



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20240222

## बैड कोलेस्ट्रॉल

**बैड कोलेस्ट्रॉल से बढ़ सकता है ASCVD का खतरा, इन उपायों से मुमकिन है इससे बचाव (Dainik Jagran: 20240222)**

<https://www.jagran.com/lifestyle/health-what-is-atherosclerotic-cardiovascular-disease-ascvd-and-tips-to-manage-this-problem-23658557.html>

हृदय रोग अक्सर बिना किसी पूर्व चेतावनी या संकेत के हमला करता है। दुनियाभर में होने वाली मौतों की एक सबसे बड़ी वजह हृदय रोग हैं। जिसके लिए मोटापा डायबिटीज धूम्रपान शराब का सेवन जैसी वजहें जिम्मेदार हो सकती हैं। ASCVD हार्ट से जुड़ी एक ऐसी समस्या है जिसमें धमनियों में प्लाक का निर्माण होने लगता है जानेंगे किन वजहों से होता है ऐसा और इससे बचाव के उपाय।

बैड कोलेस्ट्रॉल से बढ़ सकता है ASCVD का खतरा, इन उपायों से मुमकिन है इससे बचाव एथेरोस्क्लैरोटिक हृदय रोग के कारण, जोखिम व बचाव के जरूरी उपाय

एथेरोस्क्लैरोटिक कार्डियोवैस्कुलर डिजीज (एएससीवीडी) में धमनियों में प्लाक का निर्माण होने लगता है।

मोटापा, डायबिटीज, धूम्रपान और शराब का सेवन है हार्ट से जुड़ी बीमारियों की बहुत बड़ी वजह।

एएससीवीडी को कंट्रोल करने के लिए जरूरी उपाय

लाइफस्टाइल डेस्क, नई दिल्ली। भारत में हर साल लगभग एक तिहाई मौतें (24.8%) हृदय रोगों की वजह से होती हैं। पहले जहां इसका खतरा बड़े-बूढ़ों को ही होता था, वहीं अब यह समस्या नौजवानों में भी देखने को मिल रही है। इसकी एक सबसे बड़ी वजह शरीर में कोलेस्ट्रॉल का हाई होना है। कोलेस्ट्रॉल लेवल को समझना और उसे कंट्रोल करने के उपायों को अपनाकर हार्ट से जुड़ी बीमारियों के खतरे को काफी हद तक कम किया जा सकता है।

क्या है ASCVD?

एथेरोस्क्लैरोटिक कार्डियोवैस्कुलर डिजीज (एएससीवीडी) एक गंभीर और लंबे समय तक चलने वाली समस्या है। इसमें धमनियों में प्लाक बनने लगता है। जिससे शरीर में ब्लड का सर्कुलेशन प्रभावित होने लगता है। इसके चलते हार्ट अटैक और स्ट्रोक का खतरा बढ़ जाता है। धमनियों में प्लाक जमने से हार्ट के

अलावा किडनी पर भी बुरा असर पड़ता है। इस समस्या की जो सबसे बड़ी वजह है वो है शरीर में बैड कोलेस्ट्रॉल का बढ़ना।

डॉ. अश्विनी मेहता, सीनियर कंसल्टेंट कार्डियोलॉजिस्ट, सर गंगाराम हॉस्पिटल, दिल्ली का कहना है, “मैं हृदय रोगों से जुड़े खतरों के बारे में जल्द पता लगाने के लिए नियमित रूप से जांच करवाने की सलाह देता हूँ, खासकर युवाओं को। मैं 10% ऐसे युवाओं से मिला हूँ, जिन्हें हृदय संबंधी समस्याएं हैं। इसका नियंत्रण जागरूकता और नियमित जांच के साथ शुरू होता है। इससे वे खुद अपनी दिल की सेहत का ख्याल रख पाएंगे। सक्रिय रूप से जांच करवाना और तनाव के नियंत्रण से युक्त एक संपूर्ण तरीका युवाओं में एक सेहतमंद जीवनशैली अपनाने के लिए महत्वपूर्ण है।”

एएससीवीडी को कंट्रोल करने के लिए जरूरी उपाय

सेहत की नियमित जांच

कोलेस्ट्रॉल की समय-समय पर जांच करवाते रहना सबसे जरूरी उपाय है हृदय रोगों को जोखिम को कम करने में। डॉक्टर द्वारा सुझाए गए उपायों का पालन करें और समय-समय पर दवाइयां भी लें।

सेहत का रखें ख्याल

अपने हार्ट को हेल्दी रखने के लिए डॉक्टर के पास जाने के साथ-साथ अपनी सेहत का भी ध्यान रखें। इसके लिए हेल्दी डाइट लें, रोजाना एक्सरसाइज करें और पर्याप्त नींद भी लें। इससे वजन, ब्लड प्रेशर जैसी कई चीजें कंट्रोल में रहती हैं।

धूम्रपान बंद करें

हृदय रोगों के खतरे क बढ़ाने में धूम्रपान एक बहुत बड़ी वजह है। जितना जल्दी इस आदत से किनारा कर लें उतना अच्छा।

स्ट्रेस न लें

आजकल की जिंदगी में तनाव से न सामना हो, ऐसा तो नामुमकिन ही है, लेकिन तनाव को खुद पर हावी न होने दें। इसे कैसे कंट्रोल में रखा जा सकता है, इसपर काम करें। मेडिटेशन, दोस्तों से बातचीत, अपनी पसंद की चीजें करने से स्ट्रेस लेवल को काफी हद तक कम किया जा सकता है।

अगर आपकी फैमिली में हृदय रोग या उससे जुड़ी परेशानियों की हिस्ट्री रही हो, तो आपको और ज्यादा सतर्क रहने की जरूरत है। नियमित जांच और डॉक्टरों से परामर्श लेते रहने से आनुवांशिक कारकों को समझने में मदद मिलती है।

## हाई ब्लड प्रेशर

**High BP करना चाहते हैं कंट्रोल तो रोजाना पिएं ये हेल्दी ड्रिंक्स, दिल की बीमारियों से भी होगा बचाव (Dainik Jagran: 20240222)**

<https://www.jagran.com/lifestyle/health-these-drinks-will-lower-your-blood-pressure-instantly-23658284.html>

इन दिनों कई लोग हाई ब्लड प्रेशर की समस्या से परेशान हैं। बदलती लाइफस्टाइल और गलत खानपान लोगों को कई स्वास्थ्य समस्याओं का शिकार बना देता है। हाई बीपी इन्हीं में से एक है जो आगे चलकर हार्ट अटैक स्ट्रोक और किडनी फेलियर जैसे कई बीमारियां की वजह बन सकता है। ऐसे में आप कुछ ड्रिंक्स की मदद से इसे कंट्रोल कर सकते हैं।

High BP करना चाहते हैं कंट्रोल तो रोजाना पिएं ये हेल्दी ड्रिंक्स, दिल की बीमारियों से भी होगा बचाव ये ड्रिंक्स नेचुरली कंट्रोल करेंगी हाई बीपी

लाइफस्टाइल डेस्क, नई दिल्ली। ब्लड प्रेशर की समस्या आजकल बहुत आम हो गई है। आजकल ये समस्या बड़ों से लेकर बच्चों तक में देखने को मिलने लगी है, बीपी होने के कई कारण होते हैं। खराब लाइफस्टाइल, गलत खानपान और तनाव के वजह से ये समस्या काफी बढ़ने लगती है। हाई बीपी को हाइपरटेंशन भी कहा जाता है। ये तब होता है, जब हार्ट जल्दी-जल्दी ब्लड को पंप करने लग जाता है और इस फ्लो के लिए आर्टरी का आकार छोटा पड़ जाता है, इससे हाई ब्लड प्रेशर की समस्या होने लगती है।

हाई ब्लड प्रेशर एक ऐसी समस्या, जिससे आगे चलकर हार्ट अटैक, स्ट्रोक और किडनी फेलियर जैसे कई बीमारियां होने का खतरा बढ़ जाता है। हाई बीपी होने की स्थिति में आप तुरंत कुछ चीजों का सेवन करके बीपी कम कर सकते हैं। साथ ही कुछ ड्रिंक्स भी इस समस्या में असरदार साबित हो सकते हैं। आइए जानते हैं ऐसे ही कुछ ड्रिंक्स के बारे में, जिनसे आप तुरंत बीपी को कंट्रोल कर सकते हैं-

### टोमेटो जूस

टमाटर में लाइकोपीन, बीटा-कैरोटीन, फोलेट, पोटेशियम, विटामिन-सी, फ्लेवोनोइड और विटामिन-ई भरपूर मात्रा में पाया जाता है, जो ब्लड प्रेशर को कंट्रोल करने में बहुत फायदेमंद माना जाता है। एक शोध में इस बात का खुलासा हुआ कि रोजाना एक कप टमाटर का जूस पीने से दिल की बीमारी का खतरा कम होता है।

### ब्लूबेरी जूस

ब्लूबेरी भी ब्लड प्रेशर कम करने में बहुत फायदेमंद मानी जाती है। ब्लूबेरी में दिल को स्वस्थ रखने के गुण पाए जाते हैं। इसके अलावा से बीपी भी कंट्रोल रखती है।

### चुकंदर जूस

चुकंदर सेहत के लिए बहुत ही फायदेमंद माना जाता है। चुकंदर खाने से खून बढ़ता है ये हम सभी जानते हैं। चुकंदर में विटामिन, मिनरल आदि भरपूर मात्रा में पाए जाते हैं जो बीपी को कंट्रोल में रखते हैं।

### अनार जूस

अनार स्वास्थ्य के लिए बेहद लाभकारी होता है। इसमें विटामिन और पोटेशियम भरपूर मात्रा में पाए जाते हैं, जो ब्लड प्रेशर के लेवल को कंट्रोल करने में मदद करते हैं।

गुड़हल की चाय

आजकल गुड़हल की चाय काफी ट्रेंडिंग है। कई लोग स्वस्थ रहने के लिए एंटीऑक्सीडेंट से भरपूर गुड़हल की चाय का सेवन करते हैं। बीपी को कम करने के लिए भी गुड़हल की चाय पीना फायदेमंद रहता है।

## **6 worrying signs and symptoms of high blood pressure during sleep you shouldn't ignore (Hindustan Times: 20240222)**

<https://www.hindustantimes.com/lifestyle/health/6-worrying-signs-and-symptoms-of-high-blood-pressure-during-sleep-you-shouldnt-ignore-101708576431838.html>

From snoring to frequent urination, there are certain signs of high blood pressure in night that can warn you about the silent threat.

High blood pressure is a silent killer and can over the time damage arteries increasing risk of heart attack or stroke. Hypertension if not controlled can also affect kidney function, cause vision loss and memory loss. High blood pressure can catch you off guard as there are no symptoms even in cases when BP readings reach dangerously high levels. However, if you stay vigilant and follow your body cues, there are certain signs that can warn you about abnormalities in your blood pressure. From your snoring patterns to frequent urination at night, there are certain signs of high blood pressure in night that can warn you about the silent threat. As per a new study published in the journal npj Digital Medicine, people who spend more time snoring at night are more likely to have uncontrolled hypertension. There are other signs and symptoms too that one must consider. (Also read: Is your diastolic blood pressure always high? Here's what it means; when to visit a doctor)

Dr Gorav Gupta, Psychiatrist says high blood pressure, or hypertension, can manifest in various ways during sleep, potentially leading to disruptive symptoms and complications.(Freepik)

Dr Gorav Gupta, Psychiatrist and Co- Founder of Emoneeds says high blood pressure, or hypertension, can manifest in various ways during sleep, potentially leading to disruptive symptoms and complications.

### **SNORING**

One common indicator of high blood pressure is snoring, especially if it's accompanied by pauses in breathing, known as sleep apnoea. Snoring occurs when the airway becomes partially blocked, causing vibrations in the throat tissues. However, in individuals with hypertension, snoring can signal more than just sleep apnoea; it may also indicate restricted blood flow due to narrowed blood vessels, a hallmark of high blood pressure.

### **INSOMNIA**

While many factors can contribute to insomnia, such as stress, anxiety or poor sleep hygiene, hypertension can disrupt the body's natural sleep-wake cycle, making it difficult to fall asleep or stay asleep throughout the night.

### **RESTLESS SLEEP**

Additionally, frequent awakenings or restless sleep may be indicative of hypertension-related issues, as elevated blood pressure levels can trigger the body's 'fight or flight' response, causing arousal from sleep.

#### EXCESSIVE URINATION

Furthermore, nocturia, or excessive urination during the night, can be a symptom of hypertension. Elevated blood pressure levels can put strain on the kidneys, leading to increased urine production and the need to wake up multiple times to urinate.

#### HEADACHE

Moreover, experiencing headaches upon waking or during the night can also be a sign of nocturnal hypertension. Headaches caused by high blood pressure tend to be most intense in the morning, as blood pressure naturally rises during sleep and peaks in the early morning hours.

Monitoring these signs and symptoms, especially when occurring together, can help individuals identify potential issues with nocturnal hypertension and seek appropriate medical attention to manage their blood pressure levels and mitigate associated risks.

#### BLOOD PRESSURE DOESN'T DIP DURING NIGHT

"It has been found that patients who have high blood pressure do not exhibit a nighttime dip in blood pressure readings, which is usually a normal phenomenon in patients without hypertension," says Dr Kamal Verma, Senior Consultant, Dept of Internal Medicine, Amrita Hospital, Faridabad.

### मीजल्स

**मध्य प्रदेश के इस शहर में कहर बरपा रहा Measles, 9 सवालों में समझें इस बीमारी से जुड़े सभी जवाब (Dainik Jagran: 20240222)**

<https://www.jagran.com/lifestyle/health-measles-outbreak-in-madhya-pradesh-maihar-district-know-its-symptoms-causes-prevention-treatment-and-everything-you-need-to-know-23658204.html>

मध्य प्रदेश के मैहर जिले (Maihar District) में लगातार खसरे यानी मीजल्स (Measles) के मामले सामने आ रहे हैं। यहां इस संक्रमण से दो बच्चों की मौत हो चुकी है जबकि 17 मामले सामने आ चुके हैं। ऐसे में स्वास्थ्य विभाग इस बीमारी को फैलने से रोकने के प्रयासों में लगा हुआ है। आइए 9 सवालों से समझें इस बीमारी से जुड़ी सभी बातें-

मध्य प्रदेश के इस शहर में कहर बरपा रहा Measles, 9 सवालों में समझें इस बीमारी से जुड़े सभी जवाब जानें क्या है मध्य प्रदेश में फैल रहा मीसल्स

लाइफस्टाइल डेस्क, नई दिल्ली। मध्य प्रदेश (Madhya Pradesh) के मैहर जिले (Maihar District) में बीते कुछ दिनों से लगातार खसरे यानी मीजल्स (Measles) के मामले सामने आ रहे हैं। जानकारी के

मुताबिक यहां अभी तक 17 बच्चे इस संक्रमण से संक्रमित हो चुके हैं, जबकि दो बच्चों की इससे मौत होने की खबर है। बढ़ते मामलों के बाद अब इलाके में स्कूल तीन दिनों के लिए बंद कर दिए गए हैं। वर्तमान में, संक्रमित बच्चों में से सात की अस्पताल में देखभाल की जा रही है। साथ ही स्वास्थ्य विभाग इस बीमारी को फैलने से रोकने के प्रयासों में लगा हुआ है।

बीते महीने यूरोप में भी इसके मामलों में तेजी से बढ़ोतरी देखने को मिली थी। यह एक संक्रामक बीमारी है, जो गंभीर रूप ले सकती है। ऐसे में आज इस आर्टिकल में हम 9 सवालों के जरिए जानेंगे मीजल्स यानी खसरे से जुड़ी सभी जरूरी बातों के बारे में-

क्या है मीजल्स?

वर्ल्ड हेल्थ ऑर्गेनाइजेशन (WHO) के मुताबिक मीजल्स एक बेहद संक्रामक वायरल इन्फेक्शन है, जो मीजल्स वायरस (MeV) के कारण फैलता है। इस वायरस की ही वजह से इसे मीजल्स नाम से जाना जाता है। यह बीमारी मुख्य रूप से बच्चों को प्रभावित करती है, लेकिन यह कमजोर इम्युनिटी वाले किसी भी उम्र के व्यक्ति को हो सकती है।

मीजल्स के लक्षण क्या हैं?

थकान और कमजोरी

मुंह के अंदर छोटे सफेद धब्बे

आंखों में रेडनेस और पानी आना

आंखों में सूजन (कंजंक्टिवाइटिस)

तेज बुखार (101°F से अधिक होना)

गले में खराश और निगलने में कठिनाई

लगातार खांसी, नाक बंद होना या बहना

लाल-धब्बेदार दाने, जो चेहरे पर शुरू होकर पूरे शरीर में फैल जाते हैं

कितना संक्रामक है खतरा?

मीजल्स एक वायुजनित यानी एयरबोर्न डिजीज है, जो किसी संक्रमित व्यक्ति के छींकने, खांसने या बात करने पर सांस की बूंदों से फैलता है। यह वायरस कई घंटों तक हवा में रह सकता है, जिससे यह भीड़-भाड़ वाली या कम हवा वाली जगहों पर ज्यादा संक्रामक हो जाता है।

क्या बिना लक्षण वाले व्यक्ति से फैल सकता है मीजल्स?

मीजल्स एक संक्रामक बीमारी है, जो लक्षण और बिना लक्षण वाले किसी संक्रमित व्यक्ति से दूसरे में फैल सकता है। इससे संक्रमित व्यक्ति लक्षण नजर आने से पहले ही वायरस फैला सकते हैं, जिसकी वजह से इस बीमारी की पहचान करना और इसे फैलने से रोकना चुनौतीपूर्ण हो जाता है।

खसरे का इलाज कैसे किया जाता है?

इस संक्रमण के इलाज के लिए कोई विशेष एंटीवायरल ट्रीटमेंट नहीं है, इसलिए इसके इलाज के तौर पर इसके लक्षणों को कम करने और जटिलताओं को रोकने पर ध्यान केंद्रित करता है। इसमें आराम, हाइड्रेशन, बुखार कम करने वाली दवाएं और सही देखभाल शामिल हो सकती है। गंभीर मामलों में, हॉस्पिटल में भर्ती होना जरूरी हो सकता है।

संक्रमण रोकने में मीजल्स की वैक्सीन कितनी असरदार है?

मीजल्स, मंप्स और रूबेला (एमएमआर) वैक्सीन अभी भी मीजल्स को रोकने का सबसे प्रभावी तरीका है। राष्ट्रीय टीकाकरण कार्यक्रम के रूप में भारत में नियमित तौर पर बच्चों को यह वैक्सीन लगाई जाती है, जो उन्हें लंबे समय तक सुरक्षा देता है और ऐसी बीमारियों के प्रकोप से बचाने में मदद करता है।

अगर बचपन में एमएमआर वैक्सीन नहीं लगी, तो क्या वयस्क के रूप में इसे ले सकते हैं? हां, वयस्कों के लिए भी मीजल्स की वैक्सीन लेना सुरक्षित है। विश्व स्वास्थ्य संगठन के अनुसार बिना टीकाकरण वाले वयस्कों को 28 दिनों के गैप पर टीके की दो खुराक लेनी चाहिए।

क्या यह गंभीर बीमारी या लंबी स्वास्थ्य समस्याओं का कारण बन सकता है? मीजल्स निमोनिया समेत गंभीर रेस्पिरेटरी संबंधी जटिलताओं का कारण बन सकता है, जो खसरे से संबंधित मौतों का प्रमुख कारण होता है। दिमाग में सूजन इसकी एक दुर्लभ लेकिन गंभीर जटिलता है, जो करीब 1,000 मामलों में से 1 में होती है। यह छोटे बच्चों या कमजोर इम्युनिटी वाले लोगों के लिए घातक हो सकता है। इसके अलावा मीजल्स के हेल्थ पर कुछ लॉन्ग टर्म इफेक्ट्स हो सकते हैं, जिसमें विजन लॉस, न्यूरोलॉजिकल प्रॉब्लम और खराब इम्यून फंक्शन शामिल हैं।

मीजल्स से सुरक्षा के लिए क्या सावधानियां बरतनी चाहिए? अच्छी तरह से स्वच्छता का पालन करना चाहिए। खांसी और छींक हुए मुंह को ढंककर और बीमार व्यक्तियों के साथ निकट संपर्क से बचकर खसरे को फैलने से रोका जा सकता है। इसके अलावा वायरस को फैलने से रोकने के लिए संक्रमित व्यक्तियों को दूसरे से अलग आइसोलेट करें।

## **Diet/Nutrition**

**Does leaving gluten help prevent gas and bloating? Experts weigh in (The Indian Express: 20240222)**

<https://indianexpress.com/article/lifestyle/food-wine/gluten-free-diet-gas-bloating-digestive-health-celiac-disease-alternatives-9172738/>

Are individuals truly finding relief from gas and bloating by going gluten-free, or is this merely a widespread misconception?

gluten-free diet

Experts weigh in on whether going gluten-free is right for you.

In recent years, going gluten-free has gained considerable traction, with advocates touting it as a solution for various digestive problems. In fact, dietitian Garima Goyal took to Instagram to share that if you are facing gas or bloating, then you need to only make one change to your diet. “Stop gluten,” she said.

Highlighting that it is found in foods like wheat roti, maida, suji, and upma, Goyal urged individuals to stop consuming these and see if they are feeling any difference. “The best way to do this is by following your normal diet for 3 days and check your resting heart rate in bed. Note it down, and then after 3 days start having a gluten-free diet. After starting a gluten-free diet, you have to check 2 things: your resting heart rate and check whether these problems are resolving or not,” she added.

Goyal recommends doing this for 20 days to check if you feel any difference in your body. “If you still doubt whether you should stop gluten, you can take a food intolerance test or a gene test,” she advises.

To verify these claims, we reached out to experts to find out whether gluten has any impact on digestive health.

According to Nivya Vikal, consultant dietitian-nutritionist at Motherhood Hospitals in Noida, removing gluten from the diet may help people with celiac disease or non-celiac gluten sensitivity, as it can cause digestive symptoms such as bloating, diarrhea, and constipation. However, she pointed out that there is no evidence that a gluten-free diet will improve health or prevent disease for individuals who don’t have celiac disease or gluten sensitivity.

“The benefits of going gluten-free are mainly for people with celiac disease or non-celiac gluten sensitivity, as it can help ease digestive symptoms, reduce inflammation, and boost energy levels,” she explained, adding that some people with certain autoimmune disorders, such as Hashimoto’s thyroiditis or gastrointestinal conditions, may find symptom relief by following a gluten-free diet.

For people without gluten-related conditions, Dr Priyanka Rohatgi, chief nutritionist at Apollo Hospitals, said the benefits of going gluten-free are less clear. “Proponents claim it can increase energy, improve gastrointestinal health, support weight loss, and reduce inflammation. However, there are not many rigorous studies to support these notions for the general population.”

One benefit, though, according to Dr Rohatgi, is that going gluten-free may cause people to eat more whole, unprocessed foods, which can increase nutrient intake.

What are the alternatives to gluten?

Those looking to eliminate gluten from their diet can find various nutritious alternatives. Vikal listed these below:

Grains: Quinoa, rice, corn, millet, sorghum, buckwheat, amaranth, and teff.

Flours: Almond flour, coconut flour, rice flour, tapioca flour, potato flour, and chickpea flour.

Starches: Arrowroot, tapioca starch, and potato starch.

Binders: Xanthan gum, guar gum, and psyllium husk.

Additionally, “creativity with whole food alternatives provides variety and nutrition. Cauliflower can replace wheat flour to make pizza crusts, crepes, or even rice. Sweet potatoes or squash can substitute for pasta, zucchini for lasagna noodles, portobello mushrooms for burger buns, and lettuce or cabbage leaves to wrap foods instead of tortillas or bread,” said Dr Rohatgi.



## **Pediatric Cancers**

**Pediatric cancers: Types, signs and symptoms, diagnosis, treatment (Hindustan Times: 20240222)**

<https://www.hindustantimes.com/lifestyle/health/pediatric-cancers-types-signs-and-symptoms-diagnosis-treatment-101708501830513.html>

Health expert reveals how to pick up cancer in children, its types, diagnosis and treatment of pediatric cancers

The word cancer sounds scary especially when it is associated with children as cancer throws the entire family and the child out of gear. In an interview with HT Lifestyle, Dr Rajeev Redkar, Consultant Paediatric Cancer Surgeon at Lilavati Hospital, revealed, “The common type of cancer seen in children is cancer of the kidney which is Wilms tumour. Beside this, tumours of the liver are called hepatoblastomas and the tumours of the nervous system in the abdomen are called Neuroblastoma and lymphomas. The commonest cancer found in the child is a blood cancer which is called leukemia and lymphoma. These are the variants of cancer in children.”

How to pick up cancer in children?

Dr Rajeev Redkar answered, “A child who has a fever for a long period then the parents should consult the doctor. If the inability to gain weight, ill health, poor appetite, or less activeness then the parents should be alert and meet the paediatrician or a paediatric surgeon to get a prompt diagnosis of cancer.”

The diagnosis:

Dr Rajeev Redkar said, “If there is a lump in the abdomen or chest or swelling in the body, or the child is unable to pass stools then we suspect that there is some major problem with the child, and these children are investigated. Over 99 % of cancers are picked up on investigations such as CT scans, MRI, and sonography.”

The treatment:

Asserting that a majority of childhood cancers are treatable, Dr Rajeev Redkar shared, “80 % of cancers are treatable in children and they lead a normal life. For example- when it comes to Wilms tumor, 20-30 years ago, a significant number of children lost their precious lives due to the lack of treatment. Now, the survival rate has improved to 95%. Children can have an improved quality of life. Children will need treatment in the form of surgery to remove the tumor, chemotherapy, radiation therapy, or immunotherapy to relieve the child's cancer. Even anti-cancer drugs can be administered painlessly to the central veins of a child with cancer.”

He added, “Timely treatment for pediatric cancer can make a world of difference in the lives of children. Not only does it increase the chances of successful recovery but it also minimises the physical and emotional trauma that comes with prolonged illness. Research has shown that early intervention and targeted therapies can significantly improve outcomes for pediatric cancer patients, allowing them to lead healthier and fuller lives post-treatment. Timely treatment reduces the risk of cancer spreading to other parts of the body, which is crucial in improving long-term survival rates.”

Dr Rajeev Redkar concluded, “By focusing on early detection and prompt action, doctors can tailor treatment plans to each child's specific needs, reducing unnecessary side effects often

associated with aggressive late-stage interventions. Timely and effective treatments for pediatric cancer not only save lives but also ensure a better quality of life for children fighting this challenging disease.”

### **Obstructive Sleep Apnea**

#### **People who follow plant-based diet are less prone to Obstructive Sleep Apnea: Study (Hindustan Times: 20240222)**

<https://hindustantimes.com/lifestyle/health/people-who-follow-plant-based-diet-are-less-prone-to-obstructive-sleep-apnea-study-101708511071453.html>

The study shows that people who consume a diet consisting of vegetables, fruits, whole grains, and nuts are less at risk of having Obstructive Sleep Apnea.

People who consume a plant-based diet rich in vegetables, fruits, whole grains, and nuts are less likely to suffer from obstructive sleep apnea (OSA), according to a study published in ERJ Open Research.

People who consume an unhealthy plant-based diet rich in refined carbohydrates, sugary drinks, and high-sugar, high-salt foods are more likely to develop OSA.

People with OSA frequently snore loudly, their breathing begins and ends throughout the night, and they may wake up multiple times. This not only causes fatigue, but may also increase the risk of high blood pressure, stroke, heart disease, and type 2 diabetes.

The new study is one of the first large-scale analyses to investigate the correlation between plant-based diets and OSA risk.

Researchers said its findings suggest that eating a healthy, plant-based diet may help prevent or treat OSA.

The research was led by Dr Yohannes Melaku from Flinders University in Adelaide, Australia.

He said, "Risk factors for obstructive sleep apnoea may stem from genetics or behaviour, including diet. Previous research has primarily focused on the impact of calorie restriction, specific dietary elements and weight loss. There's a gap in our knowledge of how overall dietary patterns affect OSA risk. With this study, we wanted to address that gap and explore the association between different types of plant-based diets and the risk of OSA."

The research included data on 14,210 people who were taking part in the US National Health and Nutrition Examination Survey.

Participants were asked to explain everything they had eaten over the last 24 hours. Researchers categorised this information according to whether people were eating a healthy plant-based diet (including whole grains, fruits, vegetables, nuts, legumes, tea and coffee) or a diet high in

animal foods (including animal fat, dairy, eggs, fish or seafood and meat). They also looked at whether people were eating an unhealthy, plant-based diet (including refined grains, potatoes, sugar-sweetened drinks, sweets, desserts and salty foods).

Participants also answered a questionnaire designed to gauge whether they are likely to be suffering from OSA.

People with diets highest in plant-based food were 19% less likely to be suffering from OSA, compared with those eating diets lowest in plant-based food. Those eating a largely vegetarian diet were also at a lower risk. However, people eating a diet high in unhealthy plant-based foods were at a 22 per cent higher risk, compared to those eating low amounts of these foods.

The researchers also found differences in the risks for women and men, with a plant-based diet having a stronger correlation with OSA risk for men and an unhealthy plant-based diet having a bigger increase in women's risk.

Dr Melaku said, "These results highlight the importance of the quality of our diet in managing the risk of OSA. It's important to note these sex differences because they underscore the need for personalised dietary interventions for people with OSA.

"This research doesn't tell us why diet is important, but it could be that a healthy plant-based diet reduces inflammation and obesity. These are key factors in OSA risk. Diets rich in anti-inflammatory components and antioxidants, and low in harmful dietary elements, can influence fat mass, inflammation, and even muscle tone, all of which are relevant to OSA risk."

The researchers now plan to investigate the links between eating ultra-processed food and OSA risk in the same group of people. They also intend to study the interaction between diet and OSA risk over the longer term.

Professor Sophia Schiza is Head of the European Respiratory Society's assembly on sleep-disordered breathing, based at the University of Crete, Greece, and was not involved in the research.

She said, "Obstructive sleep apnoea is a frequently occurring condition, and a significant number of individuals remain unaware of their own diagnosis despite the associated risks. There are treatments available for OSA, and patients can also take certain steps to improve their condition. This involves refraining from smoking, maintaining a healthy weight, and staying physically active.

"The findings of this study propose that modifying our diet might be beneficial in managing or avoiding OSA. Being aware that incorporating a wide variety of vegetables, fruits, and whole grains into our diet while minimizing the consumption of unhealthy foods and sugary drinks can greatly improve our overall health. We need to make it as easy as possible for everyone to adopt a healthy diet."

## **Neuro-degenerative diseases**

### **Researchers at PGI develop new method for investigating impaired brain functioning (The Tribune: 20240222)**

<https://www.tribuneindia.com/news/chandigarh/researchers-at-pgi-develop-new-method-for-investigating-impaired-brain-functioning-593150>

The prototype can help develop patient-specific precision medicine models for congenital neuro-sensory, neuro-developmental and neuro-degenerative diseases like autism, Alzheimer's and Parkinson's.

Researchers at the Post Graduate Institute of Medical Education and Research, (PGIMER), Chandigarh, have come up with a prototype for the establishment and characterisation of novel self-organising neuro-vascular organoids entirely from autologous blood without any genetic manoeuvring or supplementation.

The prototype can help develop patient-specific precision medicine models for congenital neuro-sensory, neuro-developmental and neuro-degenerative diseases like autism, Alzheimer's and Parkinson's, according to a statement issued by the Ministry of Science and Technology on Wednesday.

It can also be used for deciphering genetics and neural circuits, testing drugs bypassing the blood-brain barrier, and identifying novel biomarkers for early neurological diseases. The method is cost-efficient as it requires no specific differential media, growth factor for culturing, but only autologous plasma and blood cells.

The implications are vast for studying neurological disease pathways, neuro-regeneration, preclinical neuro-imaging and endogenous gene editing and autologous immune-therapies for tumors and autoimmune diseases, the statement added.

The researchers, who are in the process of filing a patent with the Punjab State Council for Science and Technology, Chandigarh, are employing these models to understand the genetic basis of neurosensory hearing loss and auditory comprehension challenges in children with congenital Sensorineural Hearing Loss (SNHL) or neurodevelopmental defects like intellectual disability, ANSD and language disorders.

The field of neural organoids is rapidly progressing and has fuelled the hope for improved understanding of brain development and functions, modelling of neural diseases, discovery of new drugs and supply of surrogate sources of transplantation.

## **Tobacco**

### **Accelerate tobacco, e-cigarette control measures: WHO to Southeast Asian countries (The Tribune: 20240222)**

<https://www.tribuneindia.com/news/health/accelerate-tobacco-e-cigarette-control-measures-who-to-southeast-asian-countries-592782>

The high use of tobacco has put the people at risk of life-threatening diseases such as cancer, respiratory and heart ailments, Saima Wazed, regional director of WHO Southeast Asia, said.

The World Health Organisation (WHO) has called on countries in the Southeast Asian region to intensify efforts to control tobacco and e-cigarette use, as tobacco consumption in the region continues to be the highest globally despite considerable decline over the years and vaping is on the rise.

The high use of tobacco has put the people at risk of life-threatening diseases such as cancer, respiratory and heart ailments, Saima Wazed, regional director of WHO Southeast Asia, said.

“Urgent measures are also needed to control e-cigarettes, which have not been proven to be effective for smoking cessation. We must do all we can to control tobacco and e-cigarette use to protect health and save lives,” she said.

While tobacco use in the WHO Southeast Asia region decreased from 68.9 per cent in 2000 to around 43.7 per cent in 2022, an estimated 411 million people in the region still consume tobacco, according to the latest trends released this year, she said.

The region has 280 million smokeless tobacco users, nearly 77 per cent of the global smokeless tobacco users, and around 11 million adolescent tobacco users in the age group of 13 to 15 years, accounting for nearly 30 per cent of the global total.

The use of e-cigarettes, particularly among young people, is increasing in many countries, with co-use of e-cigarettes and conventional cigarettes being common.

Thailand, which has been tracking e-cigarette use, reported a steep rise in e-cigarette use among school-aged children of 13 to 15 years, from 3.3 per cent in 2015 to 17.6 per cent in 2022, Wazed said.

WHO is committed to support policies aimed at countering tobacco and e-cigarette industries’ interference for safeguarding the health of the over 2 billion people in the region, she said.

While DPR Korea, India, Nepal, Sri Lanka, Thailand, and Timor-Leste have banned e-cigarettes, Maldives regulates e-cigarettes as tobacco products.

Over the years, countries in the region have made significant progress in combating tobacco. Tobacco use among men declined from 68.9 per cent in 2000 to 43.7 per cent in 2022, and among women from 33.5 per cent in 2000 to 9.4 per cent in 2022, the steepest decline among all WHO regions.

The region, alongside the WHO African region, is on track to achieve the NCD (non-communicable diseases) 2025 target of a 30 per cent reduction in tobacco use by 2025, Wazed said.

India and Nepal are expected to achieve the NCD target of at least 30 per cent reduction in tobacco use by 2025 while eight other countries are projected to record declines, though less than 30 per cent.

While Bangladesh has announced 'Tobacco Free Bangladesh by 2024', India has initiated 'Tobacco Endgame'.

Countries in the region are implementing demand reduction strategies as advocated by WHO MPOWER package and other initiatives for tobacco control.

Given the high interference of tobacco industry, more assertive actions are needed to enforce tobacco control laws and policies, Wazed stressed.

### **Congenital heart diseases**

#### **Fetal stage ideal time for diagnosis of congenital heart diseases among kids: Experts (New Kerala: 20240222)**

<https://www.newkerala.com/news/2024/10998.htm>

The ideal stage for the diagnosis of congenital heart disease (CHD) among children is when they are in their fetal form, particularly within 16-20 weeks of pregnancy, said experts on Wednesday.

CHD is a condition present from birth which stands as the most prevalent birth defect, affecting eight in every thousand infants who are born annually in India.

Only 10 per cent of those who get diagnosed with CHD receive the required treatment on time, according to doctors at Amrita Hospital, Faridabad.

"During the time between 16-20 weeks (about 4 and a half months) of pregnancy, advanced ultrasound imaging allows healthcare professionals to thoroughly examine the developing heart's structure and function and is able to detect malformation of the heart," said Dr S. Radhakrishnan, HoD, Pediatric Cardiology, Amrita Hospital.

"This period provides parents with the necessary information to make choices about their pregnancy and ensure timely medical intervention if required after the baby is born," he added.

Ventricular septal defect and atrial septal defect (commonly called "hole in the heart") are the most common forms of congenital heart disease, while Tetralogy of Fallot predominates among infants presenting with cyanosis (oxygen deficiency).

According to experts, regular prenatal check-ups with obstetricians equipped with advanced imaging technologies can help identify the fetuses with suspected CHD.

With the help of the latest advancements, the experts said that CHD after birth can be diagnosed using 'Echocardiography' and sometimes may need advanced imaging techniques like CT scan, and MRI.

"CHD diagnosed after birth, the timing of treatment depends on the nature and gravity of the heart issues faced. The critical ones require attention and treatment at birth. Some of the less critical ones may be delayed for months or even a few years," Dr Sushil Azad, Principal Consultant, Pediatric Cardiology, Amrita Hospital, said.

Azad also mentioned that the treatment options vary from surgical to non-surgical therapy depending on the nature of the disease. Treatment options for children with CHD include medication management, catheter-based interventions, and open-heart surgical procedures.

### **Thalassemia**

**Experts hail NCPCR move for free blood transfusion to thalassemia patients (New Kerala: 20240222)**

<https://www.newkerala.com/news/2024/10816.htm>

Health experts and advocacy groups on Tuesday hailed the National Commission for Protection of Child Rights (NCPCR) chief's decision to provide blood transfusion therapy to Thalassemia patients free of cost.

Thalassemia, a genetic disorder affecting hemoglobin, presents a significant health challenge in India.

Patients require lifelong blood transfusions with at least one unit of blood within a maximum of 20 days. However, the patients face tough times whenever there is a blood shortage.

With the world's largest population of Thalassemia Major children, ranging from 1 to 1.5 lakhs, and around 42 million carriers of the beta thalassemia trait, the country is struggling with a substantial burden of this condition.

"It is a welcome move that blood transfusion should be given free to Thalassemia patients, which will go a long way in making the lives of the patients easy," Dr Rahul Bhargava, Principal Director and Chief of BMT, Fortis Memorial Research Institute, Gurugram, told IANS.

NCPCR chairman Priyank Kanoongo in a letter, addressed to principal secretaries of the health department of all states and union territories, asked them to issue circulars to hospitals for free blood transfusions. The matter was first reported by The Times of India.

"What is crucial is to make this message reach the last mile and its implementation in rural hinterlands, where people continue to suffer because of lack of knowledge. These orders and measures will find its relevance only when people get the benefit outside big metro cities where the large population of Thalassemia patients continues to suffer for want of safe and free blood," Dr Rahul said.

Incidentally, the Union health ministry in a letter in to the states in June last year said "it is mandatory for all the blood centres (govt-supported and non government-supported) to provide blood/blood components free of cost to patients of thalassemia".

"We welcome this positive step of NCPCR, particularly the recognition of the trials and tribulations of families with patients with thalassemia. The devil is in the details, though. It needs to be seen what the modalities of this initiative will be," Anubha Taneja Mukherjee, Member Secretary of the Thalassemia Patient Advocacy Group, told IANS.

"One would like to keep track of the developments and see whether the order is meant for all private institutions because thalassemia treatment is already free in government hospitals. What is the extent of 'therapy' and whether it includes chelation and other investigations too is another aspect that needs to be seen. We are delighted to assist in any way we can," she added.