrolling in various screening programmes, and being more physically active short should take care of all the modifiable risk factors for cancer," he added.

For early detection and intervention once a person has the results, prevention strategies can be tailored, according to experts.