



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20240401

How to make sure your leftovers are safe to eat (The Tribune: 20240401)

<https://www.tribuneindia.com/news/health/how-to-make-sure-your-leftovers-are-safe-to-eat-605950>

If you're ever in doubt, or don't think you'll eat them within two days, storing them in the freezer will give you more flexibility than storing them in the fridge

How to make sure your leftovers are safe to eat

If you haven't stored and re-heated leftovers correctly, you could be putting yourself at risk of potentially life-threatening food poisoning. iStock

Eating leftovers can be a great way to save money, diversify your cooking repertoire and reduce food waste.

But eating leftover food can also be risky as these foods have already been exposed to bacteria in the environment. If you haven't stored and re-heated leftovers correctly, you could be putting yourself at risk of potentially life-threatening food poisoning.

However, that doesn't mean you should start avoiding leftovers. By following the correct food safety practices, you can ensure you avoid harm when eating leftovers.

How quickly should leftovers be refrigerated or frozen?

Bacteria exist everywhere in our world, including in kitchens – and the foods within them. The bacteria that cause food to spoil can grow rapidly with the right nutrients, moisture and temperature. Some double in numbers in as little as 20 minutes.

It's important that any leftovers are put into the fridge or freezer as quickly as possible and within two hours maximum. This time advice is based on how quickly bacteria can grow in food at non-refrigerated temperatures, and means leftover food becomes less safe to eat the longer it is left at more than 5°C. You should also make sure that leftovers are covered. Clingfilm and airtight lids help prevent air from getting at the food. This is important, as most pathogens need oxygen to grow.

How long are refrigerated leftovers safe to eat?

Your fridge should be kept at a temperature of between 0 and 5°C, as this inhibits the growth of food poisoning bacteria on leftovers.

Leftovers must be eaten within two days, as any longer gives harmful bacteria more time to grow. Indeed, pathogens such as Listeria, which can cause flu-like symptoms, can even grow in refrigerated temperatures and are more likely to grow beyond two days – which is why this is the recommended time limit for storing your leftovers.

If you don't think you'll eat your leftovers within that timeframe, consider freezing them. Leftovers can be kept for up to three months if frozen at -18°C.

What is the safest way to re-heat your leftovers?

When you reheat leftovers, you must ensure the food is piping hot all the way through. If not, don't eat it.

Leftover foods should be reheated to an internal temperature of at least 74°C (165°F). For sauces, stews, soups and gravy, it's best to bring them to a full boil, stirring for at least three minutes. These practices will kill most bacteria and inactivate any heat-sensitive bacterial toxins that are present.

If reheating leftovers in the oven, set the oven temperature to at least 163°C or gas mark 3 (325°F) and bake long enough to completely heat the food through to at least 74°C. If reheating leftovers in the microwave, you should also make sure they reach an internal temperature of 74°C before eating.

Reheating food using a slow cooker is not a good idea because if foods stay at a temperature less than 165°F for several hours, this can permit bacterial growth – increasing your risk of food poisoning.

Can you reheat leftovers more than once?

You really should not reheat leftovers more than once. Each time a food warms and cools, it provides the right temperature and amount of time needed for any harmful bacteria to start to re-grow.

This, then, makes it harder for heat to kill all the pathogens present the next time you warm up the leftovers.

Can you reheat a takeaway?

Whether you can safely re-heat takeaway foods depends on how you stored it.

If it was stored warm in the back of your car or left at room temperature in your home for more than two hours, then the meal may be a food poisoning risk – especially if you've already touched or partially eaten it (which introduces bacteria to the food).

But if you didn't handle the food much and refrigerated it within two hours of purchase, then the takeaway is safe to re-heat – provided the next time it's eaten its first heated to a piping hot temperature of at least 74°C. It also shouldn't be stored in the fridge for more than two days.

There are some takeaway foods that you should be careful about saving as leftovers. Cooked rice dishes are possibly the riskiest to save. Uncooked rice may contain spores of *Bacillus cereus*, a bacterium that causes food poisoning.

While the parent bacterium is killed when rice is cooked, its spores can survive the temperature of boiling water. If rice is not refrigerated within two to three hours of cooking, the spores can grow into bacteria which in turn release the rice toxins which give rise to food poisoning symptoms such as diarrhoea, abdominal pain and vomiting. The longer contaminated cooked rice is left to stand at a non-refrigerated temperature, the more *Bacillus cereus* will be present and the more unsafe the dish becomes.

If cooked rice needs to be saved, it should be covered once cooked and cooled quickly (ideally within 2 hours), then stored and refrigerated for no more than 24 hours. Cooked rice leftovers should be piping hot when reheated, and should never be reheated more than once.

Leftovers can be safe to eat as long as you take the right precautions. But if you're ever in doubt, or don't think you'll eat them within two days, storing them in the freezer will give you more flexibility than storing them in the fridge.

Scientists create replica of an adult human ear that looks & feels natural(The Tribune: 20240401)

Scientists create replica of an adult human ear that looks & feels natural

<https://www.tribuneindia.com/news/health/scientists-create-replica-of-an-adult-human-ear-that-looks-feels-natural-605648>

Researchers on Saturday said they have assembled a replica of an adult human ear that looks and feels natural, using state-of-the-art tissue engineering techniques and a 3D printer.

Currently, several surgeons build a replacement ear using cartilage removed from a child's ribs, an operation that can be painful and scarring.

The resulting graft can be crafted to resemble the recipient's other ear, it generally does not have the same flexibility.

Now, researchers at Weill Cornell Medicine and Cornell Engineering in the US produced grafts that offer “well-defined anatomy and the correct biomechanical properties for those who are born with a congenital malformation or who lose an ear later in life”.

Ear reconstruction requires multiple surgeries and an incredible amount of artistry and finesse.

“This new technology may eventually provide an option that feels real for thousands needing surgery to correct outer ear deformities,” said Dr. Jason Spector, chief of the Division of Plastic and Reconstructive Surgery at NewYork-Presbyterian/Weill Cornell Medical Centre.

According to the study published in the journal Acta Biomaterialia, Dr Spector and his team used sterilised animal-derived cartilage treated to remove anything that could trigger immune rejection.

Over the next three to six months, the structure developed into cartilage containing tissue that closely replicated the ear's anatomical features.

However, the engineered material was not as strong as natural cartilage and could tear.

To remedy this issue, Dr Spector plans to add “chondrocytes” to the mix.

“Those cells would lay down the elastic proteins that make ear cartilage so robust, producing a graft that would be biomechanically much more similar to the native ear,” he said.

Diabetic and over 65 years? You can still add some weight to cut death risk(The Tribune: 20240401)

<https://www.tribuneindia.com/news/health/diabetic-and-over-65-years-you-can-still-add-some-weight-to-cut-death-risk-605640>

Measures of central obesity, such as waist circumference, to be used in future to further refine the risk

Diabetic and over 65 years? You can still add some weight to cut death risk

“Importantly, we demonstrate that optimal BMI for people with type 2 diabetes varies by age,” said Shaoyong Xu at Xiangyang Central Hospital, Affiliated Hospital of Hubei University of Arts and Science in Xiangyang in China. iStock

For those suffering from type 2 diabetes, keeping an ideal body weight is always recommended. However, according to new research, those aged over 65 can still remain ‘moderately overweight’ to minimise their risk of dying from any cardiovascular disease.

The findings, based on health data from the UK Biobank, indicate that for adults aged 65 years or younger, maintaining a Body Mass Index (BMI) within the normal range of 23-25 was associated with the lowest risk of dying from cardiovascular disease.

But for those over 65 years old, being moderately overweight with a BMI of 26-28 had the lowest risk.

“Importantly, we demonstrate that optimal BMI for people with type 2 diabetes varies by age, independent of traditional cardio-metabolic risk factors,” said Shaoyong Xu at Xiangyang Central Hospital, Affiliated Hospital of Hubei University of Arts and Science in Xiangyang in China.

The findings suggest that for older individuals who are moderately overweight but not obese, maintaining rather than losing weight may be a more practical way of reducing their risk of dying from cardiovascular disease, Xu added.

Maintaining a healthy weight is crucial for reducing the risk of cardiovascular diseases, particularly for people with type 2 diabetes who are predisposed to cardiovascular disease and death.

To reach the conclusion, researchers explored the age differences in the association between BMI and risk of cardiovascular death in 22,874 UK Biobank participants with a previous diagnosis of type 2 diabetes.

The average age of all the participants was 59 years, and around 59 per cent were women.

Researchers analysed data in two age groups—the elderly (over 65 years) and the middle-aged (65 years or younger).

The authors say that in the future, measures of central obesity, such as waist circumference, would be used to further refine the risk.

New paper-based device to make on-spot glucose testing using smartphone(The Tribune: 20240401)

<https://www.tribuneindia.com/news/science-technology/new-paper-based-device-to-make-on-spot-glucose-testing-using-smartphone-604982>

The device carries a lab-based functionalised biodegradable paper which changes colour based on the level and amount of glucose present.

Researchers at the Indian Institute of Technology (IIT) Jodhpur have developed a new low-cost, paper-based analytical device that can be connected to smartphones to provide on-spot detection of glucose levels.

The device carries a lab-based functionalised biodegradable paper which changes colour based on the level and amount of glucose present.

When connected to a smartphone, it provides quick, easy-to-access, and even personalised results.

“This device can provide on-the-spot glucose testing results without requiring technical or sophisticated laboratory settings. Additionally, it is designed to be cost-effective and biodegradable, with the current cost at only about Rs 10 in the lab. The team hopes to further make it even cheaper during mass production, at Rs 5,” said the researchers in a statement.

While paper-based analytical devices have been in use earlier, they required specific light conditions to work.

However, the researchers employed machine learning to make the device compatible with all smartphones to work and transmit information seamlessly under nearly all possible light conditions.

“Smartphones offer seamless integration with other technologies and platforms. The ability to connect the smartphone-based spot detection framework to a larger network or database can facilitate remote monitoring, data storage, and sharing of results. This connectivity can be crucial for healthcare professionals or researchers,” said Ankur Gupta, Associate Professor, Department of Mechanical Engineering, IIT Jodhpur, in the statement.

The researchers noted that the technology can be adaptable for the screening and diagnostic analysis of uric acid, and other diseases. The findings are published in the ACS Publications journal.

“This study demonstrates that this developed system is equipped for initial disease screening at the user end. By incorporating machine learning techniques, the platform can provide reliable and accurate results, thus paving the way for estimating the accuracy of the results for improved initial healthcare screening and diagnosis of any disease,” Ankur said.

Food wastage (The Tribune: 20240401)

<https://www.tribuneindia.com/news/editorials/food-wastage-605025>

Crisis particularly grave in India

IN a world where 78.3 crore people grapple with chronic hunger, the revelation that 19 per cent of the food goes to waste demands urgent attention. The latest UN report underscores a stark reality: despite ample resources, the inability to manage food distribution effectively is not only morally reprehensible but also environmentally unsustainable. This crisis is particularly pronounced in India, where food wastage poses a significant challenge alongside persistent food insecurity. According to the Food Safety and Standards Authority of India, one-third of all food in India is wasted or spoiled before consumption. Household food waste alone is estimated to be around 50 kg per person annually. Another UN report had shed light on a disconcerting nutritional trend in India, where a staggering 74.1 per cent of the population cannot afford a healthy diet.

The environmental implications of food waste are equally alarming. Like many other countries, India faces the adverse effects of greenhouse gas emissions associated with food production and waste. Methane emissions from decomposing food waste in landfills contribute to climate change.

The UN's findings should propel the world toward overhauling food systems and prioritising equitable distribution. In India, where millions struggle for adequate nutrition, addressing food wastage is a moral obligation. It requires a comprehensive strategy that integrates policy measures, public awareness campaigns and community-driven initiatives. Government interventions, such as implementing regulations to minimise waste and incentivising sustainable practices, are essential. Collaborative efforts between government agencies, NGOs and private enterprises can facilitate efficient redistribution of surplus food to underprivileged communities. Individual action can help combat food waste through practices like meal planning, utilising leftovers and supporting food banks.

ICMR set to bring in evidence-based norms for prevention, screening, diagnosis, and management of lung cancer (The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/icmr-set-to-bring-in-evidence-based-norms-for-prevention-screening-diagnosis-and-management-of-lung-cancer/article67998262.ece>

The council is all set to launch a systematic review and meta-analyses which will play a crucial role in synthesising existing evidence to inform decision-making in the management of lung cancer

March 27, 2024 06:57 pm | Updated March 28, 2024 05:17 pm IST - NEW DELHI:

Bindu Shajan Perappadan **BINDU SHAJAN PERAPPADAN**

Currently, evidence-based guidelines do not exist with respect to prevention, screening, diagnosis, management, and palliation of lung cancer in India. File.

Currently, evidence-based guidelines do not exist with respect to prevention, screening, diagnosis, management, and palliation of lung cancer in India. File. | Photo Credit: Sreenivasa Murthy

Currently, evidence-based guidelines do not exist with respect to prevention, screening, diagnosis, management, and palliation of lung cancer in India, despite the fact that lung cancer is one of the commonest cancers in India accounting for 10% of total cancer deaths in the country.

Can AI help in navigating mental health? (The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/can-ai-help-in-navigating-mental-health/article67995754.ece>

How can natural language processing programmes offer personalised and immediate care? How can bias be mitigated in these chatbots? Do they help clinicians as well?

The story so far: We live in a world where therapy is a text away. Natural language processing (NLP), a branch of Artificial Intelligence (AI), enables computers to understand and interpret human language that mirrors human comprehension. In mental healthcare, we are already seeing a rapid evolution of use cases for AI with affordable access to therapy and better support for clinicians.

External and internalised stigma persists across demographics and countries. Through text-based platforms and virtual mental health assistants, NLP programs provide privacy and anonymity that can improve help-seeking behaviour. For users, the chatbot can support them in reframing thoughts, validating emotions and providing personalised care, especially in the absence of human support. Not only is this beneficial when a therapist is not accessible, but it also helps improve patient health outcomes just as well as in-person care. Mental health treatment requires continuity of care to take a more holistic approach and reduce instances of relapse. For example, digital therapy assistants can help point you to resources for healthier coping in instances of distress, grief, and anxiety. Since these chatbots are scalable, cost-effective, and available 24x7, they could therefore be integrated into existing health programs. Additionally, companies building chatbots must proactively expand the scope of service delivery through partnerships and collaborations for follow-up services such as referrals, in-person treatment, or hospital care, where needed.

A living will, to avoid the indignities of prolonged hospital care (The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/a-living-will-to-avoid-the-indignities-of-prolonged-hospital-care/article67991462.ece>

The Supreme Court in 2018 ruled that under specific conditions, a person has the right to decide against artificial life-support by writing a living will; the judgment upheld the fundamental right to die peacefully and with dignity.

A 'living will' details your preferences for medical care or for the termination of medical support in circumstances in which you are no longer able to make those decisions for yourself. Image for representational purpose only. File

A 'living will' details your preferences for medical care or for the termination of medical support in circumstances in which you are no longer able to make those decisions for yourself. Image for representational purpose only. File | Photo Credit: Getty Images

On March 12, a gathering of 30 people, mostly doctors, nurses, and volunteers of the Pain and Palliative Care Society, signed 'living wills' in Thrissur, Kerala.

Eradication of TB remains a distant goal as systemic challenges persist (The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/eradication-of-tb-remains-a-distant-goal-as-systemic-challenges-persist/article67991898.ece>

Ahead of World TB Day on March 24, Survivors Against TB, a community advocacy group of TB survivors, wrote a letter to the Prime Minister 'on the urgent and pressing need to expand efforts to address India's Tuberculosis (TB) crisis.' The letter mentions that despite the commitment to 'eliminate' TB by 2025, the goal remains distant

An estimated 13% of treated patients and 2.5% of new cases were multi-drug resistant.

An estimated 13% of treated patients and 2.5% of new cases were multi-drug resistant. | Photo Credit: magicmine

Ahead of World TB Day on March 24, Survivors Against TB, a community advocacy group of TB survivors, wrote a letter to the Prime Minister “on the urgent and pressing need to expand efforts to address India’s Tuberculosis (TB) crisis.” The letter mentions that despite the government’s commitment to “eliminate high-burden infectious” TB by 2025, ‘we are still far from reaching this goal’ and identifies six key challenges: TB diagnosis and access; lack of access to free, quality treatment and drugs; adequate nutrition and mental health support; stigma-free and gender responsive care; economic support; and high quality care.

A Japanese supplement pill is recalled after two people died and more than 100 were hospitalized
The ministry has put up a list on its official site of all the recalled products(The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/a-japanese-supplement-pill-is-recalled-after-two-people-died-and-more-than-100-were-hospitalized/article67998474.ece>

Health supplement products believed to have caused two deaths and sickened more than 100 people have been ordered to be taken off store shelves in Japan.

The products from Kobayashi Pharmaceutical Co., billed as helping to lower cholesterol, contained an ingredient called “benikoji,” a red species of mold.

India achieves 16% decline in new TB cases, 18% reduction in mortality since 2015: report(The Hindu: 20240401)

<https://www.thehindu.com/sci-tech/health/india-achieves-16-decline-in-new-tb-cases-18-reduction-in-mortality-since-2015-report/article67999625.ece>

The incidence rate in India had fallen from 237 per lakh population in 2015 to 199 per lakh population in 2022, while the mortality rate had declined from 28 per lakh population in 2015 to 23 per lakh population in 2022

Health care workers take out a tuberculosis control awareness rally in Vijayawada.

Health care workers take out a tuberculosis control awareness rally in Vijayawada. | Photo Credit: K.V.S. Giri

India's efforts to ensure early tuberculosis detection and treatment initiation, along with a host of community engagement efforts has resulted in a decline of 16% in TB incidence (new cases emerging each year) and a 18% reduction in mortality due to TB, since 2015.

5 natural and effective ways that keep mosquitoes away(The Times of India: 20240401)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/5-natural-and-effective-ways-that-keep-mosquitoes-away/photostory/108922005.cms?picid=108922013>

As the temperatures is rising so does the annoying problem of mosquitoes. These tiny bloodsuckers not only cause itchy bites but also pose a risk of spreading diseases like dengue and malaria. Here are five simple, effective and natural ways to protect yourself from mosquitoes, using ingredients that are easily available in every household.

Neem, also known as Indian lilac, has been used for centuries for its medicinal properties. Its strong aroma acts as a natural mosquito repellent. Neem leaves can be easily obtained from neem trees or local markets. To utilise neem as a mosquito deterrent, you can burn neem leaves in a bowl or add neem oil into your skincare routine. Simply apply a small amount of neem oil on exposed skin before heading outdoors to keep mosquitoes at bay. This eco-friendly solution not only protects you from mosquito bites but also nourishes your skin with its natural properties.

Eucalyptus oil, derived from the leaves of eucalyptus trees, is another potent mosquito repellent. Widely available in pharmacies and grocery stores, eucalyptus oil can be easily added into your daily routine. Mix a few drops of eucalyptus oil with a carrier oil like coconut oil or olive oil. Apply the mixture onto exposed skin areas, such as arms and legs, before going outdoors. The refreshing scent of eucalyptus not only wards off mosquitoes but also provides a cooling sensation, making it perfect for the hot and humid Indian climate.

Camphor, derived from the wood of the camphor tree, has been used for centuries for its aromatic and medicinal properties. Apart from its use in religious ceremonies and aromatherapy, camphor also serves as an effective mosquito repellent. To utilise camphor as a mosquito deterrent, simply light a piece of camphor and place it in a closed room. Allow the camphor to burn for approximately 15-20 minutes, allowing the fumes to spread throughout the room. The strong

aroma of camphor acts as a natural mosquito repellent, driving away mosquitoes and creating a mosquito-free environment.

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Garlic, a staple ingredient in Indian cuisine, not only adds flavour to dishes but also serves as a natural mosquito repellent. To harness the mosquito-repelling properties of garlic, simply crush a few cloves of garlic and boil them in water. Once the water has cooled down, transfer it into a spray bottle. Spritz the garlic-infused water around your home, focusing on areas prone to mosquito breeding, such as stagnant water bodies and dark corners. The pungent aroma of garlic acts as a deterrent, keeping mosquitoes at bay and preventing them from entering your living space.

Lavender oil, derived from the flowers of the lavender plant, is renowned for its soothing fragrance and calming properties. In addition to its use in aromatherapy and skincare, lavender oil also serves as a natural mosquito repellent. To utilise lavender oil for mosquito protection, mix a few drops of lavender oil with water in a spray bottle. Shake the bottle well to ensure thorough mixing, then spray the lavender-infused water onto exposed skin areas or around your living area. The pleasant aroma of lavender not only repels mosquitoes but also creates a serene and relaxing atmosphere, promoting a sense of tranquility and well-being.

Why is cholesterol rising among the young? (Indian Express: 20240401)

<https://indianexpress.com/article/health-wellness/hdy-cholesterol-rising-among-young-9225727/>

Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, New Delhi, on the need for early screening.

cholesterol

Most importantly, the cholesterol buildup could have begun at a younger age, in the teens even, but the patients have not felt any anomaly until they crossed into their 20s. (Photo: Getty Images/Thinkstock)

Many of my patients in their early 20s do not believe that they have high cholesterol till they see their lipid profile reports. Cholesterol has long been associated with older age groups but a worrying trend has emerged in recent years – a significant rise in cholesterol levels among the younger population. This silent health issue is often overlooked as high cholesterol rarely presents noticeable symptoms until it's too late.

Most importantly, the cholesterol buildup could have begun at a younger age, in the teens even, but the patients have not felt any anomaly until they crossed into their 20s. That's why you have so many youngsters report heart attacks caused by plaques, a result of high cholesterol in their blood.

What does cholesterol do and what's the ideal range?

Cholesterol is a waxy substance made by the liver that is necessary for producing hormones, vitamin D and bile salts, which play a role in digestion. It is carried as lipoproteins, high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is known as the "good cholesterol," and ideally should be 50mg/dL or higher. The amount of LDL, or "bad cholesterol," in your body should be kept low. Specifically, LDL cholesterol should be less than 100 mg/dL for Indians, who are more prone to heart disease than other populations. An LDL reading of 130 to 159 mg/dL is categorized as "borderline high," 160 to 189 mg/dL is "high," and a reading of 190 mg/dL or above is considered "very high."

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What causes cholesterol spike in the young?

This is linked to lifestyle and dietary choices, beginning with that packet of chips in your childhood. The prevalence of processed and fast foods, high in saturated fats and trans fats, has skyrocketed in recent decades. Unhealthy dietary habits, combined with a sedentary lifestyle and lack of physical activity, create the perfect storm for cholesterol build-up in the body. So your liver cannot handle the overload of fat or flush them out. Furthermore, the convenience of readily available sugary drinks and snacks has led to increased consumption of added sugars, which can contribute to high triglyceride levels and low levels of HDL (good) cholesterol. This imbalance in cholesterol levels can significantly increase the risk of heart disease and other related health issues.

ALSO READ | [Are carbs increasing your cholesterol and heart attack risk? Find out why they are more damaging than fats](#)

Having a family history or diabetes might also affect your numbers. A condition known as diabetic dyslipidemia can raise both your LDL (bad) cholesterol and lower your HDL (good) cholesterol.

Festive offer

The invisible threat

One of the most concerning aspects of high cholesterol in young people is its asymptomatic nature. This leads to a false sense of security, allowing the condition to progress unchecked until serious complications arise.

High cholesterol can lead to a gradual buildup of plaque in the arteries, a condition known as atherosclerosis. This narrowing of the arteries can restrict the blood flow and increase the risk of heart attacks, strokes and other cardiovascular issues. The damage LDL (bad cholesterol) does to the arteries is cumulative and irreversible.

Can eating late result in weight gain? (Indian Express: 20240401)

Nutritionist Pooja Udeshi from Kokilaben Dhirubhai Ambani Hospital, Mumbai, on how you can manage your diet despite late working hours

<https://indianexpress.com/article/health-wellness/can-eating-late-result-in-weight-gain-9224577/>

weight gain

Research has shown that carbohydrates consumed in the evening result in greater blood sugar spikes than those consumed earlier in the day. (File photo)

Are you one of those who simply cannot have dinner early because of work commitments and worry if eating late may trigger weight gain? But in the end a calorie is a calorie, regardless of when you eat it, and what causes weight gain is simply eating more calories than you can burn. This is what several experts call the calorie in/calorie out theory of weight control. So keep a watch on what and how much you are eating.

As of now, there are no human studies that categorically say calories eaten at night are more likely to cause weight gain than those eaten early in the day.

One of the associations between eating late and weight gain is the tendency among late-night eaters to indulge and end up with more calories overall. Eating at night may lead to weight gain only if you eat extra calories. Remember excess calories consumed late in the day go against the circadian rhythm of sleep, eat and wake. Your basal metabolic rate slows down in the latter half of the day. This means your body can burn less fat. Keeping that in mind, focus on portion control and low-calorie and protein-rich foods. If what you eat falls within your recommended daily calorie allowance and is balanced by exercise and good sleep during the rest of the day, then there may not be weight gain.

While eating late at night, people often make poorer food choices with calorie-dense foods like chips, soda and ice cream. Mood swings/disorders are one of the reasons for overindulgence at night due to stress, anxiety, boredom or sadness. Changes in hormones are also an add-on factor for lack of sleep. So these factors have to be factored in while planning your meal.

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There are many ways to regulate your appetite through meal timing and frequency. For example, eating a higher-calorie breakfast may help you feel full and avoid excess late at night. Another way is to consume small frequent meals throughout the day and not build up a craving at night.

Research has shown that carbohydrates consumed in the evening result in greater blood sugar spikes than those consumed earlier in the day. This is because the sleep hormone melatonin impedes the secretion of the blood glucose-regulating hormone, insulin. Avoid carbohydrates in late meals. Have them in your largest meals in the earlier parts of the day. Keep the late meal very small to make sure that you do not go to bed hungry.

Should diabetics have an evening snack?

Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare, on what you should snack on and when(Indian Express: 20240401)

<https://indianexpress.com/article/health-wellness/diabetics-evening-snack-9223661/>

sugar, diabetes, diabetics, snacks for diabetics, sugar control, how to control sugar, health news. indian express

A person with diabetes should have snacks within the 15-30 grams of carbohydrate versus the 30-60 grams of carbohydrates recommended for meals. (Representational image/File)

Snacks can bump up our energy in the middle of a busy day and prevent us from overeating at the next regular meal. Typically, about 25 per cent of daily calories come from snacks. Choosing snacks wisely is, therefore, a must for good health as well as diabetes control and weight management.

But first, is snacking important for people with diabetes? If your diabetes is treated with insulin and medication that puts you at risk of hypoglycaemia (low blood sugar), you may need a snack in between meals to help keep your blood glucose in range. These snacks should contain fibre,

proteins and good fat. This will help you feel full for longer periods and slow the digestion of carbohydrates, which will help stabilise your blood sugar levels.

A person with diabetes should have snacks within the 15-30 grams of carbohydrate versus the 30-60 grams of carbohydrates recommended for meals. And they should ideally have them before meals, mid-day or early evening.

Studies have shown that the quality of snacking is more important than the quantity or frequency of snacking. Thus choosing high quality snacks over highly processed snacks, which come with high sodium, sugar and trans fats, is preferable. Here are some tips and tricks for people with diabetes to enjoy a snack!

What are examples of healthy snacks?

Nuts and seeds: Replace the evening biscuits with a fistful of nuts (almonds, walnuts, pistachio), rich in good fats, protein and has high satiety value. Studies have shown that if we substitute carbohydrates with good fats, we reduce blood sugar spikes, blood pressure and promote heart health.

Festive offer

Fruits: Fresh fruits are loaded with antioxidants, fibre and satisfy sweet cravings. However, people with diabetes should not overload themselves with fruits as they contain a substantial amount of carbohydrates. So it is better to have them as mid-day or early evening fillers. Fruit juices should be totally avoided. Each fruit has different carbohydrate content and the portion size will vary accordingly. One has to limit carbohydrate intake to 15 gm in one serving with a maximum of two servings a day. Combining fruit with protein-rich yogurt enhances their benefits, since together they offer both probiotics as well as prebiotics (which feeds probiotics).

Roasted chana chaat or sprouts chaat: Roasted chana or sprouts are a good source of protein and fibre along with micronutrients. You could have it in the form of a chaat making it tangy and tasty.

Sattu: Sattu, or roasted Bengal gram flour, is very popular in the state of Bihar. A 100 gm cup will typically have 26 gm of protein and 18 gm fibre. A sattu drink is a filling mid-morning snack and will not lead to a spike in blood glucose value.

Eggs: Having one whole egg per day is safe even if you have blood pressure or any heart issue. An egg has a high satiety value and high quality protein. Eggs are not just to be had at breakfast, they can be a good snack too!

Hummus: This has carbohydrates but the chickpeas in it have enough fibre and protein to fill you up with a small scoop. Use a third of a cup as a dip for vegetables or as a spread on whole-grain crackers.

Which snacks are a no-no in diabetes?

- Packaged cookies
- Chips, namkeens
- Candy bars/ protein bars
- Mathri, Samosa, Namakpara
- Sweetened yogurt
- Sweetened beverages
- Juices
- Sausages
- Fried nuts and peanuts

The market is full of options labelled “diet food”, “diabetic friendly” or “no added sugar.” Don’t go by them but read the nutrition label carefully. Many of these items contain the same amount of fat and calories as regular foods. They give a false sense of security and often one ends up eating much greater quantities, which offsets any potential advantage of a slightly lower calorie content.

At AIIMS, 78-year-old donates both kidneys to 51-year-old: Why this procedure can ease India's kidney donation waitlist(Indian Express: 20240401)

<https://indianexpress.com/article/health-wellness/at-aiims-78-year-old-donates-both-kidneys-to-51-year-old-why-this-procedure-can-ease-indias-kidney-donation-waitlist-9222513/>

Understanding how dual kidney transplantations works

kidney health, kidneys

Did you know your sleep habits impact your kidney health? (Source: Getty Images/Thinkstock)

AIIMS Delhi recently achieved a significant milestone by conducting its first-ever dual kidney transplant on a 51-year-old woman undergoing dialysis. The recipient was fortunate to receive kidneys from the family of a 78-year-old woman who tragically suffered a severe head injury from a fall down the stairs.

Dual kidney transplantations (DKT), where doctors transplant two kidneys into the recipient simultaneously, benefit, especially individuals undergoing dialysis and suffering from kidney failure. Here are four crucial aspects of this surgery.

Who are donors selected for a DKT?

In this procedure, kidneys from donors aged 60 and above can be utilized for transplant, termed expanded criteria donor (ECD) kidneys. Essentially, an ECD refers to donors aged 60 or older, or those over 50 with a history of high blood pressure, a creatinine level equal to or greater than 1.5 (a marker of kidney function), or those who have passed away due to a stroke.

Can kidney donation from an older donor, such as a 78-year-old, effectively benefit patients?

Dr Asuri Krishna, an Additional Professor of Surgery at AIIMS, New Delhi, who conducted the surgery, explains that while organs from brain-dead donors over 65 years old are typically not accepted, due to India's organ scarcity, his team opted to maximize the utilization of this donor.

Festive offer

“When utilizing a kidney from a young donor, we typically only use one, as the recipient typically thrives with just that single kidney. However, in a unique scenario like this, where the donor was 78 years old, we decided to transplant both kidneys into a single patient. This procedure is quite rare and is usually reserved for elderly donors. As organs age, they tend to lose some functionality. While a kidney from a younger donor would be more efficient, organs from older donors may not

function as effectively. Thus, we opted for a dual kidney transplant,” explains Dr. Asuri. “Despite the age of the donor, the patient can still expect to live with these kidneys for 8-10 years.”

Can weight loss drugs prevent heart attacks? Know what US FDA approval means

Dr Ranjan Shetty, HOD & Consultant, Interventional Cardiology, Manipal Hospital, Bengaluru, explains the link between Semaglutide and heart health(Indian Express: 20240401)

<https://indianexpress.com/article/health-wellness/can-weight-loss-drugs-prevent-heart-attacks-know-what-us-fda-approval-means-9221713/>

Clinically speaking, obesity is a major risk factor for heart disease and while no weight loss is possible with a pill, admittedly it gives the first necessary push to people keen to move closer to their goal. (Photo by Thinkstock Images)

Clinically speaking, obesity is a major risk factor for heart disease and while no weight loss is possible with a pill, admittedly it gives the first necessary push to people keen to move closer to their goal. (Photo by Thinkstock Images)

What does the US FDA approval of the injectable weight-loss drug Semaglutide (Wegovy) to prevent heart attacks and stroke mean? This means that the drug authorities have extended the use of Wegovy to non-diabetics who may be grossly overweight as a primary prevention therapy against cardiac disease.

This followed trials that proved weight reduction with the use of this drug was indeed therapeutic in obese patients, reducing their cardiac mortality and morbidity by 20 per cent. Additionally, the trial found that Semaglutide also reduced a person’s cardiovascular death risk by 15 per cent and death from any cause by 19 per cent, compared to those who took a placebo.

Also Read | Can Ozempic shots really prevent heart attacks? Here’s understanding a new study

Why is the trial and approval significant?

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Clinically speaking, obesity is a major risk factor for heart disease and while no weight loss is possible with a pill, admittedly it gives the first necessary push to people keen to move closer to their goal. Once the initial stubborn kilos are shed, they have to sustain the weight loss with strict lifestyle discipline regarding a calorie-restricted diet and increased physical exercise. Also, older weight loss drugs didn't show corresponding benefits to heart health. And since Wegovy does this statistically, it can be used as a mainline anti-obesity therapy and not just as a cosmetic wonder drug.

I believe that cardiovascular disease, particularly when associated with obesity, can be a number one killer and any therapy that addresses this risk is a life-saver.

So how does Semaglutide protect heart health?

Festive offer

In the trial, Semaglutide didn't affect total cholesterol, LDL cholesterol or blood pressure. But on an average, patients lost about 10 per cent of their body weight, which in turn reduced these risks. More research is needed for a direct correlation between the drug itself and heart health.

Also Read | New study shows a weight loss drug significantly reduces body weight in a year. Here's all you need to know

Semaglutide belongs to a class of drugs known as glucagon-like peptide 1 (GLP-1) receptor agonists. It mimics the actions of the incretin hormone GLP-1 that is released by the gut after eating. This stimulates insulin production, decreases glucagon production and slows gastric emptying. All of these functions work together to lower blood sugar levels, which decreases the strain on the cardiovascular system. And by increasing satiety, it blunts your hunger pangs and tendency to overeat, impacting calories and weight.

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By accelerating weight loss and weight control, Semaglutide controls other risk factors for cardiovascular disease such as blood pressure, cholesterol and inflammation. It is known that inflammation can constrict blood vessels in the heart, trigger plaque deposition and damage walls enough in the arteries to rupture and form blood clots, leading to heart attacks and strokes.

Also Read | Coming soon: Newer weight loss cum diabetes drugs. Will they be more effective and lasting?

What does it mean for you?

For Indians, injectable Semaglutide will take some time to be widely accessible as some clinical trials are ongoing. But we expect them to be available in the country within a couple of years. At the moment, you can get these injectables at a pharmacy that sells imported brands at an unbelievably high price or from people travelling abroad and bringing them in. We do have Liraglutide, which has proven to have a positive impact on cardiac and renal safety outcomes among patients in clinical trials, making it an effective choice of treatment for patients with Type 2 diabetes mellitus. But even if you are among the privileged few to access the drug, you must consult a doctor and have it on prescription. Without a medical analysis of your health condition, you cannot jump on to a regime just because others are having it.

Routine screening key for early detection of ovarian cancer: Experts (New Kerala: 20240401)

ven as ovarian cancers are diagnosed at a later stage, routine screening programmes can help in the early detection of the deadly cancer, which is known to be the fifth most common cause of death in women, health experts said on Sunday.

Ovarian cancer is dangerous because it often goes undetected until it has spread beyond the ovaries, and the symptoms can also be attributed to other conditions.

The incidence of ovarian cancer in India is influenced by multiple factors.

“One important contributing cause is the absence of routine screening programmes and early detection techniques, which frequently results in diagnosis at advanced stages with few treatment options and a dismal prognosis,” Dr. Kanav Kumar, a Surgical Oncologist at the Punyashlok Ahilyadevi Holkar Head & Neck Cancer Institute of India, Mumbai, told IANS.

Timing diagnosis and treatment is often made more difficult by restricted availability of healthcare services, especially in rural areas.

Ovarian cancer is the fifth most common cause of death in women, and that is because ovarian cancers are diagnosed at a later stage.

“There are no good ways of catching this early so we can do a C125 estimation. It's not very sensitive or very specific for ovarian cancer. It can be attributed to different conditions. the majority of patients will present at a later stage,” said Dr Pritam Kataria, Consultant Medical Oncology at Sir HN Reliance Foundation Hospital.

And so, there is a likelihood of missing out on these patients when they arrive there is a higher risk of mortality associated with this disease when they are diagnosed.

Studies have shown that ageing and menopause can increase the spread of ovarian and other cancers.

Dr. Kumar explained it is because a woman tends to accumulate genetic mutations and gets environmentally exposed to various carcinogens.

“Older age at menopause (longer reproductive life) is also associated with an increased risk of developing ovarian cancer, due to the increased number of ovulations and a higher exposure to reproductive hormones (oestrogens and progesterones),” Dr. Kumar explained.

Ovarian cancer risk factors also include obesity, endometriosis, and the use of hormone replacement therapy (HRT), particularly if HRT is used for a long time.

Women nearing menopause should be careful with any symptoms like a lump in the abdomen or lump in the breast or changes in the bowel habits or postmenopausal bleed or something related to bloating sensation in the stomach.

"These could be some signs and symptoms of the different cancers, notably the ovarian cancers," said doctors.

Netizens slam food delivery platform as girl dies after eating b'day cake ordered online (New Kerala: 20240401)

<https://www.newkerala.com/news/2024/18960.htm>

fter a 10-year-old girl reportedly died post eating her birthday cake ordered online in Patiala, netizens slammed online food delivery platforms for poor regulation over Cloud kitchens listed as food-delivering apps.

The police said on Saturday that a case under Sections 273 and 304-A of the Indian Penal Code (IPC) has been registered following a complaint lodged by the girl's family members, alleging that

the girl died after consuming the birthday cake. Other family members also fell ill after consuming the cake.

As per the bill copy of the cake, which was ordered by the deceased girl's mother Kajal, there is no shop named 'Cake Kanha' at the registered address in Patiala.

The police suspect that the bakery is a cloud kitchen. Additionally, another receipt invoice of Zomato shows billing done from Amritsar, not Patiala.

Despite reaching multiple times, Zomato did not comment.

Dr Nandita Iyer, a seasoned food and nutrition columnist, posted on X that Swiggy and Zomato should clearly highlight on each listing whether it is a cloud kitchen so people are aware of it before ordering.

"Such incidents are a harsh reminder that we have no idea what goes into the food we order from these completely unregulated places," Iyer wrote on the social media platform.

Fitness professional Chirag Barjatya said that food safety is a joke.

"You will be surprised to know that people are running 20 different 'restaurants' in 1RK (room kitchen) as cloud kitchens listed over food-delivering apps. You have no idea how many mice and cockroaches were around the food you just ordered. And you have absolutely no idea if the cooked dal or rice you ordered has expired," Barjatya posted on X.

Why UV protection is crucial for eye health all year round(New Kerala: 20240401)

<https://www.newkerala.com/news/2024/18820.htm>

he radiant warmth of the sun, while comforting, conceals a potential threat to our eye health. Many are aware of the necessity of shielding their skin from the sun's harmful ultraviolet (UV) radiation, yet the importance of safeguarding our eyes often goes overlooked. However, understanding the crucial role of UV protection for eye health, regardless of the season, is paramount in preserving our vision and preventing long-term damage.

Year-Round Threat

Contrary to popular belief, UV radiation is not solely a concern during the scorching summer months. Even on overcast days or during winter, UV rays penetrate clouds, posing a continuous

risk to our eyes. Prolonged exposure to UV radiation can lead to various ocular complications, including growths on the eye, cataracts, macular degeneration, sunburned eye and eye cancer. These conditions can significantly impair vision and diminish quality of life if left untreated.

Preventive Measures

Adopting preventive measures to shield our eyes from UV radiation is simple and effective. Investing in quality sunglasses, such as those labelled with UV400, that block 100% of both UVA and UVB rays is essential. In addition, wearing wide-brimmed hats can provide supplementary protection by reducing the amount of direct sunlight reaching the eyes.

Regular Eye Exams

Routine eye examinations are indispensable in maintaining optimal eye health, as they enable early detection of any abnormalities or conditions exacerbated by UV exposure. An optometrist or ophthalmologist can assess eye health and offer personalized recommendations based on individual needs and lifestyle factors.

Limiting Exposure

Limiting outdoor activities during peak sunlight hours, typically between 10 a.m. and 4 p.m., can significantly reduce UV exposure. When spending time outdoors, seek shade whenever possible, especially in areas with high reflective surfaces such as water, sand, or snow, which intensify UV radiation.

Balanced Diet

In addition to external protection, consuming a balanced diet rich in antioxidants can also play a pivotal role in minimizing the sun's damage to the eyes. Consuming foods high in vitamins A, C and E, zinc and omega-3 fatty acids can help bolster the eyes' natural defences against UV radiation. Incorporating fruits such as oranges, strawberries and kiwis, as well as vegetables like carrots, spinach, kale and broccoli, provides essential nutrients that support ocular health. In addition, including sources of omega-3 fatty acids, such as salmon, tuna and walnuts, can further fortify the eyes' resilience to UV-induced damage.

The eyes, often referred to as the windows to the soul, are also remarkably delicate organs susceptible to damage from UV radiation. As such, prioritizing year-round UV protection is paramount for preserving eye health and preventing vision-related complications. By having a balanced diet rich in antioxidants and essential vitamins, adopting preventive measures such as wearing UV-protective sunglasses and hats and scheduling regular eye examinations, individuals can safeguard their eyesight and enjoy the beauty of the sun without compromising their eye health. Let us not overlook the importance of protecting our eyes from the sun's harmful rays—our vision depends on it.

गर्दन की चर्बी को कम करने के लिए रोजाना करें ये 2 योगासन, जानें करने का सही तरीका (Hindustan: 20240401)

<https://www.livehindustan.com/lifestyle/fitness/story-best-yoga-poses-to-reduce-neck-and-chin-fat-gardan-ki-charbi-kaise-ghataye-in-hindi-9664915.html>

Yoga Poses To Reduce Neck And Chin Fat: शरीर का पॉश्चर ठीक रखने और फिट दिखने के लिए गर्दन पर मौजूद फैट को कम करना जरूरी होता है। अगर आप भी गले पर

जमा चर्बी से निजात पाना चाहते हैं तो अपने रूटिन में शा

Yoga Poses To Reduce Neck And Chin Fat: लोग बैली फैट को कम करने के लिए कई तरह के जतन करते हैं लेकिन बात जब गले के आसपास जमा

चर्बी की आती है तो उसे अक्सर नजरअंदाज कर देते हैं। गर्दन की चर्बी और डबल चिन को आमतौर पर 'टर्की नेक' के नाम से जाना जाता है। गले में मौजूद फैट

किसी भी व्यक्ति की खूबसूरती को प्रभावित कर सकता है। शरीर का पॉश्चर ठीक रखने और फिट दिखने के लिए गर्दन पर मौजूद फैट को कम करना जरूरी

होता है। अगर आप भी गले पर जमा चर्बी से निजात पाना चाहते हैं तो अपने रूटिन में शामिल करें ये 2 योगासन।

NEW चुनाव IPL 2024 NEW मनोरंजन करियर होली वेब स्टोरी बिजनेस विदेश धर्म

4/1/24, 10:45 AM best yoga poses to reduce neck and chin fat gardan ki charbi kaise ghataye in hindi - गर्दन की चर्बी को कम करने के लिए रो जा ना करें ये 2...

<https://www.livehindustan.com/lifestyle/fitness/story-best-yoga-poses-to-reduce-neck-and-chin-fat-gardan-ki-charbi-kaise-ghataye-in-hindi-9664915.html> 2/4

भुजंगासनभुजंगासन को अंग्रेजी में कोबरा पोज के नाम से जाना जाता है। भुजंगासन के अभ्यास के दौरान शरीर कोबरा जैसे पोज में रहता है। इस आसन के अभ्यास से गर्दन

और गले पर मौजूद एक्स्ट्रा फैट को कम करने में मदद मिलती है और व्यक्ति का वजन कम होता है। भुजंगासन का अभ्यास करने के लिए सबसे पहले जमीन पर

योगा मैट बिछाकर पेट के बल लेट जाएं। इसके बाद अपने हाथों को सिर के दोनों तरफ जमीन से टिकाकर रखें। अब अपनी हथेलियों को अपने कंधों के बराबर

लाते हुए गहरी लंबी सांस लेते हुए हाथों को जमीन पर दबाते हुए शरीर को नाभि तक ऊपर की तरफ उठाएं। इस क्रम में सबसे पहले सिर, छाती और आखिर में

पेट वाले हिस्से को ऊपर उठाएं। अब सिर को ऊपर की तरफ सांप के फन की तरह से खींचें। कुछ देर इसी अवस्था में बने रहें और वापस पुरानी स्थिति में आ

जाएं। आप इस आसन का अभ्यास 3 से 7 बार कर सकते हैं।

चक्रासनचक्रासन को अंग्रेजी में व्हील पोज के नाम से पहचाना जाता है। यह योगासन शरीर के निचले हिस्से की मांसपेशियों को मजबूत बनाए रखने में काफी प्रभावशाली

है। नियमित रूप से इस योग का अभ्यास करने से गर्दन के आसपास की चर्बी को घटाने में मदद मिलती है। इतना ही नहीं यह बढ़ते मोटापे को दूर करने में

प्रभावी हो सकता है। चक्रासन करने के लिए सबसे पहले कमर के बल लेटकर पैरों को कूल्हों के बराबर खोलकर घुटने मोड़ लें। अब तलवों को जमीन पर रखते

हुए दोनों हाथों को कान के किनारों पर इस तरह रखें कि उंगलियां पैरों की तरफ आएं। इसके बाद सांस लें और कूल्हों को जितना हो सके आसमान की तरफ

उठाएं और सांस छोड़ें और रुकें। अब एक बार दोबारा सांस भरें और गर्दन को नीचे लटकाते हुए हाथों और पैरों को पास लाने की कोशिश करें। इस मुद्रा में कुछ

देर सांस लें और फिर धीरे से सामान्य हो जाएं।

Sabja Seeds: गर्मियों में पेट को ठंडक देते हैं सब्जा के बीज, जानें फायदे(Hindustan: 20240401)

<https://www.livehindustan.com/lifestyle/health/story-sabja-seeds-benefits-for-body-cool-down-stomach-heat-relief-from-heartburn-in-summer-9658492.html>

Sabja Seeds: गर्मी शुरू होते ही पेट में गर्मी और सीने में जलन जैसी समस्या परेशान करने लगती है तो सब्जा के बीज राहत दे सकते हैं। सब्जा पेट और शरीर को ठंडक पहुंचाने में

मदद करता है और जानें फायदे।

हमें फॉलो करें

गर्मियों के मौसम में एसिडिटी और सीने में जलन की समस्या ज्यादातर लोगों को परेशान करती है। ऐसे में लोग ठंडी चीजें खाना पसंद करते हैं। लेकिन ये ठंडी

चीजें शरीर को नुकसान पहुंचाती है। शरीर और पेट को ठंडक पहुंचानी है तो तासीर में ठंडी चीजें खानी चाहिए। जिसे खाने से शरीर को अंदर से ठंडक मिले।

सब्जा सीड्स गर्मियों में पेट को राहत देने के लिए फायदेमंद है। गर्मी में जब पेट में गर्मी बढ़ जाए तो सब्जा सीड्स को खाना शुरू कर दें। इसे खाने से शरीर को ये

फायदे होते हैं।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश बिहार बोर्ड रिजल्ट्स

NEW चुनाव IPL 2024 NEW मनोरंजन करियर होली वेब स्टोरी बिजनेस विदेश धर्म

4/1/24, 10:47 AM sabja seeds benefits for body cool down stomach heat relief from heartburn in summer - Sabja Seeds: गर्मियों में पेट को ठंडक देते हैं स...

<https://www.livehindustan.com/lifestyle/health/story-sabja-seeds-benefits-for-body-cool-down-stomach-heat-relief-from-heartburn-in-summer-9658492....> 2/4

Health Tips

डाइजेशन के लिए कमाल है सब्जा के बीज

सब्जा को तुलसी के बीज भी कहते हैं। इसमें फाइबर की मात्रा ज्यादा होती है। और फाइबर कब्ज के लिए फायदेमंद है। साथ ही सब्जा एसिडिक इफेक्ट को कम

करता है। जिससे हार्ट बर्न और एसिडिटी से राहत मिलती है।

ब्लड शुगर लेवल कंट्रोल करता है

सब्जा सीड्स कार्बोहाइड्रेट्स और ग्लूकोज के कन्वर्जन को कंट्रोल करता है। साथ ही बॉडी मेटाबॉलिज्म को सही करता है। रोजाना अगर सब्जा सीड्स को खाया

जाए तो ब्लड शुगर लेवल अचानक से नहीं बढ़ता है। इसलिए डायबिटीज के मरीज इसको आसानी से खा सकते हैं।

वेट लॉस करना हो जाता है आसान

सब्जा सीड्स को अगर खाया जाए तो इसमें मौजूद फाइबर लंबे समय तक पेट को भरा रखने में मदद करता है। जिससे ज्यादा कैलोरी लेने से इंसान बच जाता है

और वेट लॉस करना आसान हो जाता है।

इम्यूनिटी बूस्ट करना है आसान

सब्जा सीड्स को नियमित रूप अगर खाया जाए तो इससे इम्यूनिटी बूस्ट होती है। अगर आप अक्सर सर्दी खांसी से परेशान हो जाते हैं तो बदलते मौसम में सब्जा

सीड्स को खाना चाहिए।

यूटीआई में कारगर

गर्मी में पानी की कमी यूरिन इन्फेक्शन को बढ़ा देती है। ऐसे में हर दिन सब्जा सीड्स का पानी पीने से शरीर हाइड्रेट होता है और यूटीआई की समस्या खत्म होती

है।

Mental Health: दिमाग में कितनी भी टेंशन क्यों न हो, ठूस-ठूस के खुशी भर देती हैं ये 6 एक्सरसाइज (Navbharat Times: 20240401)

<https://navbharattimes.indiatimes.com/lifestyle/health/try-these-easy-and-effective-exercise-to-beat-anxiety-depression-and-stress/articleshow/108931223.cms?story=6>

आज की भागदौड़ भरी जिंदगी में मानसिक तनाव होना आम बात है। लेकिन इसका मतलब ये नहीं कि हमें इसे नजरअंदाज कर देना चाहिए। मानसिक स्वास्थ्य उतना ही जरूरी है जितना शारीरिक स्वास्थ्य। मानसिक तनाव को कम करने और दिमाग को शांत रखने के लिए कई तरह के व्यायाम फायदेमंद हो सकते हैं।

try these easy and effective exercise to beat anxiety depression and stress

Mental Health: दिमाग में कितनी भी टेंशन क्यों न हो, ठूस-ठूस के खुशी भर देती हैं ये 6 एक्सरसाइज शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डील देखें

शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डायबिटीज: मिथ्य Vs तथ्य

डील देखें

डायबिटीज: मिथ्य Vs तथ्य

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?

मानसिक स्वास्थ्य (Mental health) किसी को भी, जीवन के किसी भी पड़ाव में प्रभावित कर सकती है। चिंता और अवसाद की गहराई किसी के भी जीवन को अंधकारमय बना देती है। लेकिन आप चिंता और अवसाद की कई लड़ाइयों से आसानी से जूझ सकते हैं।

मानसिक स्वास्थ्य क्या है? मानसिक स्वास्थ्य में मनोवैज्ञानिक, भावनात्मक और सामाजिक अच्छी तरह से रहना शामिल है। यह भावनाओं, सोचने के तरीके और कार्यों को प्रभावित करता है। बचपन से लेकर बड़े होने तक, हर उम्र में मानसिक स्वास्थ्य का ध्यान रखना जरूरी है।

मेंटल हेल्थ प्रभावित होने के कई कारण हैं जिनमें जीवन के अनुभव, जैसे दुर्व्यवहार, अपमान या आघात, पारिवारिक इतिहास आदि शामिल हैं। कई बीमारियां भी स्की वजह बन सकती हैं। मानसिक स्वास्थ्य समस्याओं वाले लोग समय के साथ बेहतर हो जाते हैं और कई पूरी तरह से ठीक हो जाते हैं। आपको बस अपने दिमाग और शरीर को सही तरीके से प्रशिक्षित करना है। कई एक्सरसाइज हैं जिनके जरिए आपको अपनी मेंटल हेल्थ को बेहतर बनाने में मदद मिल सकती है।

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योग तनाव दूर करने का एक बेहतरीन व्यायाम है। योग में विभिन्न आसनों और गहरी सांस लेने का अभ्यास किया जाता है। यह मन और शरीर को जोड़ने का काम करता है। यह दिल और दिमाग को मजबूत बनाता है और मन को संतुलित रखता है।

मेडिटेशन

मेडिटेशन

ध्यान गहरी सांस लेने, गहराई से सोचने या मन को एकाग्र करने का अभ्यास है। ध्यान के कई रूप हैं, लेकिन इसका लक्ष्य विश्राम, आंतरिक शांति और शांत मन प्राप्त करना होता है, जो मानसिक स्वास्थ्य को बेहतर बनाता है। अगर आप ध्यान लगाने में शुरुआत कर रहे हैं और ध्यान लगाना मुश्किल लगता है, तो शुरुआत में 5-10 मिनट का नियमित ध्यान करें।

पिलेट्स

पिलेट्स

पिलेट्स को फोकस, मजबूती, लचीलापन और सहनशक्ति बढ़ाने के लिए बनाया गया है। कभी-कभी मानसिक स्वास्थ्य सीधे हमारे शरीर से जुड़ा होता है। पिलेट्स व्यायाम शरीर को सुडौल बनाते हैं, जिससे हमें अच्छा दिखने और अच्छा महसूस करने में मदद मिलती है, और इस तरह तनाव कम होता है।

बाहर घूमने जाएं

बाहर घूमने जाएं

लंबी दूरी तक चलना, दौड़ना, साइकिल चलाना और अन्य बाहरी गतिविधियां आपकी जीवनशैली में बदलाव लाती हैं और साथ ही ताजी हवा का फायदा भी मिलता है, जो दिमाग को तरोताजा कर देता है। इसके अलावा, साइकिल चलाने का रास्ता या आसपास का पार्क जैसी बाहरी जगहें समय बिताने के लिए अच्छी जगह होती हैं।

मार्शल आर्ट्स

मार्शल आर्ट्स

तनाव, निराशा, ऊर्जा और जकड़न को दूर करने का एक और प्रभावी तरीका है मार्शल आर्ट सीखना और उसका अभ्यास करना। कराटे, जूडो, तार्ई क्वान डू आदि कई तरह की मार्शल आर्ट्स हैं। आपको शांत और सक्रिय रखने के अलावा, मार्शल आर्ट्स, सेल्फ डिफेंस टेक्निक जैसे अन्य लाभ भी प्रदान करते हैं जो आपको सुरक्षित और मजबूत महसूस कराते हैं।

NBT World Health Day Special: हार्वर्ड ने बताया दिल के लिए बेस्ट ऑयल, कोलेस्ट्रॉल-हार्ट अटैक से रहेंगे कोसों दूर(Navbharat Times: 20240401)

<https://navbharattimes.indiatimes.com/lifestyle/health/world-health-day-harvard-health-told-best-oil-for-heart-health-to-reduce-risk-of-cholesterol-and-heart-attack/articleshow/108929623.cms?story=7>

दिल को स्वस्थ रखना बहुत जरूरी है क्योंकि दुनियाभर में दिल से जुड़ी बीमारियों की वजह से सबसे ज्यादा मौत होती हैं, दिल को मजबूत रखने के लिए आपको अपनी डाइट में बदलाव करने चाहिए, कुछ चीजें हैं जिनके सेवन से आपको फायदा हो सकता है।

world health day harvard health told best oil for heart health to reduce risk of cholesterol and heart attack

NBT World Health Day Special: हार्वर्ड ने बताया दिल के लिए बेस्ट ऑयल, कोलेस्ट्रॉल-हार्ट अटैक से रहेंगे कोसों दूर

शॉपिंग अलर्ट- कूलिंग एप्लायसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डील देखें

शॉपिंग अलर्ट- कूलिंग एप्लायसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डायबिटीज: मिथ्य Vs तथ्य

डील देखें

डायबिटीज: मिथ्य Vs तथ्य

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?

अपने दिल को दुरुस्त रखना चाहते हैं? तो फिर उसे पोषण से भरपूर आहार दें। हार्वर्ड हेल्थ (Ref) का मानना है कि दिल को स्वस्थ रखने के लिए फलों, सब्जियों, बीन्स, नट्स और हेल्दी फैट्स से भरपूर खाद्य पदार्थों का सेवन करना सबसे अच्छा होता है।

हर साल 7 अप्रैल को वर्ल्ड हेल्थ डे (World Health Day) मनाया जाता है, जिसका उद्देश्य लोगों को स्वास्थ्य के प्रति जागरूक करना है। इसी मुहिम को आगे बढ़ाते हुए NBT इस दिन तक एक स्पेशल अभियान चला रहा है जिसमें आप विभिन्न बीमारियों और उनसे बचने के उपाय, रोकथाम और इलाज के बारे में जानकारी ले सकेंगे।

आज हम आपको NBT World Health Day Special में बता रहे हैं कि दिल को स्वस्थ रखने के लिए आपको किन-किन चीजों का सेवन करना चाहिए। याद रहे कि दिल से जुड़ी बीमारियां दुनिया में मौत का सबसे प्रमुख कारण हैं।

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फलों और सब्जियों से भरपूर आहार हृदय रोग के कम जोखिम से जुड़ा हुआ है। फल और सब्जियां हृदय स्वास्थ्य में महत्वपूर्ण भूमिका निभाते हैं क्योंकि इनमें एंटीऑक्सिडेंट होते हैं जो धमनियों को होने वाली चोटों को रोकने में मदद करते हैं। अपनी रोजा वाली डाइट में जितना हो सके उतने तरह के रंगीन सब्जियां शामिल करने की कोशिश करें। टमाटर, शिमला मिर्च, एडामेमे, चुकंदर और गाजर जैसी सब्जियां खाएं। पालक, स्प्राउट्स और बोक चॉय जैसी हरी सब्जियां विटामिन, मिनरल्स और एंटीऑक्सिडेंट से भरपूर होती हैं, जो रक्तचाप को कम करने और हृदय रोग के खतरे को कम करने में मदद कर सकती हैं। हरी सब्जियों में नाइट्रेट्स की मात्रा अधिक होती है, जो रक्त वाहिकाओं को आराम देने और चौड़ा करने में मदद करती है। बेरीज, सेब, संतरा, केला, आम, अमरूद और पपीता जैसे ताजे फलों पर ध्यान दें। स्ट्रॉबेरी और ब्लूबेरी जैसे जामुन भी हृदय के लिए बहुत फायदेमंद होते हैं, क्योंकि इनमें एंटीऑक्सिडेंट्स भरपूर मात्रा में होते हैं, जो ऑक्सीडेटिव स्ट्रेस और सूजन से बचाते हैं, जो हृदय रोग को बढ़ा सकते हैं।

साबुत अनाज

साबुत अनाज

साबुत अनाज फाइबर का एक बढ़िया स्रोत हैं। फाइबर स्वस्थ कोलेस्ट्रॉल का स्तर बनाए रखने में मदद करता है, जिससे हृदय रोग का खतरा कम होता है। अध्ययनों में पाया गया है कि रिफाइंड अनाज को साबुत अनाज से बदलने से कोरोनरी हृदय रोग का खतरा कम हो सकता है। अपने खाने में गेहूं की रोटी, बैगेल, इंग्लिश मफिन और टॉर्टिला, साबुत अनाज, ब्राउन राइस आदि शामिल करें।

दिल के लिए प्रोटीन भी जरूरी

दिल के लिए प्रोटीन भी जरूरी

फलियां फाइबर, प्रोटीन और एंटीऑक्सिडेंट से भरपूर होती हैं। सोयाबीन (एडामे और टोफू सहित), अन्य बीन्स, मसूर, चना और मटर कुछ प्रचलित फलियां हैं। नट्स फाइबर, पॉलीअनसैचुरेटेड वसा और प्रोटीन से भरपूर होते हैं। अध्ययनों में पाया गया है कि नट्स का अधिक सेवन हृदय रोग, कोरोनरी हृदय रोग और स्ट्रोक के कम जोखिम से जुड़ा हो सकता है।

मछली

मछली

सैल्मन, मैकेरल और सार्डिन जैसी तैलीय मछलियों में ओमेगा-3 फैटी एसिड भरपूर मात्रा में होते हैं, जो हृदय रोग के खतरे को कम करने के लिए जाने जाते हैं। ओमेगा-3 फैटी एसिड शरीर के अंदर होने वाली सूजन को कम करने में मदद कर सकते हैं। अध्ययनों से पता चला है कि हफ्ते में दो से तीन बार मछली खाने से हृदय रोग, कोरोनरी हृदय रोग, दिल का दौरा, स्ट्रोक और दिल की विफलता का खतरा कम होता है, जबकि हफ्ते में कम मात्रा में मछली खाने वालों की तुलना में।

कम फैट वाले डेयरी उत्पाद

कम फैट वाले डेयरी उत्पाद

कम फैट वाले डेयरी उत्पादों को कम वसा वाले डेयरी उत्पादों से बदलना दिल के लिए एक स्वस्थ फैसला है। इससे असंतृप्त वसा का सेवन बढ़ाने में मदद मिलती है जबकि संतृप्त वसा का सेवन कम होता है। असंतृप्त वसा बेहतर हृदय स्वास्थ्य से जुड़े होते हैं।

खाने के लिए बेस्ट ऑयल

खाने के लिए बेस्ट ऑयल

अपने खाने में से संतृप्त वसा को कम करें और उसकी जगह ऐसे खाद्य पदार्थों को शामिल करें जिनमें सेहतमंद असंतृप्त वसा पाया जाता है। असंतृप्त वसा सीफूड, मेवे, बीज, एवोकाडो और तेलों में पाया जाता है। खाना पकाने के लिए स्वस्थ तेलों में मोनो अनसैचुरेटेड और पौली अनसैचुरेटेड फैट की मात्रा अधिक होती है, जो हृदय स्वास्थ्य के लिए सबसे अच्छे होते हैं। सोयाबीन, मक्का, कुसुम और सूरजमुखी के बीजों जैसे पौधों के तेलों में पौली अनसैचुरेटेड वसा पाया जाता है। कैनोला और जैतून का तेल, साथ ही हाई ओलिक एसिड कुसुम और सूरजमुखी का तेल मोनो अनसैचुरेटेड के मुख्य स्रोत हैं।

एवोकाडो

एवोकाडो

एवोकाडो एक ऐसा दिल के लिए स्वस्थ फल है जिसमें हेल्दी फैट्स, फाइबर और कई सूक्ष्म पोषक तत्व पाए जाते हैं, जो हृदय स्वास्थ्य से जुड़े होते हैं। एक अध्ययन में, हर हफ्ते कम से कम दो बार एवोकाडो खाने से कोरोनरी धमनी रोग के कारण दिल का दौरा या उससे जुड़ी समस्या का खतरा 21% कम हो गया।