



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240308

Women healthcare

Nearly 50% Indian women prioritising own health, breaking norms: Report (The Tribune: 20240308)

From 40% in 2021, the percentage of women prioritising their own health first steadily increased to 45% in 2022 and an impressive 48% in 2023.

<https://www.tribuneindia.com/news/health/nearly-50-indian-women-prioritising-own-health-breaking-norms-report-598241>

Nearly 50% Indian women are giving importance to their own preventive and diagnostic healthcare, which is a transformative shift in women's health-seeking behaviour, said a new report on Thursday.

The report from Redcliffe Labs, a pan-India omnichannel diagnostics provider, ahead of International Women's Day, reveals a significant increase in women proactively undergoing preventive health checkups and diagnostic tests in the last three years.

From 40% in 2021, the percentage of women prioritising their own health first steadily increased to 45% in 2022 and an impressive 48% in 2023.

The findings are based on a study conducted under the company's 'Let Her Decide' campaign with a sample size of one million.

The results showed that women across Delhi-NCR, Bengaluru, Pune, Mumbai, and Hyderabad exhibit heightened health awareness and actively seek preventive care through timely health checkups.

The women primarily focused on preventive health checkup packages, and the HbA1C test for diabetes monitoring, haemogram tests, rheumatoid factor (RA) quantitative test, and thyroid profile tests emerged as popular choices.

“We aim to support women throughout their health journey. Our ‘Let Her Decide’ campaign is a step towards encouraging women to trust themselves, empowering them to make informed decisions about their well-being. We are thrilled to see women taking charge of their well-being through early detection and prevention,” said Dr Sohini Sengupta, Medical Laboratory Director, Redcliffe Labs, in a statement.

Sexually transmitted infections

Sexually transmitted infections surge in Europe, latest data shows(The Tribune: 20240308)

<https://www.tribuneindia.com/news/health/sexually-transmitted-infections-surge-in-europe-latest-data-shows-598233>

Syphilis cases rose by 34% from the previous year, to more than 35,000, chlamydia cases by 16% to more than 216,000. Gonorrhoea cases jumped by 48% to more than 70,000.

Sexually transmitted infections surged across Europe in 2022, with reported cases of gonorrhoea jumping by nearly a half, the European Centre for Disease Prevention and Control (ECDC) said as it released its most recent data on Thursday.

Syphilis cases rose by 34% from the previous year, to more than 35,000, chlamydia cases by 16% to more than 216,000. Gonorrhoea cases jumped by 48% to more than 70,000.

“The numbers paint a stark picture, one that needs our immediate attention and action,” said ECDC director Andrea Ammon in a press conference on the data.

Untreated STIs can lead to a range of health problems including chronic pain, infertility and, for syphilis, neurological and cardiovascular complications.

Cases of lymphogranuloma venereum (LGV) and congenital syphilis, when the infection is transmitted from mother to foetus, also increased sharply, ECDC said, although from lower levels.

Rates of STIs have been rising for years in many countries, including in Europe, although this was stalled by Covid as most governments imposed social isolation measures, people stayed home and reporting rates fell.

A number of reasons were behind the sustained rise, ECDC said, including better surveillance and a rise in home-testing as well as an increase in riskier sexual behaviour.

A leap in infections among young heterosexual people in the latest data, and particularly young women, could be due to a change in sexual behaviour post-pandemic, the EU agency said.

It said there was no evidence yet that the rise in gonorrhoea infections was due to antimicrobial resistance, but said it would continue to monitor this. Ammon said the numbers were likely the “tip of the iceberg” as many infections go undetected.

European countries need to focus on testing, treating and prevention efforts, she said, and individuals need to take steps to protect themselves, particularly by using condoms, for example.

Covid infections

Persistent Covid infections may be more common than thought, reveals study(The Tribune: 20240308)

<https://www.tribuneindia.com/news/health/persistent-covid-infections-may-be-more-common-than-thought-reveals-study-598214>

Researchers find that reinfection with the same variant is very rare

Persistent Covid infections may be more common than thought, reveals study

A high proportion of COVID-19 infections in the general population lead to persistent infections lasting a month or more, according to a study.

It has long been thought that prolonged COVID-19 infections in immunocompromised individuals may have been the source of the multiple new variants that arose during the pandemic and seeded successive waves of infection, the researchers said.

However, until now, the prevalence of persistentS-CoV-2 infections in the general population and how the virus evolves in these situations remained unknown, they said.

The study, published in the journal Nature, used data from the UK Office for National Statistics COVID-19 Infection Survey (ONS-CIS), which tested participants monthly.

Of the over 90,000 participants, 3,603 provided two or more Covid positive samples between November 2020 and August 2022. Of these, 381 individuals tested positive for the same variant over a period of a month or longer. Within this group, 54 individuals had a persistent infection lasting at least two months.

“Our observations highlight the continuing importance of community-based genomic surveillance both to monitor the emergence and spread of new variants, but also to gain a fundamental understanding of the natural history and evolution of novel pathogens and their clinical implications for patients,” said study co-lead author, Mahan Ghafari from the University of Oxford, UK.

The researchers estimate that between one in a thousand to one in 200 of all infections may become persistent, and last for at least 60 days.

In some cases, individuals remained infected with viral variants that had gone extinct in the general population, they said.

In contrast, the researchers found that reinfection with the same variant was very rare, likely due to the host developing immunity to that variant and the strain reducing in frequency to very low levels after a few months.

Of the 381 persistent infections, 65 had three or more PCR tests taken over the course of their infection. Most (82 per cent) of these individuals demonstrated rebounding viral dynamics, experiencing high, then low, then high viral load dynamics.

According to the researchers, this demonstrates that the virus can maintain the ability to actively replicate during prolonged infections.

In the study, people with persistent infections were 55 per cent more likely to report having Long COVID symptoms more than 12 weeks since the start of the infection than people with more typical infections.

Certain individuals showed an extremely high number of mutations, including the ones that define new coronavirus variants, alter target sites for monoclonal antibodies, and introduce changes to the coronavirus spike protein, which the virus uses to enter and infect human cells.

However, most individuals did not harbour a large number of mutations, suggesting that not every persistent infection will be a potential source for new concerning variants.

“Although the link between viral persistence and Long Covid may not be causal, these results suggest persistent infections could be contributing to the pathophysiology of Long Covid,” said study co-lead author Katrina Lythgoe from the University of Oxford.

“Indeed, many other possible mechanisms have been suggested to contribute to Long Covid including inflammation, organ damage, and microthrombosis,” Lythgoe added.

Cancer-causing chemical

Cancer-causing chemical found in Clinique, Clearasil acne treatments: Lab reports (The Tribune: 20240308)

<https://www.tribuneindia.com/news/health/cancer-causing-chemical-found-in-clinique-clearasil-acne-treatments-lab-reports-598199>

Estee Lauder said Clinique uses benzoyl peroxide in one product, which 'is safe for use as intended'

Cancer-causing chemical found in Clinique, Clearasil acne treatments: Lab reports

High levels of cancer-causing chemical benzene were detected in some acne treatments from brands, including Estee Lauder's Clinique, Target's Up & Up and Reckitt Benckiser-owned Clearasil, said independent US laboratory Valisure.

Valisure has also filed a petition with the US Food and Drug Administration, calling on the regulator to recall the products, conduct an investigation and revise industry guidance, the New Haven, Connecticut-based lab said on Wednesday.

Estee Lauder shares fell 2%. Benzene was also detected in Proactiv, PanOxyl, Walgreens' acne soap bar and Walmart's Equate Beauty acne cream among others, according to Valisure.

Benzene could form at "unacceptably high levels" in both prescription and over-the-counter benzoyl peroxide acne treatment products, Valisure said.

Reckitt said in a statement the findings "reflect unrealistic scenarios rather than real-world conditions," adding all Clearasil products were safe "when used and stored as directed on their labels."

Estee Lauder said Clinique uses benzoyl peroxide in one product, which "is safe for use as intended." Target and Walmart did not respond to Reuters' requests for comment. The FDA has not yet responded to Valisure's petition.

The carcinogen has already been found in several consumer products, including sunscreens, hand sanitizers and dry shampoo, leading to recalls of products made by companies including Procter & Gamble and Johnson & Johnson.

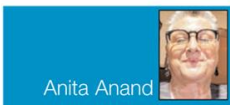
But the detection of benzene in the acne treatment products was "substantially different" from the other cases, Valisure said.

"The benzene we found in sunscreens and other consumer products were impurities that came from contaminated ingredients; however, the benzene in benzoyl peroxide products is coming from the benzoyl peroxide itself," said Valisure Co-Founder and President David Light.

Valisure's tests showed some products could form more than 800 times the conditionally restricted FDA concentration limit for benzene.

Women (The Asian Age: 20240308)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17867373>



Anita Anand

Women have come a long way in India, but a long way to go for full equality

March 8, International Women's Day, is a day to celebrate women. While one day is not enough for this, it is an opportunity to reflect on what can be celebrated and what continues to be a challenge.

As a development professional, I have had the unique opportunity to be part of national, regional and global processes of getting women into development in the 1970s and 1980s, which then came to be known as engendering or mainstreaming women into development.

My journey started in 1975 when the United Nations announced the World Conference on International Women's Year in Mexico City, the first global conference to be held on women's issues, attended by 133 governments. This was followed by my attendance and witness to four follow-up global conferences, culminating in the 1995 Fourth World Conference on Women in Beijing, China. The global gatherings were a forum for listening to women's voices, designing mechanisms to address their concerns and hasten their advancement in a more concerted way.

After Beijing, the consensus was on engendering or mainstreaming gender into development.

Gender mainstreaming, according to the UN Economic and Social Council, is the process of assessing the implications of any legislation, policies, programmes, in all areas and at all levels for women and men and then developing strategies to ensure that concerns and experiences of women and men be an integral dimension of the design,

implementation, monitoring and evaluation of policies and programmes in the political, economic and societal spheres so that women and men benefit equally.

The ultimate goal is to achieve gender equality. Simply put, it is asking at each step, how will this policy, programme or activity affect women? How will it affect men?

The focus was, for a start, on policies, which give authority to change. In India, policymaking, and development planning till 2015, was done through the Five-Year Plans. It became imperative that women's voices and perspectives inform these policies. Hence, engendering the plans became critical. The challenges to engendering policy and planning were formidable as there were no systemic institutional mechanisms in place to encourage and allow efficient intervention. Where they existed, these were sporadic and one dimensional.

The first-of-its-kind coordinated effort to engender the Plans was done during the Ninth Five-Year Plan (1987-2002), spearheaded by UNIFEM, the UN agency for women, now known as UN Women. In 1986, fresh after Beijing, UNIFEM created a think tank which included the Government of India, the Planning Commission, the UN System and civil society organisations to engender the policy and planning process. A concerted effort was made to get women in different parts of India, from diverse levels of society, to come together to understand how their lives were affected by policy

and how they could in turn, influence policy. I was privileged to be a part of this think tank.

As a result of this effort, in the 1997-2002 Five-Year Plan, for the first time in the history of planning in India, "gender" was mentioned in the preamble to the final Plan document, and a Component Plan for Women was included. Since then, while policy statements recognise the need for and mention gender mainstreaming, what is more difficult to accomplish is the implementation of these policies. The 2001 National Policy for the Empowerment of Women and an updated 2016 version are the working documents till now.

The principal activity of the Indian government for the empowerment of women continues in the creation of "schemes". According to a government website, at present, the Central and state governments run about 500 major schemes for women of all age groups, in education, healthcare, self-employment, and others. The primary goals of these schemes is to "provide women protection, better health facilities, enough education to make them employable and financially strong". Many women and their families have benefitted from these schemes.

India is a large and diverse country and implementation of any policy and programme is a challenge. People are not convinced that gender mainstreaming is a good thing. Gender equality is not a mechanical exercise of setting up policies and programmes but, more importantly, of changing hearts and minds. This has not been attempted. It

is difficult for men to give way to women and for women to take the place created for them. Undoing years of socialisation of men and women to accept new and different ways of thinking and acting is a strategic task. While the women's movements have empowered women, the ecosystem around them has not changed, and they cannot easily navigate their way through it, at home or in the workspace. The efforts to change the consciousness of men has been far too little.

In India, most of engendering development has been done by civil society organisations.

However, their impact is minimal, with little possibility of up-scaling to the levels that are needed. It is the government, with its vast outreach through the media and governance structures, that can be effective.

We can celebrate that today Indian women have more agency and autonomy than before, increased opportunities in education and income generation, are more visible in the workplace and are likely to be financially independent. At the same time, we must decry the fact that women continue to be susceptible to violence and harassment.

The slow speed of engendering development and mainstreaming women still challenges us. This is why March 8 is still needed. And the rest of the 364 days are for all of us to make it happen.

The writer is a development and communications consultant

Best sleeping postures

Best sleeping postures for children and adults to be productive throughout the day (The Times of India: 20240308)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/best-sleeping-postures-for-children-and-adults-to-be-productive-throughout-the-day/articleshow/108303006.cms>

Balancing remote work with caregiving responsibilities can lead to decreased productivity. A regular sleep pattern enhances cognitive functions, concentration, and overall health. Sleep postures, like the fetal position and back sleeping, contribute to productivity and alleviate sleep disorders. Quality sleep is essential for coping with the new normal and maintaining cognitive abilities and physical health. [Read More](#)

Best sleeping postures for children and adults to be productive throughout the day

Sleeping postures for children and adults

Under circumstances where daily activities take on the role of survival, remote work and additional responsibilities tend to lead to decreased productivity. Most of the time, the multitasking of balancing remote work with caregiving responsibilities means less sleep and more productivity. Consequently, depriving oneself of good sleep causes a performance decline.

TOP PICKS FOR YOU

story

Shocking things that happen to your body when you don't sleep properly for a long time

story

Lack of sleep and its link to multiple diseases: Understanding the effects of sleep deprivation

storyicon

Is there a correlation between sleep and cancer?

One should understand that the close connection between sleep health and productivity is undeniable. Thus, it is essential to identify the role of healthy sleep techniques in the management of sleep disorders as well as promoting productivity in this rapidly changing world.

Advantages of sleeping well

Having a defined and regular sleep pattern brings about a variety of advantages. A regular, well-managed sleep schedule enhances cognitive functions, facilitates concentration, and helps to arrive at better decisions. Moreover, it strengthens the immune system and is an essential element for overall health. Besides these immediate advantages, a good sleep routine influences emotional health, which is a source of happiness through lower stress and a higher level of coping with challenges. By improving quality sleep, workers can handle the complexity of new working and family relations, as this innate tool helps sustain productivity levels and psychological health.

Sleeping postures to be productive

Embracing a productive day begins with understanding and optimizing sleep postures. The fetal position, a popular choice for individuals of all ages, offers a sense of security and relaxation, particularly beneficial for reducing lower back discomfort. This posture is favoured by pregnant women and those with sleep apnea, emphasizing the importance of maintaining a loose fetal position for overall well-being. Tight or inflexible stances may lead to morning discomfort, highlighting the need for a strategic approach to sleep postures.

sleep (23)

Best position to sleep

Another highly recommended position is back sleeping, universally acknowledged for aligning the entire body, especially the spine, neck, and back. Coupled with a quality mattress, back sleeping contributes to long-term productivity. While it may increase the tendency to snore, incorporating anti-snoring devices provides a comprehensive solution. Side sleeping, similar to the fetal position without leg drawing, promotes digestion and reduces snoring. Despite potential jaw tension, strategic use of pillows for hip alignment ensures a balanced approach to sleeping postures, fostering sustained health and productivity throughout the day.

Tools to make the bedtime routine stress-free

“Transform your bedtime routine into a stress-free sanctuary with authoritative precision. Embrace the power of aromatherapy, strategically selecting calming scents to set a tranquil ambiance. Furthermore, elevate the atmosphere further with sophisticated, soothing lighting designed to promote a restful environment. As a decisive step, upgrade to premium pillows and mattresses engineered for superior sleep and posture. These thoughtful additions assertively redefine your bedtime ritual, ensuring unparalleled comfort throughout the night and solidifying it as a non-negotiable cornerstone of overall well-being, says Prakhar Singh, Co-Founder of Relax Company.

sleep (22)

Sleeping smartly for lasting productivity

In terms of coping with the new normal, it is essential for individuals to realize how crucial the relationship between sleep health and productivity is. First of all, making a routine involving enough and quality of sleep is not only connected with cognitive abilities, but also increases physical and emotional health. In addition, better sleep postures are a means of achieving improved health while being actively at productive work. With the introduction of stress-relieving elements

such as aromatherapy, soothing lighting, pillows, and mattresses, people not only successfully change their bedtime routine, but also set themselves upon a path to productivity by giving the power to themselves to choose the wellness and goodness for their body every day.

Calcium tablets

Are calcium tablets raising your risk of heart attack? Here's why blood sugar control is important (Indian Express: 20240308)

<https://indianexpress.com/article/health-wellness/calcium-supplements-risk-heart-attack-people-diabetes-9187278/>

Dr Mohan says that the theory is that excess calcium -- from supplements taken over a long period when not needed -- gets deposited in the vessels of the heart. (Pexels)

Can your calcium supplements be hurting you? Long-term use of calcium supplements in those with diabetes can increase the risk of heart disease and deaths due to it, shows a recent study based on data of over 400,000 people from the UK biobank. It shows how habitually taking calcium may increase the risk of death due to cardiovascular events by nearly 60 per cent among those with diabetes.

While the study did not find an increase in risk for those who did not have diabetes, Dr V Mohan, Dr Mohan's Diabetes Specialities Centre, Chennai, warns people against consuming calcium — or any other supplements — without the prescription from a doctor. “My professor used to say that expensive supplements lead to the urine becoming more expensive, which was to say that they do not have any benefits unless medically needed. Now, we are seeing the harms of taking supplements such as calcium. People must not take supplements unnecessarily,” he said.

Coffee

Indian filter coffee ranks second best rated coffee in the world (recipe inside) (Indian Express: 20240308)

<https://indianexpress.com/article/lifestyle/food-wine/indian-filter-coffee-best-coffees-world-taste-atlas-recipe-9201408/>

What makes Indian filter coffee the world's 2nd best brew? Discover the unique blend, brewing method, and ritual behind this flavourful and aromatic coffee experience. Learn how to make it at home with a simple recipe.

indian filter coffee, taste atlas best coffees in the world, filter kaapi, south indian coffee, best coffee in the world, world's second-best coffee, coffee brewing methods, unique coffee experiences, authentic indian coffee recipe, how to make filter coffee

Find out the top 10 coffees in the world. (Source: Freepik)

Coffee, the aromatic elixir that kickstarts the day for millions around the world, transcends cultural boundaries. From the bustling cafes of New Delhi to the serene hills of Colombia, coffee is not just a beverage; it's a ritual, a moment of solace, and a catalyst for conversation.

To pay homage to this delicious drink, Taste Atlas, a popular food guide, recently released a list of the '10 Best Rated Coffees' in the world. While the list was topped by 'Café Cubano' — a sweetened espresso shot prepared using dark roast coffee and sugar — our very own 'Indian filter coffee' came in the second position.

Woman's right

What's in a surname? On a woman's right to choose her own identity (The Hindu: 20240308)

<https://www.thehindu.com/opinion/editorial/whats-in-a-surname-the-hindu-editorial-on-a-womans-right-to-choose-her-own-identity/article67913410.ece>

In the quest for equal rights for women in all spheres of life, every act that justifies hierarchy, othering, and a patriarchal mindset must be shunned totally. Seeking the right to choose her own identity, Ms. Divya Modi Tongya, had petitioned the Delhi High Court that she be allowed to revert to her maiden name after her divorce comes through. She landed in court after running into a barrier in the form of a government notification which said a married woman who wants to use her maiden name after divorce must either furnish divorce papers or a no-objection certificate from her husband. The Delhi High Court has sought the Union government's response by May 28, the next date of hearing. In her plea, Ms. Modi Tongya states that the notification is "gender biased" and creates unnecessary restrictions for women who seek to exercise their constitutional right to choose their name — in her case a change of surname — by violating Articles 14, 19 and 21. The very idea of an NOC is objectionable, divorce proceedings or not, and is reflective of a deep-seated misogyny that wants to control an individual's preference. Ms. Modi Tongya should be able to choose whichever surname she is comfortable with and not have to fight for it.

Women have often complained of harassment when they have taken the path less trodden. For instance, women who have decided not to opt for their husband's surname after marriage face a barrage of unnecessary questions and a mountain of paperwork while, say, opening a joint bank account, or during a child's admission in school, or applying for a passport. A society that is already battling caste-based hierarchies should not add to the discrimination by giving an upper hand to anyone in a relationship, but work towards safer spaces without gender bias, difference and humiliation. In India, the most populous country in the world, stark gender disparities persist, both politically and socially. Women do most of the unpaid work at home, and are often edged out of the labour force for various reasons. What a girl or a woman can — and cannot — do, is often laid down by the men in the family; sometimes women too acquiesce to such indignities in the name of tradition. The United Nations has said that the greatest human rights challenge in the world right now is achieving gender equality and empowering women and girls. Paying lip service to rhetoric that women are equal without effecting change on the ground with legislative backing and strong social frameworks defeats the purpose.

Anaemia, poor weight

Anaemia, poor weight gain among pregnant women in rural areas still a cause for concern, says DPH (The Hindu: 20240308)

<https://www.thehindu.com/sci-tech/health/anaemia-poor-weight-gain-among-pregnant-women-still-a-cause-for-concern-says-dph/article67925509.ece>

Anaemia and poor weight gain among pregnant women in rural areas remain a cause for concern for public health officials.

According to T.S. Selvavinayagam, Director of Public Health (DPH) and Preventive Medicine, at least 50% of women covered under the 'First 1,000 Days of Life' initiative, who visit Primary Health Centres (PHC), do not meet the required haemoglobin and weight criteria.

TB

For India's homeless women, TB care is shaped by gender norms and economic precarity (The Hindu: 20240308)

<https://www.thehindu.com/sci-tech/health/for-indias-homeless-women-tb-care-is-shaped-by-gender-norms-and-economic-precarity/article67900898.ece>

The weight of being a woman without shelter presses hard against the economic and clinical challenges of managing TB, leaving no recognition or room for the individual.

There are two explanations for how Reshma (name changed) died. In one, she is a disease statistic. A 30-year-old new mother, living on the pavement in Jaipur, died from contracting tuberculosis. The bacteria settled in her lungs, immunity weakened, medicines failed.

The other story is not as linear or logical. Reshma's family cast her out when the diagnosis came belatedly. She fought disease and destitution on the streets, between the stifling summer sun and crisp cold at night. The absence of proper treatment, lack of clean water or toilet facilities, and minimal food, however, allowed the TB pathogen to evade her immune defence.

For India's homeless women, TB care

For India's homeless women, TB care is shaped by gender norms and economic precarity (The Hindu: 20240308)

<https://www.thehindu.com/sci-tech/health/for-indias-homeless-women-tb-care-is-shaped-by-gender-norms-and-economic-precarity/article67900898.ece>

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Covishield vaccine

Covishield vaccine demonstrated more robust immune response compared to Covaxin: Study

Covishield leveraged a virus vector to deliver the spike protein of the coronavirus(The Hindu: 20240308)

<https://www.thehindu.com/sci-tech/health/covishield-vaccine-demonstrated-more-robust-immune-response-compared-to-covaxin-study/article67923405.ece>

A new study by a consortium of 11 institutes, led by scientists from the National Centre for Biological Sciences (NCBS), has found that the Covishield vaccine demonstrated more robust immune responses compared to Covaxin.

The study compared the immunogenicity of Covishield and Covaxin, the two primary COVID-19 vaccines widely used in India.

Undiagnosed diabetes

Undiagnosed diabetes contributed substantially to COVID-19 hospitalisation and deaths in many LMICs, including India: study

<https://www.thehindu.com/sci-tech/health/undiagnosed-diabetes-contributed-substantially-to-covid-19-hospitalisation-and-deaths-in-many-lmics-including-india-study/article67921223.ece>

The study, as per its modelling estimates, found that patients with undiagnosed diabetes represented 21.1% of all COVID-19 hospitalisations and 30.5% of all COVID-19 deaths across low- and middle income eight countries

The study found that 6.7 million COVID-19 hospitalised patients had undiagnosed diabetes, of which 1.9 million died. File.

The study found that 6.7 million COVID-19 hospitalised patients had undiagnosed diabetes, of which 1.9 million died. File. | Photo Credit: B. VELANKANNI RAJ

Undiagnosed diabetes contributed substantially to COVID-19 hospitalisations and deaths in many low- and middle-income countries (LMIC), including India, a new study published in the medical journal The Lancet said.

The study was supported, in part, by the Bill and Melinda Gates Foundation and FIND, a global health non-profit based in Geneva. Eight LMICs were studied — Brazil, China, India, Indonesia, Mexico, Nigeria, Pakistan, and South Africa.

Age-related hearing loss

Factors linked with age-related hearing loss differ between males, females: Study (New Kerala: 20240308)

<https://www.newkerala.com/news/2024/14076.htm>

Certain factors associated with developing age-related hearing loss differ by gender, including weight, and hormone exposure, according to a study published in the open-access journal PLOS ONE by Dong Woo Nam of Chungbuk National University Hospital in South Korea and colleagues.

Factors linked with age-related hearing loss differ between males, females: Study Age-related hearing loss (ARHL), slowly-advancing difficulty in hearing high-frequency sounds, makes spoken communication more challenging, often leading to loneliness and depression. Roughly 1 in 5 people around the world suffer from hearing loss, and this number is expected to rise as the global population ages. Since ARHL is irreversible, identifying it early and taking preventative measures are especially important. To better understand the factors associated with ARHL, and how the relative influence of these factors is shaped by sex, the researchers analyzed check-up health examination data from 2,349 participants aged over 60. After gathering each participant's medical history and performing blood tests, a body composition test, and a basic hearing test, they ran statistical analyses to identify factors most strongly associated with ARHL risk for males and females.

The researchers found that while some factors - such as age - were associated with ARHL regardless of gender, others were differently associated with ARHL risk in males and females. For example, while being underweight showed a significant association with ARHL in males, both low weight and obesity showed significant associations in females. Smoking was associated with increased ARHL risk in males only, who were far more likely than females to identify as smokers in this sample population. Females who started menstruating at an earlier age were less likely to develop ARHL later in life, pointing towards a possible protective effect of the hormone estrogen.

This study does not allow elucidation of causal relationships between these factors and hearing loss, and further experimental studies will be necessary to confirm and better interpret these findings. However, the authors propose that assessing and counseling patients about their smoking behavior, weight, and menstruation may help improve screening and preventative treatment for ARHL.

Dementia

People with essential tremor may have increased risk of dementia (New Kerala: 20240308)

<https://www.newkerala.com/news/2024/14058.htm>

According to research, people with essential tremor, a movement disease characterized by involuntary shaking, may be three times more likely to develop dementia than the general population.

People with essential tremor may have increased risk of dementiaThe findings will be presented at the American Academy of Neurology's 76th Annual Meeting, which will be held both in Denver and online from April 13-18, 2024.

Essential tremor is the most common tremor ailment, even more prevalent than Parkinson's disease. In addition to arm and hand tremors, individuals may experience uncontrollable shaking of the head, jaw, and voice.

"While many people living with essential tremor experience mild tremor, in some individuals, the tremor can be quite severe," said study author Elan D. Louis, MD, MSc, at University of Texas Southwestern Medical Center in Dallas and a Fellow of the American Academy of Neurology. "Not only do tremors affect a person's ability to complete daily tasks such writing and eating, our study suggests that people with essential tremor also have an increased risk of developing dementia."

The study involved 222 people with essential tremor who had an average age of 79 at the start of the study. They took thinking and memory tests to determine whether they had normal cognitive skills, mild cognitive impairment or dementia at the start of the study.

Participants then had follow-up exams every 1.5 years for an average of five years.

Of this group, 168 people had normal cognitive skills, 35 had mild cognitive impairment and 19 had dementia at the start of the study.

During the study, 59 developed mild cognitive impairment and 41 developed dementia.

Researchers then compared the rate at which people developed mild cognitive impairment and dementia, as well as the prevalence of these conditions, to the rates and prevalence for the general population. They also compared participants to the rates and prevalence for people with Parkinson's disease.

Researchers found 19% of participants had or developed dementia during the study, and each year an average of 12% of people diagnosed with mild cognitive impairment went on to develop dementia. These rates were three times higher than the rates in the general population. However, the rates were lower than those seen in people with Parkinson's disease, a population for which dementia is more prevalent.

Researchers also found that 27% of participants had or developed mild cognitive impairment during the study, a rate almost double that of the rate of 14.5% for the general population, but less than the rate of 40% for people with Parkinson's disease.

"While the majority of people with essential tremor will not develop dementia, our findings provide the basis for physicians to educate people with essential tremor and their families about the heightened risk, and any potential life changes likely to accompany this diagnosis," Louis said.

women's health-seeking behaviour

Nearly 50pc Indian women prioritising own health, breaking norms: Report(New Kerala: 20240308)

<https://www.newkerala.com/news/2024/13976.htm>

Nearly 50 per cent Indian women are giving importance to their own preventive and diagnostic healthcare, which is a transformative shift in women's health-seeking behaviour, said a new report on Thursday.

The report from Redcliffe Labs, a pan-India omnichannel diagnostics provider, ahead of International Women's Day, reveals a significant increase in women proactively undergoing preventive health checkups and diagnostic tests in the last three years.

From 40 per cent in 2021, the percentage of women prioritising their own health first steadily increased to 45 per cent in 2022 and an impressive 48 per cent in 2023.

The findings are based on a study conducted under the company's 'Let Her Decide' campaign with a sample size of one million.

The results showed that women across Delhi-NCR, Bengaluru, Pune, Mumbai, and Hyderabad exhibit heightened health awareness and actively seek preventive care through timely health checkups.

The women primarily focussed on preventive health checkup packages, and the HbA1C test for diabetes monitoring, haemogram tests, rheumatoid factor (RA) quantitative test, and thyroid profile tests emerged as popular choices.

"We aim to support women throughout their health journey. Our 'Let Her Decide' campaign is a step towards encouraging women to trust themselves, empowering them to make informed decisions about their well-being. We are thrilled to see women taking charge of their well-being through early detection and prevention," said Dr. Sohini Sengupta, Medical Laboratory Director, Redcliffe Labs, in a statement.

Covid pandemic

Study finds clue to why men had worse outcomes during Covid pandemic (New Kerala: 20240308)

<https://www.newkerala.com/news/2024/13943.htm>

Men with Covid-19 infection are more likely to experience an increase in heart rate and breathing rate, as well as a high skin temperature, than women, according to a study that used data from wearable devices.

Men's breathing rate and heart rate were also found to be significantly higher levels during the recovery period as compared to women.

The study, published in the open-access journal PLOS ONE, showed that men and women experience different physiological responses to Covid infections, and it may explain why mortality among men was higher during the pandemic.

"The sex-specific biological responses to Covid infection may be linked to the higher mortality and hospitalisation rates observed in male Covid-19 patients," said researchers from the University of Basel, Switzerland.

“A better understanding of sex-specific trajectories in these physiological changes could support the early detection and treatment of Covid-19,” they added.

In the study, the team collected data on 82 people with the Ava wearable medical device. More than 1.5 million hours of physiological data were recorded and included in the new analysis during the study period, spanning 2020 and 2021.

Further, the team also tested BMI, age, hypertension, and alcohol and drug use, and found no impact of these variables on the associations between sex and physiology during infection.

However, they could not account for hormonal changes across the menstrual cycle among female participants.

The researchers called for more work to fully understand the biological underpinning of these sex differences.

Poor eyesight

Poor eyesight in children increased in past 10 years: AIIMS (New Kerala: 20240308)

<https://www.newkerala.com/news/2024/13916.htm>

The Delhi All India Institute Of Medical Sciences (AIIMS) has said that the problem of poor eyesight in children has increased in the last 10 years.

Poor eyesight in children increased in past 10 years: AIIMS While earlier this problem was present in 13 to 15 per cent of children, it has increased to 20 to 25 per cent in the last 10 years.

That means if there are 50 children in a classroom, then out of them there will be 15 to 20 children who require glasses.

Dr Rohit Saxena, professor of ophthalmology and pediatrics, RP Center at AIIMS, said that in earlier times, only 3 to 4 per cent of children required spectacles but now this number has increased.

"Earlier, the problem of vision defects was seen in children 10 to 12 years of age. But now, at the age of 6 to 7 years, the eyesight of children has started deteriorating and they need to wear glasses," said the doctor.

Not only this, but the doctor also said that even children under 4 years of age are facing the problem of myopia, or vision defect and the reason for its increase is the continuous use of gadgets like mobile phones, tablets, etc. in children.

Children keep using mobile phones and other gadgets for many hours and parents do not interrupt them, Dr Rohit said, adding that before Corona, when parents used to come to us, they used to complain about television hours and ways to solve them.

"But now parents say that he uses the phone only for 2 hours, which means that there has been a change in the mentality of the parents, which is affecting the eyesight of children," he added.

Dr Rohit Saxena said that if children are studying online, then parents should ask them to study on a computer or laptop only and use smart screens for entertainment.

"The distance should be equal to one hand and if the distance is greater than that, then it will also be fine," he added.

Professor Dr Saxena of the RP Center said that in the last 30 years, the problem of poor eyesight in children has increased rapidly. In this regard, the countries of East Asia are at the forefront. This includes countries like China, Singapore, and Hong Kong.

"In the countries of East Asia, 80 to 90 per cent of children suffer from visual impairment. Not only this, if we talk about India, this problem is continuously increasing among children in India," said the doctor.

"Especially earlier, we used to think that the problem of visual impairment was less common in children in rural areas, but now the figures coming out show that even in rural areas, the problem of visual impairment is seen in small children. This means that even in those areas, the use of mobile phones and other gadgets has increased among children," he said.

Dr Rohit said that in the data collected from rural areas in the last 10 years, earlier, 3 to 4 per cent of children had the problem of visual impairment, which has now increased to 7 to 8 per cent.

The doctor said that it is very important to increase digitalization, which is a good thing. People are becoming aware of this, even in rural areas. Along with this, excessive use of mobile phones, tablets and other gadgets is harmful to children.

"Parents need to be made aware of this and will have to explain this to their children since young minds are not aware of the potential damage," he stated.

In such a situation, there are some symptoms. If the symptoms are visible in your child, then pay attention to them. For example, if the child is not able to copy the homework from the board in the class, if the child is copying homework from the other child's notebook, or if the child is watching the board with eyes slightly closed.

Additionally, if the child is watching TV very closely, reading books very closely or has watery eyes and is used to constant rubbing of their eyes, these are all symptoms of a vision defect or myopia.

Regarding this, parents should immediately take their children to the doctor and get their eyes checked.

Along with this, if children use the phone continuously or have to do homework online, then parents should keep in mind that they must take a 5-minute break every half hour and always keep their computer or laptop near the window so that their children keep looking outside while studying.

Along with this, if possible, study in the open on the balcony or terrace. Children need to go out 2 hours during the day in the morning or anytime before evening.

Olive Oil:

Olive Oil: जैतून के तेल में हैं जगब के फायदे, सुबह-सवेरे पीने से शरीर में दिखेंगे ये बदलाव (Hindustan: 20240308)

<https://www.livehindustan.com/lifestyle/health/story-olive-oil-amazing-beneficial-for-health-know-how-to-add-in-diet-9489055.html>

Olive Oil Benefits: ऑलिव ऑयल को खाने में शामिल करने से शरीर को काफी सारे फायदे होते हैं। लेकिन जानना जरूरी है कि इसे किस तरह से डाइट में शामिल करें। तो चलिए जानें जैतून के

तेल को खाने का तरीका

Aparajita लाइव हिन्दुस्तान, नई दिल्ली

Fri, 08 Mar 2024 10:04 AM

हमें फॉलो करें

ऑलिव ऑयल यानी जैतून के तेल का इस्तेमाल इन दिनों काफी कॉमन है। इसका इस्तेमाल स्किन केयर, हेयर केयर से लेकर हेल्दी एंड एं फिट रहने के लिए किया जाता है। मात्र

एक चम्मच ऑलिव ऑयल का रोजाना इस्तेमाल कई तरह से शरीर को फिट बनाने में मदद करता है। जैतून के तेल में माइक्रोन्यूट्रिएंट्स से लेकर फैटी एसिड, विटामिंस पाए

जाते हैं। तो चलिए जानें हर दिन मात्र एक चम्मच जैतून के तेल को अगर डाइट में खाया जाए तो शरीर में कौन से बदलाव देखने को मिलते हैं।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर

ऐप मेंफ्री

शहर चुनें

होम NCR देश क्रिकेट IND vs ENG मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

3/8/24, 10:42 AM olive oil amazing beneficial for health know how to add in diet - Olive Oil: जैतून के तेल में हैं जगब के फा यदे, सुबह-सवरे पी ने से शरी र में दि खें...

<https://www.livehindustan.com/lifestyle/health/story-olive-oil-amazing-beneficial-for-health-know-how-to-add-in-diet-9489055.html> 2/4

वेट लॉस मेंमदद

अगर आप वजन घटानेकी कोशिश मेंहैंतो ऑलिव ऑयल को डेली रूटीन मेंजरूर शामिल करें। ऑलिव ऑयल मेंहेल्दी फैट होता है। इसेडाइट मेंलेनेसेपेट भरेहोनेका

एहसास होता हैऔर आप अनहेल्दी स्नैकिंग और ज्यादा मात्रा मेंखानेसेबच सकतेहैं। जिसकी वजह सेवेट लॉस करना आसान हो जाता है।

दिल की सुरक्षा करता है

दिल की सेहत बिगाड़नेमेंबैड कोलेस्ट्रॉल ज्यादा जिम्मेदार होता है। ऑलिव ऑयल मेंसूजनरोधी गुणगु होतेहैं। साथ ही येब्लड वेसल्स की बाहरी परत को सही करनेऔर खून

के थक्के बननेसेरोकता है। यहीं नहीं ऑलिव ऑयल ब्लड प्रेशर को लो करनेमेंभी मदद करता हैजो कि हार्ट की बीमारी का एक कारण होता है। अगर हर दिन ऑलिव

ऑयल की एक चम्मच मात्रा ली जाए तो स्टडी के मुताबिक 48 प्रतिशत कम दवा की जरूरत पड़े।

लीवर डिटॉक्स करनेमेंमदद

ऑलिव ऑयल बॉडी मेंमौजूद टॉक्सिंस को भी निकालनेमेंमदद करता है। येअंदरूनी अंगों को साफ करता है। खासतौर पर लीवर मेंजमा गंदगी को साफ करनेके लिए दो

चम्मच जैतून के तेल को एक तिहाई नींबूके रस मेंमिलाकर पिएं।एं खाली पेट इस मिश्रण को पीनेसेलीवर डिटॉक्स होता है।

सूजन कम करनेमेंमदद

ऑलिव ऑयल किसी दवा की तरह काम करता हैऔर शरीर मेंहो रही सूजन को घटाता है। हेल्थलाइन की रिपोर्ट के मुताबिक एक्स्ट्रा वर्जिन ऑयल के तीन चम्मच सूजन को

कम करनेमेंमदद करतेहैं।

इम्यूनिटी सिस्टम करता हैमजबूत

जैतून का तेल फैटी एसिड सेभरपूर होता है। जो इम्यूनिटी सिस्टम को मजबूत बनाता है। येशरीर को ऑटोइम्यून डिजीज सेबचानेमेंमदद करता है।

ब्रेस्ट टिश्यूको बढ़ाता हैऑलिव ऑयल

ब्रेस्ट का साइज बढ़ानेके लिए ऑलिव ऑयल का इस्तेमाल किया जाता है। ब्रेस्ट के चारों तरफ जैतून के तेल की मसाज सेकुछ महीनों मेंही ब्रेस्ट मेंब्लड फ्लो ब

Women's Day:

Women's Day: महिलाओं की थाली मेंजरूर होनेचाहिए येसुपरफूड, मिलतेहैंफायदे (Hindustan: 20240308)

<https://www.livehindustan.com/lifestyle/health/story-international-womens-day-2024-essentials-5-nutritious-food-must-add-in-thali-for-good-health-9480993.html>

International Women's Day: 8 मार्चको हर साल अंतरराष्ट्रीय महिला दिवस मनाया जाता है। इस दिन को मनानेका उद्देश्य तभी पूरा होगा जब वो अपनी सेहत का ध्यान रखेंगी। अपनी थाली में

इन फूड्स को जगह देंगी।

Aparajita लाइव हिन्दुस्तान,नई दिल्ली

Thu, 07 Mar 2024 09:49 AM

हमेंफॉलो करें

घर का एक इंसान जो दिन-रात काम करता है। वो हैघर की महिला, मां,बहन, पत्नी येकिसी भी रिश्तेके रूप मेंहो सकती है। बिना थके काम करनेऔर अपनेपरिवार को

हेल्दी रखनेके लिए जरूरी हैकि महिलाएं भी अपनेस्वास्थ्य का पूरा ख्याल रखें। वैसेमहिलाओं के शरीर मेंलाइफटाइम कुछ ना कुछ बदलाव होतेरहतेहैं। पीरियड्स शुरू

होनेसेलेकर प्रेग्रेंसी, ब्रेस्टफीडिंग, मेनोपॉज जैसेकई फेज होतेहैं। जिस वक्त पर उन्हेंअलग-अलग तरह के न्यूट्रीशन की जरूरत होती है। महिलाओं को अगर खुद की सेहत

का ध्यान रखना है तो इन फूड्स को अपनी थाली में जरूर जगह देनी चाहिए। जिनसे वो ना केवल स्वस्थ रहें बल्कि अपने परिवार और घर का भी पूरा ध्यान रख सकें।

विज्ञापन

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
3/8/24, 10:43 AM international womens day 2024 essentials 5 nutritious food must add in thali for
good health - Women's Day: महि ला ओं की था ली में ज...

<https://www.livehindustan.com/lifestyle/health/story-international-womens-day-2024-essentials-5-nutritious-food-must-add-in-thali-for-good-health-948...> 2/4

अलसी के बीज

ओमेगा 3 फैटी एसिड और डाइटरी फाइबर से भरपूर अलसी के बीजों में विटामिन, मिनेरल्स होते हैं। वहीं अलसी में एंसेफेकंपाउंड होते हैं तो हार्मोनल हेल्थ को बैलेंस करने में

मदद करते हैं। जिससे महिलाओं के लिए किसी सुपरफूड से कम नहीं है। साथ ही अलसी कैलोरी की मात्रा को भी कम करती है।

अखरोट

अखरोट महिलाओं के लिए एक पावरफुल नट्स है। जिससे खाने से नींद आने में मदद मिलती है। साथ ही अखरोट कोलेस्ट्रॉल लेवल को कम करता है। कैंसर जैसी घातक

बीमारी से बचाता है अखरोट। यहीं नहीं मेनोपॉज के बाद हो रहे ओस्टिपोरोसिस की समस्या में महिलाओं को अखरोट डाइट में लेना चाहिए। जिससे ज्वाइंट्स पेन दूर हो।

पपीता

विटामिन ए और ई से भरपूर पपीता महिलाओं की सुंदरता बढ़ाने में मदद करता है। एंटी एं ऑक्सीडेंट्स कैरोटिन्स और फ्लेवेनॉएड महिलाओं में मैस्टुअल साइकल को रेगुले गुट करते

हैं और कोलन कैंसर जैसी बीमारी से दूर रखता है।

बेरीज

क्रेनबैरी महिलाओं में यूरिआई की समस्या को कम करने में मदद करता है। महिलाओं में सबसे ज्यादा यूरिआई का खतरा रहता है ऐसे में क्रेनबैरी का जूस फायदेमंद हो सकता

है। इसके अलावा स्ट्राबेरी, ब्लूबेरी, ब्लैकबेरी स्किन के लिए अच्छा माना जाता है।

दही

दही महिलाओं की थाली में जरूर होना चाहिए। ये न केवल उन्हें कैल्शियम की सप्लाई करता है। बल्कि विटामिन बी12 की कमी को भी दूर करता है। जो महिलाएं

वेजिटेरियन हैं। जिससे उन्हें झुनझुनी और विटामिन बी12 की वजह से होने वाली दिक्कतों को दूर करता है। इसके अलावा दही ब्लड ग्लूकोज लेवल को मेंटेन करती है।

साथ ही हर महिलाओं दाल, साबुत अनाज, हरी-पत्तेदार सब्जियों को डेली रूटीन में शामिल करना चाहिए। जिससे कि वो स्वस्थ रहे।

International Women's Day 2024

International Women's Day 2024: शरीर को जर्जर बना देती है इन पोषक तत्वों की कमी, तुरंत खाना शुरू करें ये चीजें (Navharat Times: 20240308)

<https://navbharattimes.indiatimes.com/lifestyle/health/international-womens-day-2024-healthy-foods-women-should-eat-everyday/articleshow/108302133.cms?story=1>

International Women's Day 2024 Health: काम के चक्कर में महिलाएं अपने लिए वक्त नहीं निकाल पातीं और अच्छे से खाना नहीं खातीं। इसका असर उनकी सेहत पर नजर आता है और वो थायरॉइड, एनीमिया, और किडनी से जुड़ी बीमारियों की गिरफ्त में आने लगती हैं।

international womens day 2024 healthy foods women should eat everyday

International Women's Day 2024: शरीर को जर्जर बना देती है इन पोषक तत्वों की कमी, तुरंत खाना शुरू करें ये चीजें

स्मार्ट टीवी पर रियायती कीमतों का आनंद लें- अभी खरीदें

डील देखें

स्मार्ट टीवी पर रियायती कीमतों का आनंद लें- अभी खरीदें

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! नेताजी सुभाष चंद्र बोस हवाई अड्डे को पहले किस नाम से जाना जाता था?

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Healthiest Foods for Women: शोध बताते हैं कि पोषक तत्वों की कमी से महिलाएं तमाम तरह की दिक्कतों का सामना करती हैं। ऑफिस हो या फिर घर। अधिकतर महिलाएं काम में इतना व्यस्त हो जाती हैं कि खाने-पीने का अच्छे से ख्याल नहीं रख पाती हैं। परिणाम स्वरूप उनके शरीर में विटामिन, मिनरल्स, आयरन, प्रोटीन, कार्बोहाइड्रेट और ओमेगा 3 फैटी एसिड जैसे पोषक तत्वों की कमी होने लगती है और वो बीमार पड़ने लगती हैं।

तो आइए जानते हैं कि वो कौन सी चीजें हैं, जिनकी मदद से आवश्यक पोषक तत्वों की कमी को पूरा किया जा सकता है, और महिलाएं कमर दर्द, सिर दर्द, थायरॉइड, एनीमिया, हड्डियों में तेज दर्द, दिल व किडनी से जुड़ी सभी समस्याओं से खुद को दूर रख सकती हैं।

Women's Day:

Women's Day: 25 की उम्र में महिलाएं जरूर खाएं Calcium-Protein वाली 10 चीजें, शरीर में बुढ़ापे तक रहेगी ताकत(Navharat Times: 20240308)

<https://navbharattimes.indiatimes.com/lifestyle/health/on-international-womens-day-dietitian-suggest-10-calcium-and-protein-rich-foods-for-women-to-build-muscle-and-strong-bones/articleshow/108315631.cms?story=1>

Foods for strong bones and muscles: महिलाओं में खराब खानपान की वजह से उन्हें पर्याप्त पोषक तत्व नहीं मिल पाते हैं जिस वजह से उन्हें बीमारियों का ज्यादा खतरा होता है, साथ ही बहुत सी महिलाओं में कम उम्र में ही बुढ़ापे के लक्षण दिखने लगते हैं, इनसे बचने के लिए कैल्शियम-प्रोटीन वाले फूड्स का सेवन करें।

on international womens day dietitian suggest 10 calcium and protein rich foods for women to build muscle and strong bones

Women's Day: 25 की उम्र में महिलाएं जरूर खाएं Calcium-Protein वाली 10 चीजें, शरीर में बुढ़ापे तक रहेगी ताकत

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हर साल 8 मार्च को अंतरराष्ट्रीय महिला दिवस (International Women's Day) मनाया जाता है। यह दिन महिलाओं की सामाजिक, आर्थिक, राजनीतिक और शैक्षणिक क्षेत्रों में हुई उपलब्धियों का जश्न मनाने का अवसर है। यह दिवस महिलाओं को सशक्त बनाने और उन्हें अपने सपनों को पूरा करने के लिए प्रोत्साहित करने का भी काम करता है। अंतरराष्ट्रीय महिला दिवस न सिर्फ महिलाओं की उपलब्धियों का जश्न मनाने का बल्कि उनके बेहतर स्वास्थ्य की नींव रखने का भी अवसर है।

खराब खानपान और जरूरी पोषण नहीं मिलने से महिलाओं को खून की कमी, थकान, कमजोरी, बालों का झड़ना, त्वचा रोग, हड्डियों में दर्द, कमजोर हड्डियां, जोड़ों में दर्द, मांसपेशियों में दर्द, ऑस्टियोपोरोसिस, डायबिटीज, मोटापा, वजन कम होना आदि गंभीर समस्याओं का सामना करना पड़ता है। पर्याप्त पोषण नहीं मिलने की वजह महिलाएं कम उम्र में बुढ़ापे की तरफ बढ़ने लगती हैं।

न्यूट्रिशनिस्ट और डाइटीशियन शिखा अग्रवाल शर्मा के अनुसार, शरीर को बेहतर कामकाज करने और इन तमाम समस्याओं से बचने के लिए आपकी डाइट में सभी जरूरी पोषक तत्व होने चाहिए। कैल्शियम और प्रोटीन दो ऐसे जरूरी तत्व हैं, जो मांसपेशियों और हड्डियों को मजबूत बनाने और उनके विकास में सहायक हैं। इनकी कमी से शरीर समय से पहले बूढ़ा हो सकता है।

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The Great Unicorn Hunt

महिलाओं के लिए कैल्शियम और प्रोटीन क्यों जरूरी

महिलाओं के लिए कैल्शियम और प्रोटीन क्यों जरूरी

कैल्शियम और प्रोटीन से भरपूर आहार न सिर्फ मजबूत हड्डियों और दांतों के लिए जरूरी है बल्कि महिलाओं के लिए हर उम्र में कई स्वास्थ्य लाभ देता है। कैल्शियम हड्डियों का मुख्य घटक है और प्रोटीन हड्डियों के निर्माण और मजबूती में अहम भूमिका निभाता है। मजबूत हड्डियां न सिर्फ महिलाओं को फ्रैक्चर से बचाती हैं, बल्कि ऑस्टियोपोरोसिस जैसी बीमारियों के खतरे को भी कम करती हैं

Blood Sugar

Diabetes के मरीजों के लिए अमृत हैं आयुर्वेदिक डॉक्टर की बताई ये 10 चीजें, कंट्रोल में रहता है Blood Sugar (Navharat Times: 20240308)

<https://navbharattimes.indiatimes.com/lifestyle/health/best-insulin-booster-foods-for-diabetics-to-control-blood-sugar-level-naturally/articleshow/108299355.cms?story=5>

Best Insulin Booster Foods For Diabetics: डायबिटीज एक गंभीर बीमारी है। इससे सबसे ज्यादा वजन प्रभावित होता है। इस रोग में ब्लड शुगर को मेटेन करने के लिए आपको आयुर्वेदिक डॉक्टर द्वारा बताई चीजों का सेवन करना चाहिए।

best insulin booster foods for diabetics to control blood sugar level naturally

Diabetes के मरीजों के लिए अमृत हैं आयुर्वेदिक डॉक्टर की बताई ये 10 चीजें, कंट्रोल में रहता है Blood Sugar

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डायबिटीज एक गंभीर बीमारी है। इस रोग में शरीर इंसुलिन बनना बंद कर देता है, और शुगर बढ़ने लगता है। ये शरीर में हाई ब्लड शुगर का कारण बनता है। ऐसे में जानना जरूरी है कि हम ऐसा क्या खाएं कि शरीर में इंसुलिन की मात्रा कम न हो जाए और डायबिटीज कंट्रोल में रहे।

आयुर्वेदिक Dr Dixa Bhavsar Savaliya इस सवाल का जवाब देती हैं, और बताती हैं कि हम अपनी डाइट में किन चीजों को शामिल कर सकते हैं, जो इंसुलिन बूस्ट करने में मददगार होते हैं। तो आइए जानते हैं वो फूड्स कौन से हैं जो आपके शरीर में तेजी से इंसुलिन बढ़ा सकते हैं।

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शुगर कंट्रोल करने में मददगार हैं ये चीजें

डायबिटीज मरीजों के लिए दवा से कम नहीं है आंवला

डायबिटीज मरीजों के लिए दवा से कम नहीं है आंवला

आंवला में विटामिन सी की मात्रा अधिक होती है। यह आपको थकान से बचाने में मदद करता है। ये कोलेस्ट्रॉल के स्तर को कम करने और शुगर लेवल कम करने में भी सहायक है। हम इसे फल, पाउडर, या जूस के रूप में खा सकते हैं। इसका अचार भी खाया जा सकता है।

डायबिटीज के मरीजों के लिए वरदान हैं मोरिंगा के पत्ते

डायबिटीज के मरीजों के लिए वरदान हैं मोरिंगा के पत्ते

मोरिंगा एक सुपर फूड है जो इंसुलिन प्रतिरोध को कम करने में आश्चर्यजनक रूप से काम करता है। मोरिंगा की पत्तियों में आइसोथियोसाइनेट नाम का एक खास केमिकल कंपाउंड पाया जाता है, जो डायबिटीज को कंट्रोल में रखता है। ये पाचन को बेहतर करने के लिए भी जाना जाता है।

जामुन से भी डायबिटीज को कंट्रोल किया जा सकता है

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जामुन खाकर भी डायबिटीज को कंट्रोल किया जा सकता है। एक्सपर्ट जामुन को एक लो ग्लाइसेमिक इंडेक्स फूड बताते हैं। दावा किया जाता है कि जामुन खाने से ब्लड शुगर का लेवल नॉर्मल रहता है। इसमें इंसुलिन की संवेदनशीलता बढ़ाने वाले कंपाउंड होते हैं।