



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240220

यूरिक एसिड

जोड़ों का दर्द हो सकता है Uric Acid बढ़ने का संकेत, कंट्रोल करने के लिए डाइट में शामिल करें ये फूड्स (Dainik Jagran: 20240220)

<https://www.jagran.com/lifestyle/health-foods-which-can-help-control-uric-acid-level-in-body-23656579.html>

जोड़ों में दर्द होना एक गंभीर समस्या है। शरीर में यूरिक एसिड की बढ़ने की वजह से जोड़ों में दर्द हो सकता है। इस परेशानी को हल करने के लिए अपनी डाइट में कुछ फूड आइटम्स को शामिल करना फायदेमंद हो सकता है। जानें किन फूड आइटम्स की मदद से यूरिक एसिड के स्तर को कम किया जा सकता है।

यूरिक एसिड की वजह से हो सकता है जोड़ों में दर्द

जोड़ों में दर्द होने की एक समस्या है, यूरिक एसिड का लेवल बढ़ना।

इसे कम करने के लिए डाइट में खट्टे फलों को शामिल करना फायदेमंद हो सकता है।

कॉफी, केला और सेब भी यूरिक एसिड की समस्या को कम करने में मदद कर सकते हैं।

लाइफस्टाइल डेस्क, नई दिल्ली। Uric Acid: यूरिक एसिड ब्लड में पाया जाने वाला एक टॉक्सिक पदार्थ है जो प्यूरीन नामक कैमिकल से बनता है। आमतौर पर यह ब्लड में मिलकर किडनी से गुजरते हुए, यूरीन के माध्यम से बाहर निकल जाता है, लेकिन जब यह बाहर नहीं निकल पाता और जोड़ों में कहीं जम जाता है, तो बहुत दर्द महसूस होता है।

जोड़ों में दर्द या सूजन, जोड़ों के आस पास की त्वचा की रंगत खराब होना या छूने पर जोड़ों में गरमाहट महसूस होना यूरिक एसिड के बढ़ने के ही लक्षण हैं। अगर आपको भी पैरों में दर्द या जोड़ों में दर्द की समस्या हो रही है, तो कुछ ऐसे फूड्स हैं जिन्हें आप अपनी डाइट प्लान में शामिल करके यूरिक एसिड की समस्या से निजात पा सकते हैं। आइए जानते हैं, किन फूड्स की मदद से यूरिक एसिड को कम किया जा सकता है।

यूरिक एसिड को कम करने वाले फूड्स-
सेब (Apple)

यदि आप भी यूरिक एसिड की समस्या से परेशान हैं, तो रोज सुबह हाई डाइट्री फाइबर से भरपूर सेब को खाली पेट खाएं। यह यूरिक एसिड के स्तर को बहुत ही तेजी के साथ कम करता है।

केला (Banana)

केले में प्यूरिन की मात्रा बहुत ही कम होती है, जिसकी वजह से यह यूरिक एसिड की समस्या से बचाता है। यूरिक एसिड की वजह से गठिया जैसी बीमारी हो जाती है। ऐसे में केला यूरिक एसिड को कम करने में सबसे अधिक फायदेमंद साबित होता है।

एंथोसायनिन से भरपूर फल

चेरी, ब्लू बेरी, स्ट्रॉबेरी, रास्पबेरी जैसे हाई फाइबर वाले फलों में एंथोसायनिन नामक एक प्राकृतिक सूजन रोधी कंपाउंड मौजूद होता है, जो यूरिक एसिड के स्तर को कम करने का काम करता है। जोड़ों में दर्द, आमतौर पर यूरिक एसिड के टूटने के कारण ही होता है और ये फल ऐसा होने से रोकते हैं और यूरिक एसिड की समस्या से छुटकारा दिलाते हैं। साथ ही, जोड़ों के दर्द में भी आराम मिलता है।

कॉफी (Coffee)

एक शोध में पाया गया है कि कॉफी के सेवन से भी यूरिक एसिड की समस्या से छुटकारा मिलता है। यह रक्त में प्यूरिन को तोड़ने का काम करता है, जिससे यूरिक एसिड को कम करने में मदद मिलती है।

खट्टे फल (Citrus Fruits)

विटामिन-सी से भरपूर खट्टे फलों से यूरिक एसिड को कम करने में मदद मिलती है। इसके लिए नींबू, संतरा, अनामस, पपीता, मौसंबी, टमाटर, आंवला आदि खट्टे फलों का सेवन करें। इससे बढ़े हुए यूरिक एसिड को कम करने में मदद मिलेगी।

सर्वाइकल कैंसर

Cervical Cancer का वायरस हर पुरुष में है मौजूद, इसे मारने के लिए 14 की उम्र से पहले करें ये काम (Navbharat Times: 20240220)

https://navbharattimes.indiatimes.com/lifestyle/health/cervical-cancer-causing-hpv-cause-cancer-in-males-know-can-men-get-hpv-vaccine/articleshow/107826432.cms#google_vignette

पिछले दिनों सर्वाइकल कैंसर बीमारी की चर्चा खूब रही। इस कैंसर के पीछे एचपीवी यानी ह्यूमन पेपीलोमा वायरस है। इस वायरस की वजह से ही महिलाएं सर्वाइकल कैंसर का शिकार होती हैं। सर्वाइकल कैंसर तो महिलाओं को होता है लेकिन ये वायरस पुरुषों में भी कैंसर की वजह बन सकता है।

इस साल बजट सेशन के दौरान सर्विकल कैंसर की वैक्सीन एचपीवी का जिक्र हुआ, तो वहीं एक्ट्रेस और मॉडल पूनम पांडे ने इस बीमारी की जागरूकता के नाम पर अपनी मौत की झूठी खबर तक फैला दी। इसके बाद सर्वाइकल कैंसर सोशल मीडिया पर ट्रेंड करने लगा।

लोगों को ये तो समझ आ गया कि सर्वाइकल कैंसर महिलाओं को होने वाली बीमारी है लेकिन बहुत कम लोग ये जानते हैं कि एचपीवी यानी ह्यूमन पेपीलोमा वायरस पुरुषों में कैंसर को जन्म दे सकता है। इसी को लेकर हमने तमाम डॉक्टर्स से बात की।

पुरुषों को भी रहता है खतरा

इसमें कोई दो राय नहीं है कि भारत में सर्वाइकल कैंसर के सबसे ज्यादा मामले महिलाओं में देखने को मिलते हैं, लेकिन कुछ मामलों में पुरुष भी इस बीमारी का शिकार होते हैं। इस बारे में सीनियर कंसल्टेंट और चीफ ऑफ गायनी (सर्जिकल ऑन्कोलॉजी) डॉ. वंदना जैन बताती हैं, 'एचपीवी वायरस की वजह से पुरुषों में ऑरोफरीन्जियल कैंसर, पीनाइल कैंसर और एनल कैंसर हो सकता है।

आमतौर पर जागरूकता की कमी की वजह से पुरुषों में ये कैंसर पनपता है। अगर इसके बारे में ज्यादा से ज्यादा पुरुषों को जानकारी दी जाए तो इन मामलों को कम किया जा सकता है।'

हर किसी में होता है ये वायरस

नारायण हॉस्पिटल में सीनियर कंसल्टेंट (सर्जिकल ऑन्कोलॉजी) डॉ. कौशल किशोर यादव बताते हैं, 'एचपीवी वायरस से जहां महिलाओं में सर्वाइकल कैंसर होता है, वहीं पुरुषों में पीनाइल कैंसर के खतरे को बढ़ाता है। लेकिन ये भी समझने की जरूरत है कि ये वायरस 90 प्रतिशत लोगों में होता है। मगर हम ये भी नहीं कह सकते हैं कि किसी को वायरस था इसी वजह से किसी पुरुष को कैंसर हो गया।'

'हमें ये भी जानना होगा कि इस वायरस की वजह से 90 प्रतिशत लोगों को कोई समस्या नहीं होती है। बाकी बचे 10 प्रतिशत लोगों में भी 90 प्रतिशत लोगों को कोई बहुत बड़ी खतरनाक समस्या नहीं होती, उसमें जो 10 प्रतिशत केस बचते हैं, उसमें किसी के कैंसर का कारण बन सकता है।'

कैसे पुरुषों में ये वायरस पनपता है

डॉक्टर्स बताते हैं कि एचपीवी वायरस बहुत से लोगों में पहले से ही मौजूद होता है। लेकिन फिर भी इस वायरस का एक व्यक्ति से दूसरे व्यक्ति में आना मुमकिन है। डॉक्टर वंदना जैन बताती हैं, असुरक्षित यौन संबंध, एक से ज्यादा पार्टनर्स के साथ संबंध बनाने से इस वायरस का ट्रांजेक्शन हो सकता है। पुरुषों में ओरल और एनल यौन संबंध कैंसर की संभावनाओं को बढ़ा देता है। ऐसे में सबसे जरूरी बात है कि इस बारे में अपनी जागरूकता बढ़ाएं।

असुरक्षित यौनाभ्यास से बचें, साफ-सफाई का खासा खयाल रखें। वहीं डॉक्टर कौशल किशोर यादव बताते हैं, यह स्किन टू स्किन भी हो सकता है। माउथ टू माउथ भी ये वायरस किसी व्यक्ति में आ सकता है। इसलिए जागरूकता बढ़ाने की जरूरत है। ये भी ध्यान रखें कि इस वायरस के होने पर भी अधिकतर लोगों को कैंसर की समस्या नहीं होती है, तो घबराएं नहीं।

पुरुषों के लिए भी है एचपीवी वैक्सीन

बजट सेशन के दौरान एचपीवी वैक्सीन की खूब चर्चा हुई। महिलाओं को ये वैक्सीन देने पर जोर दिया गया, लेकिन पुरुषों में एचपीवी वायरस की वजह से कैंसर जैसी बीमारी न हो, इसके लिए भी वैक्सीन है? क्योंकि अधिकतर लोगों को लगता है एचपीवी वायरस के लिए जो वैक्सीन है वो सिर्फ महिलाओं के लिए ही है, जबकि ऐसा नहीं है।

बकौल डॉक्टर वंदना जैन, एचपीवी वैक्सीनेशन पुरुषों में इस वायरस की वजह से होने वाले कैंसर के मामलों को कम कर सकता है। किसी भी तरह के यौन संबंध बनाने से पहले इस वैक्सीन को लगाना सही माना जाता है। 14 साल से पहले अगर पुरुष में इस वैक्सीन को लगाया जाता है तो 2 डोज दी जाती हैं, वहीं 14 साल से ज्यादा के उम्र के पुरुषों को इस वैक्सीन की 3 डोज दी जाती 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।

कमर दर्द

कमर दर्द के 10% मामले हो सकते हैं हृद से ज्यादा खतरनाक, डॉ. ने बताए ये हैं कारण (Navbharat Times: 20240220)

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-told-common-causes-of-lower-back-pain-in-hindi/articleshow/107825320.cms>

Lower Back Pain Causes: कमर के निचले हिस्से में हो रहा दर्द किसी बीमारी का संकेत हो सकता है। आमतौर पर यह खुद ठीक हो जाता है लेकिन मामला गंभीर होने पर काफी दिक्कत खड़ी कर सकता है। आइए जानते हैं कि डॉक्टर ने इसके क्या क्या कारण बताए हैं।

लोअर बैक पेन कोई दुर्लभ समस्या नहीं है, जिंदगी में कभी न कभी हर किसी को ये हो ही जाती है। यह पूरी तरह सामान्य स्थिति है जिसमें पीठ के लम्बर एरिया में दर्द, अकड़न और असहजता होती है। यह एरिया पसलियों के ठीक नीचे और कूल्हों के ऊपर स्थित होता है। इसके संकेत हल्के भी हो सकते हैं और गंभीर भी, इनसे रोजमर्रा के काम करना मुश्किल हो सकता है।

गुरुग्राम स्थित सीके बिड़ला अस्पताल में स्पाइन सर्जरी के कंसल्टेंट डॉ. अंकुश गर्ग कहते हैं कि निचली कमर में लगातार गंभीर दर्द हो रहा है तो इसके पीछे के कारण को जानना बहुत जरूरी हो जाता है। इस समस्या के 90 प्रतिशत मामले सामान्य होते हैं, लेकिन 10 प्रतिशत में गंभीरता हो सकती है। आइए कमर दर्द होने के कुछ प्रमुख कारणों के बारे में जानते हैं।

खिंचाव या मोच आना

लोअर बैक पेन के पीछे आमतौर पर मसल्स इंजरी होती है। भारी सामान उठाने, अचानक झुकने या मुड़ने या फिर पोस्चर खराब होने से पीठ की मसल्स या लिगामेंट फट सकते हैं। पीठ पर पड़ने वाला लगातार दबाव तेज दर्द का कारण बन सकता है।

फ्रैक्चर

गिरने, दुर्घटना, चोट या अत्यधिक मूवमेंट करना, बोन इंजरी या फ्रैक्चर की वजह से भी कमर के निचले हिस्से में दर्द हो सकता है। स्पोण्डिलोलाइसिस या ऑस्टियोपोरोसिस जैसी बीमारियों में फ्रैक्चर का खतरा बढ़ जाता है। इनका खतरा विटामिन डी या कैल्शियम की कमी से बढ़ सकता है।

आर्थराइटिस

आर्थराइटिस जोड़ों की एक खतरनाक सूजन को कहा जाता है। जो खासतौर से 50 से ज्यादा उम्र के लोगों को होती है। लोअर बैक पेन के पीछे ऑस्टियोआर्थराइटिस काफी सामान्य कारण है। स्पाइनल कॉर्ड को घेरे रखने वाले स्पेस के सिकुड़ने पर स्पाइनल स्टेनोसिस हो सकता है जो कि स्पाइनल आर्थराइटिस की वजह से होता है।

अन्य कारण

डिस्क रीढ़ की हड्डी के बीच की हड्डियों को सहारा देती है। ये हड्डियां कभी-कभी टूट सकती हैं और हर्नियेटेड डिस्क का कारण बन सकती हैं।

रीढ़ की हड्डी का सिकुड़ना (स्पाइनल स्टेनोसिस) या रीढ़ की हड्डी का टेढ़ापन (स्कोलियोसिस) रीढ़ की हड्डी को जकड़ सकता है और क्रोनिक बैक पेन कर सकता है।

स्पाइनल ट्यूमर, इंफेक्शन, कैंसर, किडनी स्टोन, एब्डोमिनल आर्टिक एन्यूरिज्म, इंप्लामेटरी डिजीज और इमोशनल स्ट्रेस भी कारण बन सकते हैं।

Diet/ Nutrition

What is Atlantic Diet, cousin of Mediterranean diet, that can help you live longer? (Hindustan Times: 20240220)

<https://www.hindustantimes.com/lifestyle/health/what-is-atlantic-diet-cousin-of-mediterranean-diet-that-can-help-you-live-longer-101708404518663.html>

Atlantic diet can help you live longer by improving heart health and reducing risk of dying early from cancer and other such chronic disorders.

The Atlantic Diet, a close relative of the Mediterranean diet, is rapidly gaining popularity for its heart-friendly benefits and its potential to reduce the risk of metabolic diseases. The traditional diet of northern Portugal and northwestern Spain, known as the Southern European Traditional Atlantic Diet, or Atlantic diet, can help you live longer by reducing risk of dying early from cancer and other such chronic disorders. As per a latest study published in the journal JAMA Network Open, the diet can modestly reduce the incidence of metabolic syndrome - a combination of higher blood pressure, blood sugars, triglycerides and belly fat that raises the risk of coronary heart disease, diabetes, stroke among other health conditions. While Mediterranean diet is mainly plant-based, Atlantic diet includes fresh fish like cod, dairy, legumes, fresh vegetables, potatoes, some red meat, pork products, whole wheat bread and moderate wine consumption. The focus is also on mindfully eating your food, socialising with your family while eating, walking daily apart from other dietary components.

The traditional diet of northern Portugal and northwestern Spain, known as the Southern European Traditional Atlantic Diet, or Atlantic diet, can help you live longer by reducing risk of dying early from cancer and other such chronic disorders(Freepik)

The traditional diet of northern Portugal and northwestern Spain, known as the Southern European Traditional Atlantic Diet, or Atlantic diet, can help you live longer by reducing risk of dying early from cancer and other such chronic disorders(Freepik)

What is The Atlantic Diet

"The Atlantic Diet, also referred to as the Southern European Atlantic Diet, is a traditional dietary pattern prevalent in the regions of northern Portugal and northwestern Spain. This diet is often compared to the Mediterranean Diet but holds unique characteristics derived from the culinary customs of these areas," says Dr. Rohini Patil, MBBS & Nutritionist Founder Of Nutracy Lifestyle.

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Composition of The Atlantic Diet

At its core, the Atlantic Diet emphasizes the consumption of seasonal, locally sourced, fresh, and minimally processed foods. This includes a diverse array of ingredients such as vegetables, fruits, cereals, whole grains, and whole-grain bread. Potatoes, nuts (especially chestnuts), and legumes are staples, alongside a significant inclusion of fish and seafood, reflecting the coastal nature of the region, says Dr Patil. (Also read | What is mediterranean diet; top benefits from weight loss to heart attack prevention)

Dairy products, predominantly milk and cheese, are also integral to the diet, along with meats such as beef, pork, poultry, and wild game.

"The use of heart-healthy olive oil and the occasional indulgence in wine are further hallmarks of this dietary pattern. Food preparation methods are centred around simplicity, with techniques like boiling, grilling, baking, and stewing being commonly employed. Stewing, in particular, is highly regarded within the Atlantic Diet for its ability to preserve nutrients and flavours while minimizing the formation of harmful compounds associated with cardiovascular diseases," says Dr Patil.

Benefits of Atlantic Diet

The Atlantic Diet is celebrated not only for its culinary richness but also for its numerous health benefits, says Dr Patil.

Promotes heart health

Firstly, it promotes heart health by prioritizing nutrient-dense foods and healthy fats. Olive oil, a cornerstone of the diet, is rich in monounsaturated fats, which have been shown to improve cholesterol levels and reduce the risk of heart disease.

Reduced risk of diabetes and cancer

Additionally, the abundance of fish and seafood provides essential omega-3 fatty acids, which are known for their anti-inflammatory properties and cardiovascular benefits. The Atlantic Diet is associated with a reduced risk of chronic diseases such as diabetes and certain types of cancer.

Weight management

Its emphasis on whole grains, legumes, and vegetables helps stabilize blood sugar levels and promote weight management, reducing the risk of type 2 diabetes. Furthermore, the diet's high intake of fruits and vegetables, rich in antioxidants and phytonutrients, may help protect against cancer by neutralizing free radicals and reducing inflammation.

Brain health

Research suggests that the consumption of foods rich in omega-3 fatty acids, such as fish, may help maintain brain health and reduce the risk of age-related cognitive decline and neurodegenerative diseases like Alzheimer's.

Overall, the Atlantic Diet offers a holistic approach to eating, combining culinary enjoyment with numerous health benefits.

Covid

Indians suffered worse post Covid lung damage than others, says study; how to improve lung function (Hindustan Times: 20240220)

<https://www.hindustantimes.com/lifestyle/health/indians-suffered-worse-post-covid-lung-damage-than-others-says-study-how-to-improve-lung-function-101708331796577.html>

When it comes to lung damage, Covid seems to have taken a heavy toll on the respiratory health of Indians, compared to Europeans and Chinese, says a new study.

As per a new study, Indians Covid survivors suffered significant and greater lung function impairment compared to their Europeans and Chinese counterparts. When it comes to lung damage, Covid seems to have taken a heavy toll on the respiratory health of Indians, as demonstrated by this new study. The study done by Christian Medical College, Vellore on the impact of Covid-19 on the functioning of lungs and quality of life in Indians, was published in the PLOS Global Public Health journal. (Also read: 6 amazing lung exercises to keep respiratory diseases at bay)

The study was done during the first wave of the pandemic in India on 207 Indians, and shows that the Indian subjects developed worse impairment in lung function compared to other published cohorts mostly with Caucasian subjects

The study was done during the first wave of the pandemic in India on 207 Indians, and shows that the Indian subjects developed worse impairment in lung function compared to other published cohorts mostly with Caucasian subjects. This study was designed to study the impact of post-COVID-19 lung damage in patients who have recovered from Covid-19 infection with the help of lung function testing, exercise tolerance, chest radiography and quality of life measurement.

The study added that while most may recover within a year of the infection, others may have permanent lung damage for life. Subjects were made to underwent pulmonary function tests, six-minute walking test, chest radiography, and St. George's respiratory questionnaire.

"In a large Indian cohort, we have reported the presence of post-Covid-19 residual lung damage, as assessed by lung function tests, exercise capacity, chest radiography and quality of life measurements. Our population reported relatively higher symptomatology and

comorbidities and greater lung function impairment, compared to most published studies. We have shown

that post-Covid-19 lung damage results in significant impairment of lung function, quality of life and effort tolerance," said the study.

In people recovering from COVID-19, there is evidence of potential long-term pulmonary sequelae and associated lung function impairment. The most severe illness in the context of SARS-CoV-2 infection is acute respiratory distress syndrome (ARDS). In some, the ARDS may result in fibrotic interstitial lung disease.

Signs and Symptoms of Post-Covid Lung Damage

Post-Covid lung damage, also known as post-acute sequelae of SARS-CoV-2 infection (PASC) or long COVID, can manifest in various ways, primarily affecting the respiratory system. Individuals recovering from COVID-19 may experience persistent symptoms indicative of lung damage, says Dr Neha Rastogi Consultant, Infectious Diseases, Fortis Memorial Research Institute, Gurugram.

1. Shortness of breath: Difficulty in breathing or shortness of breath, particularly during physical activity, can persist long after the acute phase of the infection has passed.
2. Persistent cough: A lingering cough that lasts for weeks or months after the initial infection is common in individuals with post-Covid lung damage.
3. Chest pain or tightness: Some individuals may experience chest pain or tightness, which can be exacerbated by deep breathing or exertion.
4. Fatigue: Chronic fatigue is a common symptom of post-Covid lung damage, often accompanied by reduced exercise tolerance.
5. Decreased exercise tolerance: Individuals may notice a reduced ability to engage in physical activities they once tolerated, due to persistent shortness of breath or fatigue.
6. Frequent respiratory infections: Vulnerability to respiratory infections may increase following Covid-19, as lung damage can weaken the immune system's ability to fend off pathogens.

How to treat post-Covid lung damage

Managing post-Covid lung damage involves a multidisciplinary approach aimed at alleviating symptoms and improving lung function, says Dr Rastogi.

Treatment strategies may include:

Pulmonary rehabilitation: Structured exercise programs supervised by healthcare professionals can help improve lung function, endurance, and overall physical health.

Medications: Bronchodilators and anti-inflammatory medications may be prescribed to alleviate symptoms such as shortness of breath and inflammation in the airways.

Oxygen therapy: In cases of severe lung damage, supplemental oxygen therapy may be necessary to ensure adequate oxygen levels in the bloodstream.

Nutritional support: A balanced diet rich in nutrients and hydration is essential for supporting overall health and aiding in recovery.

Psychological support: Dealing with chronic symptoms can take a toll on mental health. Counseling or support groups may be beneficial in coping with the emotional impact of post-Covid lung damage.

Regular monitoring: Close monitoring by healthcare providers is crucial to track progress, adjust treatment plans as needed, and address any emerging complications.

Breast Cancer

Risk-reducing mastectomy in women with a genetic variant may reduce the risk of breast cancer, finds new study (Hindustan Times: 20240220)

<https://www.hindustantimes.com/lifestyle/health/riskreducing-mastectomy-in-women-with-a-genetic-variant-may-reduce-the-risk-of-breast-cancer-finds-new-study-101708335426962.html>

RRM reduced breast cancer risk by 80 per cent, and the probability of dying of breast cancer 15 years after risk-reducing mastectomy was less than one per cent

Risk-reducing mastectomies (RRM) in women with a certain genetic variant may significantly reduce the risk of being diagnosed with breast cancer and lower the probability of death, a study has found. The research, published in the British Journal of Cancer, examined how RRM -- a surgery to remove a breast -- affects the rate of death of women with a pathogenic variant but no cancer diagnosis. (Also Read | Breast self-examination: How to check for early signs of breast cancer)

Studies have shown that an RRM reduces the risk of breast cancer by 90 per cent, and in Canada, 30 per cent of women with a pathogenic variant opt for this surgery.

"The decision to have a risk reducing mastectomy is often difficult for a woman to make, and the more evidence we are able to provide them with when they are making that decision, the more informed their care plan will be," said Professor Kelly Metcalfe from the University in Toronto, Canada.

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Women who have an inherited BRCA1 or BRCA2 variant have an 80 per cent risk of developing breast cancer over the course of their lifetime, the researchers said.

Studies have shown that an RRM reduces the risk of breast cancer by 90 per cent, and in Canada, 30 per cent of women with a pathogenic variant opt for this surgery, they said.

It is one of the most effective ways of preventing breast cancer in women with this risk profile, Metcalfe said.

The researchers followed over 1600 participants from a registry of women with a pathogenic BRCA 1/2 variant from nine different countries over the course of six years, with half of the women having a risk-reducing mastectomy.

At the end of the trial, there were 20 incident breast cancers and two deaths in the group who opted for a RRM, and 100 incident breast cancers and seven deaths in the control group, the researchers said.

RRM reduced the risk of breast cancer by 80 per cent, and the probability of dying of breast cancer 15 years after risk-reducing mastectomy was less than one per cent, they said.

"Although there wasn't a significant difference in deaths between the two groups in this study, we know that a risk reducing mastectomy significantly reduces the risk of ever developing breast cancer," said Metcalfe.

Metcalfe noted that following these participants for an extended period would generate more evidence to assess the true mortality risk with precision and highlight the benefits associated with this type of surgery.

"Right now, we have good screening in place for breast cancer, including breast MRI, so surgery is only offered as an option, not a recommendation," Metcalfe said.

"But with more studies being conducted to assess women's trajectory and risk factors following RRM, we will know whether these guidelines need to be changed in the future," she added.

Heart attack

Surviving a heart attack: How you can prevent a second one and live long (The Indian Express: 20240220)

<https://indianexpress.com/article/health-wellness/heart-attack-prevent-second-one-live-long-9170332/>

Many patients wonder what's next for longevity. Dr Karthik Vasudevan, Chief Of Interventional Cardiology & Heart Failure, Manipal Hospital, Bengaluru, suggests corrective steps

Many patients of mine often ask me if their life can continue the same way after a heart attack and if it impacts their lifespan. What next, they wonder. I tell them that the future lies in their hands, the way they keep to discipline on medication, follow-ups, lifestyle correction and exercise. The functionality of the heart, despite corrective procedures, depends on how well you monitor it and watch out for red flags.

This is particularly important after researchers at Leeds University have found that heart attack survivors go on to develop conditions at a much higher rate than normal people. Up to a third of patients in the study went on to develop heart or kidney failure, seven per cent had second heart attacks, while 38 per cent died from other causes during the nine-year study period. This is the largest study of its kind, with researchers analysing more than 145 million records covering every adult patient admitted to hospital in the UK.

While more people than ever are surviving heart attacks — up to 90 per cent by most estimates — there can be longer-term consequences. If the patient is not attended to within the first 30 to 60 minutes of a heart attack, there could be irreparable damage to the heart tissue, putting them at increased risk of heart failure. That's why we need to control any triggers that may exacerbate this condition.

KEEP RISK FACTORS IN CHECK

A heart attack survivor must realise that they suffered an attack in the first place because of risk factors like diabetes, hypertension, obesity, chronic kidney disease (CKD), bad cholesterol or stress. And they had swung too far out of range.

Festive offer

While an intervention or putting a stent takes care of the immediate problem, rolling back co-morbidities takes time. Once parameters are down to safe levels, one has to hold them there over the years.

TRACK BLOOD SUGAR LEVELS EVEN IF YOU DO NOT HAVE DIABETES

Even if you do not have diabetes during a heart attack, it can develop silently with advancing years. This may lead to microvascular dysfunction, where small blood vessels feeding the heart muscle, the kidneys and retina get affected. Over a period of time they manifest as bigger problems. Sometimes, silent diabetes leads to macrovascular complications, impacting bigger arteries and resulting in plaques in the heart, brain and limbs. That's why a patient must avoid diabetes in a post-attack scenario because it predisposes them to another event.

GO FOR CARDIAC REHAB

Do not neglect cardiac rehabilitation, an outpatient programme involving medically supervised exercise, beginning with thrice a week sessions over three months. One study found that cardiac rehab helped reduce chances of a repeat heart attack by 47 per cent. Another found how patients in cardiac rehab were 42 per cent less likely to die within an average of eight years.

CHANGE YOUR DIET

Get closer to the Mediterranean diet that emphasises fruits, vegetables, leafy greens, legumes, wholegrains, nuts, fish and lean meats. Cut out saturated and trans fats for good. Give up snacks that have partially hydrogenated oils.

STOP SMOKING, DRINKING

You can cut your risk of another heart attack by half if you stop smoking. Alcohol raises your blood pressure, blood sugar and triglyceride levels.

TAKE MEDICATION AS ADVISED

Your heart, cholesterol (statins), and blood pressure medicines are an important part of your bouncing back routine. You may be given drugs called PCSK9 inhibitors if you're at a higher risk and your cholesterol has been hard to control.

Keep body weight in range: Being overweight greatly increases your risk for a second heart attack. Your BMI (body mass index) should be between 18.5 and 24.9.

Do not miss your follow-ups: Keeping track of your condition and recovery is not a temporary but a life-long exercise. So pay a visit to your cardiologist as advised.

Air Pollution

Cooking with biomass fuel in Northeast may pose alarming health risks: IIT-Mandi study (New Kerala: 20240220)

<https://www.newkerala.com/news/2024/10671.htm>

Researchers at the Indian Institute of Technology (IIT) Mandi have conducted a comprehensive study on the detrimental effects of indoor air pollution resulting from traditional cooking practices in rural kitchens across three northeastern states.

The study, in collaboration with Institut National de Recherche et de Securite (INRS), France, and the National Physical Laboratory (CSIR-NPL), India, analysed the extent and consequences of harmful emissions produced during indoor cooking using firewood and mixed biomass.

"Our study combines real-world aerosol measurements in rural kitchens with dosimetry modeling to robustly estimate the impact of cooking emissions on the respiratory tract," said Dr. Sayantan Sarkar, Assistant Professor, School of Civil & Environmental Engineering, IIT-Mandi, in a statement.

"It is the first effort to estimate disease burdens caused by exposure to indoor cooking emissions in India in terms of potential years of life lost. The study also measures for the first time the potential for oxidative stress resulting from such exposure in the Indian context, and quantifies the additional risk that biomass users face compared to those who use the cleaner alternative LPG," he added.

In a series of three papers, published in two journals – Science of the Total Environment and Environmental Pollution, the study showed that over 50 per cent of the rural population in Northeastern India (especially states like Assam, Arunachal Pradesh, and Meghalaya) continues to use traditional solid fuels such as firewood and mixed biomass for cooking, leading to the release of significant pollutants into the kitchen air.

The research aimed to gauge the severity and disease burden associated with the use of biomass cooking fuel compared to LPG-based cooking.

The researchers measured size-resolved concentrations of aerosols -- particles suspended in the air, and toxic trace metals and carcinogenic organic substances bound with it, during cooking with firewood, mixed biomass, and Liquefied Petroleum Gas.

They modeled the deposition patterns of these particles and associated chemicals in various sections of the human respiratory system.

The resulting inhalation exposure to these chemicals during cooking was then calculated.

Utilising this data, the researchers estimated the health impact (disease burden) on the rural northeast India's population, focusing on respiratory diseases such as Chronic Obstructive Pulmonary Disease (COPD), Pneumonia, and various cancers, using the 'Potential Years of Life Lost' (PYLL) metric.

This metric estimates the potential number of years lost in a population due to premature death from ill health.

The study revealed that exposure to harmful aerosols in firewood/biomass-using kitchens was 2-19 times higher than in LPG-using kitchens, with respiratory deposition ranging from 29 to 79 per cent of the total aerosol concentration.

The fraction of population using firewood and mixed biomass faced 2-57 times higher disease burdens than LPG users.

Furthermore, the research found that the potential for oxidative stress, which leads to damaged cells, proteins, and DNA, was likely to be 4-5 times higher among people using biomass in kitchens than those using LPG.

This stress is driven by the inhalation of metals and organic chemicals produced during indoor cooking using biomass fuel.

This research holds practical implications, emphasising the urgent need for rural communities in the northeast to make a transition to cleaner cooking methods.

Recommendations include making LPG more accessible, improving cookstove programmes, spreading awareness in rural areas, funding local solutions, and organising health camps for rural women.

Chemotherapy treatment

Modifying chemotherapy treatment can improve lives of older people with cancer: Study (New Kerala: 20240220)

<https://www.newkerala.com/news/2024/10654.htm>

Standard chemotherapy regimens, which are primarily based on testing in relatively young and healthy patients, may be more harmful to older persons with cancer, who frequently battle with other health conditions. New research, published in JAMA Network Open, demonstrates that reducing the amount and modifying the schedule of chemotherapy given to older persons with advanced illness can improve patients' lives without compromising their treatment goals.

The study, which was led by researchers from the University of Rochester Medical Center's Wilmot Cancer Institute, focuses on how well older people tolerate chemotherapy. More than 30 percent of patients benefitted from treatment regimen modifications that helped them avoid toxic side effects and retain the ability to perform daily functions for themselves, such as bathing, dressing, eating, and walking.

Wilmot researchers Mostafa R. Mohamed, MD, PhD, and Supriya G. Mohile, MD, MS, led the study, which analyzed data from more than 600 study participants over the age of 70 who participated in the national clinical trial known as GAP70+.

Nearly half of all GAP70+ participants received a modified treatment regimen, defined as any treatments that deviated from the National Comprehensive Cancer Network guidelines or published clinical trials. Lower doses and altered chemotherapy schedules were the most common modifications identified in the study.

Compared with patients who received standard treatment regimens, patients who had modified treatments had a 15 percent reduced risk of serious clinician-rated toxic effects and a 20 percent reduced risk of patient-reported functional decline. Patients with modified treatment regimens also had 32 percent lower odds of having a worse composite adverse outcome, which suggests the treatment modification did not compromise efficacy.

This study is among just a handful of such studies that exclusively focus on older adults with advanced cancer who receive chemotherapy. Authors believe this information can help healthcare providers as choose the best care plans for older patients with advanced cancer.

Physical Activity

Self-monitoring enhances physical activity of elderly who require care: Study (New Kerala: 20240220)

<https://www.newkerala.com/news/2024/10658.htm>

Self-monitoring of physical activity using an accelerometer and feedback is a useful method for improving physical activity in the elderly who require long-term care. The Kobe University study is the first to demonstrate that this demographic's physical activity may be enhanced using simple and safe methods, which is likely to help avoid serious sickness and cut long-term care expenses.

Taking more steps and sitting less is well known as having a significant influence on a wide range of noncommunicable diseases such as heart disease, diabetes, orthopedic diseases and stroke. This is particularly problematic in senior citizens who depend on long-term care such as in day-care centers, as it is known that they take fewer steps and spend more time sitting than healthy people of similar age. The resulting higher risk of falling ill not only decreases health-related quality of life in these people, it also stretches already scarce resources in healthcare systems. And while it is known that self-monitoring can improve the physical activity even among the elderly, the effectiveness of this approach has not been shown for this high-risk demographic.

The Kobe University research team of health scientists IZAWA Kazuhiro and KITAMURA Masahiro filled this gap by conducting a comparative analysis with 52 long-term care patients at a day care center in Japan on the effectiveness of self-monitoring of physical activity. They educated the participants on the importance of increasing physical activity and asked participants to wear accelerometers that record steps, sitting time and activity of various intensity. The 26 participants in the intervention group were additionally asked to record their progress in a calendar daily and received weekly feedback and advice.

The results now published in the journal *European Geriatric Medicine* show that the intervention group took more steps, spent less time sitting and were more engaged in light physical activity. The authors write, "The results of this intervention promoting physical activity in this target population were novel to this study. Older people with long-term care needs have reduced mobility and activity compared to healthy older people, so increasing physical activity is not easy. However, goals such as increasing the number of steps can be easily understood and practiced, and reducing the time spent in sedentary behavior, such as by standing or taking a short walk, are activities that can be performed indoors and do not require high mobility."

Since this was the first study to include not only on steps in the self-monitoring but also time spent sitting, it is possible that these two affected each other. The Kobe University researchers explain, "A previous study in healthy older people reported that moderate to vigorous physical activity increases when sedentary behavior decreases, which is somewhat similar to the findings in the present study." Izawa adds, "While traditional self-monitoring interventions have focused primarily on the number of steps taken, this study focused on both steps taken and sedentary behavior. As a result, we believe this may have facilitated their behavior change."

While this study clearly shows the effectiveness of such simple measures as wearing an accelerometer, self-monitoring and receiving feedback on one's progress on the physical activity, its five-week period was too short to capture actual benefits on health-related quality of life. Izawa and Kitamura say, "The results of this study may serve as an important foundation for future research on promoting physical activity among older adults in need of assistance. In particular, self-monitoring interventions have been shown to contribute to improved physical activity and can be applied to care prevention strategies. Future studies should include larger samples, a broader range of activities and long-term follow-up to verify the sustained effectiveness of the intervention."

Depression

Can weight loss drugs actually help lower depression and anxiety risk? (Medical News Today: 20240220)

<https://www.medicalnewstoday.com/articles/weight-loss-drugs-help-lower-depression-and-anxiety-risk>

Drugs such as Ozempic used to aid weight loss may help reduce the likelihood of depression, research finds.

GLP-1 medications such as Wegovy and Ozempic were associated with a reduction in diagnoses of depression and anxiety in a new report.

The report observed the connection in the medical records of over three million people with diabetes and nearly one million taking GLP-1 drugs for weight loss.

The results of the report suggest a mental health benefit for this class of drugs beyond diabetes health and weight control.

GLP-1 agonist diabetes drugs have found a second use as weight-loss medications. Now, a new study from electronic medical records company Epic reports that their use also corresponds to a reduction in depression and anxiety.

Five GLP-1 drugs were linked to reduced depression and anxiety in people with diabetes, compared with people who were not taking GLP-1 medications.

This group of medications is based on related compounds, all of which are glucagon-like peptide-1 (GLP) receptor agonists that mimic the natural GLP-1 intestinal hormone. In doing so, they produce insulin after eating, helping to reduce blood sugar. They also slow the emptying of the stomach and promote a sensation of being full, leading to a reduction in appetite.

The medications are generally injectable, although oral versions are also available.

The most well-known GLP-1 drugs, Wegovy and Ozempic, are based on semaglutide. Other GLP-1 agonist compounds tested in the study are liraglutide, dulaglutide, and exenatide, as

well as tirzepatide that mimics a second intestinal hormone, gastric inhibitory polypeptide, or GIP, in addition to GLP-1.

People with diabetes taking tirzepatide were 65% less likely to be diagnosed with depression and 60% less likely to have anxiety, compared to people not taking GLP-1 drugs. People with diabetes who were taking semaglutide were 45% less likely to be diagnosed with depression, and 44% less likely to have anxiety.

Two of the drugs, semaglutide and liraglutide, were assessed as regards depression and anxiety in people without diabetes.

For people who do not have diabetes, only semaglutide was associated with a reduction in depression and anxiety, compared to people who were not on GLP-1 medications.

There was no statistically significant improvement for people taking liraglutide.

The study was undertaken by Epic Research, an investigative branch of Epic, one of the largest holders of electronic medical records in the U.S. Two teams of in-house researchers analyzed anonymized patient data, coming to the same conclusions.

The study analyzed patient records for 3,081,254 people with diabetes and 929,174 without diabetes, who were taking the drugs for weight loss. The researchers factored in a range of variables to eliminate confounding influences on their results.

The study is published by Epic Research.

Can Ozempic treat depression?

“The results suggest a potentially new therapeutic benefit of GLP-1 medications beyond their established use for glucose control and weight management,” said general practitioner with Zava, Dr. Kathryn Basford, who was not involved in the research.

Dr. Crystal Wyllie, also a general practitioner with Zava, who was also not involved in the research, noted that the study “goes some way in addressing concerns raised by the FDA [U.S. Federal Food and Drug Administration] about depression and suicidal ideation associated with semaglutide, as it suggests that these concerns may not be directly linked to these specific weight-loss treatments.”

In early January 2024, the FDA released an update regarding their investigation of a connection between GLP-1 drugs and suicidal ideation [Trusted Source](#).

“Our preliminary evaluation has not found evidence that use of these medicines causes suicidal thoughts or actions,” the agency concluded.

Dr. Mir Ali, medical director at the MemorialCare Surgical Weight Loss Center, who was not involved in the study, was not surprised by the findings, saying, “There were only a few case reports and there’s hundreds of thousands of patients on these medications.”

One question left unanswered for now is whether the reduction in depression and anxiety diagnoses are a direct result of the medication.

Dr. Basford said the study “doesn’t definitively clarify whether these improvements are due to the biochemical effects of the medicines or are a result of improved self-esteem. I would be interested to see further research in this area.”

The impact of GLP-1 drugs on weight loss culture

With acknowledged benefits for people with diabetes, having first been approved for use in 2005, GLP-1 drugs for weight loss may re-position overweight and obesity in a clearly medical context, with the potential of reducing the historical stigma associated with these conditions.

“It’s a paradigm shift that we’re thinking of obesity not as a failure on the patient’s part to control their habits, but more of a chronic disease, and treating it like any other chronic disease such as diabetes or high blood pressure, arthritis, or other diseases that people readily will say is not the patient’s fault,” Dr. Ali said.

“My hope is that these treatments will allow patients to live healthier, happier lives — whatever weight they finally achieve,” said Dr. Wyllie.

“We need to recognize obesity as a multifaceted condition that requires interventions that address both the physical and psychological needs of the patient,” Dr. Basford added.

Off-label uses for GLP-1 drugs

Of the 13 GLP-1 medications listed by the FDA, only three, Wegovy (semaglutide), Saxenda (liraglutide), and Zepbound, (tirzepatide), are officially listed as approved for weight loss. However, they are commonly prescribed “off-label” for this purpose.

Dr. Ali explained that the lack of official approvals in this case may be less than they seem. “That’s just a drug company strategy for getting a broader indication for these medications — rebranding them and marketing them for weight loss.”

The cost of a GLP-1 medication may be intimidating in that one needs to remain on the drug long-term to maintain its effect for diabetes, weight loss, or perhaps a reduction in depression and anxiety.

Dr. Ali noted that “It is difficult to get it covered by most insurance companies,” but said many will pick up the tab if the individual meets medical qualifications. For weight loss, for example, one needs a Body Mass Index of 30 or above to obtain coverage from some insurance carriers.