



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20240311

## **HIV +ve mothers**

**Scripting success: 138 healthy babies born to HIV +ve mothers (The Tribune: 20240311)**

<https://www.tribuneindia.com/news/chandigarh/scripting-success-138-healthy-babies-born-to-hiv-ve-mothers-599240>

97% patients receiving antiretroviral treatment at PGI achieve suppressed viral load

Individuals living with HIV are experiencing a shift towards leading a normal life, thanks to suppressed viral loads. The latest data from ARTC, PGIMER, reveals that as of January 2024, a staggering 97% of people living with HIV (PLHIV) receiving antiretroviral treatment (ART) at the centre have achieved suppressed viral loads.

Owing to the suppressed viral load, HIV positive pregnant mothers have been able to deliver babies that are tested negative for the virus. In six years, over 140 deliveries of HIV mothers had taken place and only two babies were found to be infected with the virus.

Dr Ravinder Kaur Sachdeva, Senior Medical Officer, Centre of Excellence in HIV care/ Antiretroviral Treatment Centre, said, “We are testing all pregnant women for HIV who are coming to our OPDs. Those who test positive of HIV are put on medicines and it takes around six months for viral load to get suppressed. The patients must take medicines throughout their lives to remain healthy. Even babies are given medicines for six weeks to prevent the infection.”

The advent of the ART has not only curbed the progression of the virus but has also allowed patients to regain control over their health with 86% of individuals successfully managing on first-line regimens.

The city has experienced a reduction in HIV prevalence among adults, with the incidence dropping from 0.28% in 2010 to 0.19% in 2021. This decline surpasses the national average of 0.21%.

While the HIV prevalence has decreased, it's important to note that the number of registrations in the ART Centre of the PGIMER has also seen a decline. The data reveals a fluctuating trend in the total registered patients on pre-ART from 2005 to 2024, with the current number standing at 16,060. In 2017, there were 1,265 registrations for ART, which dropped to 326 in 2023. While this may indicate a positive trend in preventing new cases, it also raises questions over the engagement of individuals in seeking treatment.

The centre caters to patients from Chandigarh, Punjab, Haryana, Himachal Pradesh and Jammu and Kashmir. It carries out investigations, including CD4 count and HIV Viral Load tests, free of cost.

There has also been a decline in the mortality rate among HIV patients, with 37 deaths recorded in 2018 and only 18 deaths in 2023. The Centre of Excellence at the PGI in HIV care, functional since February 2008.

Only two found to be infected in 6 years

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## **Sleep deprivation**

### **Scientists develop blood-based marker to spot acute sleep deprivation (The Tribune: 20240311)**

<https://www.tribuneindia.com/news/health/scientists-develop-blood-based-marker-to-spot-acute-sleep-deprivation-599176>

This sleep deprivation biomarker is based on 24 hours or more awake, but can detect down to 18 hours awake

Scientists develop blood-based marker to spot acute sleep deprivation

“This is a really exciting discovery for sleep scientists, and could be transformative to the future management of health and safety relating to insufficient sleep,” said Clare Anderson, a professor of Sleep and Circadian Science at the University of Birmingham in the UK. Thinkstock photo

A team of scientists has developed a blood test that can detect when someone has not slept for 24 hours, also called sleep deprivation.

This level of sleep deprivation increases the risk of serious injury or fatality in safety critical situations, according to experts at Monash University in Australia and the University of Birmingham in the UK.

The biomarker detected whether individuals had been awake for 24 hours with a 99.2 per cent probability of being correct, according to the study published in the journal Science Advances.

“This is a really exciting discovery for sleep scientists, and could be transformative to the future management of health and safety relating to insufficient sleep,” said Clare Anderson, a professor of Sleep and Circadian Science at the University of Birmingham in the UK.

With about 20 per cent of road accidents worldwide caused by sleep deprivation, researchers hope the discovery may inform future tests to quickly and simply identify sleep deprived drivers.

“There is strong evidence that less than five hours’ sleep is associated with unsafe driving, but driving after being awake for 24 hours, which is what we detected here, would be at least comparable to more than double the Australian legal limit of alcohol performance wise,” Anderson added.

The test may be also ideal for future forensic use but further validation is required.

This sleep deprivation biomarker is based on 24 hours or more awake, but can detect down to 18 hours awake.

**physical health and cause a host of behavioural issues.**

**Smartphones’ effect on kids under 10 goes beyond eyes, say doctors**

**Spending excessive time on the device may worsen physical health and cause a host of behavioural issues. (The Tribune: 20240311)**

<https://www.tribuneindia.com/news/health/smartphones-effect-on-kids-under-10-goes-beyond-eyes-say-doctors-598887>

Smartphone addiction among children under the age of 10 is known to be detrimental for the eyes. However, doctors on Saturday warned that spending excessive time on the device may worsen physical health and cause a host of behavioural issues.

According to the World Health Organisation (WHO) guidelines, children under five must spend less time watching screens. While the UN health body does not recommend screen time for infants and 1-year-olds, those aged 2 years should not be exposed for more than an hour.

However, even toddlers as young as one and a half years old are being handed smartphones by their parents, said Dr Rajiv Uttam, Director, Paediatric Pulmonology, Critical Care Paediatrics (PICU), Paediatric Care, Medanta The Medicity, Gurugram, told IANS.

The doctor noted that illnesses such as “diarrhoea, fever, and other health issues are observed in children who spend excessive time on their devices”.

Several studies have shown the negative impact of smartphone use on the eye. Prolonged use of smartphones in children has been linked with vision impairment, and dry eyes among others.

Dr Vikas Taneja, Consultant Paediatrics, Manipal Hospital, Dwarka, explained that this is majorly due to radiation, as the children use their mobile phones at a very close distance.

“Children can present with excessive eye strain, which can lead to redness of the eyes and excessive itching. This can lead to frequent rubbing and watering. The strain in the eyes can lead to headaches, and their sleep might get disturbed. Excessive mobile phone use can also affect the muscles of the eye,” he told IANS.

This sleep loss can, further, lead to a lot of anxiety and depression. Usually, such children tend to be alone, have low self-esteem, become excessively irritable, have a lot of aggression and behavioural changes, and may throw tantrums.

Rajiv said the overuse often leads to a detachment from the real world, and the children are likely to display symptoms akin to virtual autism.

“Habitual smartphone use during meals also contributes to poor eating habits, obesity, and related health issues such as high blood pressure and sugar levels ultimately leading small kids to pre-diabetic stage.”

Importantly, the visual impairments and attention deficits further compound these concerns, often remaining unnoticed until academic performance suffers, the doctor said.

To mitigate these risks, the health experts advised parents to prioritise quality time with their children, encourage healthy eating habits, and limit screen time per day. Furthermore, balancing technology with outdoor activities and nutritious meals is crucial in fostering holistic child development.

## Obesity

### Do you know obesity is a risk factor for stillbirth? Study finds (The Tribune: 20240311)

<https://www.tribuneindia.com/news/health/do-you-know-obesity-is-a-risk-factor-for-stillbirth-study-finds-598883>

Pregnant people with obesity, especially those with additional risk factors may benefit from timely referral and greater surveillance closer to term.

Obesity increases the risk of stillbirth as the pregnancy progresses to full term, according to a study. The study findings were published in Canadian Medical Association Journal (CMAJ).

In Canada, the overall risk of stillbirth during pregnancy is roughly 0.4 per cent. “Our findings suggest that an earlier delivery date may help reduce the risk of stillbirth for pregnant people with obesity,” said lead author Dr Naila Ramji, an assistant professor at Dalhousie University and high-risk pregnancy specialist in Fredericton, New Brunswick. Senior author Dr Laura Gaudet, an associate professor at Queen’s University and high-risk pregnancy specialist, and coauthors at The Ottawa Hospital round out the group.

Although the link between obesity and stillbirth is well-known, there was little research on the association between obesity and stillbirth risk by gestational age, or on the impact of higher classes of obesity.

To address this gap, the researchers analysed data from Better Outcomes Registry and Network on 681 178 singleton births, 1956 of which were stillbirths, in Ontario between 2012 and 2018. After adjusting for other stillbirth risk factors like diabetes and high blood pressure, the researchers found that people with class I obesity (BMI 30-34.9 kg/m<sup>2</sup>) had double the risk of stillbirth at 39 weeks’ gestation compared to those with normal BMI (18.5-24.9 kg/m<sup>2</sup>). For those in obesity classes II and III (BMI 35-39.9 kg/m<sup>2</sup> and BMI 40 kg/m<sup>2</sup> and higher, respectively), stillbirth risk at 36 weeks was 2 to 2.5 times that of people with normal BMI. This risk further increased with gestational age, with a more than fourfold risk at 40 weeks.

“For other medical conditions that increase the risk of stillbirth, there are guidelines that recommend delivery at 38 or 39 weeks. Interestingly, the risk thresholds for those conditions are lower than the risks we found associated with obesity. We worry that implicit biases against people with obesity may be causing the medical community to take the risks they face less seriously,” says Dr Ramji.

The authors also looked at whether stillbirths occurred before or during delivery and found a higher risk of stillbirths occurring before delivery in people with class I and II obesity.

They hope that these findings will improve care for this at-risk population.

“Pregnant people with obesity, especially those with additional risk factors may benefit from timely referral and greater surveillance closer to term, and the presence of additional risk factors may warrant earlier delivery,” said Dr Ramji.

“Focusing on weight during communications of risk may reinforce weight bias, weight stigma, and discrimination for pregnant people,” writes Dr Cahill, a registered dietitian. “Negative weight-related attitudes, beliefs, assumptions, and judgments prevalent in society, and harmful social stereotypes that are held about people living with obesity, are associated with adverse physical and mental health consequences.” She ends by saying that pregnant people living with obesity “...should receive respectful prenatal care, free from stigma, that realises the goals of both health care providers and patients to ensure positive maternal and foetal outcomes.”

## **Global health environment**

### **Researchers call for a policy that promotes equitable global health environment (The Hindu:20240311)**

<https://www.thehindu.com/sci-tech/health/researchers-call-for-a-policy-that-promotes-equitable-global-health-environment/article67929090.ece>

Feminist Global Health Policy would break prevailing power structures and historical oppressions, they say

Hannah Eger from the School of Public Health at Bielefeld University, Germany, recently led a study that highlighted the transformative potential of the intersectional feminist approaches in reshaping health policies. Photo: [Linkedin.com/in/hannah-eger-136821183/](https://www.linkedin.com/in/hannah-eger-136821183/)

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A group of researchers from across various countries have called for a Feminist Global Health Policy (FGHP).

## **TB care**

### **For India's homeless women, TB care is shaped by gender norms and economic precarity (The Hindu:20240311)**

<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.

## **Feminist Global Health Policy**

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## **Combat measles**

### **India efforts to combat measles, rubella earn prestigious award(The Hindu:20240311)**

<https://www.thehindu.com/sci-tech/health/india-efforts-to-combat-measles-rubella-earn-prestigious-award/article67928604.ece>

The award was given by the Measles and Rubella Partnership at the American Red Cross Headquarters in Washington D.C.

Representational image of a vial of the measles, mumps, and rubella (MMR) vaccine

Representational image of a vial of the measles, mumps, and rubella (MMR) vaccine | Photo Credit: Reuters

India has been bestowed with the prestigious Measles and Rubella Champion Award in recognition of the country's tireless efforts to combat these infectious diseases, the health ministry said on Friday.

## **Anaemia, poor weight**

### **Anaemia, poor weight gain among pregnant women in rural areas still a cause for concern, says Tamil Nadu DPH(The Hindu:20240311)**

<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.

## **Skin care products**

### **The unmasking: How make up and skin care products impact children (The Hindu:20240311)**

<https://www.thehindu.com/sci-tech/health/the-unmasking-how-make-up-and-skin-care-products-impact-children/article67920531.ece>

Research shows children are vulnerable to adverse health risks associated with makeup and body products; experts note regulations are needed to check the unsupervised use of cosmeceuticals by children and adolescents

The growing obsession with cosmetics among children is worrying doctors. Image for representational purpose only.

The growing obsession with cosmetics among children is worrying doctors. Image for representational purpose only. | Photo Credit: AI generated image.

She runs straight to the skin care aisle now instead of the snacks or toys section when we visit a mall. She's just 12 and looks for "anti-ageing" labelling on creams", says a concerned mother about her daughter. On social media, you will encounter a lot of content on skincare, skincare routine for children and teens, routine for glowing skin, skin whitening regimes... But what is the actual risk that children bear? Do these products cause more harm to children than they do to adults? Will exposure to make up early have a long-lasting impact on children? These are some of the questions that will have to be answered before any regulation is contemplated.

## **Protein**

### **Women's Day: Why women need more protein than men (Indian express:20240311)**

<https://indianexpress.com/article/health-wellness/womens-day-need-more-protein-than-men-9202508/>

Experts at PGIMER, Chandigarh, call for a graded inclusion of protein across meals women, protein, health and wellness, indian express

A woman weighing 60 kg would need at least 48 grams of protein per day. (Pexels)

Adult women should be having about 0.8 to 1 gram of protein daily for every kilogram of body weight. But the classic mistake they make is to eat more carbohydrates than proteins, the adequate intake of which is necessary for absorption of all macro and micro-nutrients. Pregnant and lactating women need a higher dose of protein —1.522 g/kg of body weight.

Says Dr Vishal Kumar, additional professor of orthopaedics at PGIMER, Chandigarh, “Among the child-bearing group, the requirement is higher. A lactating woman needs to have an extra reserve or storage of proteins. It is advisable to have proteins in a phased manner because they are a bit hard to digest. Taking proteins in adequate amounts spread over the day helps in establishing a good balance between absorption and assimilation.”

## **Low back pain**

### **Can low back pain go away with yoga? Here's what a PGI Chandigarh study recommends (Indian express:20240311)**

<https://indianexpress.com/article/health-wellness/why-yoga-helps-reduce-low-back-pain-heres-what-a-pgimer-study-recommends-9200748/>

Doctors found 42 per cent of patients in the yoga group could get off medication

Twenty-two-year-old Sahil Sharma, a software developer, never took a break as he worked on his laptop in the same posture for hours on end. From discomfort in the back and neck to now a patient of chronic lower back pain, he signed up for a randomised trial by PGIMER, Chandigarh, which has now shown that simple yoga postures and deep breathing can indeed alleviate pain. Now, he doesn't even need pain medication.

Dr Babita Ghai, the lead investigator of the study, 'The Yoga Brain Connection: A Neuroscientific Approach to Chronic Back Pain Management', says Sahil developed a C posture and a rounded spine. The body's centre of gravity is behind the sitting bones rather than over them. There is minimal weight-bearing on the legs, which increases pressure on the lumbar discs, stretching the ligaments and muscles supporting the spine. "He had to change his lifestyle or risk being bedridden and dependent on others. We began with daily walking, yoga postures and breathing. Medicines and interventions are the second line of treatment. Sahil is now responding to yoga therapy because he is putting in the required effort and is consistent," she says. PGIMER has a defined protocol and its own yoga therapist at the Collaborative Centre for Mind Body Intervention (CCRYN).

## **Sleeping**

### **Is your sleep disrupted by wheezing? Know when to see your doctor (Indian express:20240311)**

<https://indianexpress.com/article/health-wellness/what-does-wheezing-during-sleep-mean-what-you-need-to-watch-out-for-9200315/>

Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospitals, New Delhi, explains the triggers

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Is your breathing getting noisy when you sleep? Wheezing is a high-pitched, whistling sound that occurs when the airways become narrowed or obstructed, making it difficult to breathe. While occasional wheezing may be caused by temporary factors like allergies or respiratory infections, recurrent episodes of wheezing during sleep can be a sign of an underlying health condition that requires medical attention.

## **Dental Health**

### **Teeth whitening hack: Can lemon juice and baking soda work? (Indian express:20240311)**

<https://indianexpress.com/article/health-wellness/is-this-teeth-whitening-hack-of-lemon-juice-and-baking-soda-safe-9198885/>

Dr Adosh Lall, Dental Surgeon, Periodontist & Implantologist, Indraprastha Apollo Hospitals, Delhi, busts an online myth

Instead of risking your dental health with DIY hacks, it's recommended to consult with a dental professional for safe and effective teeth whitening options. (Source: Getty Images/Thinkstock) Instead of risking your dental health with DIY hacks, it's recommended to consult with a dental professional for safe and effective teeth whitening options. (Source: Getty Images/Thinkstock)

Social media is full of do-it-yourself hacks for teeth whitening, one of them being on applying a mixture of lemon juice and baking soda. This, while making for a home cleaning solution, is, in fact, damaging to your dental health.

## **Menopause**

### **Why Lancet menopause study is a ray of hope: You don't need to over-medicate yourself (Indian express:20240311)**

Conversations and an enabling support system work better, say study authors

<https://indianexpress.com/article/health-wellness/lancet-menopause-study-ray-hope-dont-over-medicate-yourself-9197628/>

Lancet menopause study

The most effective treatment for hot flushes and night sweats is hormone therapy, often referred to as Menopausal Hormone Therapy (MHT) or Hormone Replacement Therapy (HRT). (Photo Credit: Pexels)

Are you popping too many pills than you need to manage hot flashes, night sweat and other symptoms related to menopause? Or opting for hormonal therapies mindlessly? A latest Lancet series warns against over-medication and calls for managing the condition instead with a customised healthcare plan, counselling and creating support groups through menopause cafes. Here conversations can happen around healthy ageing, accepting and not fearing the condition.

Among the authors is M Sivakami, Professor at the School of Health Systems Studies, Tata Institute of Social Sciences, who says the series is intended to help women with accurate, consistent and impartial information. Turning 50 this year, Sivakami herself thought she had a reasonably good understanding of what to expect during menopause till it hit her earlier than expected. “Having worked on menopause since 2004, I wasn’t prepared for 30 hot flashes a day and extreme meltdowns in my early 40s. My symptoms intensified by the time I was 46. That’s why women need to be made aware of what to expect earlier so that their anxieties don’t build up,” she says.

## Food and nutrition (The Asian Age:20240311)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17873731>

Pradeep S. Mehta  
and T.B. Simi

### Warning labels for informed choices over food: How to navigate challenges

As consumers, let's reflect on the challenges we face in making informed choices, particularly in India, where the need for transparency in our complex marketplace has never been more pressing. The abundance of options, complex product information, and aggressive marketing tactics often make it difficult for us to purchase products that best suit our needs and pockets.

This struggle is aggravated by a lack of transparency, where inadequate product information, ambiguous labelling, and deceptive advertising make it difficult for consumers to make the best choices. The consequences of this lack of transparency extends beyond our individual decisions, particularly in the realm of food products. Misleading information on nutritional content and health benefits contributes to the rise of diet-related diseases and other public health issues. While the government is making all-out efforts to ensure consumers' health, more needs to be done, in particular its orientation to a market-friendly approach rather than a business-friendly one.

A study "India: Health of the Nation's States" by the Indian Council of Medical Research says the prevalence of deaths attributable to non-communicable diseases (NCD) in India increased from 37.8 per cent in 1990 to 61.8 per cent in 2016, rising further to 66 per cent in 2019. In 2018, *Lancet Global Health* reported that in India the largest proportion of NCD deaths is due to cardiovascular diseases (CVDs), comprising 46 per cent, followed by cancers at 21 per cent. Compelling evidence suggests CVDs and strokes occur at an earlier age in Indians compared to individuals in the Global North. Further, a 2021 study published in the *American Journal of Preventive Cardiology*, revealed that while death rates from coronary artery diseases are declining in most rich nations, they are on the rise in Global South, including India.

The surge in NCD-related death rate in India is not solely attributed to inadequate healthcare facilities but is also linked to various other prime factors. These include lack of stringent regulations and implementation within our food sector and the widespread availability of processed and unhealthy foods without adequate warnings for consumers. Often, one could observe that major food giants adhere to stringent manufacturing and labelling practices mandated in Global North, yet have double standards in the Global South. This type of discriminatory behaviour exists across various consumer goods and services sectors. They are often seen using their dominant market presence, political influence and threat to leave to their advantage. That's why in India, despite years of policy discourse, the mounting pressure of large food industries is making it hard for regulators and policymakers to introduce and implement much-needed regulations like warning labels on the front of food packages. Such a policy is vital to help deal with mitigating NCDs and rising level of obesity across all age groups by enabling the consumer to practise an informed choice.

Recently, in its Asia-Pacific SDG Progress Report 2024, UNESCAP said that the escalating levels of obesity among children pose a significant challenge to India's economic progress towards achieving SDGs by 2030. Despite such multiple cautionary reports on health in recent times, the persistent disagreement between the preferences of health experts and the influence businesses have in shaping health rules has left the informed public questioning whether the authorities are genuinely concerned with public health and well-being of its citizen-consumers.

Today, the social media is buzzing with criticism and impactful videos, where both experts and individual consumers vehemently express concerns about the rampant sale and effortless accessibility of unhealthy and deceptive food products in the Indian market. What is particularly striking is the flood of comments accompanying these viral posts, revealing consumers' evident frustration and discontent with misleading claims. Such incidents underscore the pressing need for prominent warnings on food packages to alert consumers.

In the realm of public health policymaking, it is vital for regulators and policymakers to recognise the growing resentment and respond promptly, prioritising national health over short-term economic interests. Acknowledging the voices of public health experts and consumer groups is even more crucial in light of the alarming rise in NCDs. This will require a "whole of government" approach, otherwise files get lost in silos.

In this challenging context, manufacturers also bear a moral and social responsibility to present healthier food choices. Prioritising public health, food safety and acknowledging consumers' right to be informed, they should willingly provide transparent and detailed information about nega-

tive ingredients through warning labels. Such actions would align with the Prime Minister's sentiments expressed during the B-20 summit on August 27, 2023, where he urged businesses to prioritise consumer well-being and proposed an International Consumer Care Day. His call for balanced global commerce and consumer-centric policies underscores the need to reconsider conventional economic governance frameworks.

Further, enforcing a shift towards healthier products not only aligns with ethical considerations but also opens doors to lucrative markets for our agricultural products in the realm of wholesome and nutritious foods. Then, alongside regulatory and voluntary measures, promoting consumer education is vital. Initiatives that raise the awareness of food labelling, nutritional information, and consumer rights empower individuals to make informed choices and advocate for their interests.

As we reflect on these challenges and potential solutions, we need to advocate, sensitise, raise awareness and drive change. It's a chance for the government, individuals and organisations to come together, advocate for consumer rights, and work towards creating a transparent and consumer-centric global marketplace. Through collective action, we can pave the way for a future where consumers are empowered, informed and protected. In the interest of consumers lies the national interest.

*The authors work for CUTS International, a global public policy research and advocacy group*

## Oestrogen

### **Home News Health Research shows how oestrogen protects against fatty liver (New Kerala:20240311)**

<https://www.newkerala.com/news/2024/14705.htm>

New research from Sweden's Karolinska Institutet demonstrates how oestrogen protects against MASLD, a fatty liver disease that has developed rapidly during the obesity epidemic. The study, published in the journal *Molecular Systems Biology*, demonstrates how a new medicine under development could become a future treatment for fatty liver disease and liver cancer.

The global obesity epidemic has resulted in a dramatic increase in fatty liver, a disease in which fat that does not fit into fat cells is stored in liver cells instead.

Since last year, fatty liver due to obesity (and not excessive alcohol consumption) is known as MASLD (metabolic dysfunction-associated steatotic liver disease). According to previous research, as many as one in three adults are affected by some degree of MASLD, which in the worst cases can develop into cirrhosis and liver cancer.

Women are protected until menopause

However, the disease is very unevenly distributed between the sexes, with a large majority of affected individuals being men.

"Women have a natural protection until menopause due to the female sex hormone oestrogen," explains Claudia Kutter, senior researcher at the Department of Microbiology, Tumor and Cell Biology, Karolinska Institutet who led the study.

Although women's protection has been known for some time, the mechanism behind the protective effect has been less clear. Now Claudia Kutter's research team may have found the answer.

Through genetic analyses of mice of both sexes fed a high-fat diet, with some of the male mice also receiving oestrogen, the researchers were able to identify a key protein in the development of fatty liver.

The protein, called TEAD1, was found to play an overall role in regulating how liver cells absorb fat. Blocking TEAD1 protected liver cells from the harmful accumulation of fat. Mice receiving oestrogen treatment had lower TEAD1 activity and less fat accumulation in the liver.

New drug under development

In the next step, the researchers tested blocking TEAD1 in human liver cells with the same result. The fact that this was possible at all, however, was a bit of luck.

"It turned out that a pharmaceutical company is developing an anti-cancer drug that blocks TEAD1, which allowed us to test our hypothesis," says Claudia Kutter.

The fact that TEAD1 is also involved in cancer does not worry her, quite the contrary.

"Since the activity of TEAD proteins is elevated in cancer, blocking TEAD at an early stage can also be positive from a cancer point of view," she says. "Patients suffering from liver cancer are currently diagnosed very late. If the patient is given this drug early in the process to protect against fatty liver, it can hopefully also prevent the development of liver cancer."

Will be tested on humans

The pharmaceutical company will now start clinical trials of the drug as a protection against fatty liver disease, while Claudia Kutter's research team will continue researching further ways to tackle the disease.

"We want to focus on how to find the disease earlier and identifying new treatment targets," she says. "Different approaches may be needed for different patients depending on their gender and hormonal status."

## **Multicellular evolution**

### **Health Research shows how altered protein folding drives multicellular evolution (New Kerala:20240311)**

<https://www.newkerala.com/news/2024/14701.htm>

Researchers discovered a mechanism that drives the creation of multicellular life. They found that altered protein folding causes multicellular evolution.

In a new study led by researchers from the University of Helsinki and the Georgia Institute of Technology, scientists turned to a tool called experimental evolution. In the ongoing Multicellularity Long Term Evolution Experiment (MuLTEE), laboratory yeast are evolving novel multicellular functions, enabling researchers to investigate how they arise.

The study puts the spotlight on the regulation of proteins in understanding evolution.

"By demonstrating the effect of protein-level changes in facilitating evolutionary change, this work highlights why knowledge of the genetic code in itself does not provide a full understanding of how organisms acquire adaptive behaviors. Achieving such understanding requires mapping the entire flow of genetic information, extending all the way to the actionable states of proteins that ultimately control the behavior of cells," says Associate Professor Juha Saarikangas from the Helsinki Institute of Life Science HiLIFE and Faculty of Biological and Environmental Sciences, University of Helsinki.

Snowflake yeast evolves robust bodies in 3,000 generations by changing cell shape

Among the most important multicellular innovations is the origin of robust bodies: over 3,000 generations, these 'snowflake yeast' started out weaker than gelatin but evolved to be as strong and tough as wood.

Researchers identified a non-genetic mechanism at the base of this new multicellular trait, which acts at the level of protein folding. The authors found that the expression of the chaperone protein Hsp90, which helps other proteins acquire their functional shape, was gradually turned down as snowflake yeast evolved larger, tougher bodies. It turns out Hsp90 acted as a critically-important tuning knob, destabilizing a central molecule that regulates the progression of the cell cycle, causing cells to become elongated. This elongated shape, in turn, allows cells to wrap around one another, forming larger, more mechanically tough multicellular groups.

"Hsp90 has long been known to stabilize proteins and help them fold properly," explains lead author Kristopher Montrose, from the Helsinki Institute of Life Science, Finland. "What we've found is that slight alterations in how Hsp90 operates can have profound effects not just on single cells, but on the very nature of multicellular organisms."

Path to adaptive evolution through altering protein shapes

From an evolutionary perspective, this work highlights the power of non-genetic mechanisms in rapid evolutionary change.

"We tend to focus on genetic change and were quite surprised to find such large changes in the behavior of chaperone proteins. This underscores how creative and unpredictable evolution can be when finding solutions to new problems, like building a tough body.", says Professor Will Ratcliff from the Georgia Institute of Technology, USA.



## **knee surgery**

### **Health KGMU conducts revision knee surgery on two elderly patients(New Kerala:20240311)**

The doctors of King George's Medical University (KGMU) here have successfully conducted revision knee replacement surgeries on two elderly women whose initial replacements had failed.

KGMU conducts revision knee surgery on two elderly patients“One woman underwent her first knee replacement 12 years ago and the other woman had the surgery two years ago. Both patients developed infection leading to septic loosening of the implant,” said Prof Narendra Singh Kushwaha, orthopaedic surgeon at KGMU.

Explaining the complexity, he said, “We had to plan a two-stage surgery for these women, where first we removed infection and placed bone cement for the bone loss due to infection. Then we had to wait for two months. In the second stage, the new implant was placed.”

Doctors had to remove the old implant too.

Both patients, a 63-year-old woman from Prayagraj and a 66-year-old woman from Unnao, have regained the ability to walk independently.

“The case of 12-year-old revision was more complicated as the ligaments were also damaged due to infection,” said Prof Kushwaha.

A knee replacement surgery takes about 40 minutes and in this case of revision surgery, it took an hour and a half.

Dr Ashish Kumar, HoD orthopaedic surgery, said, “We are conducting up to two revision knee replacement cases every month.”

## **Health KGMU**

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<https://www.newkerala.com/news/2024/14624.htm>

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## **Sarcoidosis**

### **Health Researchers develop simple blood test to quickly recognize sarcoidosis (New Kerala:20240311)**

<https://www.newkerala.com/news/2024/14608.htm>

Researchers have developed a technique for quickly and cheaply identifying sarcoidosis, a chronic inflammatory illness characterized by the growth of microscopic lumps called granulomas in the lungs and other organs.

The technique, which uses a simple blood test, may allow for the selective use of more intrusive diagnostic tests that are commonly employed to identify the disease. The results were reported in the American Journal of Respiratory and Critical Care Medicine.

"Currently, diagnosing sarcoidosis isn't a straightforward process and requires tissue removal and testing with additional screenings to rule out other diseases, such as tuberculosis or lung cancer," said James Kiley, Ph.D., director of the NIH's Division of Lung Diseases at the National Heart, Lung, and Blood Institute (NHLBI). "Using a blood test will help diagnose faster, particularly in those organs that are more challenging to biopsy and with less harm to the patient."

Though the exact cause of sarcoidosis is unknown, researchers suspect it is an immune disorder triggered by a group of specific antigens, which are generally foreign substances that incite an immune response in the body. In the United States, an estimated 8-11 people per 100,000 are affected by sarcoidosis each year, according to previous research.

To identify antigens and determine which might be linked to sarcoidosis, scientists collected lung fluid samples and blood cells from patients with pulmonary sarcoidosis and then extracted the genetic material.

Using a combination of molecular techniques, the researchers homed in on two newly described disease-specific antigen biomarkers that only bind to the antibodies of sarcoidosis-positive patients.

They next designed a highly specific blood test, which only requires a small amount of blood, to determine if they could accurately detect sarcoidosis. To verify the test, researchers compared blood samples from 386 people, which included patients with sarcoidosis, patients with tuberculosis, patients with lung cancer and healthy individuals. The researchers confirmed that their test was able to differentiate patients who had sarcoidosis from those with other respiratory diseases.

"More testing needs to be completed before this screening method is ready for clinical use, but it's possible that could be a reality within a few years," said Samavati.

"Dr. Samavati's important work is an excellent example of how scientific research can have promising results that may lead to addressing major health challenges," said Ezemenari M. Obasi, Ph.D., vice president for research at Wayne State University. "I look forward to the potential impact this research will have on the lives of those afflicted with sarcoidosis."

## Diabetes:

**Diabetes: सुबह अचानक गिरेब्लड शुगर लेवल को यूं पहचाने, जानिए सबसेपहलेक्या करें? (Hindustan :20240311)**

<https://www.livehindustan.com/lifestyle/health/story-how-to-recognize-sudden-drop-in-blood-sugar-level-in-the-morning-know-what-to-do-first-9511187.html>

Signs of Low Blood Sugar in the Morning: डायबिटीज के मरीज ब्लड शुगर लेवल के बढ़नेसेपरेशान रहतेहैं। हालांकि कई बार सुबह के समय ब्लड शुगर लेवल गिरनेभी लगता है।

जानिए ऐसा होनेको कैसेपहचानें।

डायबिटीज एक ऐसी बीमारी है, जिसेआपको मैनेज करना चाहिए। दरअसल, वैसेतो डायबिटीज के मरीज शुगर लेवल बढ़नेपर दवाई लेतेहैं। लेकिन कई बार शुगर लेवल

लो भी हो सकती है। ऐसेमेंएक्सपर्ट्स का कहना हैकि हाई ब्लड शुगर लेवल की तुलना लो ब्लड शुगर का लेवल सेहत के लिए खतरनाक साबित हो सकता है। अक्सर पेशेंट

को येसमस्या सुबह हो सकती है। यहां बता रहेहैंलो ब्लड शुगर होनेपर शरीर मेंक्या बदलाव दिखतेहैंऔर इससेनिपटनेके लिए सबसेपहलेक्या करें।

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

3/11/24, 10:50 AM How to recognize sudden drop in blood sugar level in the morning know what to do first - Diabetes: सुबह अचानक गिरे ब्लड शुगर लेव...

<https://www.livehindustan.com/lifestyle/health/story-how-to-recognize-sudden-drop-in-blood-sugar-level-in-the-morning-know-what-to-do-first-9511187....> 2/4

शुगर लेवल कम होनेपर शरीर मेंक्या बदलाव दिखतेहैं?

तेजी सेदिल धड़कना- बढ़ी हुई हार्ट बीट शुगर लेवल कम होनेका संकेत हो सकती है। दरअसल, यह ब्लड को ज्यादा तेजी सेपंप करके ग्लूकोज की कमी की भरपाई करने

की कोशिश करता है।

कंपन- लो ब्लड शुगर होनेपर शरीर की तनाव प्रतिक्रिया के कारण कंपकंपी हो सकती है।

पसीना- ज्यादा पसीना आना लो ब्लड ग्लूकोज का लक्षण हो सकता है।

घबराहट या बेचैनी- लो ब्लड शुगर शरीर की तनाव प्रतिक्रिया के कारण घबराहट या चिंता की भावना पैदा कर सकता है।

सिरदर्द- लो ब्लड शुगर के कारण रक्त वाहिकाओं और मस्तिष्क की कार्यप्रणाली पर प्रभाव पड़नेकी वजह सेसिरदर्द हो सकता है।

ब्लड शुगर लो होनेपर क्या करें?

अगर सुबह के समय आपका ब्लड शुगर लेवल कम हो गया हैतो 15-15 नियम को फॉलो करें। इसेअपनानेके लिए 15 ग्राम तेजी सेकाम करनेवालेकार्बोहाइड्रेट जैसे

ग्लूकोज की गोलियां, बिस्कुट, फलों का रस या नींबू पानी पीएं और फिर 15 मिनट तक इंतजार करें। फिर ब्लड शुगर के लेवल की दोबारा जांच करें। अगर स्तर फिर भी कम

रहता हैतो इस प्रतिक्रिया को ब्लड शुगर स्थिर होनेतक दोहराएं।एं

डिस्कलेमर: इस आर्टिकल मेंबताई विधि, तरीकों व दावों को केवल सुझाव के रूप मेंलें। इस तरह के किसी भी उपचार/दवा/डाइट और सुझाव पर अमल करनेसेपहले

डॉक्टर या एक्सपर्ट सेसलाह लें।

Diabetes: कम उम्र मेंनहीं होना चाहतेडायबिटीज का शिकार, तो बचाव के लिए अपनाएं येटिप्स

## **Kidney Disease**

**Kidney Disease: किडनी को बीमार होनेसेबचाना हैतो डाइट मेंकर लेंयेबदलाव (Hindustan :20240311)**

<https://www.livehindustan.com/lifestyle/health/story-world-kidney-day-2024-what-eat-and-not-to-eat-in-diet-to-keep-healthy-kidney-function-9504283.html>

World Kidney Day 2024: दुनियाभर मेंकाफी सारेलोग किडनी सेहोनेवाली बीमारियों की वजह सेमौत के मुंह मेंचलेजातेहैं। किडनी को हेल्दी रखनेके लिए जरूरी हैकि डाइट मेंकुछ

14 मार्चको हर साल वर्ल्ड किडनी डे मनाया जाता है। जिसका उद्देश्य किडनी के प्रति लोगों के मन मेंजागरुकता फैलाना है। अक्सर लोग शरीर के अंदरूनी अंगों के बारेमें

अनजान होते हैं। और समस्या बढ़ जाने पर ही डॉक्टर के पास पहुंचते हैं। नतीजा किडनी खराब होने या फेलियर का खतरा बन जाता है। ऐसे में जरूरी है कि समय रहते कुछ

सावधानियों को बरता जाए। जिससे किडनी हेल्दी रहे और आप भी।

3/11/24, 10:56 AM world kidney day 2024 what eat and not to eat in diet to keep healthy kidney function - Kidney Disease: किडनी को बीमार होने से बचा ...

[https://www.livehindustan.com/lifestyle/health/story-world-kidney-day-2024-what-eat-and-not-to-eat-in-diet-to-keep-healthy-kidney-function-9504283.h... 2/8](https://www.livehindustan.com/lifestyle/health/story-world-kidney-day-2024-what-eat-and-not-to-eat-in-diet-to-keep-healthy-kidney-function-9504283.h...)

इन बीमारियों का किडनी पर होता है बुरा असर

बीमारी शरीर के अंगों को नुकसान पहुंचाना शुरू कर देती है। इसलिए लाइफस्टाइल और खानपान में बदलाव बेहद जरूरी होते हैं। हाइपरटेंशन, मोटापा, डायबिटीज जैसी कुछ

बीमारियां हैं जो सीधे तौर पर किडनी पर असर डालती हैं। ऐसे में डाइट में बदलाव जरूरी है। जिससे किडनी पर ज्यादा दबाव ना पड़े और वो ठीक से काम कर सके।

नमक की मात्रा पर करें कंट्रोल

किडनी को क्रॉनिक डिजीज से बचाने का सबसे अच्छा तरीका है नमक यानी सोडियम की मात्रा पर कंट्रोल। ज्यादा मात्रा में सोडियम किडनी के ऊपर प्रेशर बनाता है। नमक

ज्यादा खाने की बजाय नेचुरल चीजों को स्वाद के लिए इस्तेमाल करें। किडनी को ठीक से फंक्शन करने के लिए बेहद जरूरी है।

चीनी और कार्ब्स कम खाएं

नमक के साथ ही चीनी और कार्बोहाइड्रेट की मात्रा पर भी कंट्रोल करें। ज्यादा मात्रा में चीनी डायबिटीज को न्योता देती है और मुख्य रूप से इसका असर किडनी पर पड़ता

है। इसलिए कार्बोहाइड्रेट को ऐसे फूड से लें जिसमें फाइबर भी हो। जैसे साबुत अनाज, ब्लड शुगर लेवल को भी कंट्रोल करेगा।

फाइबर वाले फूड खाएं

डाइट में सब्जियां, फलों को शामिल करें, जिससे अपच की समस्या पैदा ना हो। फाइबर वाले फूड पाचन सही रखने में मदद करते हैं। ज्वार, बाजरा, रागी जैसे मिलेट्स को

खाना शुरू कर दें। ये बॉडी को सारे जरूरी न्यूट्रिएंट्स ट्स जैसे कैल्शियम, आयरन और फास्फोरस देते हैं।

हेल्दी फैट खाएं

फैट बॉडी के लिए जरूरी है लेकिन वो हेल्दी और नेचुरल होना चाहिए। एवाकॉडो, नट्स, सीड्स और जैतून का तेल कुछ ऐसे हेल्दी फैट्स हैं। जिन्हें डाइट में बैलेंस मात्रा में

खाना चाहिए। येहार्ट हेल्थ के लिए भी जरूरी है। साथ ही हेल्दी फैट वजन कंट्रोल करने, ब्लड प्रेशर कंट्रोल करने और डायबिटीज के रिस्क को कम करने में मदद करता है।

जिसका सीधा असर किडनी पर होता है और किडनी हेल्दी बनी रहती है।

ऐप पर पढ़ें

ई-पेपर

ऐप में फ्री

शहर चुनें

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

3/11/24, 10:56 AM world kidney day 2024 what eat and not to eat in diet to keep healthy kidney function - Kidney Disease: किडनी को बीमार होने से बचा ...

<https://www.livehindustan.com/lifestyle/health/story-world-kidney-day-2024-what-eat-and-not-to-eat-in-diet-to-keep-healthy-kidney-function-9504283.h...> 3/8

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World Kidney Day Kidney

पानी पिएं

किडनी ठीक से फंक्शन करती रहे इसके लिए जरूरी है कि शरीर में पानी की मात्रा कम ना हो। रोजाना कम से कम 8 गिलास पानी बेहद जरूरी है। जिससे किडनी को

लगभग सभी बीमारियों से बचाया जा सकता है। ये किडनी में स्टोन होने से भी रोकेंगी।

एल्कोहल से दूरी है जरूरी

अगर आप मॉडरेट लेवल में भी एल्कोहल लेते हैं। तो ये आपकी किडनी को खराब करने के लिए काफी है। यहीं नहीं स्मोकिंग का असर केवल फेफड़ों पर ही नहीं पड़ता

बल्कि ब्लड प्रेशर में गड़बड़ी किडनी की बीमारी को बढ़ा देती है।

## Sleep Problems

### नींद की समस्या दिमाग को कर सकती है खराब, एम्स की स्टडी में हुआ खुलासा (Hindustan :20240311)

<https://www.livehindustan.com/lifestyle/health/story-sleep-problems-can-damage-the-brain-aiims-study-revealed-9504105.html>

Sleep Problems: रात में नींद आने में मुश्किल होना या फिर खरटे का इतिहास रहा है तो आपको सावधान होने की जरूरत है। हाल ही में एम्स के न्यूरोलॉजी विभाग द्वारा किए गए इस अध्ययन के

बारे में जानें।

Avantika Jain लाइव हिन्दुस्तान, नई दिल्ली

Sun, 10 Mar 2024 08:10 AM

हमें फॉलो करें

अच्छी नींद और सेहत का गहरा संबंध है। अगर रात में आपकी नींद अक्सर बाधित होती है और आपको सांस लेने में कुछ रुकावट के साथ खरटे लेने का इतिहास है, तो इसे

हल्के में लें। यह आपकी याददाश्त और दिमाग के दूसरे कामों पर प्रभाव डाल सकता है। एम्स के न्यूरोलॉजी विभाग द्वारा किए गए एक अध्ययन से पता चला है कि

ऑक्सट्रैक्ट व स्लीप एपनिया (ओएसए) के लक्षण और खराब नींद की क्वालिटी का दिमाग पर सीधा असर होता है।

विज्ञापन

ऐप पर पढ़ें

3/11/24, 10:57 AM Sleep problems can damage the brain AIIMS study revealed - नींद की समस्या दिमाग को कर सकती है खराब, एम्स की स्टडी में हुआ खुलासा...

<https://www.livehindustan.com/lifestyle/health/story-sleep-problems-can-damage-the-brain-aiims-study-revealed-9504105.html> 2/7

क्या था अध्ययन का उद्देश्य

अध्ययन का उद्देश्य यह निर्धारित करना था कि क्या ओएसए लक्षण और खराब नींद की क्वालिटी मध्यम आयु वर्ग और बुजुर्ग शहरी भारतीय आबादी में अनुभूति से जुड़ी हुई



है।

इस उम्र के लोगों पर की गई स्टडी

टाइम्स की रिपोर्ट के मुताबिक अध्ययन में दक्षिणी दिल्ली के दो इलाकों वसंत कुंज और मुनिरका के लोगों को शामिल किया गया। जिसमें 50 वर्ष और उससे ज्यादा आयुकी

49% महिलाओं सहित 6,795 व्यक्तियों के डेटा को देखकर पता चला कि ओएसए लक्षण सूचना प्रसंस्करण, स्मृति और सामान्य बुद्धि कारकों के संज्ञानात्मक डोमेन से

नकारात्मक रूप से जुड़े थे। स्तरीकृत विश्लेषण ने मध्यम आयुवर्ग के लोगों (50-60 वर्ष) के संज्ञान पर ओएसए लक्षणों के महत्वपूर्ण प्रतिकूल प्रभाव दिखाए, लेकिन बाद के

आयुसमूहों में नहीं। खराब नींद की गुणवत्ता सामान्य बुद्धि कारक, स्मृति और कार्यकारी डोमेन के लिए कम संज्ञानात्मक स्कोर से भी जुड़ी थी, लेकिन सूचना डोमेन के साथ

नहीं।

क्या कहते हैं शोधकर्ता

शोधकर्ताओं ने कहा कि इन परिणामों का मध्यम आयुवर्ग और अधिक उम्र के वयस्कों में मनोभ्रंश को रोकने के लिए जरूरी प्रभाव है। ओएसए लक्षण और खराब नींद की

कालिटी दोनों परिवर्तनीय जोखिम कारक हैं जिन्हें मध्यम आयु और वृद्ध वयस्कों में संज्ञानात्मक घाटे की रोकथाम के लिए लक्षित किया जा सकता है।

नहीं उठा पाते उपचार का फायदा

अध्ययन में निष्कर्ष निकाला गया कि ओएसए के लक्षणों, इसके प्रतिकूल प्रभावों, उपचार स्वीकार करने की अनिच्छा और कब/किसके लिए उपचार शुरू किया जाए इस पर

डॉक्टरों के बीच दुविधा के कारण, कई व्यक्ति जो न्यूरोडीजेनेरेशन को रोकने के लिए उपचार से फायदा उठा सकते हैं वह भी वंचित रह जाते हैं।

मेमोरी और ब्रेन फंक्शनिंग पर हो सकता है असर

मुख्य अन्वेषक डॉ. कामेश्वर प्रसाद, न्यूरोलॉजी के एमेरिटस प्रोफेसर, एम्स, और अब न्यूरोलॉजी के प्रमुख, फोर्टिस अस्पताल, वसंत कुंज, का कहना है कि जिन व्यक्तियों की

नींद की कालिटी खराब है या ओएसए का कोई संकेत है, उन्हें स्मृति पर किसी भी प्रतिकूल प्रभाव से बचने के लिए उपचार का फायदा उठाना चाहिए ताकि मेमोरी और ब्रेन

फंक्शनिंग पर कोई असर ना हो।

ऐप पर पढ़ें/देखें

ई-पेपर

ऐप मेंफ्री

शहर चुनें

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

3/11/24, 10:57 AM Sleep problems can damage the brain AIIMS study revealed - नींद की समस्या दिमाग को कर सकती है खराब, एम्स की स्टडी में हुआ खुलासा...

<https://www.livehindustan.com/lifestyle/health/story-sleep-problems-can-damage-the-brain-aiims-study-revealed-9504105.html> 3/7

Health Tips In Hindi

कई कामोंमेंहोता हैसमझौता

प्रसाद नेकहा कि जिन लोगों की नींद की क्वालिटी खराब थी, उन्हेंप्लानिंग, डिजाइनिंग, समझ और समस्या समाधान जैसेकामों को लेकर समझौता करना पड़ा।

अच्छी नींद पानेके टिप्स

अध्ययन सदस्य और एम्स के न्यूरोलॉजी के प्रमुख डॉ. मंजरी त्रिपाठी का कहना हैकि व्यक्ति को हर दिन एक ही समय पर सोना और जागना चाहिए। इसके अलावा शराब,

कैफीन, निकोटीन और अन्य उत्तेजक पदार्थों का स

## Cancer और Heart

**Cancer और Heart का इलाज लिए बैठी ये अजीब सी सब्जी, Dr. Bimal ने बताए 5 चौंकाने वाले फायदे(Navbharat Times :20240311)**

<https://navbharattimes.indiatimes.com/lifestyle/health/indian-famous-heart-specialist-dr-bimal-chhajer-told-5-amazing-health-benefits-of-shatavari-or-asparagus/articleshow/108382513.cms>

Shatavari ke fayde: भारत में अधिकतर लोग सिर्फ पालक, करेला, भिंडी या बैंगन जैसी गिनी चुनी सब्जियों का सेवन करते हैं, आपको जानकर हैरानी होगी कि शतावरी पोषक तत्वों से भरी एक ऐसी सब्जी है, जो कैंसर से लेकर दिल के रोग से आपका बचाव कर सकती है।

indian famous heart specialist dr bimal chhajer told 5 amazing health benefits of shatavari or asparagus

Cancer और Heart का इलाज लिए बैठी ये अजीब सी सब्जी, Dr. Bimal ने बताए 5 चौंकाने वाले फायदे

सब्जियां सेहत का भंडार हैं क्योंकि इनमें वो सभी पोषक तत्व पाए जाते हैं, जो शरीर को बीमारियों से बचाने और उसके कामकाज को बेहतर बनाने में मदद करते हैं। पालक, भिन्डी, करेला जैसी आम सब्जियों का खूब सेवन किया जाता है लेकिन कुछ कम खाई जाने वाली सब्जियां सेहत को डबल फायदा देती हैं और उनमें से एक शतावरी (Asparagus) की सब्जी है। यह केवल एक सब्जी नहीं बल्कि जड़ी-बूटी है।

शतावरी के पोषक तत्व? यह एक बारहमासी पुष्प पौधा है, जिसकी दुनिया भर में खेती की जाती है और सब्जी के रूप में इसका सेवन किया जाता है। खास स्वाद और सेहत के फायदों के लिए इसकी काफी तारीफ की जाती है। यह कम कैलोरी वाली सब्जी है, जो फाइबर, विटामिन और मिनरल्स का एक बेहतरीन स्रोत है, जिसमें विटामिन के, सी, ए, फोलेट, पोटेशियम और मैंगनीज शामिल हैं।

शतावरी में एंटीऑक्सीडेंट और फाइटोन्यूट्रिएंट्स जैसे फ्लेवोनॉयड्स, सैपोनिन और पॉलीफेनॉल भी पाए जाते हैं, जो इसके स्वास्थ्य लाभों को बढ़ाते हैं। SAAOL के फाउंडर और भारत के जानेमाने हार्ट के डॉक्टर बिमल छाजेड़ आपको इस शतावरी के फायदे बता रहे हैं।

## Intermediate Fasting

**इंटरमिटेन्ट फास्टिंग से तेज वजन घटाती है ये डाइट, ब्रिटेन के PM भी करते हैं फॉलो, पीते हैं ये चीज(Navbharat Times :20240311)**

<https://navbharattimes.indiatimes.com/lifestyle/health/monk-fast-is-better-for-weight-loss-than-intermittent-dieting/articleshow/108352249.cms?story=3>

ब्रिटेन में इन दिनों खाने-पीने नया ट्रेंड देखने को मिल रहा है, जिसे नाम दिया गया है 5:2 डाइट। इसके तहत 36 घंटे वाली फास्टिंग की जाती है। इसमें व्यक्ति सप्ताह में पांच दिन खाना खाते हैं और 2 दिन अपने कैलोरी इन्टेक को 300-500 तक लिमिट कर देते हैं। फिट रहने का यह नया ट्रेंड यूथ को बेहद भा रहा है।

monk fast is better for weight loss than intermittent dieting

इंटरमिटेंट फास्टिंग से तेज वजन घटाती है ये डाइट, ब्रिटेन के PM भी करते हैं फॉलो, पीते हैं ये चीज

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?

डील देखें

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

ब्रिटेन के प्रधानमंत्री ऋषि सुनक इन दिनों अपनी डाइट 5:2 को लेकर खासे चर्चा में हैं। हाल ही में दिए एक इंटरव्यू के दौरान उन्होंने बताया कि वे रविवार शाम 5 बजे से मंगलवार सुबह 5 बजे तक लगातार 36 घंटे का उपवास करते हैं। इस पूरे समय वे किसी तरह का सॉलिड फूड नहीं खाते। बस केवल चाय, पानी और कैलोरी फ्री ड्रिंक ही पीते हैं।

5:2 डाइट क्या है? प्रधानमंत्री ऋषि सुनक का डाइट रूटीन 5:2 पर आधारित है, जहां व्यक्ति सप्ताह में पांच दिन सामान्य रूप से खाते हैं और बचे हुए दो दिनों में अपने कैलोरी इनटेक को 300 से 500 कैलोरी तक रखते हैं। इतनी कम कैलोरी लेवल को वे एनर्जी ड्रिंक और लिक्विड चीजों से मैनेज करते हैं। कुछ घंटे कम कैलोरी लेने से शरीर फ्यूल के लिए जो फैट शरीर में इकट्ठा हो जाता है, उसे जलाता है। ऋषि सुनक इंटरव्यू के दौरान बताते हैं कि वे फास्ट के दौरान केवल पानी, चाय या ब्लैक कॉफी जैसी चीजें ही लेते हैं।

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हेल्दी सेल्स बनाने की प्रोसेस होती है तेज

हेल्दी सेल्स बनाने की प्रोसेस होती है तेज

फीजिशियन संजय महाजन कहते हैं कि इस तरह के उपवास को मोंक फास्ट भी कहा जाता है। यह डाइट वजन घटाने में मदद करती है और नेचुरल सेलुलर प्रक्रिया ऑटोफैगी को भी एक्टिव करती है। ऑटोफैगी

प्रोसेस डैमेज हुए सेल्स को खत्म कर हेल्दी सेल्स बनाने में मदद करते हैं। जिसकी मदद से शरीर कई तरह की बीमारियों से बचा रहता है।

इस डाइट पर की एक स्टडी के मुताबिक, इस तरह की फास्टिंग करने से शरीर फिजिकली और मेंटली दोनों तरीकों से रिलैक्स होता है। उपवास से वजन कम करने की जर्नी आसान हो सकती है क्योंकि व्रत के दौरान आपकी फैट बर्निंग प्रोसेस तेज हो जाती है।

इंटरमिटेंट फास्टिंग से ज्यादा फायदेमंद

इंटरमिटेंट फास्टिंग से ज्यादा फायदेमंद

जब आप फास्टिंग नहीं कर रहे हो, तो उन दिनों हेल्दी और प्रोटीनयुक्त भोजन करना बेहद जरूरी है। अगर आप हाई कार्ब डाइट ले रहे हैं या फास्ट फूड खा रहे हैं, तो फास्टिंग उतनी कारगर नहीं होगी। डाइटीशियन नेहा भटनागर कहती हैं कि 5:2 डाइट वजन घटाने के लिए इंटरमिटेंट फास्टिंग से ज्यादा प्रभावी है।

जिन दिनों खा रहे हैं, उन दिनों में भी क्या खा रहे हैं उस पर ध्यान देना जरूरी है। उपवास के दौरान आपने कैलोरी कम की और बाकी दिनों में ज्यादा ले ली, तो आपकी बॉडी को कोई फायदा नहीं मिलने वाला। गैर उपवास वाले दिन इसकी अति न करें।