



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20240318

Vitamin pills

Why popping vitamin pills without doctor's prescription may harm you (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/why-popping-vitamin-pills-without-doctors-prescription-may-harm-you-601537>

They are not to be consumed regularly without confirming the deficiency through blood tests

While it may seem fancy to take vitamin supplements daily, regular consumption without consulting a doctor may be detrimental to your health, warned health experts on Sunday.

Vitamin pills may help people with deficiencies, the elderly or pregnant women, but research has shown that overdose may result in problems like digestive issues, kidney stones and even heart disease. The pills are also not a substitute for a healthy diet.

“Without medical supervision, using multivitamin pills or calcium on a regular basis can have negative health consequences. Taking too much of these supplements might result in overdosing, which can harm organs over time and cause symptoms like nausea, vomiting and stomach pain,” Senior Consultant Mohan Kumar Singh of Department of Internal Medicine at Marengo Asia Hospital in Gurugram, told IANS.

“These supplements may also interfere with prescribed medicines, reducing their effectiveness or perhaps resulting in negative side effects. Taking too many multivitamins might throw off the body's natural nutrient balance, sometimes resulting in imbalances or deficiencies. Nutritional

imbalances can be made worse by specific vitamins or minerals interfering with the usage or absorption of other nutrients,” he added.

Multivitamins typically contain about 26 different vitamins and minerals, often providing 100 per cent of the recommended daily allowance of these micronutrients.

However, “multivitamins are not required by everyone and should not be considered a replacement of a balanced diet inclusive of fruits, vegetables, nuts, legumes, healthy fats, and proteins,” Lead Consultant Tushar Tayal at CK Birla Hospital in Gurugram, told IANS.

He noted that multivitamins should not be consumed regularly without confirming the deficiency through blood tests.

Fractures

Men have greater risk of fractures from falls than women: Study (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/men-have-greater-risk-of-fractures-from-falls-than-women-study-601207>

The analysis of data recommended that previous falls are a factor that should be included in patients’ histories used by fracture risk assessment tools.

A recent study titled “A meta-analysis of previous falls and subsequent fracture risk in cohort studies” found links between self-reported falls and increased fracture risk, as well as a slightly greater risk of fracture in men than in women.

Published in Osteoporosis International, this international meta-analysis of data pooled from 46 prospective cohorts comprising over 900,000 individuals also recommended that previous falls are a factor that should be included in patients’ histories used by fracture risk assessment tools like FRAX (Fracture Risk Assessment) Tool to calculate a person’s likelihood of getting a fracture over the next decade. FRAX is the most commonly used assessment to predict fracture risk.

“FRAX was developed using longitudinal data from studies around the world. Although previous falls have long been recognised as a significant risk factor for fractures, until now, they have not been factored into the FRAX algorithm,” said Douglas P Kiel, MD, MPH, director of Musculoskeletal Research Centre and senior scientist at Hinda and Arthur Marcus Institute for Aging Research at Hebrew SeniorLife, a nonprofit, Harvard Medical School affiliated institution. “In this newly updated FRAX dataset, previous falls were included as a risk factor and were found

to increase the risk for fracture. These findings underscore that falls are an important contributor to fracture in both men and women, but interestingly, slightly more in men.”

Key findings of the meta-analysis include:

Increased Fracture Risk: Individuals with a history of falls within the past year were found to have a significantly higher risk of any clinical fracture, osteoporotic fracture, major osteoporotic fracture, and hip fracture. One or more previous falls were significantly associated with an increased risk of death among women and men.

Sex Disparities: The association between previous falls and fracture risk was observed to vary by sex, with men exhibiting higher predictive values compared to women.

Independent Risk Factor: The increased fracture risk linked to previous falls was largely independent of bone mineral density, emphasising the standalone significance of falls as a risk factor. A previous fall in the past year confers a significantly increased risk of any clinical fracture, osteoporotic fracture, and hip fracture with the increase in risk varying between 36 per cent and 59 per cent depending on the fracture outcome and sex.

“These findings underscore the importance of incorporating previous falls into the FRAX algorithm,” Dr Kiel added. Integrating this information into tools like FRAX can enhance their predictive accuracy and ultimately help healthcare providers to more accurately predict fracture risk and tailor preventive strategies accordingly to improve patient outcomes.

Covid-19 origin

Covid-19 origin in more probability unnatural than natural, lab leak potential source: New study(The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/covid-19-origin-in-more-probability-unnatural-than-natural-lab-leak-potential-source-new-study-601180>

The study, findings of which were published in the journal Risk Analysis, said the possibility of a laboratory origin of the Covid pandemic cannot be easily dismissed

Covid-19 origin in more probability unnatural than natural, lab leak potential source: New study

The Covid-19 pandemic in more probability had an unnatural origin than a natural one with a potential source being a lab accident or leak, according to new research that employed a commonly used risk analysis tool to arrive at this conclusion.

Originally designed to distinguish between natural epidemics and deliberate biological attacks, researchers modified the Grunow-Finke Tool (mGFT) by tweaking the criteria to determine the likelihood of the nature of the pandemic's origin.

The study, findings of which were published in the journal *Risk Analysis*, said the possibility of a laboratory origin of the Covid pandemic cannot be easily dismissed.

The mGFT tool, previously applied to smaller outbreaks, contains 11 criteria such as intensity and dynamics of the pandemic, including its rapid and unusual geographic spread, an unusual strain of the SARS-CoV-2 coronavirus and peculiarities in clinical symptoms experienced.

The researchers at the University of New South Wales, Australia, assigned points from one to three to each criterion based on available evidence collected from literature and case data from the public source 'Our World in Data' that gathers information from the WHO, John Hopkins University and official government reports.

Factors such as biological risk of bat virus research at Wuhan Institute of Virology, unusual strain, pandemic intensity and dynamics were assigned points of three, three, and two, respectively, while clinical symptoms was assigned two points.

Each criterion was multiplied by a weighting factor (1-3) to compute a score. A final score of more than 50 per cent favoured unnatural origins, while less favoured natural origins.

The final score that the mGFT algorithm calculated produced a total of 41 out of 60 points. Being more than 50 per cent, the researchers concluded a higher probability of COVID-19 originating unnaturally, with a focus on lab accidents or leaks as potential sources.

Being used in the context of a pandemic for the first time, the researchers said the tool may require further testing and training. Also, higher scores tend to be assigned to criteria such as pandemic intensity and unusual rapid spread, which can lead to overall high scores favouring unnatural origins.

To minimise subjectivity in scoring, the team's results were reviewed by two other experts.

The researchers said the modified GFT provides a risk analysis framework that can be applied to differentiate between natural and unnatural epidemics and the tool should be included in the toolset for investigating the pandemic's origins.

"The strengths of this study include a more comprehensive analysis of factors ranging from traditional virology, epidemiology, and medical factors to situational and other intelligence," the authors wrote in their study.

"The debate about the origins of SARS-COV-2 has been focused largely on medical evidence but not on other intelligence, which is key to identifying unnatural epidemics," the researchers wrote.

ADHD and dyslexia.

Study finds why kids with ADHD, dyslexia suffer language problems (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/study-finds-why-kids-with-adhd-dyslexia-suffer-language-problems-600858>

Abnormality in a brain structure linked with movement may be causing developmental language disorder seen among children with ADHD and dyslexia.

Abnormality in a brain structure linked with movement may be causing the developmental language disorder seen among children with attention-deficit/hyperactivity disorder (ADHD) and dyslexia, according to a new study on Friday.

The abnormalities occur specifically in the anterior neostriatum within the basal ganglia, a structure found deep in the brain, said neuroscientists at Georgetown University Medical Centre.

Their findings, based on an analysis of 22 articles, published in the Nature Human Behaviour journal, can help boost both the diagnosis and treatment of the developmental language difficulties seen in these children.

Using a new computational method, the team determined that “the anterior neostriatum was abnormal in 100 per cent of the studies that examined the structure, with fewer abnormalities in all other parts of the brain”.

“We hope that by identifying the neural bases of developmental language difficulties, we may help increase awareness of a major, but also rather unrecognised, disorder,” said lead author Michael T. Ullman, neuroscience professor and director of Brain and Language Laboratory at Georgetown.

“We caution, however, that further research is necessary to understand exactly how the anterior neostriatum might lead to language difficulties.”

Ullman said drugs that can improve movement impairments due to basal ganglia dysfunction, such as those that act on dopamine receptors, may aid in treatment. He further noted basal ganglia abnormalities may also serve as early biomarkers potentially leading to early therapy.

“Continuing research efforts to further understand the neurobiology of developmental language disorder, especially the role of the basal ganglia, could help the many children who are affected by these problems,” Ullman said.

Smoking habits

How smoking habits influence stroke risk examined (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/how-smoking-habits-influence-stroke-risk-examined-600831>

Researchers have explored in detail how varied smoking habits influence the risk of getting a stroke, in a new study published in the journal eClinicalMedicine.

It found that current smokers are at a higher risk of getting a stroke compared to those who never smoked, with the association being stronger for ischaemic stroke, the most common kind and caused when blood fails to reach the brain. The international study included researchers from St John's Medical College and Research Institute, Bangalore.

Both filtered and non-filtered cigarettes were linked with an increased stroke risk, and passive smoking - exposure to environmental tobacco smoke (ETS) - for more than ten hours a week was found to nearly double the stroke risk, especially that of ischaemic and intracerebral haemorrhage (ICH). ICH is caused by bleeding of a ruptured blood vessel in the brain.

The team also found that in young heavy smokers (more than 20 cigarettes a day) under 50 years of age, stroke risk more than doubled, which was higher compared to increasing 1.5-fold in participants aged 70 and above.

Among those aged 50-59, they observed an 8-fold risk increase of large vessel stroke, involving large vessels supplying blood to the brain.

Regionally, the researchers found that the Western European and North American regions had the highest risk of stroke among current smokers. Data of participants from 32 high-, middle- and low-income countries were analysed, including those from Africa, South Asia (India and Pakistan) and South America. They were recruited from January 2008 to August 2015.

The researchers found that across income levels, stroke risk from smoking was higher in high income countries (HICs) than low- and middle-income countries (LMICs), with younger smokers

at higher risk than older ones. Risk of stroke rose with the number of cigarettes smoked per day, especially in HICs, they said.

The study findings are relevant to global efforts directed at reducing tobacco use and exposure, the researchers said.

Their suggested measures included preventing the youth from initiating and encouraging current smokers to quit, along with legislations aimed at building and supporting a smoke-free environment.

Around 46 per cent of young men in South East Asia were found to be current smokers, while those among young females in Eastern/central Europe/Middle East were found to be over 16 per cent.

Neurological conditions

Neurological conditions now leading cause of ill health and disability globally: Lancet study (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/neurological-conditions-now-leading-cause-of-ill-health-and-disability-globally-lancet-study-600829>

Neurological conditions now leading cause of ill health and disability globally: Lancet study

Neurological conditions such as epilepsy, Alzheimer's disease and dementia are now the leading cause of ill health and disability globally, affecting 3.4 billion people in 2021, according to a major new analysis published in The Lancet Neurology journal.

Globally, the number of people living with, or dying from, neurological conditions such as stroke, Alzheimer's disease and other dementias, and meningitis has risen substantially over the past 30 years. This is due to the growth and ageing of the global population as well as increased exposure to environmental, metabolic, and lifestyle risk factors, the researchers said.

The study suggests that worldwide, the overall amount of disability, illness, and premature death -- a measurement known as disability-adjusted life years (DALYs) -- caused by neurological conditions increased by 18 per cent over the past 31 years, rising from around 375 million years of healthy life lost in 1990 to 443 million years in 2021.

The analysis from the Global Burden of Disease, Injuries, and Risk Factors Study (GBD) 2021 shows that the absolute number of DALYs is increasing in large part due to ageing and growing populations worldwide.

The top 10 contributors to neurological health loss in 2021 were stroke, neonatal encephalopathy (brain injury), migraine, Alzheimer's disease and other dementias, diabetic neuropathy (nerve damage), meningitis, epilepsy, neurological complications from preterm birth, autism spectrum disorder, and nervous system cancers, the researchers said.

Neurological consequences of COVID-19 (cognitive impairment and Guillain-Barre syndrome) ranked 20th, accounting for 2.48 million years of healthy life lost in 2021, they said.

The most prevalent neurological disorders in 2021 were tension-type headaches (around 2 billion cases) and migraines (about 1.1 billion cases). Diabetic neuropathy is the fastest-growing of all neurological conditions, the researchers said.

"The number of people with diabetic neuropathy has more than tripled globally since 1990, rising to 206 million in 2021," said study co-senior author Liane Ong from the Institute for Health Metrics and Evaluation (IHME), University of Washington, US.

"This is in line with the increase in the global prevalence of diabetes," Ong said in a statement.

The research builds on previous GBD study to provide the largest and most comprehensive analysis to compare the prevalence and burden of nervous system disorders between countries on a global scale between 1990 and 2021.

"Every country now has estimates of their neurological burden based on the best available evidence," said study lead author Dr. Jaimie Steinmetz from IHME.

"As the world's leading cause of overall disease burden, and with case numbers rising 59 per cent globally since 1990, nervous system conditions must be addressed through effective, culturally acceptable, and affordable prevention, treatment, rehabilitation, and long-term care strategies," Steinmetz said.

Over 80 per cent of neurological deaths and health loss occur in low- and middle-income countries (LMICs), the researchers said.

Overall, estimates reveal striking differences in nervous system burden between world regions and national income levels, they said.

The study shows that in high-income Asia Pacific and Australasia -- regions with the best neurological health -- the rate of DALYs and deaths were under 3,000 and 65 per 100,000 people, respectively in 2021.

In these regions, stroke, migraine, dementia, diabetic neuropathy, and autism spectrum disorders accounted for most health loss, it found.

In the worst-off regions of western and central sub-Saharan Africa, the rate of DALYs and deaths were up to five times higher (over 7,000 and 198 per lakh people respectively) in 2021, with stroke, neonatal encephalopathy (brain injury), dementia, and meningitis the biggest contributors to years of healthy life lost.

"Nervous system health loss disproportionately impacts many of the poorest countries partly due to the higher prevalence of conditions affecting neonates and children under 5, especially birth-related complications and infections," said Tarun Dua, Head of WHO's Brain Health unit and one of the co-senior authors of the study.

"Improved infant survival has led to an increase in long-term disability, while limited access to treatment and rehabilitation services is contributing to the much higher proportion of deaths in these countries," Dua said.

The researchers highlight that, as of 2017, only a quarter of countries globally had a separate budget for neurological conditions, and only around half had clinical guidelines.

The analysis suggests that modifying 18 risk factors over a person's lifetime --most importantly, high systolic blood pressure -- could prevent 84 per cent of global DALYs from stroke.

Estimates also suggest that controlling lead exposure could reduce the burden of intellectual disability by 63 per cent while reducing high fasting plasma glucose to normal levels could reduce the burden of dementia by around 15 per cent.

World Sleep Day

World Sleep Day: India is facing a sleep health crisis, say experts (The Tribune: 20240318)

<https://www.tribuneindia.com/news/health/world-sleep-day-india-is-facing-a-sleep-health-crisis-say-experts-600830>

Sleeping a minimum of seven hours every day is essential for good health, if not it can affect your body, both physically and mentally.

India is facing a sleep health crisis, that is further soaring diseases affecting the heart and brain, said health experts here on World Sleep Day on Friday.

World Sleep Day is celebrated every year on March 15 to raise awareness about the importance of sound sleep for health and well-being. The theme this year is Sleep Equity for Global Health.

Sleeping a minimum of seven hours every day is essential for good health, if not it can affect your body, both physically and mentally.

According to health experts, sleep deprivation is one of the highest in India among global countries.

This was seen in a survey by the social community platform LocalCircles on World Sleep Day, which showed that 61 per cent of Indians got less than 6 hours of uninterrupted sleep at night in the last 12 months.

The percentage of sleep-deprived Indians has been increasing in the last two years: it was 50 per cent in 2022 and 55 per cent in 2023.

“In India, we're facing a sleep health crisis, which is further intensified by our always-on lifestyle and other stressors. With one of the highest rates of sleep deprivation globally, it's critical for us to re-evaluate our approach to sleep, while recognising its role in preventing non-communicable diseases and maintaining mental and physical health,” Dr. Prabash Prabhakaran, Senior Consultant – Neurology, Apollo Speciality Hospitals, Chennai, told IANS.

Dr. Gajinder Kumar Goyal, Director Cardiology, Marengo Asia Hospitals, Faridabad told IANS that sleep deprivation can affect heart health by increasing blood pressure and heart rate.

“Usually blood pressure dips by 10 to 20 per cent during the night. But with sleep deprivation this does not occur leading to nocturnal hypertension that is linked directly to high incidence of cardiovascular events,” Dr. Gajinder explained.

He noted that sleep-deprived individuals are also more likely to develop diabetes, and high cholesterol and indulge in faulty dietary habits. So adequate and sound sleep of at least 7 hours is essential to keep our heart healthy, the doctor said.

“Sleep quality, affected by poor sleep hygiene and overuse of digital devices, is also causing significant health effects, both physical and mental. We cannot ignore sleep, which occupies a third of an average person's lifespan,” Dr. Lancelot Pinto, Consultant Pulmonologist and Epidemiologist, P. D. Hinduja Hospital & MRC, Mahim told IANS.

Further, lack of sleep is also linked to early dementia, affecting both short and long-term memory, concentration, creativity, and problem-solving abilities, said Dr Satish Nirhale, Consultant Neurologist at DPU Super Specialty Hospital, Pune.

It can also raise mental health problems like irregular mood swings, and anxiety, and potentially lead to depression, he told IANS.

Sickle cell disease

Indigenous drug for sickle cell disease developed (The Hindu:20240318)

<https://www.thehindu.com/sci-tech/health/indigenous-drug-for-sickle-cell-disease-developed/article67959168.ece>

The drug would be the country's first indigenous, room temperature stable drug for sickle cell disease to be available at only 1% of the global price.

This electron microscope image provided by the National Institutes of Health in 2016 shows a blood cell altered by sickle cell disease.

This electron microscope image provided by the National Institutes of Health in 2016 shows a blood cell altered by sickle cell disease. | Photo Credit: AP

Delhi-based Akmus Drugs and Pharmaceutical Limited announced the development of a new drug for sickle cell disease on March 16.

The drug would be the country's first indigenous, room temperature stable drug for sickle cell disease to be available at only 1% of the global price, it said.

Wellness carnival

Rotary Club of Madras celebrates 30 years with a wellness carnival in Chennai (The Hindu:20240318)

<https://www.thehindu.com/sci-tech/health/rotary-club-of-madras-celebrates-30-years-with-a-wellness-carnival-in-chennai/article67945612.ece>

Organised by the Rotary Club of Madras Temple City, the event that boasts diverse programming, will put 'healthy lifestyle' at its centre

The spotlight on holistic health, wellness and self care has become brighter ever since the pandemic. This weekend, a carnival that celebrates the idea of wellness, will focus on why holistic health is the need of the hour. Organised by the Rotary Club of Madras Temple City, the event that boasts diverse programming, will put 'healthy lifestyle' at its centre.

"The Rotary Club of Madras has been doing more than 30 years of work. We spearhead many projects related to education, women's health, environment and water. This time, we wanted to do a fundraiser event that would benefit the general public. That's how the idea of a wellness carnival came about," says Dr Bhuvaneshwari Rajendran.

Diabetes

International body recommends more sensitive test to indicate risk of developing diabetes (The Hindu:20240318)

The IDF has also recommended revising glycaemic thresholds to predict the risk

<https://www.thehindu.com/sci-tech/health/international-body-recommends-more-sensitive-test-to-indicate-risk-of-developing-diabetes/article67959160.ece>

The measure of blood sugar one hour after a 75 gm sugar solution is consumed is likely to be a far more sensitive and practical method to screen for intermediate hyperglycaemia, say experts.

The measure of blood sugar one hour after a 75 gm sugar solution is consumed is likely to be a far more sensitive and practical method to screen for intermediate hyperglycaemia, say experts. | Photo Credit: Getty Images/iStockphoto

The International Diabetes Federation (IDF), in a position statement, has recommended the adoption of a test measuring blood sugar one hour (1-h PG) after the load of Oral Glucose Tolerance Test (OGTT) has been administered to check for diabetes risk. They have also recommended revising glycaemic thresholds to measure and predict the risk of developing diabetes.

Cardio-vascular disease

Re-evaluating prevalence of risk factors for cardio-vascular disease among people in extreme poverty (The Hindu:20240318)

<https://www.thehindu.com/sci-tech/health/re-evaluating-prevalence-of-risk-factors-for-cardio-vascular-disease-among-people-in-extreme-poverty/article67949978.ece>

A new study debunks the conventional belief that CVD is low among the poor; major risk factors including diabetes, hypertension, smoking have a significant prevalence across all sections, regardless of income, experts say

Among those living in extreme poverty who should be taking a statin for secondary prevention of CVD, only 1.1% were on the drugs.

Among those living in extreme poverty who should be taking a statin for secondary prevention of CVD, only 1.1% were on the drugs. | Photo Credit: Getty Images

It has conventionally been assumed that prevalence of cardiovascular disease (CVD) risk factors among those living in extreme poverty in low and middle-income countries (LMICs) is low.

Pharmaceutical firms

Government issues marketing code for pharmaceutical firms (The Hindu:20240318)

<https://www.thehindu.com/sci-tech/health/ucpmp-specifies-the-rules-for-the-use-of-the-words-safe-and-new-for-drugs/article67944189.ece>

The Uniform Code for Pharmaceutical Marketing Practices disallows sponsored gifts, monetary grants or foreign trips for healthcare professionals or their families

The Department of Pharmaceuticals issued the Uniform Code for Pharmaceutical Marketing Practices (UCPMP) 2024 on March 13, specifying the rules of the use of the words “safe” and “new” for drugs, and stated that medical representatives must not employ any inducement or subterfuge to gain an interview, and that they must not pay, under any guise, for access to a healthcare professional.

Food and Nutrition (The Asian Age: 20240318)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17889636>



THE CLASSY ART OF FINE DINING

From A-list celebs to corporate honchos, people are taking lessons on table etiquette to avoid faux pas like clinking glasses while raising a toast or announcing their exit from the dinner table...



ANDREA CUTINHO

From corporate employees to A-list stars and common folks, there is a rising trend of people learning a thing or two about dining etiquette and table manners. Netizens across India felt like two peas in a pod when Miss Universe winner Sushmita Sen did not mince words regarding her naivety with table manners. Despite her wealth and widespread influence, Sen bared her soul about an awkward experience wherein she was unaware that as the guest of honour she needed to initiate the meal first for others to begin. From business dinners to casual dine-ins, dining etiquette coaches are using their forks and spoons as weapons to combat the issue of poor table manners.

FINE DINE EXPERIENCE

In India, food is usually eaten with the right hand. Many individuals struggle to eat with a fork, spoon, and knife in formal dinners. Aditi Malhotra, founder and image consultant, Prink Image Styling, who teaches dining etiquette to children, corporate employees, and individuals says, "The crux of dining etiquette is about making others comfortable in sharing their space with you. If the host is eating with their hands, follow suit subtly without going all in."

She adds, "In formal meetings, using a fork and knife is a must to avoid drawing harsh attention and ensuring people of different cultures and backgrounds feel at ease." Aditi, who has trained corporate employees for business dinners, says that one should always start the meal with the napkin on the table and place it on your lap when seated. Hold the fork on the left hand and the knife on the right during meals.



If the host of the meal eats with their hand, subtly follow suit without making a mess



“SIMPLE ACTIONS, LIKE ADDING SALT AND PEPPER BEFORE TASTING, CAN GIVE OUT AN IMPRESSION OF IMPULSIVENESS. SIMILARLY, HEAVING TOO MUCH FOOD MAY BE INTERPRETED AS GREEDINESS.”

— MANIK KAUR, *etiquette and personality development coach*



“ONE SHOULD EMBRACE THE PRIDE OF INDIAN CULTURE IN EATING WITH YOUR HANDS, BUT ALSO RECOGNISE THE NEED FOR ADAPTATION WHEN DINING FORMALLY FOR MEETINGS.”

— MINOCHER PATEL, *founder director, Ecole Solitaire*

How can an individual relish the beauty of traditional Indian meals which are eaten by hand? Aditi says, "For dosas, flatbreads or roti, keep it tidy and use two fingers and a thumb to break it into small pieces and relish the cuisine without chewing loudly or making a mess on the plate and table."

TABLE MANNERS

- Sushmita Sen joined a dining etiquette class after winning the 1994 Miss Universe Title
- Neena Gupta teaches her Insta followers the fork and knife rules
- Dap the napkin to clean the mouth instead of wiping the mouth and hands
- Remain seated till the oldest person finishes eating as a sign of respect
- French and Europeans eat burgers with a fork and knife to avoid spillage and maintain hygiene
- Eating food with fingers is a cultural practice and it increases the sensory experience of taste
- To cross, lick, and stick chopsticks vertically into a bowl of rice is considered rude in Japan and other Asian countries
- In Russia, it is considered impolite to rest your wrists on your lap



FOOD FOR THOUGHT

The significance of dining etiquette is now permeating through children of all ages, who are adept at quick learning and imitation by observing their hosts. These children are perceived as well-mannered, respectful, and cultured as grown adults. Dining etiquette training remains imperative for CMOs, CEOs of multinational organisations and startups. Manik Kaur, an etiquette and personality development coach says that it is important for children to learn appropriate table manners and knowledge of basic cutlery while having food. "By embodying polished manners that resonate with diverse cultures, representatives from companies and businesses



“IN FORMAL MEETINGS, USING A FORK AND KNIFE IS A MUST TO AVOID DRAWING HARSH ATTENTION AND ENSURING PEOPLE OF DIFFERENT CULTURES FEEL AT EASE.”

— ADITI MALHOTRA, *founder, image consultant, Prink Image Styling*

forge meaningful connections that pave the way for successful deals." Manik who teaches dining etiquette to people of all age groups explains the psyche behind dining etiquettes and the personality of a person. "Simple actions, like adding salt

and pepper before tasting, can give out an impression of impulsiveness. Similarly, heaving too much food may be interpreted as greediness," she says.

RESPECT THE CULTURE

There is growing awareness of Western table manners among Indians, especially regarding the proper use of cutlery, and adhering to appropriate table manners. What might traditionally be eaten by hand in some cultures is served with a fork and spoon in others and vice versa.

Minocher Patel, founder director of Ecole Solitaire, who provides dining etiquette training says that one should embrace the pride of Indian culture in eating with your hands, but recognize the need for adaptation when dining formally for meetings or in upscale settings. "In formal settings, eating with cutlery is not about dismissing our traditions, but about acquiring new skills to navigate corporate environments and fit in with the majority," Patel says.

In essence, dining etiquette is not merely about using the correct utensils or following a set of rules. It is about building connections, demonstrating respect, and leaving a lasting impression. By mastering the art of dining etiquette, individuals can elevate every meal into an opportunity to showcase their cultural awareness, and impeccable manners, thereby leaving a positive and lasting impact on those around them.



CAR-T cell therapy

First patient of CAR-T cell therapy in govt hospital trial now cancer-free

22-year-old from Saharanpur returns to college after clinical trial at PGIMER, Chandigarh. (Indian Express: 20240318)

<https://indianexpress.com/article/health-wellness/car-t-cell-therapy-first-patient-in-govt-hospital-trial-cancer-free-9216363/>

Pundir, a resident of Saharanpur, became the first patient in the country to receive the ground-breaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital.

Pundir, a resident of Saharanpur, became the first patient in the country to receive the ground-breaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital. (Express photo)

Twenty-two-year-old Kamal Pundir loves the wind on his face when he runs and doesn't count the steps, he just goes on and on... It's something he has missed immensely ever since he was diagnosed with Acute Lymphoblastic Leukemia (ALL) a year ago. Pundir is now back on his feet, raring to make up for the missed time at college, as he is now completely cancer-free with a novel therapy at a government hospital.

Pundir, a resident of Saharanpur, became the first clinical trial patient in the country to receive the ground-breaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital. Developed by Immuneel, co-founded by famed oncologist Dr Sidharth Mukherjee, this novel therapy for ALL was trialled for PGIMER.

Yoga and Physical Fitness

These 2 pranayama routines control anxiety best: Find out what a study says. (Indian Express: 20240318)

<https://indianexpress.com/article/health-wellness/pranayama-routines-control-anxiety-study-9217420/>

Breathing techniques impact the vagus nerve, says yoga expert Kamini Bobde.

A recent study, published in JAMA Network Open and conducted among doctors, found that Sudarshan Kriya Yoga significantly decreased stress, depression and anxiety compared to other stress management techniques. (Express Photo)

Stress is impacting people's mental and physical health the world over. Amidst this despair, there is research and evidence that your breath holds the key to unlocking the secrets of how to manage these problems.

A recent study, published in JAMA Network Open and conducted among doctors, found that Sudarshan Kriya Yoga significantly decreased stress, depression and anxiety compared to other stress management techniques. All it involves is rhythmic and cyclical breathing. This involves Ujjayi or "victorious breath", which involves experiencing the conscious sensation of the breath touching the throat. This slow breath technique of two to four breaths per minute increases airway resistance during inspiration and expiration and controls airflow. Then there is Bhastrika or "bellows breath," where the air is rapidly inhaled and forcefully exhaled at a rate of 30 breaths per minute.

Diet

North Indian diet high in salt, phosphorus, low in potassium and protein: Why this PGIMER study is a red flag. (Indian Express: 20240318)

<https://indianexpress.com/article/health-wellness/north-indian-diet-salt-phosphorus-potassium-protein-pgimer-study-red-flag-9217138/>

Excessive salt consumption is believed to be a significant trigger of hypertension.(Representative Photo/File)

If you are contemplating butter naan, dal makhni or some chicken do pyaaza this weekend or are a big fan of North Indian cuisine, then you may just be over-consuming salt and phosphorus and could be worsening your hypertension and other co-morbidities.

A study by PGIMER, Chandigarh, and The George Institute for Global Health, India, which tracked the dietary habits of North Indians, found that they consumed a higher-than-recommended intake of salt and phosphorus and were low on protein and potassium. Published in the journal *Frontiers in Nutrition*, the cross-sectional study included more than 400 subjects, healthy adults and adults with chronic kidney disease (CKD). This is the first study to provide a comprehensive assessment of the intake of multiple nutrients by the north Indian p

Brain stroke, Alzheimer's and diabetic

Brain stroke, Alzheimer's and diabetic nerve damage going up sharply: What a new Lancet neuro study means. (Indian Express: 20240318)

<https://indianexpress.com/article/health-wellness/brain-stroke-alzheimers-diabetic-nerve-damage-new-lancet-neuro-study-9215037/>

The most prevalent neurological disorders in 2021 were tension-induced headaches and migraines.

The study says that in 2021, at least 3.4 billion people experienced a nervous system condition. (Representational)

The number of people living with or dying from neurological conditions such as stroke, dementia, Alzheimer's disease and meningitis has risen sharply — by 18 per cent — over the last 30 years, according to a new analysis from the Global Burden of Disease, Injuries and Risk Factors Study (GBD) 2021.

Published in The Lancet Neurology journal, this finding is significant because the health burden of neurological conditions seems to be far greater than previously thought. Also, stroke, migraine and diabetic neuropathy feature high on the disease spectrum.

8 Ayurvedic herbs

8 Ayurvedic herbs to help you lose weight (know how to use them (Indian Express: 20240318)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/8-ayurvedic-herbs-to-help-you-lose-weight-know-how-to-use-them/photostory/108556825.cms?picid=108556832>

In the quest for sustainable weight loss, ancient Ayurvedic wisdom offers a treasure trove of natural remedies. Drawing upon centuries-old knowledge, Ayurveda emphasizes the holistic approach to health, considering not only what we eat but also how we eat, our lifestyle, and our body's unique constitution. Among the many tools Ayurveda offers for achieving and maintaining a healthy weight, certain herbs stand out for their potent weight-loss properties

Triphala, a blend of three fruits—amla (Indian gooseberry), haritaki (chebulic myrobalan), and bibhitaki (belleric myrobalan)—is a cornerstone of Ayurvedic medicine. To harness the benefits of Triphala, steep one teaspoon of Triphala powder in warm water overnight and drink it first thing in the morning on an empty stomach. Add a dash of honey or lemon juice for enhanced flavor and effectiveness.

Guggul, derived from the resin of the *Commiphora mukul* tree native to India, has been used in Ayurvedic medicine for centuries for its numerous health benefits, including weight loss. Guggul contains compounds called guggulsterones, which stimulate the thyroid gland and increase the production of thyroid hormones. This, in turn, boosts metabolism and promotes the breakdown of fats, aiding in weight loss. To enjoy the benefits of guggul, take 500–1000 milligrams of guggul extract twice daily with warm water, preferably before meals. Alternatively, guggul supplements are available in capsule form for convenience.

Trikatu, meaning "three pungents," is a blend of three warming spices—black pepper, long pepper, and ginger. This potent combination stimulates digestion, enhances metabolism, and promotes the burning of fat. To reap the benefits of Trikatu, sprinkle the spice blend on your meals, brew it into a tea by steeping half a teaspoon of Trikatu powder in hot water, or take it in capsule form before meals.

Tulsi, or Holy Basil, is revered in Ayurveda for its myriad health benefits, including its role in weight management. Tulsi helps regulate blood sugar levels, reduce stress, and balance cortisol levels—all of which play crucial roles in weight gain and obesity. To incorporate Tulsi into your routine, brew fresh Tulsi leaves into a tea or add Tulsi powder to your smoothies or meals. Alternatively, Tulsi supplements are available in capsule form for convenience.

Shop Similar Look

Turmeric is a vibrant yellow spice prized for its numerous health benefits, including its potential role in weight management. Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties that may support weight loss by reducing inflammation, improving insulin sensitivity, and enhancing fat metabolism. Turmeric can be incorporated into cooking or consumed as a supplement for its weight loss benefits.

Fenugreek seeds are commonly used in Ayurvedic medicine to aid digestion, regulate blood sugar levels, and promote weight loss. They are rich in soluble fiber, which helps increase satiety, reduce

appetite, and promote the excretion of fat. Fenugreek seeds can be soaked overnight and consumed on an empty stomach or added to meals, soups, or teas to support weight loss efforts.

Ashwagandha, also known as Indian ginseng, is an adaptogenic herb revered in Ayurveda for its ability to combat stress, enhance energy levels, and support overall well-being. Stress management is crucial for weight loss, as chronic stress can lead to imbalances in hormones like cortisol, which may contribute to weight gain. Ashwagandha supplements can be taken orally to help reduce stress and support weight loss efforts.

Cinnamon is a warming spice commonly used in Ayurvedic cuisine for its aromatic flavor and medicinal properties. It may help regulate blood sugar levels by improving insulin sensitivity and reducing insulin resistance, which can support weight loss and prevent sugar cravings. Cinnamon can be added to foods, and beverages, or taken as a supplement to promote weight loss and overall metabolic health.

Tobacco, alcohol

Tobacco, alcohol raises risk of head and neck cancers by 35-fold: Experts (New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16336.htm>

Tobacco and alcohol are the two major reasons behind the rising cases of head and neck cancers (HNC) in India, accounting for a 35-times higher risk, experts said on Sunday.

HNC typically consists of anatomical sub-sites like tongue, mouth, other parts of the pharynx like oropharynx, nasopharynx, hypopharynx, salivary glands, nasal cavity, larynx (voice box), etc.

"India is considered the head and neck cancer capital of the world. Head and neck cancer (HNC) accounts for about 17 per cent of all newly diagnosed cancer cases in India of which mouth cancer in males is most common in India. The lifestyle of people, particularly in the northern regions, where smoking or chewing tobacco is common, is a significant cause of the high burden of head and neck cancer," Dr. Mudit Agarwal, Unit Head & Senior Consultant, Head & Neck Oncology, Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), told IANS.

"Compared to the Western countries (with a prevalence of 4 per cent), HNC accounts for 27.5 per cent of all cancers in India. These cancers are most common in our male population and are fourth

in incidence among females," added Dr Ashish Gupta, Chief Oncologist, Unique Hospital Cancer Centre, Delhi who is heading Cancer Mukh Bharat Campaign in India.

The experts blamed changing lifestyles, increased longevity, and addiction to tobacco and alcohol. "Tobacco (smoked or chewable forms), alcohol, areca nut (pan masala), and dietary malnutrition are common etiological factors which are also important downstream social determinants. Heavy users of both tobacco and alcohol have a 35-fold higher risk of head and neck cancers," Dr Ashish told IANS.

In India, unfortunately, 60-70 per cent of patients come at an advanced stage, as a consequence of which most receive radical treatment which may be disfiguring to some extent.

However, with medical advancements like jaw reconstruction surgery, computer-assisted 3D designing technology, and facial reanimation techniques, the treatment now emphasises patient rehabilitation, Mudit said.

Vitreotomy

Vitreotomy: The surgery to treat retinal damage due to diabetes or digital screens (New kerala:20240318)

<https://www.newkerala.com/news/2024/16292.htm>

Uncontrolled diabetes and increased use of digital screens may affect your retina, requiring vitrectomy -- a surgical procedure that Aam Aadmi Party MP Raghav Chadha is reportedly set to undergo in the UK, doctors said on Sunday.

Media reports, citing party sources, stated that the AAP Rajya Sabha member will undergo vitrectomy surgery in the UK to prevent retinal detachment.

Vitreotomy is a surgical technique used to remove the gel-like fluid that fills the eye and is called the vitreous gel.

"Vitreotomy is a procedure to remove the gel behind the lens. It is a part of surgery for retina problems. It is performed in retinal disorders like diabetic retinopathy, age-related macular degeneration, and retinal detachment," Dr Rohit Saxena, Professor, Dr R.P. Centre for Ophthalmic Sciences at AIIMS, Delhi, told IANS.

People experiencing a retinal detachment are likely to witness reduced vision and the sudden appearance of floaters with occasional flashes of light.

While there is no direct link between vitrectomy and increased use of smartphones and gadgets, Dr Mahipal Singh Sachdev, Chairman and MD, Centre for Sight, New Delhi, told IANS that prolonged use of digital devices can contribute to eye strain and dry eyes that may necessitate vitrectomy in some cases.

"Eye strain from digital screens can exacerbate existing eye conditions, such as diabetic retinopathy or retinal detachment, which may eventually require vitrectomy if left untreated," he added.

The doctors called for maintaining general eye health and routine eye exams with an optometrist or ophthalmologist to discover any eye issues, which may cause complications necessitating surgery to prevent vitrectomy.

"Control of diabetes, early and regular examination of the retina in cases of myopia and any retinal disorders," said Dr Saxena.

"Controlling blood sugar levels is crucial to avoid diabetic retinopathy," added Dr Sachdev.

They also suggested people using smartphones and other gadgets frequently take regular breaks to reduce the risk of eye strain and dry eyes.

"Follow the 20-20-20 rule (looking away from the screen every 20 minutes at anything 20 feet away for 20 seconds), and practise proper eye hygiene," Dr Sachdev said.

vitamin supplements

Why popping vitamin pills without doctor's prescription may harm you(New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16259.htm>

While it may seem fancy to take vitamin supplements daily, regular consumption without consulting a doctor may be detrimental to your health, warned health experts on Sunday.

Why popping vitamin pills without doctor's prescription may harm you Vitamin pills may help people with deficiencies, the elderly or pregnant women, but research has shown that overdose may result in problems like digestive issues, kidney stones and even heart disease. The pills are also not a substitute for a healthy diet.

"Without medical supervision, using multivitamin pills or calcium on a regular basis can have negative health consequences. Taking too much of these supplements might result in overdosing, which can harm organs over time and cause symptoms like nausea, vomiting and stomach pain," Mohan Kumar Singh, Senior Consultant -- Internal Medicine, Marengo Asia Hospital, Gurugram, told IANS.

"These supplements may also interfere with prescribed medicines, reducing their effectiveness or perhaps resulting in negative side effects. Taking too many multivitamins might throw off the body's natural nutrient balance, sometimes resulting in imbalances or deficiencies. Nutritional imbalances can be made worse by specific vitamins or minerals interfering with the usage or absorption of other nutrients," he added.

Multivitamins typically contain about 26 different vitamins and minerals, often providing 100 per cent of the recommended daily allowance of these micronutrients.

However, "multivitamins are not required by everyone and should not be considered a replacement of a balanced diet inclusive of fruits, vegetables, nuts, legumes, healthy fats, and proteins," Tushar Tayal, Lead Consultant, Department of Internal Medicine, CK Birla Hospital, Gurugram, told IANS.

He noted that multivitamins should not be consumed regularly without confirming the deficiency through blood tests, as it can interfere with the absorption of other nutrients or medications, or can even become toxic if too much is taken for a long period.

Mohan said that a person's age, gender, eating habits and pre-existing medical issues are important factors to consider when deciding if they require these supplements.

"Speaking with a medical expert can assist in determining the specific nutritional requirements of each person and, if required, in directing the use of supplements," he noted.

"It is always recommended to get nutrients from a diverse and balanced diet whenever possible. While supplements may be necessary for specific population or under certain circumstances, they should complement, not replace, a healthy lifestyle."

Hormonal birth control

Hormonal birth control raises depression, suicide risk: Musk on women's health (New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16250.htm>

Hormonal birth control raises depression, suicide risk: Musk on women's health

Using hormonal birth control may raise the risk of depression and suicide, said billionaire Elon Musk on Sunday, calling out on the need to understand women's health.

"It is important that women know the effects of hormonal birth control, as it is a significant cause of depression and increases suicide risk," Musk wrote in a post on X.

Noting that it's "not a value statement" but "a public service announcement" the SpaceX founder said that "other forms of birth control do not have these effects."

He posted the comments while sharing the X post of US television commentator and author Ashley St. Clair.

"I've never been on anti-birth control, it can be a life-changing medication for some. However, it does have serious side effects including increased risk of depression and suicide," she wrote in the post.

"When women talk to their doctors about these symptoms, doctors never suggest getting off of the pill or trying alternative, non-hormonal birth control. They typically just prescribe an additional psychiatric medication, put women on a pharmaceutical cocktail," she added.

Hormonal contraceptive methods majorly include oral pills or implants, patches or vaginal rings, which release small amounts of one or more hormones to prevent ovulation. Other methods of contraception include intrauterine devices (IUDs) devices, and condoms.

Several studies have pointed out the risk of depression with hormonal birth control, however, proper research is still lacking. The studies have stressed the role of care providers in making women aware of the potential risk of depression as a side-effect of the medicine.

ICMR survey- cancer services

ICMR survey to assess cancer service availability in UP (New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16236.htm>

The National Institute of Cancer Prevention and Research (NICPR) of Indian Council of Medical Research (ICMR) has initiated a survey of the availability of cancer services in Uttar Pradesh.

NICPR director Dr Shalini Singh had written to mission director of UP National Health Mission, Pinky Jowel, seeking the support of the state health machinery with the survey exercise at the level of primary health centres and district hospitals.

The work has included 16 UP districts and so far, has been completed in Gautam Buddha Nagar, while it is underway in Muzaffarnagar.

The remaining districts where the survey is to be held are Rampur, Agra, Badaun, Lakhimpur Kheri, Lucknow, Auraiya, Lalitpur, Pratapgarh, Ayodhya, Gonda, Gorakhpur, Azamgarh, Jaunpur and Mirzapur.

The survey is significant considering that an estimated 2.1 lakh cases of cancer are reported every year in UP, which is highest among Indian states.

This number is based on information gathered from cancer registries at tertiary care institutions like Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS).

Experts believe that the figure could be an underestimation of the actual size of the problem. Also, the burden on tertiary care centres calls for a need to assess if cancer diagnosis services such as tests and human resources are available at district hospitals and facilities below this level.

Meanwhile, experts at SGPGIMS said available data shows that the lone cause of cancer in every second male patient in the state is tobacco.

Citing data from ICMR's national cancer registry, the doctors said more than 53 per cent of all cancers caused in men were linked to tobacco.

The corresponding figure for women is about 15 per cent, while the average for UP is 37.5 per cent.

The report also showed that the most of these cancers are related to the oral cavity, lung and other upper aero digestive section categories.

“A good majority of patients reach medical centres in advanced stages, where options for curative therapies get limited,” said Prof. Punita Lal, senior faculty at SGPGI's radiotherapy department.

Bariatric and transplant surgery

Collaborative study between bariatric, transplant surgery team provides new hope for ESRD patients(New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16203.htm>

A bariatric and transplant surgery team collaborated on a study that gave people with end-stage renal disease (ESRD) and obesity a new hope.

The study's authors looked at the effects of metabolic and bariatric surgery on ESRD patients, as well as if such surgery may improve their eligibility for kidney transplantation. The findings were published in the Journal of the American College of Surgeons.

"Obesity is a worsening problem in the United States, significantly impacting transplant eligibility. We established the CORT initiative - a collaborative for obesity research in transplantation - recognizing the urgent need to address this issue, especially in underserved populations who suffer the most from obesity-related diseases," said corresponding study author Anil Paramesh, MD, MBA, FACS, professor of surgery, urology, and paediatrics and director of the kidney and pancreas transplant programs at Tulane University School of Medicine.

Patients with ESRD face many difficulties without a transplant; their only alternative is to prolong life through dialysis, a process that is not only costly and time-intensive but also significantly diminishes the quality of life, Dr Paramesh noted.

The study, conducted between January 2019 and June 2023, followed 183 ESRD patients referred for bariatric surgery, with 36 undergoing weight loss surgery and 10 subsequently receiving kidney transplants. Results showed a 27% reduction in average BMI at the time of transplant, alongside improvements in hypertension and diabetes management. This improvement in the management of comorbid conditions enhanced patients' overall health and transplant viability.

With obesity being a major cause of transplant exclusion, this collaborative program represents a path forward for patients who previously would be ineligible, Dr Paramesh said and may help pave the way for increased patient education and access.

"We've seen that bariatric surgery is not just about weight loss; it significantly improves other serious conditions like diabetes, high blood pressure, and sleep apnea. This approach not only helps in reducing the patients' weight to a level where they can safely receive a transplant but also addresses the broader issue of health care disparities, particularly affecting Black and lower-income individuals," said Dr Paramesh.

However, the study also faced challenges, including a high drop-off rate of patients unwilling or unable to undergo surgery, and unique postoperative complications such as hypotension.

"Our findings indicate a pressing need to enhance patient education and support, making sure that potential candidates understand the benefits of weight loss surgery and its role in improving their eligibility for transplant," said Dr Paramesh.

Protein

Study gives insight into role of specific protein in activating immune cells (New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16199.htm>

A new study has discovered a potential therapy target for immune-related conditions such as multiple sclerosis and asthma.

A new study provided light on the role of the protein STAP-1 in activating certain immune cells. Understanding STAP-1's involvement in these cells may help researchers gain a better understanding of immune-related diseases and potential treatments.

The researchers discovered that STAP-1 plays a key role in the activation of T cells, which are white blood cells that help the body defend itself against infections and preserve overall health. T cells are capable of identifying foreign substances that elicit an immune response (antigens) and developing tailored responses to destroy pathogens like bacteria and viruses.

The study, published in *The Journal of Immunology*, investigated how STAP-1 influences immune response. The researchers showed that it acts as an intermediary, facilitating communication between different proteins within the cells and enabling the transmission of signals from one molecule to another.

"Our findings provide valuable insights into the molecular mechanisms underlying T cell activation and the development of immune disorders," says Tadashi Matsuda, a Hokkaido University professor who led the study. "We found that STAP-1 plays an important role in regulating immune responses, particularly in the activation and functioning of T cells."

T cells need two signals to become activated and initiate an immune response. The first signal involves the recognition of antigens presented by other cells, known as antigen-presenting cells. The antigens are recognized by the T cell receptor, a protein complex found on the surface of T cells. The second signal consists of co-stimulatory signals provided by molecules on the antigen-presenting cells.

The researchers found that STAP-1 helps T cells communicate and respond to signals, particularly those triggered by the T cell receptor. T cells lacking STAP-1 had trouble receiving and transmitting signals properly, reducing the production of certain immune molecules called cytokines. Cytokines can cause inflammation or autoimmune diseases, in which the immune system mistakenly attacks healthy tissues and organs.

Osteoporosis

Men have greater risk of fractures from falls than women: Study (New Kerala: 20240318)

<https://www.newkerala.com/news/2024/16176.htm>

A recent study titled "A meta-analysis of previous falls and subsequent fracture risk in cohort studies" found links between self-reported falls and increased fracture risk, as well as a slightly greater risk of fracture in men than in women.

Published in Osteoporosis International, this international meta-analysis of data pooled from 46 prospective cohorts comprising over 900,000 individuals also recommended that previous falls are a factor that should be included in patients' histories used by fracture risk assessment tools like the FRAX (Fracture Risk Assessment) Tool to calculate a person's likelihood of getting a fracture over the next decade. FRAX is the most commonly used assessment to predict fracture risk.

"FRAX was developed using longitudinal data from studies around the world. Although previous falls have long been recognized as a significant risk factor for fractures, until now, they have not been factored into the FRAX algorithm," said Douglas P. Kiel, M.D., MPH, director of the Musculoskeletal Research Center and senior scientist at the Hinda and Arthur Marcus Institute for Aging Research at Hebrew SeniorLife, a nonprofit, Harvard Medical School affiliated institution. "In this newly updated FRAX dataset, previous falls were included as a risk factor and were found to increase the risk for fracture. These findings underscore that falls are an important contributor to fracture in both men and women, but interestingly, slightly more in men."

Increased Fracture Risk: Individuals with a history of falls within the past year were found to have a significantly higher risk of any clinical fracture, osteoporotic fracture, major osteoporotic fracture, and hip fracture. One or more previous falls were significantly associated with an increased risk of death among women and men.

Sex Disparities: The association between previous falls and fracture risk was observed to vary by sex, with men exhibiting higher predictive values compared to women.

Independent Risk Factor: The increased fracture risk linked to previous falls was largely independent of bone mineral density, emphasizing the standalone significance of falls as a risk factor. A previous fall in the past year confers a significantly increased risk of any clinical fracture,

osteoporotic fracture, and hip fracture with the increase in risk varying between 36 per cent and 59 per cent depending on the fracture outcome and sex.

These findings underscore the importance of incorporating previous falls into the FRAX algorithm," Dr. Kiel added. Integrating this information into tools like FRAX can enhance their predictive accuracy and ultimately help healthcare providers to more accurately predict fracture risk and tailor preventive strategies accordingly to improve patient outcomes.

Hot Flashes Symptoms

आखिर क्यों होती है Hot Flashes की समस्या, जानिए इसके लक्षण और कैसे निपटें (Hindustan: 20240318)

<https://www.livehindustan.com/lifestyle/health/story-symptoms-of-hot-flashes-and-how-to-deal-with-it-9562117.html>

Hot Flashes Symptoms: हॉट फ्लैशेज मेनोपॉज का एक कॉमन लक्षण है। इस समस्या में अचानक तेज पसीना आ सकता है और चेहरे पर रेडनेस दिखने लगती है। यहां हॉट फ्लैशेज

के लक्षण और इससे निपटने के तरीके बता रहे हैं।

हॉट फ्लैशेस हॉर्मोन असंतुलित होने की वजह से होता है। जिसकी वजह से शरीर में गर्माहट और बैचेनी-सी महसूस होने लगती है। ये समस्या महिलाओं को मेनोपॉज

के बाद महसूस होती है क्योंकि मेनोपॉज के बाद शरीर में मौजूद सेक्स हार्मोन्स जैसे एस्ट्रोजन हार्मोन्स का असंतुलन होने लगता है। यदि वक्कत पुरुषों को भी हो

सकती है, दरअसल एक उम्र के बाद टेस्टोस्टेरोन हार्मोन्स का लेवल कम होने की वजह से ऐसा होता है।

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

3/18/24, 11:04 AM Symptoms of Hot Flashes and how to deal with it - आखिर क्यों होती है Hot Flashes की समस्या, जानिए इसके लक्षण और कैसे निपटें, हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-symptoms-of-hot-flashes-and-how-to-deal-with-it-9562117.html> 2/8

विज्ञापन

हॉट फ्लैशेज के लक्षण (Hot Flashes Symptoms)

- अचानक सेतेज गर्मी महसूस होना शामिल है।
- शरीर के ऊपरी भाग में ज्यादा पसीना आना।
- चेहरे, गर्दन, कान, छाती और अन्य भागों में ज्यादा गर्मी लगना।
- उंगलियों में झनझनाहट होना।
- हार्ट बीट सामान्य से अधिक होना।

हॉट फ्लैशज की समस्या से कैसे बचाव (Hot Flashes Prevention)

हॉट फ्लैशज में सुधार के लिए लाइफस्टाइल में बदलाव करने की कोशिश करें। अगर हॉट फ्लैश के कारण आपको रात में जागना पड़ता है, तो अपने कमरे का

तापमान कम करें और सोने से पहले थोड़ी मात्रा में ठंडा पानी पीएं

- हल्के कपड़े पहनने की कोशिश करें।
- हॉट फ्लैशज से बचाव के लिए एक पोर्टेबल पंखा साथ रखें।
- शराब, मसालेदार खाने और कैफीन से बचें।
- अगर आप धूम्रपान करते हैं, तो इसे अवॉइड करें।
- हेल्दी वजन बनाए रखने की कोशिश करें।
- माइंडफुलनेस मेडिटेशन की प्रैक्टिस करें।

हॉट फ्लैशज से राहत पाने के घरेलू उपाय (Home Remedies For Hot Flashes)

3/18/24, 11:04 AM Symptoms of Hot Flashes and how to deal with it - आखिर क्यों होती है Hot Flashes की समस्या, जानिए इसके लक्षण और कैसे निपटें, हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-symptoms-of-hot-flashes-and-how-to-deal-with-it-9562117.html> 3/8

Sponsored Links by Taboola

Menopause Health Tips

- एक चम्मच एप्पल साइडर विनेगर को एक गिलास पानी में मिलाकर रोज 1-2 बार लें। इसमें एंटी-इंफ्लामेटरी गुणगु होते हैं, जो स्ट्रेस या तनाव को कम करने में मदद करता है।
- एक कप पानी में छिली हुई अदरक को 5 मिनट तक उबाल लें, फिर ठंडा होने के बाद थोड़ा शहद मिलाकर रोज दो सेतीन बार लें। अदरक में एंटी-ऑक्सीडेंट और

एंटी एं -इंफ्लामेटरी गुणगु होतेहै, जो मानसिक तनाव को कम करनेके साथ शरीर के हार्मोन्स को भी संतुलित करती हैं।

Okra Water: भिंडी का पानी पीनेसेमिलेंगेगजब के फायदे, जानिए कैसेबनाएं

यह भी पढ़ें

You May Like

Max Life Term Plan

The Care Lab

Hear.com

₹1 करोड़ टर्मप्लान जो आपको और गंभीर बीमारियों को कवर करे

₹1 करोड़ का टर्मप्लान जो आपके परिवार को सुरक्षा दे और अतिरिक्त फायदे प्रदान करेजैसेदुर्घटना कवर, 64 गंभीर बीमारियां* और भी बहुत कुछ सिर्फ ₹841/महीने* पर! (*नियम व

शर्तेंलागू)गू

दर प्राप्त करें

High Sugar Level up to 400? Don't Worry its Easily Manageable.

Learn More

भारत मेंए कान की मशीनों की कीमत (और आकार) आपको चौंका देगी

ऐप पर पढ़ेंढ़ेंढ़ें

3/18/24, 11:04 AM Symptoms of Hot Flashes and how to deal with it - आखिर क्यों हो ती है Hot Flashes की समस्या , जा नि ए इसके लक्षण और कैसे नि पटें , हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-symptoms-of-hot-flashes-and-how-to-deal-with-it-9562117.html> 4/8

Okra Water

लाइफस्टाइल हेल्थ Okra Water: भिंडी का पानी पीनेसेमिलेंगेगजब के फायदे, जानिए कैसेबनाएं(Hindustan: 20240318)

Okra Water: भिंडी का पानी पीनेसेमिलेंगेगजब के फायदे, जानिए कैसेबनाएं

Benefits Of Okra Water: भिंडी एक ऐसी सब्जी हैजिसेअलग-अलग तरीकों सेबनाया जा सकता है। लेकिन क्या आप जानतेहैंकि भिंडी का पानी पीनेसेभी सेहत को फायदा मिवल

सकता है। देखिए इसेबनानेका तरीका-

Bhindi Ka Pani Peene ke Fayde: भिंडी एक ऐसी सब्जी हैजिसेहर उम्र के लोग खाना पसंद करतेहैं। इसेलोग अलग-अलग तरीके सेबनाना पसंद करते

हैं। टेस्टी होनेके साथ-साथ भिंडी बेहद हेल्दी भी होती है। कुछ एक्सपर्ट्स कहतेहैंकि भिंडी का पानी भी काफी ज्यादा फायदेमंद होता है। यहां हम बता रहेहैंभिंडी

का पानी पीनेके फायदे और इसेकैसेबनाएं और पीनेका सही समय।

3/18/24, 11:04 AM Symptoms of Hot Flashes and how to deal with it - आखिर क्यों हो ती है Hot Flashes की समस्या , जानिए इसके लक्षण और कैसे निपटें , हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-symptoms-of-hot-flashes-and-how-to-deal-with-it-9562117.html> 5/8

1) वजन घटानेमेंफायदेमंद- वजन घटानेके लिए भिंडी का पानी सकतेहैं। भिंडी विटामिन बी, सी, फोलिक एसिड, फाइबर आदि सेभरपूर होती है, जो वजन घटाने

को बढ़ावा देनेके लिए आपकी भूख को नियंत्रित करनेमेंमदद कर सकतेहैं। इसके अलावा, यह ड्रिंक आपको हाइड्रेटेड रहनेऔर मेटाबॉलिज्म को बढ़ावा देनेमेंभी

मदद कर सकता है।

2) डायबिटीज के लिए भिंडी का पानी- भिंडी घुलनशील और अघुलनशील दोनों तरह के फाइबर का एक समृद्ध स्रोत है, जो ब्लड शुगर को नियंत्रित करनेमेंबहुत

फायदेमंद है। येखानेसेकार्बोहाइड्रेट के अवशोषण को धीमा कर देतेहैं।

3) इम्यूनिटी के लिए भिंडी का पानी- भिंडी फ्लेवोनोइड्स या एंटी एं ऑक्सीडेंट सेभरपूर होती है। येयौगिक शरीर मेंमुक्त कणों सेहोनेवालेनुकसान के खिलाफ

एक्टिव रूप सेकाम करतेहैं, जिससेइम्यून हेल्थ को बढ़ावा मिलता है।

4) हृदय स्वास्थ्य के लिए भिंडी का पानी- अध्ययनों का मानना हैकि भिंडी मेंऐसेयौगिक शामिल हैंजो खून मेंकोलेस्ट्रॉल के लेवल को नियंत्रित करनेमेंमदद करते

हैं। इससेकई स्वास्थ्य संबंधी समस्याओं के जोखिम को कम करनेमेंमदद मिल सकती है।

कैसेबनाएं भिंडी का पानी

इसे बनाने के लिए बस ताजी भिंडी को काट लें, फिर उन्हें रात भर पानी में भिगो दें। अगली सुबह इन भीगी हुई भिंडी को निचोड़ लें और स्लाइम को पानी में मिला लें।

अब ये पानी पियें।

भिंडी का पानी पीने का सबसे अच्छा समय

वजन घटाने और पाचन को ठीक रखने में सुबह या खाने से पहले भिंडी के पानी को पीएं। भिंडी के

Heart Attack Risk

Heart Attack Risk: पसंदीदा दाल मखनी, बटर नान जैसा खाना बढ़ा रहा हार्ट अटैक का खतरा, स्टडी में सामने आई चौंका चौं ने वाली बात (Hindustan: 20240318)

<https://www.livehindustan.com/lifestyle/health/story-north-indian-foods-increase-heart-attack-risk-lack-of-protein-potassium-balance-nutrients-in-diet-9557032.html>

Heart Attack Risk: चंडीगढ़ में हुई स्टडी में पता चला है कि नॉर्थ इंडिया के लोग भले ही टेस्टी फूड्स खाते हों लेकिन इन लोगों में पौष्टिक आहार के सही बैलेंस की कमी है और

सोडियम और फास्फोरस ज्यादा है।

दाल मखनी, बटर नान, छोले भटूरे, चिकन दो प्याजा जैसी डिश ज्यादातर लोगों को पसंद आती है। खासतौर पर पंजाब, हरियाणा और उत्तर प्रदेश के लोग इस

डिश के दीवाने रहते हैं। घर से लेकर रेस्टोरेंट में वो ऐसी डिश को खाना पसंद करते हैं। लेकिन पीजीआईएमईआर. चंडीगढ़ और द जॉर्ज इंस्टीट्यूट फॉर

ग्लोबल हेल्थ, इंडिया की ओर से की गई स्टडी में पता चला है कि इस तरह के खाने से लोग सोडियम और फास्फोरस की ज्यादा मात्रा खा रहे हैं। जो हाइपरटेंशन

और दूसरी बीमारियों को पैदा कर रहा है।

ऐप पर पढ़ें/देखें

ई-पेपर शहर चुनें

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

3/18/24, 11:07 AM north indian foods increase heart attack risk lack of protein potassium balance nutrients in diet - Heart Attack Risk: पसंदीदा दाल म...

विज्ञापन

पीजीआएमईआर चंडीगढ़ ने उत्तर भारत के लोगों के खाने की आदत को ट्रैक किया तो पाया कि डब्ल्यूएचओ की तय की गई मात्रा से ज्यादा सोडियम को

कंज्यूम कर रहे हैं। वहीं साथ में उनकी डाइट में फास्फोरस की मात्रा भी ज्यादा है और प्रोटीन. पोटैशियम जैसे न्यूट्रिशन कम हैं। ये पहली ऐसी स्टडी है जिसमें

400 से ज्यादा सब्जेक्ट, हेल्दी एडल्ट और क्रॉनिक किडनी रोग वाले मरीज शामिल थे।

स्टडी में सामने आई ये बात

स्टडी में पता चला कि अलग-अलग बॉडी मास इंडेक्स के महिलाएं और पुरुष डेली डाइट में डब्ल्यूएचओ की तय 2 ग्राम से 5 ग्राम मात्रा से ज्यादा सोडियम ले रहे

हैं। करीब 65 प्रतिशत लोग रोजाना 8 ग्राम सोडियम खा रहे हैं।

ज्यादा नमक बना देगा बीमार

ज्यादा नमक की मात्रा हाइपरटेंशन को बढ़ाता है। जैसे ही सोडियम का स्तर बढ़ता है, शरीर उन्हें पतला करने के लिए पानी का सहारा लेता है। इससे

कोशिकाओं के आसपास तरल पदार्थ की मात्रा और ब्लड की मात्रा दोनों बढ़ जाती है। ब्लड की मात्रा बढ़ने का मतलब है हार्ट के लिए ज्यादा काम, जिससे हार्ट

ब्लड प्रेशर, हार्ट अटैक और स्ट्रोक का खतरा होता है। यही कारण है कि डॉक्टर मरीजों को ज्यादा नमक, अचार, सॉस, चीज, फ्रोजन फूड्स और सबसे ज्यादा

टेबल सॉल्ट से बचने की सलाह देते हैं।

नमक ही नहीं ज्यादा फास्फोरस से भी होता है हार्ट अटैक का खतरा

नमक के साथ ही फास्फोरस की डेली डोज करीब 7 हजार माइक्रोग्राम तय है। अगर इससे ज्यादा मात्रा में फास्फोरस बॉडी में ज्यादा है तो ये कैल्शियम को

शरीर से बाहर कर देता है। जिससे हड्डियां कमजोर हो जाती हैं। फास्फोरस और कैल्शियम की ज्यादा मात्रा ब्लड वेसल्स, फेफड़े, आंखें, हार्ट में कैल्शियम के

जमने का कारण बनती है। जिससे हार्ट अटैक, स्ट्रोक और कई बार डेथ का भी खतरा बन जाता है।

पोटैशियम की कमी

यहीं नहीं, हीं उत्तर भारत के लोगों में न्यूट्रिशन बैलेंस की कमी स्टडी में देखने को मिली। एब्ल्यूएचओ के मुताबिक साढ़े तीन ग्राम पोटैशियम जरूरी है लेकिन

ज्यादातर लोग तय मात्रा से कम ही पोटैशियम लेते हैं। पोटैशियम का मेन सोर्स नट्स, हरी सब्जियां, फल जैसे कीवी और केला में होता है। लेकिन इस तरह के

खाने में पोटैशियम की भारी कमी होती है।

ऐप पर पढ़ें/देखें

3/18/24, 11:07 AM north indian foods increase heart attack risk lack of protein potassium balance nutrients in diet - Heart Attack Risk: पसंदीदा दाल म...

<https://www.livehindustan.com/lifestyle/health/story-north-indian-foods-increase-heart-attack-risk-lack-of-protein-potassium-balance-nutrients-in-diet-9...> 3/8

Healthy Eating Tips

प्रोटीन की कमी

स्टडी में और भी चौंका चौं ने वाली बात सामने आई है। नॉनवेज फूड पसंद होने के बावजूद नॉर्थ इंडिया के हेल्दी लोग प्रोटीन कम खाते हैं। शरीर के वजन के 0.8 से

1 ग्राम प्रति किलोग्राम की आवश्यकता के मुकाबले, प्रोटीन का सेवन शरीर के वजन के प्रति किलोग्राम 0.78 ग्राम के आसपास रहता है। ये समस्या वेजिटेरियन

लोगों में भी देखने को मिली। वहीं महिलाओं के पोषक तत्वों में पुरुषों के मुकाबले ज्यादा कमी है। हालांकि पुरुषों में भी बैलेंस फूड की कमी देखने को मिली है।