



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20240305

## Protein

### **Daily protein requirement: How much protein is too much protein? (The Times of india: 20240305)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/daily-protein-requirement-how-much-protein-is-too-much-protein/photostory/108200194.cms?picid=108200270>

Protein, which is frequently referred to as the "building block of life," is essential for sustaining biological processes. However, experts continue to disagree on what constitutes an ideal protein intake. While some promote consuming more protein, others caution against the possible health risks of doing so. Here is all you need to know about how much protein is too much in this article.

Protein is vital for growth, development, and tissue repair, serving as one of the three macronutrients alongside carbohydrates and fat. While recommended daily allowances exist, the ideal amount of protein varies based on factors such as weight, activity level, and overall health. Common recommendations hover around 0.8 grams per kilogram of body weight, with active individuals potentially requiring more to support muscle mass, as per Harvard Health.

There are differing views on protein intake, with some advocating for levels double the standard recommendations. However, others argue that the average diet already contains excessive protein.

While protein is essential, consuming it in excess can pose health risks. High-protein diets, particularly those rich in red meat and saturated fats, have been linked to conditions such as kidney

stones, heart disease, and colon cancer. However, plant-based protein sources may not carry the same risks, emphasising the importance of dietary choices.

Establishing a definitive limit for protein intake proves challenging due to ongoing research and differing expert opinions. While guidelines suggest aiming for no more than 2 grams per kilogram of body weight, specific thresholds may vary. Current recommendations advise against exceeding 35% of daily calories from protein, with potential consequences including dehydration, fatigue, and digestive issues.

Individual factors such as activity level, health status, and dietary preferences influence protein requirements. While some individuals, including athletes, may safely consume higher amounts of protein, others should exercise caution. Those with kidney issues, in particular, are advised to limit protein intake to avoid additional stress on the kidneys and potential complications.

## **Superfood**

**What's a weight loss superfood? Let's spill the beans (Indian Express:20240305)**

<https://indianexpress.com/article/health-wellness/weight-loss-superfood-beans-9194194/>

Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals, on the kind of beans that you should be taking

beans benefits Rich in soluble fibre, beans help remove low density lipoprotein (LDL) or bad cholesterol from the body. (Photo: Wikimedia Commons)

Beans are one of the most versatile, low-calorie and heart-healthy foods you can add to your diet. Consuming just one serving a day can benefit your heart health by controlling your cholesterol levels and waistline. Research has shown that replacing one serving of meat with beans per week can reduce the risk of heart disease by 10 per cent.

When it comes to weight loss, fibre-rich beans expand in the stomach to make you feel fuller faster while delivering fewer calories than many other proteins and carbs. There's growing evidence that if you combine your proteins and fibre, it is easier to keep your body mass index (BMI) in range. Last year a study of 15,185 people found that those who ate beans regularly over a decade gained less weight and reduced their belly fat compared to those who didn't. Since beans contain no fat,

the combination of their high protein and fibre means that you might be able to lose weight faster by swapping them with other protein sources like dairy or meat.

Rich in soluble fibre, beans help remove low density lipoprotein (LDL) or bad cholesterol from the body. Soluble fibre binds to bile acids that contain cholesterol and carries them out of the digestive system. This forces the body to use cholesterol in the bloodstream to make more bile, effectively lowering cholesterol levels. The fibre also reduces inflammation linked to heart disease.

Eating beans is associated with lower blood pressure levels as well. These are rich sources of potassium, magnesium and calcium which help induce vasodilation, or widening blood vessels, thereby reducing tension in blood vessel walls.

The fibre in beans also helps reduce spikes in blood sugar that can damage blood vessels over time. The combination of protein, fibre and resistant starch results in a very low glycemic index that keeps blood sugar and insulin from spiking. They delay digestion, ensuring a slow and steady release of carbohydrates and keep you fuller.

- **Black Beans:** Contain potent antioxidants called anthocyanins associated with heart health. Provide substantial fibre, magnesium and folic acid.
- **Chickpeas:** Help lower LDL cholesterol and triglycerides. Rich in fibre, folate, potassium, iron, and plant-based proteins. Great for weight maintenance.
- **Kidney beans:** Extremely high in soluble fibre, they remove LDL cholesterol. Contain resistant starch to promote satiety.
- **Lentils:** These lower LDL cholesterol triglycerides and blood pressure levels. Rich in magnesium, potassium and folate for the heart.
- **Navy Beans:** Have very high levels of folate, which helps lower levels of homocysteine, an amino acid, which in excess damages the lining of heart vessels and accelerates clotting.
- **Pinto Beans:** These contain a wide array of heart-healthy minerals like magnesium, copper, zinc, potassium and B vitamins. These also help in weight loss.

## **Heart attacks and blood sugar**

### **Prevent heart attacks and blood sugar with these high-fibre foods: How much to have in a day? (Indian Express:20240305)**

<https://indianexpress.com/article/health-wellness/is-your-dietary-fibre-enough-find-out-which-one-works-for-you-9191735/>

Functional medicine expert and celebrity coach Vijay Thakkar on the amount you should be having daily and easy ways to include it

By emphasising natural, whole-food sources of fibre, our Indian diets can promote long-term health benefits and prevent chronic diseases. (File Photo)By emphasising natural, whole-food sources of fibre, our Indian diets can promote long-term health benefits and prevent chronic diseases. (File Photo)

Dietary fibre, a plant-based nutrient, is an important element of a healthy and balanced diet and is widely recognised for regulating blood sugar levels, maintaining digestive health and reducing the risk of chronic diseases like heart conditions and diabetes. Yet Indians, reports show, consume just 15 grams of it when the Indian Council of Medical Research (ICMR) recommends a daily fibre intake of 25-40 grams for adults: around 25 grams for women and around 38 grams for men.

Unlike macronutrients like proteins, carbohydrates and fats, which our digestive system breaks down and absorbs, our bodies don't digest fibre. Instead, it passes relatively intact through our stomach, small intestine, colon and out of our bodies. Soluble fibre dissolves in water to form a gel-like substance, which improves contraction of the intestine, leading to optimal nutrient absorption and reduction in digestive disorders such as gastroesophageal reflux disease (GERD). It also helps lower blood cholesterol and glucose levels. Insoluble fibre helps move food through the digestive system, promoting motion regularity and preventing constipation.

- Whole grains like wheat, brown rice, oats, barley, and millets like ragi and bajra.
- Pulses and legumes, including lentils, beans, chickpeas, and peas.

- Fruits like apples, bananas, oranges, pears, and berries.
- Vegetables, especially those with edible skin or seeds.
- Green leafy vegetables, such as spinach, lettuce, and fenugreek leaves.

#### Festive offer

Also Read | Fibre-rich foods promote weight loss, lower diabetes risk; ensure to include these in your diet

#### ☞ HOW TO ADJUST YOUR BODY TO FIBRE

The optimal level of fibre consumption should be approached gradually to allow the digestive system time to adjust. For example, one can start by adding half a cup of whole grains, fruits and vegetables per meal, assess their tolerance and increase it by 10-20 per cent weekly until the optimal daily amount is attained without any adverse effects.

#### ☞ FIBRE CONTENT BY FOOD CATEGORY (PER CUP)

To give ballpark figures of average fibre per cup across different food categories:

- Fruits: 2-4 grams
- Green leafy vegetables: 4-6 grams
- Starchy vegetables: 2-5 grams
- Pulses and Legumes: 6-8 grams

- Whole grains and millet: 4-8 grams

- Nuts and Seeds: 5-68 grams

To bridge the fibre intake gap, it's crucial to gradually introduce more fibre-rich foods into the diet to avoid excessive gas or bloating. To increase fibre intake optimally, one should:

- Include whole grains instead of refined grains in meals.

- Eat plenty of fresh fruits and vegetables.

- Include legumes and pulses in the daily diet.

- Opt for snacks rich in fibre, like nuts and seeds.

By emphasising natural, whole-food sources of fibre, our Indian diets can promote long-term health benefits and prevent chronic diseases.

## **Vitamin B12**

**How vitamin B12 and iron deficiency in moms is making our kids the thinnest in the world: What does a Lancet study say? (Indian Express:20240305)**

<https://indianexpress.com/article/health-wellness/india-highest-world-underweight-kids-vitamin-b12-iron-deficiency-reason-9190658/>

Experts call for a relook on what children are eating in their early formative years

Children nutrition

While the report has already red-flagged obesity, the thinness quotient among India's young shows that we are battling the double burden of malnutrition, one of being overfed and the other of being underfed. (Representational/ Express Photo by Kamleshwar Singh)

India ranks the highest in the world for underweight girls and the second highest for boys. A new global analysis, published by The Lancet, shows that in India, about 35 million girls and 42 million boys, between five and 19 years, were underweight in 2022, compared to 39 million girls and 70 million boys in 1990 (a seven-percentage-point dip for girls and a 23-percentage-point dip for boys).

Among adults too, 61 million women and 58 million men were underweight in 2022, a drop from 41.7 per cent in 1990 to 13.7 per cent for women and 39.8 per cent to 12.5 per cent for men.

While the report has already red-flagged obesity, the thinness quotient among India's young shows that we are battling the double burden of malnutrition, one of being overfed and the other of being underfed. Analysing the study, senior author and Professor of Imperial College, London, Majid Ezzati says that to tackle both forms of malnutrition, it is vital we significantly improve the availability and affordability of healthy, nutritious foods especially among school-aged children and adolescents.

On why under-nutrition remains a challenge, he reasons maternal malnutrition to be the key reason. "More than half of pregnant women suffer from micronutrient deficiencies like those of iron and vitamin B12. The Lancet Food Commission, NFHS surveys and national comprehensive nutrition surveys among others have shown that dietary diversification is very poor among children. The school and college curriculum can include more chapters on nutrition, healthy eating habits, healthy food consumption and increased physical activities like sports and games," says Dr Avula Laxmaiah, former Director, Grade Scientist and Head of Public Health Nutrition, ICMR-National Institute of Nutrition, Hyderabad, who is also among the study authors.

He highlights wrongful feeding practices. "At least one-third to one-fourth of adolescent girls are undernourished because of improper infant and child feeding practices, especially in children less than three years. Women with short stature and low weight, less than 35 kg body weight and less than 145 cm in height give birth to babies with low birthweight," he says.

Festive offer

As for a seven-percentage-point dip for girls and a 23-percentage-point dip for boys in the underweight index, Dr Laxmaiah has an explanation. "There are significant differences in undernutrition among boys (45.1 per cent) and girls (27.7 per cent). The percentage point decline was huge in boys compared to girls. The rate of decline is huge when the initial prevalence of undernutrition is very high. This was seen in the case of boys while in girls, the decrease was only seven percentage-points. This is not a surprise at all," he says. However, Dr V Mohan, Chairman,

Diabetes Specialities Centre, Chennai, attributes it to a deep-rooted gender bias in rural India, where new-born sons are lavished with attention while new-born girls get a by-the-way treatment when it comes to the food that both are eating. “That’s why the decline in nutrition is slower in girls,” he says.

The study shows that even though the rates of undernutrition have dropped, it is still a public health challenge in South-East Asia and sub-Saharan Africa.

## **Diabetes**

### **Weight loss from 70 kg to 54 kg: How 41-year-old reversed diabetes by running (Indian Express:20240305)**

<https://indianexpress.com/article/health-wellness/reverse-diabetes-diet-weight-loss-helped-pune-youth-become-a-marathoner-9190311/>

Pune mrathonerPushkar Adsule during his running practice session in Pune. (Express photo by Arul Horizon)

Forty one-year-old Pushkar Adsule still cannot believe he is a world marathon major. Twelve years ago, the IT professional from Sydney would be heaving and panting after walking 400 metres. “Now, I wake up at 4.30 am and sleep by 9 pm. I keep a fasting span between dinner and breakfast, begin the day with fruits or coconut water, avoid processed foods and have only home-cooked meals planned a day ahead. I began with brisk walking before taking to running and when not outdoors, do indoor cycling and stair climbing,” says Pushkar, who was diagnosed with an alarmingly high sugar level of 380 mg/dL, a high fasting glucose of 165 mg/dL and an HbA1C (average blood sugar count of three months) count of 11! That year was 2012 and he migrated to Pune soon after. Now he weighs 54 kg instead of 70 kg.

Today, he has reversed his condition to normal levels and doesn’t need medication, all because he made a major lifestyle correction and stuck to discipline. “Initially, I was put on Metformin, 500 mg twice daily, and like many people living with diabetes, thought the drugs would do the trick. Except eliminating sugar or substituting it, I ignored diet and exercise,” he says.

Three things changed that — the day he crumbled out of sheer exhaustion despite an increased Metformin dosage, the lure of a smart watch and an array of medals his colleague had won by



running half marathons. “I realised that I had to get moving if I had to live. I wanted those medals and an Apple smartwatch that one of the half marathons was giving out,” says Pushkar.

Pune marathon Pushkar began running, starting with small steps and completed his first 5 km at the Pune International Marathon in approximately 42 minutes. (Express photo by Arul Horizon)

## HOW THE TRANSFORMATION HAPPENED

In 2017, he was inspired by his colleague, who managed to make time for half marathons despite a busy day and notch up his medal tally at his workstation. The first goal was to bring his HbA1c levels within the desired range. Help came from his diabetologist, Dr Atul Biniwale, whose graded plan he followed to a T. “I began with a brisk walk, built up stamina and then took to short running spells. I also incorporated cycling and stair-climbing into my routine during COVID. I gave up alcohol and outside food altogether. I regularly monitored my blood sugar levels at home and modified my activity around that, and did my annual health checks,” he says. Pushkar made some changes at the workplace as well, getting up and walking while attending to work calls and opting for stairs rather than elevators.

He began running, starting with small steps and completed his first 5 km at the Pune International Marathon in approximately 42 minutes. Elated with his first-ever running medal, Pushkar soon accepted a challenge to maintain the pace for three months and win an Apple watch. He did so with a little help from Dr Kaustubh Radkar, sports medicine expert and an Ironman finisher, who designed a structured and personalised programme for him. “Anybody with diabetes signing up for a marathon needs extra planning. They must calculate the sugar that will be burnt and plan meals well ahead to keep them stable. More vigorous checks are needed while travelling to a different country. One has to manage stress and while taking care of regular medications, must carry an emergency drug at all times,” adds Dr Radkar, who has coached several athletes with diabetes and hypertension.

## Festive offer

The techie gradually improved, focussing on half marathons, completing 10 km in 55 minutes. “By October 2017, my health had improved to the point where my doctor reduced my Metformin to once a day,” Pushkar adds.

Pune youth Pushkar’s journey from a diabetes diagnosis to becoming a marathon runner is about a “health first” approach. (Express photo by Arul Horizon)

## A HEALTH FIRST APPROACH

He continued to diversify his workouts and by mid-2018, based on his doctor’s advice, he stopped taking Metformin on the condition that he would keep up with his physical graph without slackening up on routines. He completed the Berlin marathon in September 2018.

## Obesity

### Health experts express concern on rising tide of obesity among Indian kids (New Kerala:20240305)

<https://www.newkerala.com/news/2024/13283.htm>

Obesity in children in India has increased manifold, pushing them to an unhealthy life ahead, said doctors on World Obesity Day on Monday.

Health experts express concern on rising tide of obesity among Indian kids World Obesity Day is observed every year on March 4 to raise awareness about the condition and its implications.

“As a consultant physician, I've seen first-hand how India's health landscape is being reshaped by a troubling trend: an increase in non-communicable diseases (NCDs) not just among adults, but alarmingly, in children too. Conditions like type 2 diabetes, cardiovascular diseases, and certain cancers are now being diagnosed at younger ages,” Dr. Vaishali Lokhande, General Physician, Internal Medicine, Apollo Hospitals, told IANS.

Data from the hospital shows that obesity in children tripled compared to five years ago. Hypertension, once rare in children, has nearly quadrupled.

A recent global analysis, published by The Lancet, showed that 12.5 million children (7.3 million boys and 5.2 million girls), aged between five and 19 in India were grossly overweight in 2022, a sharp rise from 0.4 million in 1990.

“This is a threefold increase in just three decades, and it paints a worrying picture for the future health of our nation. As a doctor, I am deeply concerned by the rising tide of obesity in India, particularly the alarming increase among children,” Dr Shridhar Deshmukh, Ruby Hall Clinic Hinjewadi, told IANS.

Dr. Manish Mittal, Consultant Physician, Bhailal Amin General Hospital, Vadodara attributed the increasing prevalence of obesity to lifestyle factors, posing risks like heart disease, strokes, and diabetes.

“Fatty liver, obstructive sleep apnea, and arthritis are common in obese individuals, leading to a significant medical burden,” he said.

The experts called for early awareness and education, particularly among the children to combat obesity. Unhealthy eating patterns, sedentary lifestyles, and early obesity are significant contributors.

"India's health crisis, marked by rising incidence of diabetes and cardiovascular diseases, majorly originates from childhood habits influencing adult health. To tackle this issue, we must advocate for traditional, nutrient-rich foods, promote physical activity, raise awareness about lifelong habit impacts, and enact policies fostering healthy environments. By instilling healthy behaviours early on, India can address the escalating burden of chronic diseases and enhance the overall well-being of its populace," Dr Aasim Maldar, Consultant - Endocrinologist and Diabetologist at P. D Hinduja Hospital and Medical Research Centre, told IANS.

### **Aplastic anaemia cases**

### **Aplastic anaemia cases high in India, cost of treatments a concern: Experts (New Kerala:20240305)**

<https://www.newkerala.com/news/2024/13255.htm>

The incidence of the rare and fatal blood disorder aplastic anaemia is significantly high in India as compared to western countries, said health experts here on Monday.

Aplastic anaemia is a rare but very serious blood disorder. It occurs when bone marrow gets damaged and can't make enough new blood cells and platelets leading to anaemia and thrombocytopenia. It is a life-threatening condition as the patients are at high risk of serious infections, bleeding issues and other complications.

It is of two types: inherited, a rare condition that is passed from parents to children; and idiopathic acquired aplastic anaemia which can develop over a period of time. The cause for acquired aplastic anaemia is generally unknown but some known causes include exposure to environmental toxins or chemicals, chemotherapy or radiation treatment, and ageing.

“Acquired severe aplastic anaemia also called idiopathic aplastic anaemia is a common disease affecting Indians. The incidence in India and South East Asia is 3-4 times more than in Europe and America,” Dr Gaurav Kharya, Director, Centre for Bone Marrow Transplant & Cellular Therapy at Indraprastha Apollo Hospital Delhi, told IANS.

“The incidence of aplastic anaemia is 2-3/million per year in Europe but higher in east Asia. The exact incidence of aplastic anaemia in India is not known. The end treatment for aplastic anaemia is stem cell transplantation,” Dr RishiRaj Sinha, Senior Resident, National Secretary Federation of All India Medical Association (FAIMA).

The experts noted that key to successful management is early identification and referral. While early stem cell transplant or bone marrow transplant (BMT) can help cure the dreaded and life-threatening blood disorder aplastic anaemia by more than 90 per cent, the experts noted that expensive treatment means it remains unaffordable for the masses.

Dr Rahul Bhargava, Principal Director of Hematology and Bone Marrow Transplant, Fortis Memorial Research Institute, Gurugram, told IANS that about 20,000 patients are diagnosed in India with aplastic anaemia every year, and the majority die because of lack of funds, awareness and infrastructure to do the bone marrow transplant or provide Immunosuppressive therapy.

“It tends to affect the poorest of the poor,” he said.

“We need to include immunosuppressive therapy into Ayushman Bharat and need to open more BMT centres in India. That is why we are establishing BMT centres in government hospitals where BMT is done for free for poor patients,” he added.

## **Sleep disorder**

### **This sleep disorder may raise risk of memory & cognition problems(New Kerala:20240305)**

<https://www.newkerala.com/news/2024/13164.htm>

People suffering from sleep apnoea -- serious sleep disorder where breathing repeatedly stops and starts -- are more prone to memory or thinking problems, according to a preliminary study.

The study, to be presented at the American Academy of Neurology’s 76th Annual Meeting taking place in April, just shows an association and does not claim that sleep apnea causes cognitive decline.

During sleep apnoea, people repeatedly take pauses in breathing, as well as snort and gasp -- all while in sleep. This lowers blood oxygen levels, making the condition potentially fatal.

The researchers showed that morning headaches or trouble focusing on tasks are more common among the people with the disorder.

“Sleep apnoea is a common disorder that is often underdiagnosed, yet treatments are available,” said Dominique Low, of Boston Medical Center in Massachusetts, US.

“Our study found participants who had sleep apnea symptoms had greater odds of having memory or thinking problems,” he added.

The study involved 4,257 people, who completed a questionnaire asking about sleep quality as well as memory and thinking problems.

While 1,079 reported sleep apnoea symptoms such as snorting, gasping or breathing pauses in sleep, 357 people, or 33 per cent, reported memory or thinking problems compared to 628 people, or 20 per cent of people without the symptoms.

Further, the team found that people with the symptoms were about 50 per cent more likely to also report having memory or thinking problems compared to people without it.

“These findings highlight the importance of early screening for sleep apnea,” said Low. “Effective treatments like continuous positive airway pressure (CPAP) machines are readily available. Quality sleep, along with eating a healthy diet, regular exercise, social engagement and cognitive stimulation, may ultimately reduce a person’s risk of thinking and memory problems, improving their quality of life.”

The researchers also acknowledged limitations of the study including that the data was sourced from one survey and participants reported their symptoms instead of being assessed by medical professionals.

## **Colon cancer**

### **Why are young people prone to colon cancer? (New Kerala:20240305)**

<https://www.newkerala.com/news/2024/13159.htm>

Colon cancer or colorectal cancer is a type of cancer that begins in the colon or rectum. The colon and rectum are parts of the digestive system, responsible for processing food and eliminating waste. According to the World Health Organisation (WHO), it is the second most prevalent cause of cancer-related deaths globally and the third most common cancer globally, making up around 10% of all cancer cases.

It typically develops from abnormal growths called polyps, which may initially be benign but can become cancerous over time. These polyps can grow along the inner lining of the colon or rectum, and if left untreated, may invade nearby tissues and spread to other parts of the body, a process known as metastasis.

There has been a concerning trend of colon cancer affecting young people in recent years. While traditionally, colon cancer has been associated with older individuals, there's been an evident increase in diagnoses among younger adults.

Dr. Manish Sharma, Sr. Medical Oncologist at Action Cancer Hospital, New Delhi and Medical oncologist at Cancer Care Clinic Faridabad said, “While there are certain hereditary predispositions to colon cancer, external factors are most likely to blame for the significant rise in incidents. A person's risk of acquiring colorectal cancer is increased by smoking, having inflammatory bowel disease, eating poorly, being obese, and drinking excessive alcohol”.

The rise in colon cancer incidence among younger adults underscores the importance of raising awareness about the disease's signs and symptoms. While symptoms such as rectal bleeding, changes in bowel habits, abdominal pain, and unexplained weight loss are often associated with colon cancer, they can be overlooked or attributed to other causes in younger individuals. Heightened awareness and proactive screening are essential for early detection and treatment.

Dr. Manish Sharma suggested a few lifestyle modifications that can reduce the risk of colon cancer:

**Reduce your intake of red meat:** Colon cancer has been linked to heavy red meat consumption, especially when it comes to processed or burned meats. While cooking, it may affect the production of compounds that cause cancer because of its high fat and protein content. The processing or cooking techniques used on red meat, such as grilling or smoking, may also be related. When cooked at such high temperatures, they can produce carcinogens linked to cancer. Instead, switch to plant protein and lean protein meals like fish and chicken are two other great sources of protein.

**Eat less sugar:** Frequent intake of sugar-filled beverages has been linked to a higher risk of developing breast and colon cancer, among other cancers. Consuming a lot of sugar can increase insulin resistance and obesity, two conditions that increase the chance of developing several cancers. Furthermore, the metabolism of sugars may contribute to the proliferation of cancer cells. Dr. Sharma notes that while research has been done, the results are conflicting about whether artificial sweeteners raise the risk of cancer. Just as he advocates consuming sugar in moderation, he also suggests using artificial sweeteners in moderation.

**Eat a lot of fibre:** There are many advantages to including fibre in our diet, such as lowering constipation, controlling blood sugar surges, and strengthening heart and intestinal health. Additionally, it can lower the chance of developing colon cancer. Dietary fibre has several important roles in colon cancer prevention according to a 2018 review of studies. These roles include promoting better bowel movements and lowering the quantity of carcinogens created during digestion.

**Cut down on alcohol:** The Centre for Disease Control and Prevention states that alcohol consumption raises the risk of mouth and throat, colon and rectum, liver, and breast cancers, among

other cancer types. The National Cancer Institute states that even moderate drinking is linked to an elevated risk of colon cancer. This is because alcohol is broken down by the body into the chemical acetaldehyde, which destroys cell DNA and may allow cells to start multiplying uncontrollably, which is how malignant tumours originate.

Dr. Manish Sharma concludes, "The increasing incidence of colon cancer among younger people is a multifaceted issue that demands attention from healthcare providers, policymakers, and the general public. By addressing lifestyle factors, increasing awareness, and expanding access to screening and preventive services, we can work towards reversing this alarming trend and reducing the burden of colon cancer on younger generations."

## WHO

### **Let's make ear and hearing care a reality for all: WHO(New Kerala:20240305)**

<https://www.newkerala.com/news/2024/13139.htm>

The World Health Organisation (WHO) observes World Hearing Day on March 3 every year to raise awareness on how to prevent deafness and hearing loss, and to promote ear and hearing care across the world.

WHO Regional Director for South-East Asia, Saima Wazed said that this year, the WHO is observing the occasion with a call to focus on "Changing Mindsets: Let's make ear and hearing care a reality for all!"

"We know that challenges remain due to societal misperceptions and mindsets marked by stigma, and on this day we renew our focus to overcome these by raising awareness and through information-sharing, targeted at the public and healthcare providers," Wazed said in a statement

It is estimated that over 1.5 billion people globally are affected by hearing loss, nearly 80 per cent of whom live in low- and middle-income countries of the world. In South-East Asia region itself, an estimated 400 million people currently have ear and hearing problems.

Unfortunately, these numbers are rising. At the current rate, it is likely that by 2050 there could be over 660 million people with ear and hearing problems in the region alone, the statement said.

Despite its prevalence, and the fact that effective interventions are available and cost-effective, globally, over 80 per cent of ear and hearing care needs remain unmet. It is evident that this must be addressed with urgency.

Hearing loss has severe implications for language development, psychological well-being, quality of life, educational attainment, and economic independence.

The fact is that many of the common causes of hearing loss, such as birth-related problems or ear diseases can be prevented; and nearly everyone with an ear or hearing problem can benefit through available effective and cost-effective medical, surgical and rehabilitative interventions.

The economic impact of unaddressed hearing loss is staggering. The global annual cost is nearly USD1 trillion, and the cost for our Region alone is USD 110 billion.

However, investing just USD 1.33 per capita annually for ear and hearing care in health systems can yield a remarkable return of nearly USD16 for every dollar invested over a 10-year period. This investment, if sustained, promises substantial returns and a significant reduction in unaddressed hearing loss costs, according to Wazed.

"I am pleased that many Member States in our region have prioritised ear and hearing care," the WHO official stated.

Bangladesh, Myanmar and Nepal have already conducted situational assessment using WHO tools, and are progressing towards strategic development for strengthening ear and hearing care services.

Myanmar aims to provide integrated services in combination with Eye Care, Elderly, Mental Health Care service in a people-centred approach at community level. Free hearing aids were provided in Myanmar when the situational assessment was conducted last year, the statement said.

Bhutan has started screening all children for ear and hearing and provided services including hearing aids at free of cost for children.

"Currently, our teams are collaborating with and providing technical support to the Government of India to redesign the National Program for Prevention and Control of Deafness," WHO Regional Director for South-East Asia, Saima Wazed, said.

Indonesia's Ministry of Health intends to develop a roadmap for ear and hearing disorder prevention and control, and this will also be supported by WHO teams as a part of the current biennium workplan, he said.

Moving forward, Wazed said that regional priorities include accelerating the implementation of people-centered ear and hearing care services, promoting safe listening practices, advocating for research and data generation, and strengthening human resources.

"Let us unite in our commitment to change mindsets related to ear and hearing care, recognizing the impact it has on lives and livelihoods. By addressing misperceptions, promoting awareness, and advocating for increased investment and integration in primary healthcare, we can and will pave the way for a healthier, more inclusive future," he concluded.



## Women's Day

**Women's Day: लड़कियां गूगलगू पर खोजती हैं पीरियड से जुड़े इन 5 सवालों के जवाब, जानिए (Hindustan :20240305)**

<https://www.livehindustan.com/lifestyle/health/story-womens-day-2024-know-answers-of-most-search-questions-related-to-periods-or-menstrual-cycle-9464776.html>

Most Asked Question Related to Periods: पीरियड्स का सामना महिलाओं को हर महीने करना पड़ता है। हालांकि, फिर भी इसे लेकर उनके मन में कई तरह की कंप्यूजन रहती है।

जानिए, पीरियड्स से जुड़े सवालों के जवाब Avantika Jain लाइव हिन्दुस्तान, नई दिल्ली

Tue, 05 Mar 2024 09:16 AM

हमें फॉलो करें

8 मार्च के दिन हर साल अंतर्राष्ट्रीय महिला दिवस मनाया जाता है। यह दिन महिलाओं के मान-सम्मान का होता है। इस दिन को मनाने का खास उद्देश्य लैंगिक समानता का

संदेश फैलाना और अलग-अलग क्षेत्रों में महिलाओं की उपलब्धियों और योगदान का जश्न मनाना है। इस खास मौके पर बात करते हैं, महिलाओं के स्वास्थ्य से जुड़ी।

पीरियड्स का सामना महिला को हर महीने करना पड़ता है। हालांकि, फिर भी इसके बारे में वह खुलकर बात करने में झिझकती हैं। ऐसे में यहां जानिए यहां जानिए पीरियड्स

से जुड़े ऐसे सवालों के जवाब जो हर लड़की जानना चाहती है।

विज्ञापन

ऐप पर पढ़ें

3/5/24, 10:30 AM Womens Day 2024 know answers of Most Search questions related to periods or menstrual cycle - Women's Day: लड़कि यां गूगल प...

<https://www.livehindustan.com/lifestyle/health/story-womens-day-2024-know-answers-of-most-search-questions-related-to-periods-or-menstrual-cycle...> 2/7

कितनेघंटों में बदलना चाहिए पैड?

महिलाएं इस बात को लेकर कंप्यूजन में रहती हैं कि आखिर पैड कब बदलना चाहिए और कितनी बार बदलना चाहिए। बता दें कि ये पूरी तरह सेफ्लो पर निर्भर करता है।

यह हर महिला के लिए अलग-अलग हो सकता है। हालांकि, सभी महिलाओं को 4 से 8 घंटे में पैड बदलना चाहिए। ध्यान रखें कि अगर फ्लो ज्यादा है और पैड जल्दी गंदा हो

रहा है तो आपको इसे बदलते रहना चाहिए।

पीरियड्स के दौरान ज्यादा बार शौच क्यों जाती हैं?

ये पूरी तरह से हार्मोन के कारण होता है। पीरियड्स से पहले के दिनों में आपको कब्ज महसूस हो सकती है लेकिन आपके पीरियड के दौरान प्रोजेस्टेरोन नामक एक हार्मोन

जारी होता है जो आपके मल त्याग के पैटर्न में बदलाव का कारण बनता है।

क्या पैड से बेहतर हैं टैम्पोन और मेंस्ट्रुअल कप

तीनों ही चीजें सामान्य रूप से प्रभावी हैं। एक महिला तीनों में से कोई भी चुन सकती है, जो भी उसे सबसे ज्यादा आरामदायक लगे। रिपोर्ट्स कहती हैं कि लड़कियां सैनिटरी

पैड पसंद कर सकती हैं क्योंकि टैम्पोन या मेंस्ट्रुअल कप को सम्मिलित करना मुश्किल हो सकता है और हाइमन को चोट लग सकती है।

क्या गर्म हीट पैट पीरियड्स के दर्द को कम करता है?

मम्मी और दादी-नानी द्वारा सुझाया गया ये एक कॉमन उपाय है। सिंकाई करने से दर्द से राहत दिलाने में मदद मिलती है। हालांकि, ज्यादा गर्म हीट पैड स्किन को नुकसान

पहुंचा सकता है।

पीरियड्स के दौरान रक्तस्राव की सामान्य मात्रा क्या है?

रिपोर्ट्स का कहना है कि पीरियड्स के दौरान रक्तस्राव की सामान्य मात्रा 80 मिलीलीटर से ज्यादा नहीं होनी चाहिए। अगर कोई महिला पीरियड्स कप का इस्तेमाल कर रही

है, तो वह आसानी से मात्रा को माप सकती है। लेकिन पैड या टैम्पोन से पीरियड ब्लड की मात्रा का आकलन करना मुश्किल है। पीरियड में रक्तस्राव चार से पांच दिनों से

ज्यादा नहीं होना चाहिए।

## Women's Day 2024: मेनोपॉज

## Women's Day 2024: मेनोपॉज के दौरान रहना हैफिट तो रोजाना करेंये 2 योगासन(Hindustan :20240305)

<https://www.livehindustan.com/lifestyle/fitness/story-international-womens-day-2024-workout-for-menopause-best-exercises-during-menopause-can-help-to-stay-fit-and-healthy-9458498.html>

Workout For Menopause: अगर आप भी इस समय अपना मेनोपॉज का सफर तय कर रही हैंतो अपनेइस सफर को आसान बनानेके लिए अंतर्राष्ट्रीय महिला दिवस के दिन सेअपनेरूटिन में

येयोगासन जरूर शामिल करें।

Manju Mamgain लाइव हिन्दुस्तान टीम,नई दिल्ली

Mon, 04 Mar 2024 06:28 PM

हमेंफॉलो करें

Workout For Menopause: मेनोपॉज महिलाओं मेंहोनेवाली एक प्राकृतिक प्रक्रिया है। जिससेहर महिला को होकर गुजर गु ना पड़ता है। यह महिलाओं की उम्र का एक

ऐसा पड़ाव होता है,जब उन्हेंपीरियड्स आना बंद हो जातेहैं। ज्यादातर महिलाओं को मेनोपॉज 45 से 50 साल की उम्र मेंशुरू हो जाता है। मेनोपॉज के दौरान महिला के

शरीर मेंकई तरह के हार्मोनल बदलाव आनेलगतेहैं। जिससेउसेकई तरह की शारीरिक और मानसिक समस्याओं का सामना करना पड़ता है। बता दें, मेनोपॉज के बाद

महिलाओं को मूड स्विंग,हॉट फ्लैशेज,तनाव,थकान, मांसपेशियों मेंदर्द,हेयर फॉल,स्किन सेजुड़ी समस्याएं और वजाइनल ड्राइनेस जैसेलक्षणों का सामना करना पड़ता है।

अगर आप भी इस समय अपना मेनोपॉज का सफर तय कर रही हैं तो अपने इस सफर को आसान बनाने के लिए अपने रूटिन में ये दो आसान योगासन को जरूर शामिल

करें।

ऐप पर पढ़ें

ई- पेपर

ऐप में फ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

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3/5/24, 10:32 AM International Womens Day 2024: Workout For Menopause best exercises during menopause can help to stay fit and healthy - Wo...

<https://www.livehindustan.com/lifestyle/fitness/story-international-womens-day-2024-workout-for-menopause-best-exercises-during-menopause-can-...> 2/14

International Women's Day 2023

विज्ञापन

सुखासन सुखासन मेनोपॉज की समस्याओं को कम करके मूड स्विंग और तनाव को कंट्रोल करने में मदद कर सकता है। इस योगासन को करने से मांसपेशियां मजबूत होने के साथ

जोड़ों के दर्द से भी राहत मिलती है। सुखासन करने के लिए सबसे पहले योग मैट पर बैठ जाएं। एं इसके बाद अपनी पीठ को सीधा रखते हुए अपनी आंखों को बंद कर लें। अब

अपनी हथेलियों को अपने घुटनों पर रखें और गहरी सांस लें। कुछ देर इसी अवस्था में बने रहें। इस दौरान सांस लेते और छोड़ते रहें। इसके बाद आप धीरे-धीरे सामान्य स्थिति

में आ सकते हैं।

सर्वांगासनसर्वांगासन हार्मोनल परिवर्तन के कारण होनेवालेमूड स्विंग को कम करके दिमाग शांत और तनाव को दूर करनेमेंमदद करता है। यह आसान कई शारीरिक और मानसिक

विकारों को भी दूर कर सकता है। सर्वांगासन करनेके लिए सबसेपहलेयोगा मैट पर पीठ के बल सीधा लेटतेहुए अपनेपैरों को धीरे-धीरे 90 डिग्री तक ऊपर उठाएं।एं अब सिर

को आगेलातेहुए ठोड़ी को सीनेसेसटा लें। ऐसा करतेहुए अपनेहाथों सेकमर को दोनों तरफ सेसहारा दें। करीब 30 सेकेंड तक इसी अवस्था मेंबनेरहनेके बाद सामान्य

अवस्था मेंआ जाएं।एं आप इस आसन को 3 बार दोबारा कर सकतेहैं।

## PCOD

**PCOD सेपीड़ित महिलाएं डाइट मेंशामिल करेंये 3 देसी ड्रिंक्स, जल्द मिलेगी राहत (Hindustan :20240305)**

<https://www.livehindustan.com/lifestyle/health/story-best-home-made-drinks-for-pcod-and-irregular-periods-with-light-periods-naturally-9458137.html>

Homemade Drinks To Manage PCOD: पीसीओडी सेपीड़ित महिला के हार्मोन्स मेंअसंतुलन की वजह सेओवरी मेंछोटी-छोटी सिस्ट यानी गांठ बन जाती हैं। जिसकी वजह सेमहिलाओं

के शरीर मेंकई तरह के हॉर्मोनल बदलाव होन

Homemade Drinks To Manage PCOD: आज पीसीओडी यानी पॉलिसिस्टिक ओवरी डिजीज महिलाओं को होनेवाली एक आम समस्या बन गई है। जिसका

प्रमुख कारण हार्मोन्स मेंअसंतुलन होता है। पीसीओडी सेपीड़ित महिला के हार्मोन्स मेंअसंतुलन की वजह सेओवरी मेंछोटी-छोटी सिस्ट यानी गांठ बन जाती हैं। जिसकी

वजह सेमहिलाओं के शरीर मेंकई तरह के हॉर्मोनल बदलाव होनेलगतेहैं। येसिस्ट पीरियड्स और प्रेग्रेंसी दोनों को डिस्टर्बकरनेलगतेहैं।

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

3/5/24, 10:39 AM best home made drinks for pcod and irregular periods with light periods naturally - PCOD से पी डि त महि ला एं डा इट में शा मि ल करें ये 3 दे...

<https://www.livehindustan.com/lifestyle/health/story-best-home-made-drinks-for-pcod-and-irregular-periods-with-light-periods-naturally-9458137.html> 2/5

पीसीओडी का कारणएक्सपर्ट्स का मानना हैकि अभी तक इस बीमारी का मुख्य कारण का पता नहीं चल पाया है। बावजूद इसके लाइफ मेंतेजी सेबढ़ता स्ट्रेस, बदला हुआ लाइफस्टाइल, लेट

नाइट जागना और दिन मेंदेर तक सोना, स्मोकिंग और ड्रिंकिंग,मोटापा या फिर वंशानुगत भी पीसीओडी के मुख्य कारण हो सकतेहैं। जिसकी वजह सेशरीर मेंहॉर्मोन्स का

स्तर गड़बड़ा जाता है।

पीसीओडी सेराहत देंगेये 3 देसी ड्रिंकजो महिलाएं पीसीओडी की समस्या सेजूझ रही होती हैं, उन्हेंअपनेखान-पान पर विशेष ध्यान देना चाहिए। अगर आप भी इस लिस्ट मेंशामिल हैंतो पीसीओडी सेनेचुरल

तरीके सेराहत पानेके लिए अपनी डाइट मेंये 3 देसी ड्रिंक को जरूर शामिल करें।

मेथी पानी-

पीसीओडी की समस्या झेल रही महिलाएं इस मेथी वाटर को बनानेके लिए एक चौथाई छोटा चम्मच मेथी दाना, एक चौथाई छोटा चम्मच कलौंजी,एक चौथाई छोटा चम्मच

दालचीनी पाउडर और एक चौथाई छोटा चम्मच कॉफी पाउडर को उबलतेहुए पानी मेंडालकर सिर्फ एक उबाल दें। इसके बाद इस पानी को छानकर पी लें। इस पेय को

रोजाना सुबह खाली पेट एक महीनेपीनेसेआपका वजन कम होनेके साथ बैली फैट भी कम होता है।

शतावरी वाटरआयुर्वेद मेंशतावरी को महिलाओं के लिए वरदान माना गया है। शतावरी का पानी पीनेसेमहिलाओं की प्रजनन अंगों सेजुड़ी कई तरह की समस्याएं दूर हो सकती हैं।

शतावरी मेमौजूद करीब 50 तरह के कंपाउंड होतेहैंजो रिप्रोडक्टिव सिस्टम को ठीक करतेहैं। शतावरी के पानी को बनानेके लिए सबसेपहलेशतावरी का पाउडर बनाकर

रख लें। अब रोजाना सोनेसेपहलेएक चम्मच शतावरी को पानी के साथ पिएं।एं

मोरिंगा पानी-

मोरिंगा ओलीफेरा एण्ड्रोजन को कम करनेमेंमदद करता हैजिससेपीसीओएस मेंफॉलिकुलोजेनेसिस की वृद्धि होती है। पीसीओडी को मैनेज करना हैतो मॉरिंगा पाउडर

लेना शुरू कर दें। इसके लिए सुबह उठनेके बाद या सोनेसेपहलेएक गिलास पानी के साथ 1 चम्मच मॉरिंगा पाउडर लें।

## Hypothermia

**Hypothermia: अचानक से बहुत ज्यादा ठंड लगना अक्सर सामान्य नहीं है, हो सकता है हाइपोथर्मिया का लक्षण(Navbharat Times :20240305)**

<https://navbharattimes.indiatimes.com/lifestyle/health/hypothyroidism-causes-and-treatment/articleshow/108204542.cms>

क्या आपके साथ भी ऐसा होता है कि आपके शरीर अचानक से बिल्कुल ठंडा पड़ जाता है। तो यह खतरे का संकेत हो सकता है। शरीर का तापमान सामान्य से नीचे चले जाना सेहत के लिए ठीक नहीं है। यदि आपके साथ ऐसा हो रहा है, तो आप इसे गंभीरता से लें।

thandMAIN

उपकरण क्लियरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट  
डील देखें

उपकरण क्लियरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

डील देखें

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

खेलें और जीतें!शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?

डील देखें

खेलें और जीतें!शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?

हाइपोथर्मिया एक इमरजेंसी मेडिकल कंडीशन है। यह तब होता है, जब आपका शरीर गर्मी पैदा करने की बजाए, तेजी से गर्मी खोने लगता है। यानी कि शरीर का तापमान गिरने लगता है और शरीर ठंडा पड़ने लगता है। आपके शरीर का तापमान 95 एफ से नीचे चला जाता है।

मायोक्लोनिक की एक रिपोर्ट के अनुसार शरीर का सामान्य से अधिक तापमान गिरना शरीर के कई अंगों पर नकारात्मक प्रभाव भी डालता है। जिससे आपका हृदय और तंत्रिका तंत्र सामान्य रूप से काम नहीं कर पाते हैं। उपचार न किए जाने पर हाइपोथर्मिया आपके हार्ट फेल और मृत्यु का कारण बन सकता है। हाइपोथर्मिया की समस्या का खतरा अक्सर ठंडे मौसम में ज्यादा होता है। जानिए क्या है यह बीमारी, इसके लक्षण और इलाज के बारे में।

हाइपोथर्मिया क्या है

हाइपोथर्मिया एक मेडिकल शब्द है, जो शरीर की तापमान कम होने की स्थिति को दर्शाता है। हम सभी के शरीर का एक सामान्य तापमान होता है, जो कि कुछ हार्मोन द्वारा कंट्रोल किया जाता है। जब शरीर का तापमान, सामान्य तापमान के स्तर से अचानक से नीचे गिर जाता है, तो इस स्थिति को हाइपोथर्मिया कहा जाता है।

हाइपोथर्मिया के लक्षण

हाइपोथर्मिया होने पर मरीज में इस तरह के लक्षण नजर आ सकते हैं, जिनमें शामिल हैं:

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हाइपोथर्मिया के कारण आपको अधिक कंपन और थकान महसूस हो सकती है।

ऐसा होने पर व्यक्ति को सांस लेने में दिक्कत हो सकती है।

इस स्थिति में मरीज को बोलने में भी काफी दिक्कत होती है।

हाइपोथर्मिया की समस्या होने पर मरीज की मानसिक क्षमता प्रभावित होती है।

कुछ लोगों को इस समस्या की वजह से शारीरिक थकान का भी सामना करना पड़ सकता है। जिसका प्रभाव याददाश्त पर भी पड़ता है।

हाथ और पैरों में सुन्नपन महसूस हो सकता है।

शरीर का तापमान क्या होता है

शरीर का सामान्य तापमान आपकी उम्र, लिंग और स्वास्थ्य स्थिति पर निर्भर करता है। वैसे, हमारे शरीर का सामान्य शारीरिक तापमान 98.6 डिग्री फारेनहाइट से लेकर 100.4 डिग्री फारेनहाइट तक होता है।



हाइपोथर्मिया खतरा इन लोगों में ज्यादा होता है

हाइपोथर्मिया की समस्या वैसे तो किसी को भी हो सकती है, लेकिन बढ़ती उम्र, नवजात शिशु या किसी हार्मोनल समस्या से पीड़ित व्यक्ति में इसके होने के खतरे अधिक होते हैं। क्योंकि ऐसे लोगों में सामान्य शारीरिक तापमान को बनाए रखने की क्षमता कम हो जाती है। जो लोग डिप्रेशन और साइकोटिक दवाओं का सेवन करते हैं, उनमें भी यह समस्या देखी जा सकती है।

डिस्क्लेमर: 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।

निहारिका जायसवाल

निहारिका जायसवाल के बारे में