



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240322

Down Syndrome

Down Syndrome: Why prenatal screening should be universal, not age-limited (The Tribune: 20240322)

<https://www.tribuneindia.com/news/health/down-syndrome-why-prenatal-screening-should-be-universal-not-age-limited-602936>

Down Syndrome: Why prenatal screening should be universal, not age-limited

Screening all pregnancies, irrespective of age, may help in early identification of Down syndrome cases, said doctors on World Down Syndrome Day on Thursday.

Children born with the genetic condition have an extra full or partial copy of chromosome 21. They typically experience deficits in brain development, heart disease, thyroid gland dysfunction, vision impairment, and hearing loss.

"It is imperative to adopt universal first-trimester screening, employing biochemical marker measurements in blood and ultrasound examinations, which boasts up to 90 per cent accuracy in identifying foetal risk," said Sheela Nampoothiri, Head of Paediatric Genetics, Amrita Hospital, Kochi, in a statement.

Traditionally, several studies had indicated that those women conceiving at later ages after 35 years had chances of delivering a child with Down syndrome, and thus screening was done only among these women.

"But Down Syndrome being a chromosomal abnormality can happen at any maternal age. Thus, universal screening must be done in all pregnant women irrespective of age to rule out the possibilities of Down syndrome," Vipul Gupta - chief of Neurointervention and co-chief of stroke unit, at Artemis Hospital, Gurugram, told IANS.

Debunking age-based assumptions, Nampoothiri cited a recent study led by her at Amrita Hospital to "reinforce the need for universal screening for Down syndrome to all pregnant women and not only limited to women above 35 years of age".

Of the 418 children with Down syndrome in the study, 78 per cent were born to mothers under 35 years.

"This showcases the alarming situation of otherwise missing such a huge percentage of cases being detected if the screening was only conducted above 35 years of pregnant women," the doctor said.

Vipul noted that although the risk of having a child with Down syndrome increases with maternal age, it's essential to recognise that Down syndrome can occur in pregnancies at any age.

"Foetal protein (serum concentration) is used to screen neural tube defects in the foetus. If any significant amount is lower than the reference then the foetus is suspected for Down Syndrome. Therefore, universal screening ensures that all pregnant individuals can make informed decisions about their healthcare and pregnancy management," the doctor said.

World Health Organization's End-TB milestone 2020

India, world failed to meet World Health Organization's End-TB milestone 2020: Lancet study (The Tribune: 20240322)

<https://www.tribuneindia.com/news/health/india-world-failed-to-meet-world-health-organizations-end-tb-milestone-2020-lancet-study-602583>

GBD study is the largest and most comprehensive effort to quantify health loss across places and over time

India, world failed to meet World Health Organization's End-TB milestone 2020: Lancet study

India's tuberculosis (TB) incidence dropped marginally by 0.5 per cent between 2015 and 2020 and failed to meet the World Health Organization's (WHO's) End-TB milestone for 2020, according to new global research published in The Lancet Infectious Diseases journal. File photo

India's tuberculosis (TB) incidence dropped marginally by 0.5 per cent between 2015 and 2020 and failed to meet the World Health Organization's (WHO's) End-TB milestone for 2020, according to new global research published in The Lancet Infectious Diseases journal.

The WHO End-TB strategy aims for a 90 per cent reduction in TB deaths and an 80 per cent reduction in the incidence rate by 2030, compared to the baseline figures of 2015. The 2020 milestones include a 20 per cent reduction in the TB incidence rate and a 35 per cent reduction in deaths.

The latest study estimated that the incidence of TB across all ages in India was 213 cases per one lakh population in 2020, well above the WHO's milestone figure (for India) of 171 per one lakh population. Deaths due to the bacterial infectious disease in the same year were estimated to be between 3.5-5 lakh, again much above the mortality milestone of 2.7-3.2 lakh set for India.

The study comes ahead of World Tuberculosis Day on March 24.

Despite accelerated progress in reducing TB burden over the past decade, the world failed to attain the first interim milestones of the WHO End-TB strategy in 2020, said the researchers forming the Global Burden Disease (GBD) 2021 Tuberculosis Collaborators. The pace of decline has also differed across age groups, with adults aged 50 years and above having the slowest progress.

Of the 204 countries analysed by the team, 15 met the 2020 TB incidence milestone, while 17 met the mortality milestone. Of the 15, 11 were in sub-Saharan Africa, the researchers said.

Novel case-finding interventions in countries like Nigeria, Tanzania, Cameroon and Kenya helped reduce incidence, and were further supported by improved drug coverage in treating HIV across many countries in the sub-Saharan African region, they said.

Only 17 countries achieved the 2020 End-TB mortality milestone and drug resistance could be an important factor, according to the researchers.

An 'efficacious, safe, and shorter' regimen for treating drug-resistant TB, endorsed by WHO, could have helped reduce deaths, they said. They were referring to the WHO's updated recommendations on treating drug-resistant TB issued in 2020, amidst antibacterial resistance emerging as a major public health threat.

The team also acknowledged the efforts of national social protection interventions in Moldova and Ecuador - two of the 17 countries - that 'markedly increased treatment adherence' and 'potentially prevented drug resistance'.

Around the world, children under 15 years of age were seen to have the largest reductions in TB burden, with incidence falling by 16 per cent and deaths by 34 per cent between 2015 and 2020, even as the burden still remains high in children, according to the authors.

Citing evidence from recent research, they said most of the bacterial disease's transmission occurs outdoors and hence, integrating contact-tracing with community-based strategies of screening and prevention will be 'particularly important for continued progress'.

Globally, adults aged 50 years and above were found to make up 37 per cent of all TB incident cases and 58 per cent of all TB deaths in 2020, and targeting these age groups would be required to meet End-TB targets, the researchers said.

Screening and treating older adults for latent tuberculosis - where symptoms do not present themselves - would be essential. Further, given their high chances of adverse reactions to treatment, the researchers highlighted the importance of developing shorter, less toxic treatments, along with early diagnosis, for achieving the End-TB targets.

About the COVID-19 pandemic's impact on the global TB burden, the researchers cited limited empirical data and underscored the need for continued research, even as they acknowledged many models to have predicted hundreds of thousands of additional TB deaths due to the pandemic.

The GBD study is the largest and most comprehensive effort to quantify health loss across places and over time, according to the Institute for Health Metrics and Evaluation at University of Washington in the US, which coordinates it.

e-cigarettes

Vapes to be banned in New Zealand in bid to prevent minors from taking up habit (The Tribune: 20240322)

<https://www.tribuneindia.com/news/health/vapes-to-be-banned-in-new-zealand-in-bid-to-prevent-minors-from-taking-up-habit-602553>

retailers that sell vapes to children under 18 years of age will face fines of up 100,000 New Zealand dollars (USD 60,000), while individuals will be fined 1,000 New Zealand dollars (USD 600)

New Zealand said on Wednesday it will ban disposable e-cigarettes, or vapes, and raise financial penalties for those who sell such products to minors.

The move comes less than a month after the government repealed a unique law enacted by the previous left-leaning government to phase out tobacco smoking by imposing a lifetime ban on young people buying cigarettes.

New Zealand's Associate Health Minister Casey Costello said on Wednesday that e-cigarettes remain “a key smoking cessation device” and the new regulations will help prevent minors from taking up the habit.

“While vaping has contributed to a significant fall in our smoking rates, the rapid rise in youth vaping has been a real concern for parents, teachers and health professionals,” Costello said.

Under the new laws, retailers that sell vapes to children under 18 years of age will face fines of up to 100,000 New Zealand dollars (USD 60,000), while individuals will be fined 1,000 New Zealand dollars (USD 600).

Other regulations introduced will prevent e-cigarettes from being sold with images that might appeal to young people or with enticing names. AP

Air pollution

Air pollution major source of lung diseases, needs to be controlled: Health experts (The Tribune: 20240322)

<https://www.tribuneindia.com/news/health/air-pollution-major-source-of-lung-diseases-needs-to-be-controlled-health-experts-602251>

There is an urgent need to control it in summer months to ensure air pollution woes do not impact people in the winter.

Air pollution major source of lung diseases, needs to be controlled: Health experts

Air pollution has become a major source of lung diseases and plays a major part in exacerbating other ailments such as diabetes and sleep apnea, health experts said on Tuesday and called for measures to control it.

There is an urgent need to control it in summer months to ensure air pollution woes do not impact people in the winter, they stated.

On the second day of the ‘Illness to Wellness’ summit organised by ASSOCHAM Foundation for CSR, medical practitioners shared their views on how air pollution has become a major source of lung diseases and also plays a major part in exacerbating other ailments.

In a session titled ‘Depleting Air Quality Index: A Potent Threat to Health and Environment’, air pollution’s deadly impact was discussed to throw light on the gravity of the situation.

Speaking in the session, Dr GC Khilnani, chairman, PSRI Institute of Pulmonary, Critical Care and Sleep Medicine, PSRI Hospital, Delhi, said, “Long-term effects of air pollution on lungs are very worrying. Around 30 years ago, Chronic Obstructive Pulmonary Disease (COPD) meant nothing.”

“Today, COPD is one of the leading causes of deaths and a major reason is air pollution. The number of patients being admitted to emergency due to COPD diseases has also increased by over 20 per cent due to air pollution.” Household air pollution also causes deaths which not many people are aware of, he said.

“Respiratory diseases have increased due to air pollution and there is an urgent need to control air pollution in summer months to ensure air pollution woes do not impact people in winter,” Dr Khilani said.

Dr Vivek Nangia, principal director and head, Institute of Respiratory, Critical Care and Sleep Medicine and Chief of Pulmonology, Cluster 1, Max Healthcare, said, “Air pollution also plays a part in aggravating existing ailments. For instance, with diabetes, a co-relation has been found with the duration of exposure to air pollution. So far we have attributed rise in diabetes patients to lifestyle issues, obesity and diet issues. But now, a very preventive risk factor that is coming into play is air pollution.”

Studies have found that there has been a rise in diabetes patients after being continuously exposed to rising levels of air pollution. Sleep apnea is another big issue that people are facing to air pollution.

Pancreas-mimicking system

JNCASR scientists develop pancreas-mimicking system for responsive insulin delivery in diabetes treatment (The Hindu: 20240322)

<https://www.thehindu.com/sci-tech/health/jncasr-scientists-develop-pancreas-mimicking-system-for-responsive-insulin-delivery-in-diabetes-treatment/article67975149.ece>

The innovative approach is expected to provide a more efficient and responsive method for insulin release, addressing the challenges faced by individuals with both Type 1 and advanced stage Type 2 diabetes

Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), in Bengaluru.

Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), in Bengaluru. | Photo Credit: File photo

Scientists at Jawaharlal Nehru Centre For Advanced Scientific Research (JNCASR) have developed a new silk-based hydrogel system that mimics the pancreas, offering a potential breakthrough in insulin delivery for diabetes treatment.

The innovative approach is expected to provide a more efficient and responsive method for insulin release, addressing the challenges faced by individuals with both Type 1 and advanced stage Type 2 diabetes.

Indigenous drug for sickle cell disease

Indigenous drug for sickle cell disease developed (The Hindu: 20240322)

<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 Great Indian Unhappiness

The Great Indian Unhappiness: What a new report says about India's young and old

India remains one of the world's least happy nations, reveals the World Happiness Report 2024; older people are happier than the youth(The Hindu: 20240322)

<https://www.thehindu.com/sci-tech/health/the-great-indian-unhappiness-what-a-new-report-says-about-indias-young-and-old/article67971075.ece>

Indians are among the unhappiest people in the world. The observation comes from the annual World Happiness Report, a measure of global life satisfaction across parameters of health, economy and freedom. Out of 143 countries, India ranked 126 — a marginal dip from last year's 125th position — falling behind the war-torn Palestine and Ukraine, and neighbours like Pakistan and Nepal. The quest for happiness is also eluding most countries, the report finds. Welfare is a concern among the young, and the 'happiness inequality' gap is growing almost everywhere.

The report was a collaborative effort between Gallup, the U.N. Sustainable Development Solutions Network and Oxford Wellbeing Research Centre. Researchers analysed global datasets assessing six factors: healthy life expectancy, GDP per capita, social support, freedom, generosity and perception of corruption. They also measured people's life satisfaction, through a self-assessed evaluation tool called the Cantril ladder. "Think of a ladder with steps numbered from 0 at the bottom to 10 at the top. The top represents the best possible life for you, the bottom is the worst possible scenario. Which step do you personally feel you stand at this time?"

Sleeping

This blood test could indicate whether you're sleep deprived

Struggling to sleep? This groundbreaking blood test can objectively measure how sleep-deprived you are. (Indian Express: 20240322)

<https://indianexpress.com/article/lifestyle/life-style/blood-test-tells-sleep-deprived-health-risks-9220822/>

sleep deprivation, type-2 diabetes, diabetes

Getting good sleep is important to maintain good health (Image credit: Freepik)

For many of us, the struggle to get a good night's sleep is a constant battle. But what if there was a way to objectively measure your sleep deprivation, beyond simply feeling tired? A groundbreaking development in blood testing might be the answer.

Researchers from Monash University, Australia, and the University of Birmingham, UK, have developed a blood test that can accurately identify sleep deprivation. This test, published in the journal *Science Advances*, analyses a combination of biomarkers in the blood that are affected by sleep.

Physical Fitness

Why you should workout with an exercise ball. (Indian Express: 20240322)

<https://indianexpress.com/article/lifestyle/fitness/core-workout-exercise-ball-benefits-9213940/>

Core strengthening is achieved by using core muscles, such as the lower back, obliques, and abdominals, to keep balance while performing activities, said Dr Akhilesh Yadav, associate director, orthopaedics and joint replacement, Max Hospital Vaishali

We all have our own routines when it comes to fitness. While being consistent is the key, variety helps you stay committed. One such pertinent routine that you should incorporate is working out with an exercise ball. Exercise balls, sometimes referred to as stability balls, are a popular type of exercise equipment used in home training programmes, gyms, and rehabilitation facilities. “Numerous advantages are provided by its huge inflated shape, which enhances strength, balance, flexibility, and stability,” said Dr Akhilesh Yadav, associate director, orthopaedics and joint replacement, Max Hospital Vaishali.

Exercise balls, experts suggest, help your core. Fitness expert Garima Goyal shared that prominent weak core signs include persistent lower back pain, poor posture, and difficulty balancing. “Muscle imbalances, limited range of motion, and fatigue during core exercises are common. Daily tasks may cause discomfort, indicating a weakened core,” said Goyal in an earlier interaction.

Depression

New study suggests that being ‘woke’ can lead to depression. The reality is far deeper

New research explores the link between social justice awareness and mental health. Can exposure to social issues impact your well-being? . (Indian Express: 20240322)

<https://indianexpress.com/article/lifestyle/life-style/wokeness-social-justice-mental-health-effects-study-depression-coping-tips-9226773/>

social justice and mental health, mental health effects of wokeness, is wokeness bad for mental health, social justice anxiety depression, social activism and mental health, social justice burnout, negative impacts of social media on mental health

Learn how to stay informed while prioritising your mental health. (Source: Freepik)

We are going through turbulent times. Wars. Death. Destruction. Rampant racism. The persisting gender gap. Oppression of minorities. The list is endless. Not only this, but people globally beat a Covid-19 induced pandemic. Now, with new research suggesting potential downsides to constantly being immersed in critical discourse around social justice, there is a renewed discussion surrounding its impact.

Being ‘woke’ — oftentimes used as an insult for those individuals who are progressive in their political leanings — according to a new study might lead to increased feelings of anxiety and depression.

Nutritious food

Conquer your busy days: Meal prep hacks you need to try. (Indian Express: 20240322)

<https://indianexpress.com/article/lifestyle/food-wine/meal-prep-food-nutrition-health-recipes-9226492/>

As our lives get busier, we ignore that eating nutritious food is essential to stay healthy and function better. Clinical dietician and nutritionist Gurkirat Kaur gives tips on how to meal prep like a boss

Planning and prepping your meals in advance not just helps you take care of your daily dietary needs, it helps control serving sizes, clinical dietician and nutritionist Gurkirat Kaur explains (Source: Freepik)

Juggling multiple tasks has become the norm as most of us lead busy lives today. But, in the rush to complete everything on time, we forget to take care of our most basic need — food.

While we certainly can't advocate that you cease fulfilling your obligations, we can, however, present expert-suggested solutions to make your lives a little easier. Planning and prepping your meals in advance not just helps you take care of your daily dietary needs, it helps control serving sizes, clinical dietician and nutritionist Gurkirat Kaur explains.

Neurodevelopmental treatment

How neurodevelopmental treatment is helping kids with Down syndrome. (New Kerala: 20240322)

<https://www.newkerala.com/news/2024/17068.htm>

Neurodevelopmental treatment is a holistic approach to helping children suffering from Down syndrome, said an expert on World Down Syndrome Day on Thursday.

World Down Syndrome Day is observed every year on March 21 to raise awareness about the genetic condition.

The theme this year 'End The Stereotypes' urges people to integrate people with the condition and not discriminate against them.

The genetic disorder occurs when all or part of a third copy of chromosome 21 is present in the DNA. Approximately one in every thousand children is born with Down syndrome. In India, it reportedly affects about 30,000-35,000 children.

Mohini, MPT in neurology, paediatric physiotherapist at Artemis Special Children Centre, Gurugram, told IANS that neurodevelopmental treatment (NDT) is an advanced intervention to address motor skills, coordination, and overall physical development for kids with Down syndrome.

"It involves individualised treatment plans, incorporating technology such as virtual or interactive apps, multidisciplinary collaboration, early intervention and family-centred approach which contribute to better outcomes, increased independence, and enhanced quality of life for individuals with Down's syndrome," she said.

Studies have shown that light, regular exercise can help improve the cognitive, as well as physical, health of those suffering from Down syndrome, suggested a study.

"NDT as a holistic approach, emphasises individualised therapeutic handling based on movement analysis for achievements of development milestones with patients of Down's syndrome," Mohini added.

Reflecting on a case of a Down syndrome child from Kashmir, she noted that "with only three sessions of 45 minutes, the child showed improvements in his head and trunk control, which improved her sitting and also initiated crawling".

"Advanced NDT techniques may also incorporate strategies to enhance cognitive and social-emotional development," the doctor said.

How neurodevelopmental treatment is helping kids with Down syndrome

Smoking

Struggling to reduce the 'hidden' belly fat? Quit smoking, says study(New Kerala: 20240322)

<https://www.newkerala.com/news/2024/17109.htm>

While smokers tend to have lower body weights than non-smokers, they tend to have visceral fat, which can be explained as the unhealthy fat deep inside the abdomen, and around organs such as the liver, heart, and kidneys. Even a thin person with a flat stomach can have unhealthy amounts of visceral fat.

The new study published, in the scientific journal *Addiction*, offers evidence that smoking may cause visceral fat to increase in the body and raise the risk of serious illnesses like heart disease, diabetes, stroke, and dementia.

"This study found that starting to smoke and smoking over a lifetime might cause an increase in belly fat, as seen by measurements of waist-to-hip ratio. In a further analysis, we also found that the type of fat that increases is more likely the visceral fat, rather than the fat just under the skin," said lead author Dr. German D. Carrasquilla from the University of Copenhagen in Denmark.

For the study, the team looked at 1.2 million people who started smoking and over 450,000 lifetime smokers. They also conducted a study on body fat distribution with over 600,000 people.

They examined how DNA variants linked to smoking habits and belly fat are associated with fat compartments in different parts of the body.

Their results show "excess abdominal fat in smokers was predominantly visceral fat".

“From a public health point of view, these findings reinforce the importance of large-scale efforts to prevent and reduce smoking in the general population, as this may also help to reduce abdominal visceral fat and all the chronic diseases that are related to it. Reducing one major health risk in the population will, indirectly, reduce another major health risk,” Dr. German said.

Struggling to reduce the 'hidden' belly fat? Quit smoking, says study

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Sleepy eyes

Understanding the science behind sleepy eyes (New Kerala: 20240322)

<https://www.newkerala.com/news/2024/17111.htm>

any healthy individuals suffer from the problem of heavy eyelids which is usually due to fatigue lack of rest or spending too much time in front of the computer screens. A few eye allergies, infections, and medical conditions can also be responsible for causing heavy, droopy eyelids.

Image description

After a long day at work, we generally feel our eyelids getting heavier as if something is pulling them down. This may be after a day of intense exercise or when we spend hours staring at a computer screen in the office.

But what causes our eyes to get heavy when we feel tired and sleepy?

To understand this, we first need to understand the basic anatomy of the eye. The eyelids are comprised of thin layers of skin and muscles which play a crucial role in protecting the delicate structures of the eye from external elements like dust, debris, and bright light. They also greatly contribute to the overall appearance and expressiveness of the face.

The muscles around the eyes that hold our eyes in position, play a similar role to any other muscle of our body when it comes to experiencing fatigue after a long day of consistent use. In other words just like our arms and legs muscles grow leaden with extended use after a physically exhaustive day, similarly the muscles around our eyes also grow weary and experience fatigue.

This is particularly true for ocular and brow muscles since they are the most active during our waking hours. Therefore, in general, the heaviness of the eyelids in otherwise healthy individuals is due to fatigue that these muscles experience during the hours we are awake.

Various factors that are responsible for causing sleepy eyes are:

Muscle fatigue: After getting an insufficient amount of rest or a prolonged period of staying awake, the muscles around the eyes tend to become fatigued and weakened which can lead to a loss of tone and firmness in the eyelids causing them to droop or sag.

Reduced blood flow and stasis: The blood in the veins tends to pool, and the stasis causes the eyes to feel heavy, eye bags to appear under the eyes, and also dark circles to form due to the darker colour of the venous blood.

Stress and tension: Having a long screen time or intense visual focus such as working on a computer or reading for extended periods can strain the muscles around our eyes leading to feelings of fatigue and droopiness.

Facial Expressions: Beyond the physical changes to the eyelids themselves, sleepy eyes can also greatly affect our facial expressions and our overall appearance. When we're feeling tired, our facial muscles tend to slacken, leading to our expressions becoming less animated and lively.

All this can also occur as a result of ageing changes around the eyes. It may be accelerated by chronic exposure to the sun and also the harmful light from our gadgets! Deflation and decent of the tissues around the eyes make them look saggy and tired.

Treatment for sleepy eyes:

Massaging around the eyes: It can help release a lot of strain and make you feel instantly better. This can simply be done by using the tips of your fingers or using tools like the jade roller or the Gua Sha

Get Adequate sleep: the best solution to combat the problem of sleepy eyes is to prioritize getting enough rest each night. One should aim to get at least 7-9 hours of sleep to allow our body and eyes to rest and rejuvenate completely.

Keep yourself hydrated: drink lots and lots of water throughout the day to keep yourself hydrated as dehydration can exacerbate the feelings of fatigue and heaviness in the eyes.

Take breaks from the screen: spending long hours in front of the screen, then you should take regular breaks to rest your eyes and reduce eye strain. One interesting exercise that one can do is practice the 20-20 rule where every 20 minutes, look at something 20 feet away for at least 20 seconds to give your eyes a break.

Apply cold compresses: Apply a cold compress or chilled cucumber slices to the eyes for a few minutes to reduce puffiness and soothe tired eyes. The cold temperature helps to constrict blood vessels and reduce inflammation.

Sleepy eyes can result in difficulty in staying alert, decreased productivity and even safety hazards like impaired driving. There can also be some significant impact on our physical and mental well-being. Prolonged periods of inadequate sleep can also contribute to mood disturbances, such as irritability, anxiety, and depression.

On the other hand, one may be completely rested, and yet their friends/ colleagues may comment that they look tired/ sleepy ki. This can have a significant impact on the confidence. In such cases one may consult an Oculoplastic and aesthetic surgeon, to find out the exact cause of this look and provide appropriate solutions.

Alzheimer's disease

17 new genetic variants linked to Alzheimer's disease identified(New Kerala: 20240322)

<https://www.newkerala.com/news/2024/17202.htm>

team of US researchers has identified 17 new genetic variants that may increase the risk of Alzheimer's disease, an advance to boost future treatment and prevention strategies for the neurodegenerative disease.

The team from Boston University School of Public Health (BUSPH) and the University of Texas Health employed whole genome sequencing to find the 17 significant variants associated with Alzheimer's in five genomic regions. The results may help researchers to find rare and important genes and variants.

"By using whole genome sequencing in a diverse sample, we were able to not only identify novel genetic variants associated with Alzheimer's disease risk in known genetic regions but also characterise whether the known and novel associations are shared across populations," says study co-lead and corresponding author Chloe Sarnowski, Assistant Professor in the Department of Epidemiology at UTHealth.

For the study, the researchers conducted whole genome sequencing on data including more than 95 million variants among 4,567 participants with or without the disease.

Of the 17 significant variants, the team found that the KAT8 variant was most notable. KAT8 was linked with the neurodegenerative disease in "both the single and rare variant analyses".

Health Care Services

Mumbai hospital saves Nepal infant girl's gangrenous arm from amputation (New Kerala: 20240322)

<https://www.newkerala.com/news/2024/17206.htm>

prominent Mumbai hospital saved the arm and hand of a two-month-old girl from Nepal who was born with medical complications after birth leading to gangrene, from amputation, officials said here on Thursday.

Soon after birth, the child developed severe cellulitis on the left arm which led to infection and resulted in gangrene (necrosis) on the entire arm, alarming the parents.

The skin of the entire forearm had turned black, leading to deterioration of the child's health, and doctors at a major hospital in Kathmandu advised amputation of the limb to save her life.

Unwilling to amputate their tiny girl's arm, barely three weeks after her birth, they rushed her from Nepal to Mumbai's Bai Jerbai Wadia Hospital for Children (BJWHC) and immediately examined by Consultant Surgeon, Dr. Nilesh Satbhai.

"We decided to salvage the limb and as soon as her medical condition permitted, we cleaned up the wounds, removed all the dead tissues and reduced the source of infection. Then we planned for wound cover and reconstruction in multiple surgical stages," said Dr. Satbhai.

After the first stage of the wound debridement, it was washed multiple times and then covered with a large abdominal flap which almost fully covered the arm, by the time the child turned one month old.

The flap was kept for another three weeks and underwent a two-stage process that ensured the entire wound was covered on both sides of the child's arm.

All these complex and multiple surgeries were performed in a span of five weeks, though the anaesthesia management for the major surgery on the infant was extremely challenging and critical, he added.

After all the procedures were completed, the child's arm was saved from a potential amputation, and she became stable and started achieving normal developmental milestones.

"Her hand was salvaged due to timely surgical intervention and wound cover. Secondary reconstructive procedures will be needed for further functions as the child grows up. Not treating her at the right time could have led to amputation and lifelong disability," said Dr Satbhai. Later,

the medicos learnt that the child's mother had a bad obstetric history and out of six previous pregnancies, she had lost four children, but the exact cause of her infant's skin necrosis is not known yet.

Cellulitis is a bacterial infection that occurs in the skin layers, often manifests as painful, hot, red swelling on the body.

The main culprits behind cellulitis are Staphylococcus and Streptococcus bacteria, but antibiotics are usually effective, though in some cases, cellulitis can deteriorate rapidly if left untreated or unresponsive to antibiotics. This escalation could result in a critical medical situation and potentially a life-threatening outcome when medical expertise and advanced technology were deployed for the Nepal baby, said BJWHC CEO, Dr. Minnie Bodhanwala.

In this child's case, the cellulitis led to a flesh-eating disease, "necrotizing fasciitis" which is an infection in the deepest layer of skin spreading to the connective tissue that surrounds your muscles and organs, that could result in gangrene (tissue death), and in more extreme cases, require amputation.

The distraught parents, including father Abdul Awwal, are now smiling and happy and full of gratitude to the BJWHC authorities for saving the arm of their child whom they have decided to name 'Tamannah'.

Hot Water

Hot Water: आयुर्वेद के अनुसार पानी को इस तरह गर्म कर पीना होता है सेहत के लिए फायदेमंद

Hot Water: गर्म पानी को पीना सेहतमंद होता है लेकिन बहुत सारे लोग इसे गर्म करने का सही तरीका नहीं जानते। आयुर्वेद में पानी को इस तरह से गर्म कर पीना ज्यादा फायदेमंद (Hindustan: 20240322)

<https://www.livehindustan.com/lifestyle/health/story-you-should-know-right-way-to-do-hot-water-and-ayurvedic-benefits-of-drinking-warm-water-9594662.html>

होता है। जानें कैसे करें गर्म।

आयुर्वेद में हेल्दी रहने के कई सारे तरीके बताए गए हैं। पानी पीने के भी कई सारे तरीके हैं। जो सेहत के लिए फायदेमंद होते हैं। इसी में से एक है गर्म पानी पीना।

लेकिन गर्म पानी को सही तरीके से पिया जाए तो ये फायदा करता है। आमतौर पर पानी को लोग गर्म कर लेते हैं और पीते हैं। लेकिन आयुर्वेद के अनुसार पानी

को इस तरह से गर्म करके पीना चाहिए। जिससे इन बीमारियों में आराम मिले।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश होली NEW IPL 2024 NEW मनोरंजन करियर बिहार बोर्ड रिजल्ट

NEW चुनाव वेब स्टोरी बिजनेस विदेश धर्म

3/22/24, 11:31 AM you should know right way to do hot water and ayurvedic benefits of drinking warm water - Hot Water: आयुर्वेद के अनुसार पानी को इ...

<https://www.livehindustan.com/lifestyle/health/story-you-should-know-right-way-to-do-hot-water-and-ayurvedic-benefits-of-drinking-warm-water-95946...> 2/4

पानी को गर्म करके पीने का सही तरीका

आयुर्वेद के अनुसार पानी को तब तक पकाएं जब तक कि उसमें से बुलबुले ना निकलने लगे और पानी पककर आधा रह जाए। इस पानी को पीने लायक गर्म रह

जाए तब पिएं। दिनभर इस तरह से पके पानी को पीने से सेहत को कई सारे फायदे होते हैं।

गर्म पानी को पीने से फायदा

कफ को खत्म करने में मदद

अगर गले और सीने में कफ की मात्रा बहुत ज्यादा हो गई है तो इस तरह से गर्म पानी को पीने से कफ की समस्या खत्म होती है और गले को सर्दी-जुकाम से राहत

मिलती है।

खांसी में राहत

सूखी खांसी या कफ वाली खांसी परेशान करती है तो गर्म पानी पीने से राहत मिलती है। साथ ही सांस लेने की तकलीफ भी दूर होती है।

मोटापा कम करने में मदद

आयुर्वेदिक तरीके से उबले पानी को पीने से मोटापा कम करने में मदद मिलती है। गर्म पानी शरीर के फैट को तोड़ने और उसे शरीर से बाहर निकालने में मदद करता है।

गैस और एसिडिटी में राहत

जिन लोगों को अपच, गैस बनने की शिकायत रहती है। उन्हें गर्म पानी पीने से फायदा होता है। पानी को अच्छी तरह से उबालकर इसे पीना वायु विकार की

दिवकत को खत्म करता है।

बॉडी डिटॉक्स करने में मदद

इस तरह से गर्म किए गए पानी को पीने से बॉडी को डिटॉक्स करना आसान हो जाता है। गर्म पानी पीने से किडनी आसानी से टॉक्सिंस को बॉडी से बाहर निकाल

पाता है। जिससे शरीर में हो रही सूजन, ज्वाइंट्स पेन की समस्या भी खत्म होती है।

यूरिन इंफेक्शन में राहत

जिन लोगों को यूरिन इंफेक्शन की समस्या रहती है। उन्हें गर्म पानी पीना चाहिए। ये किडनी को वेस्ट मैटेरियल निक

Improve Heart Health

Improve Heart Health: दिल की सेहत बिगड़ रही तो आज से ही शुरू कर दें ये काम(Hindustan: 20240322)

<https://www.livehindustan.com/lifestyle/health/story-improve-heart-health-naturally-follow-these-5-steps-in-daily-routine-9594125.html>

Improve Heart Health: हाई ब्लड प्रेशर और कोलेस्ट्रॉल बढ़ने की वजह से दिल की सेहत खराब होने का डर सता रहा है। तो आज से ही इन पांच छोटे कामों को डेली रूटीन में

शामिल कर लें। दिल की सेहत संभली रहेगी।

हाई ब्लड प्रेशर और हाई कोलेस्ट्रॉल हार्ट की सेहत पर बुरा असर डालता है। जिसकी वजह से हार्ट के फंक्शन में दिक्कत होती है और दिल कमजोर होना शुरू हो

जाता है। लेकिन अगर आप अपनी सेहत के साथ जरा भी खिलवाड़ नहीं करना चाहते। तो समय रहते इन छह छोटे स्टेप को फॉलो करना शुरू कर दें। ये आपके

दिल को दुरुस्त रखने के साथ ही ब्लड प्रेशर और कोलेस्ट्रॉल को भी नॉर्मल करने में मदद करेगा।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम राज्य देश होली NEW IPL 2024 NEW मनोरंजन करियर बिहार बोर्ड रिजल्ट

NEW चुनाव वेब स्टोरी बिजनेस विदेश धर्म

3/22/24, 11:32 AM improve heart health naturally follow these 5 steps in daily routine - Improve Heart Health: दिल की सेहत बिगड़ रही तो आज से ही शुरू ...

<https://www.livehindustan.com/lifestyle/health/story-improve-heart-health-naturally-follow-these-5-steps-in-daily-routine-9594125.html> 2/4

Health Tips In Hindi

वॉक बहुत जरूरी है

अगर आप सिडेंटरी लाइफस्टाइल जीते हैं यानी कि दिनभर बैठकर काम करते हैं। तो एक्सरसाइज आपके लिए बहुत जरूरी है। एक्सरसाइज नहीं कर रहे तो कम

से कम 10-15 मिनट की वॉक से शुरुआत करें। शुरू में दस मिनट की वॉक भी सेहत पर पॉजिटिव असर डालेगी। फिर धीरे-धीरे टाइम लिमिट बढ़ाएं।

फल और सब्जियों को और ज्यादा शामिल करें डाइट

सब्जियां तो लगभग हर किसी की डाइट में होती हैं। लेकिन फल और सब्जियों को थोड़ा ज्यादा मात्रा में खाएं। जैसे कि ब्रोकली, पालक जैसी सब्जियों को केवल

सलाद के तौर पर खाएं। साथ ही फलों की मात्रा को भी बढ़ा दें।

अनहेल्दी ड्रिंक बढ़ा रही कैलोरी की मात्रा

सोडा, कोल्डड्रिंक, चाय, कॉफी जैसे ड्रिंक आपके शरीर में कैलोरी की मात्रा को भी बढ़ा रहे हैं। इसलिए इन चीजों को पीना अवॉएड करें। ये हार्ट हेल्थ के लिए

जरूरी है।

ब्रेकफास्ट पर ध्यान दें

सुबह सबसे पहले क्या खा रहे हैं। इस बात का पूरा ध्यान रखें। हेल्दी रहना चाहते हैं तो सुबह की शुरुआत फलों के साथ करें। साथ ही साबुत अनाज ओट्स,

दलिया जैसी चीजों को ब्रेकफास्ट में खाएं।

हेल्दी स्नैक्स

शाम को अनहेल्दी चिप्स और कुकीज खाने की बजाय बादाम, अखरोट, मूंगफली जैसे नट्स को खाएं। आप चाहें तो इसे सलाद में शामिल करके भी खा सकते हैं।

ये हार्ट हेल्थ के लिए अच्छा होगा।

How to Improve Vision

How to Improve Vision: बिना चश्मे के नहीं दिखता? दूध में डालकर पिएं 3 चीजें, चश्मा भी हटेगा और मोतियाबिंद भी(Navbharat : 20240322)

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-ayurveda-dr-ad-these-3-foods-in-your-milk-to-improve-vision-and-get-rid-cataract/articleshow/108692811.cms?story=6>

Ankhon ki roshni kaise badhaye: अगर आपकी आंखें कमजोर हैं और आपको दूर या पास का नजर नहीं आता है, आंखों में पानी आता है, या आपको मोतियाबिंद है, तो आप दूध में ये चीजें डालकर पीना शुरू करें।

according to ayurveda dr ad these 3 foods in your milk to improve vision and get rid cataract

How to Improve Vision: बिना चश्मे के नहीं दिखता? दूध में डालकर पिएं 3 चीजें, चश्मा भी हटेगा और मोतियाबिंद भी

हेल्दी लाइफस्टाइल अपनाएं, डायबिटीज को हराएं - देखने के लिए यहां क्लिक करें

डील देखें

हेल्दी लाइफस्टाइल अपनाएं, डायबिटीज को हराएं - देखने के लिए यहां क्लिक करें

शॉपिंग: सेल! मेगा इलेक्ट्रॉनिक्स डेज (11-१८मार्च)- 80% तक छूट प्राप्त करें

डील देखें

शॉपिंग: सेल! मेगा इलेक्ट्रॉनिक्स डेज (11-१८मार्च)- 80% तक छूट प्राप्त करें

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?

क्या आप लंबे समय तक काम करने, स्क्रीन के सामने ज्यादा समय बिताने या फिर आंखों की कमजोरी की समस्या से जूझ रहे हैं? तो घबराइए नहीं, हमारे पास आपके लिए सदियों पुराना घरेलू नुस्खा है। यह न केवल आपकी आंखों की रोशनी बढ़ाने में मदद कर सकता है, बल्कि मोतियाबिंद और ग्लूकोमा जैसी बीमारियों को भी दूर रख सकता है।

नॉएडा के ई-260 सेक्टर 27 स्थित 'कपिल त्यागी आयुर्वेद क्लिनिक' के डायरेक्टर कपिल त्यागी, सोते समय इस मिश्रण को पीने से अच्छी नींद आती है, मूड स्विंग ठीक होते हैं और डिप्रेशन के शुरुआती लक्षण भी कम हो जाते हैं। सिर्फ 3 चीजों से बनने वाला यह घरेलू पेय सदियों पुराना नुस्खा है, जो न सिर्फ आंखों की रोशनी बढ़ाता है बल्कि आंखों की कई बीमारियों को भी ठीक करने में मदद करता है।

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Tips and Tricks

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आपको क्या-क्या चीजें चाहिए

एक गिलास दूध

आधा चममच सौंफ

4-5 बादाम

आधा चममच मिश्री

Eyesight को ठीक रखने के लिए करें ये Eye Exercise

Eyesight को ठीक रखने के लिए करें ये Eye Exercise

क्यों फायदेमंद है ये 3 चीजों का मिश्रण

क्यों फायदेमंद है ये 3 चीजों का मिश्रण

एक्सपर्ट के अनुसार, सौंफ, बादाम और मिश्री का यह मिश्रण प्राकृतिक रूप से आंखों के स्वास्थ्य को बेहतर बनाता है और देखने की शक्ति बढ़ाता है। दरअसल, पुरानी मान्यताओं के अनुसार, इस मिश्रण को नियमित रूप से दूध के साथ पीने से न सिर्फ आंखों की रोशनी तेज होती है, बल्कि चश्मा भी हमेशा के लिए छोड़ा जा सकता है।

विटामिन्स का खजाना

विटामिन्स का खजाना

बादाम विटामिन E और ओमेगा 3 फैटी एसिड से भरपूर होते हैं, जो न सिर्फ आंखों के लिए अच्छे होते हैं बल्कि इम्यूनिटी सिस्टम भी बढ़ाते हैं। सौंफ के बीज को बादाम और मिश्री के साथ मिलाने से न सिर्फ आंखों का स्वास्थ्य बेहतर होता है, बल्कि इसके औषधीय गुण मोतियाबिंद और ग्लूकोमा जैसी बीमारियों को बढ़ने से भी रोकते हैं।

एंटीऑक्सीडेंट का पावरहाउस

एंटीऑक्सीडेंट का पावरहाउस

आयुर्वेद एक्सपर्ट के अनुसार, सौंफ के बीजों को "नेत्रज्योति" के रूप में भी जाना जाता है, जिनमें एंटीऑक्सीडेंट भरपूर होते हैं और ये आंखों की रोशनी को तेज करते हैं।

इसे घर पर कैसे बनाएं?

इसे घर पर कैसे बनाएं?

इस सरल पाउडर को बनाने के लिए, सौंफ, बादाम और मिश्री को बराबर मात्रा में लें।

1 कप सौंफ, 1 कप बादाम, 1 कप मिश्री को एक साथ पीसकर एयरटाइट कंटेनर में स्टोर करें।

इस आसान पेय को बनाने के लिए, 1 बड़ा चम्मच घर का बना पाउडर गर्म दूध में मिलाएं।

रात को सोते समय या सुबह नाश्ते के साथ इसका सेवन करें और इसके फायदे उठाएं।

