



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240402

Low-fat vegan diet

Low-fat vegan diet found to lower insulin needs in Type 1 diabetics, lower risk of heart disease

Type 1 diabetes is an autoimmune disease in which body's immune system attacks healthy pancreas (The Tribune: 20240402)

<https://www.tribuneindia.com/news/health/low-fat-vegan-diet-found-to-lower-insulin-needs-in-type-1-diabetics-lower-risk-of-heart-disease-606281>

Low-fat vegan diet found to lower insulin needs in Type 1 diabetics, lower risk of heart disease

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A low-fat vegan diet rich in fruits, vegetables, grains and beans can help reduce insulin needs in people affected by Type 1 diabetes, a new research has found.

It also found that changes in body weight, brought about by the plant-based diet, helped lower participants' resistance to insulin by improving sensitivity. Glycemic control, or glucose levels in the blood serum, was also observed to get better. The improvements were, in turn, found to correspond to lowering the risk of heart disease in these patients.

While Type 2 diabetes is more common, Type 1 diabetes is an autoimmune disease in which the body's immune system attacks the healthy pancreas, affecting its ability to produce insulin and regulate blood sugar. The patients, therefore, may require regular insulin injections.

“With the cost of insulin remaining a concern for many, our groundbreaking research shows that a low-fat vegan diet that doesn’t restrict carbs may be the prescription for reducing insulin needs, managing blood sugar levels, and improving heart health in people with Type 1 diabetes,” said Hana Kahleova, the study’s lead author and director of clinical research at the Physicians Committee for Responsible Medicine, US.

The study findings have been published in the *Clinical Diabetes* journal.

For the study, the researchers randomly assigned 58 adults with Type 1 diabetes to either a low-fat vegan group with no limits on calories or carbohydrates or a portion-controlled group reducing daily calorie intake for overweight participants and keeping carbohydrate intake stable over time.

During the study period of 12 weeks, the participants on the low-fat vegan diet were found to require 28 per cent lesser insulin, with their body’s response or sensitivity to insulin improving by 127 per cent.

The researchers observed these effects to be associated with body weight, which fell by about five kilogrammes on an average. The body weight of individuals in the portion-controlled group, on the other hand, changed non-significantly.

They also associated the improved insulin sensitivity with increased carbohydrate and fibre intake.

The results support previous research that links a lower fat and protein intake with reduced insulin requirements and improved sensitivity in people with Type 1 diabetes, the researchers said.

The team further linked these improvements to lowering cardiovascular risks of disease and death, known to be higher in Type 1 diabetic patients.

They found the participants’ reduced reliance on external insulin to correspond to a nine per cent lowered cardiovascular risk.

The lowered glucose levels in the blood serum corresponded to a 12 per cent and about 9-12 per cent reduced risk of heart attack and cardiovascular disease, respectively, they said.

The team also found that total cholesterol in the low-fat vegan group came down by 32.3 milligrams per decilitre (mg/dL), compared to 10.9 mg/dL in the portion-controlled group.

LDL cholesterol, or “bad” cholesterol, fell by 18.6 mg/dL in the vegan group, and corresponds to an almost 20 per cent reduced risk for a major cardiac event, including heart attack and stroke, the team said.

The levels did not change significantly in the portion-controlled group, they found.

The study authors, however, acknowledged that larger trials are needed to confirm these findings

Food and Nutrition

How to make sure your leftovers are safe to eat (The Tribune: 20240402)

<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 it's 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.

Adult human ear

Scientists create replica of an adult human ear that looks & feels natural (The Tribune: 20240402)

<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 New York-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

Diabetic and over 65 years? You can still add some weight to cut death risk(The Tribune: 20240402)

<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.

Breathe Better

Breathe Better: 5 home remedies to open nasal passage after cold and sinus (Times of India: 20240402)

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

Mucus accumulates in the spaces between the nose and the head, during cold and sinusitis. The cavities get enlarged and inflamed as a result of this. The mucous membranes lining the sinus cavities and air pockets that make up the skeletal system. The obstruction of mucous membrane drainage caused by sinusitis results in stuffy noses and difficulty breathing. Here are simple remedies that'll let you breathe better and open the nasal passage:

Neti pots are little, teapot-shaped gadgets that assist a person in filling their nasal cavities with a solution of salt water. Maintaining the moisture content and appropriate function of the mucous membranes might help alleviate the symptoms associated with sinus congestion.

Jal Neti can also help relieve congestion by clearing the sinuses and any debris accumulation that may be obstructing them. One needs to fit the narrow tip of the pot into one of the nostrils and let the water flow from another while breathing through the mouth during this process. It is recommended that people use distilled, sterilized, or previously cooked water that is devoid of hazardous bacteria to clean their neti pots.

Shop Similar Look

Continue to stay hydrated throughout the day by drinking water. Why does this matter? Drinking water and adding humidity can help to clear your sinuses and thin mucus. They also keep your skin moisturized and lubricate your sinuses. Herbal tea and other hot drinks are particularly hydrating. There is an additional advantage to the steam from hot liquids.

Inhaling steam has the potential to maintain mucous membrane hydration. This is especially crucial in the winter or in areas with lower temperatures. This may facilitate the sinuses' unblocking and help reduce the symptoms of sinus congestion. Inhaling the steam from a shower with really hot water may help clear the sinuses and reduce discomfort. For the same purpose, a humidifier can also be used. If desired, add oils like menthol, camphor, or eucalyptus to the water.

Known for its potent antioxidant profile, ginger is a fantastic natural cure for sinusitis. The nasal passage's irritation and inflammation are lessened by the anti-inflammatory qualities. Moreover, it aids in the healing of the sinus infection because it is a natural antibacterial agent. For immediate sinus relief, make a combination of ginger tea by combining a few pieces of ginger with one cup of water, boiling it well for ten minutes, and then drinking the mixture three times a day.

According to an earlier 2000 study, chicken soup lowers inflammation brought on by colds and nasal congestion. What is the key? Although the main ingredient in chicken soup has not been found, scientists surmise that the soup's anti-inflammatory and antioxidant properties, along with the steam, are what assist clear sinuses.

Common medicines

Common medicines that are likely to get expensive from today (Times of India: 20240402)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/common-medicines-that-are-likely-to-get-expensive-from-today/articleshow/108945535.cms>

Prices of Diclofenac, Ibuprofen, Mefenamic acid, Paracetamol, and Morphine spike today under NLEM drugs due to NPPA's notice based on WPI data, impacting over 800 medications including Folic Acid, Iron Sucrose, and Hydroxocobalamin. This will apply to more than 800 drugs mentioned on the NELM. Read this article to know more.

Common medicines that are likely to get expensive from today

Common medicines like Diclofenac, Ibuprofen, Mefenamic acid, Paracetamol, and Morphine will become expensive from today. The medicines included in the National List of Essential Medicines (NLEM) will be bought at a higher price from April 1, as per a notification released by the National Pharmaceutical Pricing Authority, Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers.

This will apply to more than 800 drugs mentioned on the NELM.

"Based on the WPI data provided by the office of the Economic Advisor, Department of Industry and Internal trade Ministry of Commerce and Industry, the annual change in WPI works out as (+) 0.00551% during the calendar year 2023 over the corresponding period in 2022," said the notice by the National Pharmaceutical Pricing Authority (NPPA).

The medicines which are going to be cheaper from today include painkillers like paracetamol, morphine; TB medicines like Amikacin, Bedaquiline, Clarithromycin; anticonvulsants like Clobazam, Diazepam, Lorazepam; antidotes in poisoning like activated Charcoal, D-Penicillamine, Nalaxone, Snake venom and antibiotics like Amoxicillin, Ampicillin, Benzylpenicillin, Cefadroxil, Cefazolin, and Ceftriaxone; Folic Acid, Iron Sucrose, Hydroxocobalamin, Flunarizine, Propranolol, Donepezil, Abacavir, Lamivudine, Zidovudine, Efavirenz, Nevirapine, Raltegravir, Dolutegravir, Ritonavir, Clotrimazole, Fluconazole, Mupirocin, Nystatin, Terbinafine, Diltiazem, Metoprolol, Digoxin, Verapamil, Amlodipine, Ramipril, Telmisartan; Malaria medicines like Artesunate, Artemether, Chloroquine, Clindamycin, Quinine, Primaquine, 5-Fluorouracil, Actinomycin D, All-trans retinoic acid, Arsenic trioxide, Calcium folinate, Chlorohexidine, Ethyl Alcohol, Hydrogen peroxide, Povidine iodine, Potassium permanganate and general anaesthetics and oxygen medicines like Halothane, Isoflurane, Ketamine, Nitrous oxide, etc.

The NPPA announced that the change will amount to 0.0055 per cent for medicines under the NLEM in line with the annual change in the wholesale price index (WPI).

NPPA revises ceiling prices of over 800 scheduled drug formulations from April 1

Currently India has approximately 400 molecules and 960 formulations covered under the National List of Essential Medicines

Cost of antibiotics and painkillers have registered a marginal hike in cost starting April 1 with the drug price regulator National Pharmaceutical Pricing Authority's (NPPA) latest notification allowing price hike for select medicines by 0.00551%.

While the marginal hike has come as a relief for consumers pharmaceutical companies claim that they are grappling with rising cost of raw material and tightening price control mechanisms. The Department of Pharmaceuticals has now issued its annual list of revised ceiling prices for 923 scheduled drug formulations and revised retail prices of 65 formulations with the ceiling rates coming into effect from April 1. This revision is part of routine exercise undertaken by the NPPA.

NPPA -National List of Essential Medicines

NPPA revises ceiling prices of over 800 scheduled drug formulations from April 1(The Hindu: 20240402)

Currently India has approximately 400 molecules and 960 formulations covered under the National List of Essential Medicines

<https://www.thehindu.com/sci-tech/health/nppa-revises-ceiling-prices-of-over-800-scheduled-drug-formulations-from-april-1/article68016011.ece>

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TB

High-quality care in TB: Rights and perspectives of affected individuals (The Hindu: 20240402)

<https://www.thehindu.com/sci-tech/health/high-quality-care-in-tb-rights-and-perspectives-of-affected-individuals/article68015426.ece>

Care for TB has to consider individual needs - giving treatment is not enough. These needs vary from economic support to informational needs and gender responsive care to mental health support.

Care — almost always in TB, is defined as the right diagnosis and treatment. But how do communities, those affected or the final and recipients of care, define good quality care? What does it mean to them? Is it merely a correct diagnosis or treatment or does it go well beyond it?

Advocates and survivors who know the realities of TB and its social, economic and cultural components of care know that comprehensive high-quality care is well beyond diagnosis and treatment alone. High-quality care is a concept that puts lived realities-economic, social, gender and otherwise- and the experiences of patients and survivors at the centre of the definition of care.

Health Care Services

A living will, to avoid the indignities of prolonged hospital care (The Hindu: 20240402)

<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.

(For top health news of the day, subscribe to our newsletter Health Matters)

Social anxiety

Is social anxiety holding you back? Recognise the signs to cope with it (Indian Express: 20240402)

<https://indianexpress.com/article/lifestyle/health/social-anxiety-disorder-phobia-fear-mental-health-9238235/>

Do you feel anxiousness engulfing you like a storm after stepping out of your home? Learn what social anxiety is and what you can do about it

social anxiety, anxiety disorder Unlike shyness, which can affect daily interactions with others to some extent, social anxiety can be life-altering (Source: Freepik)

Social anxiety is a disorder that can present several roadblocks in someone's life. It can hinder their ability to meet and interact with others, leading to increasing seclusion and overwhelming feelings of loneliness.

Unlike shyness, which can affect daily interactions with others to some extent, social anxiety can be life-altering as it prevents the person from doing even the most mundane tasks such as shopping or taking a walk outside.

What is social anxiety?

Dr Rahul Chandhok, head psychiatrist and head consultant, Mental Health and Behavioural Science, Artemis Hospitals, describes it as "a pervasive and often enfeebling psychological

condition” where an individual experiences an extreme fear of being a part of social situations and interactions.

Gut microbiome

Gut microbiome: meet *Klebsiella pneumoniae* – an opportunistic pathogen that is harmless to some, but causes severe disease in others (Indian Express: 20240402)

<https://indianexpress.com/article/lifestyle/health/gut-microbiome-klebsiella-pneumoniae-9241641/>

K. pneumoniae - friend or foe? This common gut bacteria can cause serious infections, especially in vulnerable populations. Learn how the microbiome can influence *K. pneumoniae*'s impact on health and the potential of using probiotics to prevent infections.

gut bacteria, gut microbiome Scientists aren't entirely sure what proportion of the population carries *K pneumoniae* (Source: Freepik)

Klebsiella pneumoniae is a common species of bacteria found in our bodies – and may even be lurking in your gut, mouth or nose right now. But it's also a notoriously harmful bacteria that can make us very ill.

It's the most common cause of hospital-acquired pneumonia in the US and the second most frequent cause of urinary tract infections worldwide, after *Escherichia coli* (*E coli*). If it infects wounds or enters the bloodstream, *K pneumoniae* can cause bloodstream infections and sepsis.

So how can *K pneumoniae* live harmlessly among the rest of the microbiome in some of us, yet cause disease in others? Understanding this may hold the key to preventing infections.

Prostate cancer

Don't miss the signs: Spot early stage prostate cancer (Indian Express: 20240402)

<https://indianexpress.com/article/lifestyle/health/prostate-cancer-men-prostate-gland-health-9234450/>

Prostate cancer is common among men today, but making simple changes can become life-saving! Dr Mohammed Shahid Ali sheds light on early symptoms and practical strategies to protect yourself from this disease

prostate cancer, cancer, prostate gland, man, men It is crucial to detect the early signs of prostate cancer. (Source: Freepik)

Part of the reproductive system in men, the prostate gland is a small walnut-shaped organ that produces seminal fluid. This fluid, along with the sperms produced in the testicles as well as other fluids made by various glands, make up semen. The prostate gland performs the essential function of keeping the sperm viable through its fluid, which is needed for successful conception.

However, there is a high chance among men of developing cancer in this organ. Prostate cancer is considered to be a serious issue as it can easily spread to nearby organs such as the bladder or rectum, as well as enter the bloodstream and affect other parts of the body.

The condition can be tough to treat, and despite being aware of the risks several men have been known to ignore the early signs. We speak to Dr Mohammed Shahid Ali, consultant – urology, andrology, robotic surgery and renal transplantation, Manipal Hospital, Bangalore, about the warning signs, treatments as well as effective preventative options.

Early symptoms and warning signs of prostate cancer

Prostate cancer, Dr Ali says, ranks among the top five cancers in Indian men. According to him, India has witnessed a rise in prostate cancer cases due to various factors such as increasing life expectancy, adoption of Western lifestyles, dietary changes, and improved diagnostic methods.

Early recognition and timely treatment offer better long-term survival in such patients, he emphasises. It can be completely asymptomatic in early stages, Dr Ali explains, but in occasional cases it may present with urinary issues such as:

In the late stages of prostate cancer, patients usually develop leg swelling (leg edema) or bone pain which indicates that it has spread to nearby tissues and organs including bones, lymph nodes, and other organs.

prostate cancer, cancer, prostate gland, man, men Exercising regularly, along with other lifestyle changes can help prevent prostate cancer (Source: Freepik)

Screening tests for detecting prostate cancer

Two types of screening tests are commonly used to detect prostate cancer. Dr Ali however, brings attention to the fact that these tests are not definitive on their own as they can lead to false positives or negatives. But, if used together they can be more reliable in producing accurate results.

People who are suspected of having this cancer must undergo the following tests, he says:

Prostate-Specific Antigen (PSA) test

This test measures the level of PSA in the blood. Elevated PSA levels could indicate prostate cancer, but it can also be elevated due to other conditions such as benign prostatic hyperplasia (BPH).

Digital Rectal Examination (DRE)

This involves a physical examination of the prostate through the rectum to detect abnormalities such as lumps or hard spots.

Treatment options for early-stage prostate cancer:

For patients diagnosed with early-stage prostate cancer, Dr Ali says that the type of treatment depends on the consensus of both the patient as well as their doctor (urologist, oncologist, radiation oncologist) to treat the cancer. These can include the following:

Active surveillance: Monitoring the cancer with regular PSA tests, DREs, and sometimes biopsies to track its progression. Suitable for low-risk cancers.

Surgery (Radical Prostatectomy): Removal of the entire prostate gland. It is effective in removing localized cancer. With more and more experience in Robotic prostate surgeries, outcomes have been greatly improved in terms of post-operative urinary control, and erectile dysfunction.

Radiation therapy: Using high-energy rays to kill cancer cells. Can be external beam radiation or brachytherapy (internal radiation). Side effects of radiation can be issues with urination and erectile dysfunction (ED).

Hormone therapy: Reducing levels of testosterone to slow the growth of prostate cancer cells. It's often used in combination with other treatments and may cause side effects like hot flashes and loss of libido.

Lifestyle changes and preventive measures to reduce prostate cancer risk

To reduce the risk of getting this serious disease, Dr Ali recommends the following preventative measures that men need to integrate into their lives:

Healthy diet: Consuming a diet rich in fruits, vegetables, and whole grains, and low in red meat and high-fat dairy products may help reduce the risk of prostate cancer.

Regular exercise: Engaging in regular physical activity can help maintain a healthy weight and reduce the risk of prostate cancer.

Sustain a healthy weight: It's critical to maintain a healthy weight through food and exercise because obesity is associated with a higher chance of developing aggressive prostate cancer.

World Autism Awareness Day

World Autism Awareness Day: बुलाने पर आता नहीं, बार-बार एक ही चीज करता है, बच्चे हो सकता है ऑटिज्म (Navbharat Times: 20240402)

<https://navbharattimes.indiatimes.com/lifestyle/health/world-autism-awareness-day-doctor-explains-early-signs-and-symptoms-of-autism-in-child/articleshow/108961968.cms?story=5>

भारत में ऑटिस्टिक बच्चों की संख्या तेजी से बढ़ती जा रही है। लड़कियों की तुलना में लड़के आमतौर पर ऑटिज्म से अधिक प्रभावित होते हैं। ऐसे में जानना जरूरी है कि इससे कैसे बचा जा सकता है और पेरेंट्स क्या कर सकते हैं?

world autism awareness day doctor explains early signs and symptoms of autism in child

World Autism Awareness Day: बुलाने पर आता नहीं, बार-बार एक ही चीज करता है, बच्चे हो सकता है ऑटिज्म

एमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

डील देखें

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डील देखें

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

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?

World Autism Awareness Day: ऑटिज्म स्पेक्ट्रम डिसऑर्डर (ASD) दुनिया के लिए एक बड़ी चुनौती बनता जा रहा है। भारत में भी इससे पीड़ित बच्चों की संख्या लगातार बढ़ती जा रही है। 2021 में प्रकाशित

एक स्टडी के मुताबिक, भारत में ऑटिज़्म की अनुमानित संख्या 68 बच्चों में से लगभग 1 हो सकती है। ऑटिज़्म क्या है, और इसका इलाज क्या है आइए जानते हैं।

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ऑटिज़्म का इलाज क्या, पैरेंट्स क्या करें?

ऑटिज़्म का इलाज क्या, पैरेंट्स क्या करें?

डॉ. नथानिएल के मुताबिक ऑटिज़्म एक ऐसी स्थिति है जिसका कोई खास इलाज नहीं है, लेकिन अगर इसके शुरुआती लक्षणों, या संकेतों को माता-पिता समय रहते पहचान लें तो वो अपने बच्चों की मदद कर सकते हैं। पिछले कुछ वर्षों में ऑटिज़्म को लेकर कई शोध हुए हैं और समझने की कोशिश की गई है कि इसे कैसे नेविगेट किया जा सकता है।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

क्यों होता है ऑटिज़्म, कैसे पहचाने?

क्यों होता है ऑटिज़्म, कैसे पहचाने?

जेनेटिक कारक और जन्म के समय होने वाली किसी भी तरह की कठिनाई ऑटिज़्म का मुख्य कारण माने जाते हैं। स्पीच डेवलपमेंट न होना, असामान्य संवेदनशीलता, हाथ या शरीर की असामान्य मूवमेंट, खेलना, आई कॉन्टैक्ट न बना पाना, नाम सुनकर रिएक्ट न करना, दूसरों के साथ कनेक्ट न कर पाना, खिलौनों से अजीब तरह से खेलना ये कुछ बड़े लक्षण हैं, जो ऑटिज़्म की तरफ इशारा करते हैं। इन्हें किसी भी कीमत पर इग्नोर नहीं करना चाहिए।

किन लक्षणों से पता लगता है कि बच्चे को है ऑटिज़्म

5 Autism Signs in Babies : बच्चों में ऑटिज़्म के 5 लक्षण और जाने उपाय |Happy Parenting Ep163

डॉ. के मुताबिक पहले भी ऑटिज़्म की समस्या थी, लेकिन माता-पिता को पता ही नहीं चल पाता था। लेकिन अब वो इसको लेकर जागरूक हो रहे हैं और एक्सपर्ट्स के पास पहुंच रहे हैं। यही कारण है कि अधिक मामले सामने आ रहे हैं और ऑटिज़्म से पीड़ित बच्चे तेजी से बढ़ रहे हैं।

ऑटिज़्म स्पेक्ट्रम डिसऑर्डर (ASD) क्या है?

ऑटिज्म स्पेक्ट्रम डिसऑर्डर (ASD) क्या है?

डॉ. नथानिएल जॉन पिंटो, (कंसल्टेंट, बाल रोग, मणिपाल अस्पताल गोवा) बताते हैं। ऑटिज्म एक न्यूरो-डेवलपमेंटल डिसऑर्डर है। इससे पीड़ित बच्चों को सोशल कम्युनिकेशन और बातचीत में दिक्कत का सामना करना पड़ता है। यही नहीं एएसडी के कारण बच्चों के सीखने, आगे बढ़ने, और किसी चीज पर फोकस करने के तरीके भी अलग-अलग हो सकते हैं।

Calcium

कैल्शियम ले रहे हैं तो बनने लगेंगे किडनी स्टोन? यूरोलॉजिस्ट डॉक्टर ने बताया खाएं ऐसे फूड्स(Navbharat Times: 20240402)

<https://navbharattimes.indiatimes.com/lifestyle/health/urologist-doctor-explains-does-calcium-supplement-forms-kidney-stones-know-causes/articleshow/108947602.cms>

Kidney Stones Causes: किडनी में पथरी बनना एक दर्दनाक समस्या है। कई बार इसकी वजह से पेशाब आना भी रुक सकता है। कुछ लोगों को लगता है कि कैल्शियम सप्लीमेंट की वजह से पथरी बनती है। इस बारे में यूरोलॉजिस्ट डॉक्टर ने पूरी जानकारी दी है।

kidney stones causes

एमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

डील देखें

एमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

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

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क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

MITHYA vs TATHYA: कैल्शियम एक आवश्यक मिनरल है। यह हड्डियों को मजबूत बनाता है। इसकी कमी से दांत, नाखून कमजोर होने लगती हैं। इसे भरने के लिए मरीजों को कैल्शियम सप्लीमेंट लेने के लिए

कहा जाता है। मगर यह बात आग की तरह फैली हुई है कि कैल्शियम लेने से पथरी बनने का खतरा बन सकता है। अगर आप भी ऐसा सोचते हैं तो यह आर्टिकल पूरा पढ़ें।

कैल्शियम सप्लीमेंट लेने से किडनी स्टोन बनते हैं या नहीं, इसके बारे में यूरोलॉजिस्ट डॉ. अमित बंसल ने पूरी जानकारी दी है। उन्होंने बताया है कि कई लोग कैल्शियम की गोलियां खाने के बाद गुर्दे की पथरी के बारे में चिंता करने लगते हैं। आइए इसकी सच्चाई जानते हैं।

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किडनी स्टोन कैसे बनते हैं?

कैल्शियम से नहीं बनती गुर्दे की पथरी

kidney stones (2)

डॉ. अमित बंसल ने बताया कि कैल्शियम सप्लीमेंट लेने से पथरी नहीं बनती। अधिकतर पथरी कैल्शियम ऑक्सालेट के कारण बनती हैं। ऑक्सालेट खाने से आता है। अगर आपकी डाइट में कैल्शियम कम है तो यह ऑक्सालेट आंतों में अवशोषित होता है। यूरिन के रास्ते निकलता है और वहां कैल्शियम के साथ मिलकर स्टोन बनाता है।

5 Mistakes that Lead to Kidney Stones : ये 5 गलतियां आपको बना देगी किडनी का मरीज़

कैल्शियम और विटामिन डी फूड्स खाएं

kidney stones

डाइट में कैल्शियम या विटामिन डी कम है तो पथरी होने का खतरा ज्यादा है। अगर खाने में विटामिन डी और कैल्शियम अच्छा होगा तो यह ऑक्सालेट को आंतों में ही पकड़ लेगा। फिर यह पॉटी के रास्ते बाहर निकल जाएगा और कभी पथरी नहीं बना पाएगा।

कैल्शियम का बेस्ट सप्लीमेंट

capsule medicine pill tablet

कैल्शियम सप्लीमेंट लेना पड़ रहा है तो सही सप्लीमेंट लें। डॉक्टर ने कहा कैल्शियम कार्बोनेट की जगह कैल्शियम सिट्रेट वाले सप्लीमेंट लेने चाहिए। बाजार में अधिकतर कैल्शियम कार्बोनेट वाले सप्लीमेंट आता है। सिट्रेट यूरीन के रास्ते निकलकर पथरी बनने का खतरा कम कर देता है। अगर आपको किडनी स्टोन बन रहे हैं तो डाइट में कैल्शियम फूड, विटामिन डी और सिट्रेट लेना शुरू करें।

कैल्शियम वाले फूड्स

poppy seeds khas khas

खसखस के बीज

सैल्मन मछली

दालें

बादाम

पालक

विटामिन डी वाले फूड्स

vitamin d

फैटी फिश

रेड मीट

जानवरों की कलेजी

एग योल्क

फोर्टिफाइड फूड्स

Foods to Avoid in Summer Season:

गर्मियां शुरू होते ही बना लें इन 5 फूड्स से दूरी, बनी रहेगी सेहत (Hindustan: 20240402)

<https://www.livehindustan.com/lifestyle/fitness/story-summer-diet-know-about-the-foods-to-avoid-in-summer-season-to-stay-healthy-and-fit-9672479.html>

Foods to Avoid in Summer Season: खानपान में बरती गई थोड़ी सी भी लापरवाही व्यक्ति के डाइजेशन को खराब करके उसे बीमार बना सकती है। ऐसे में आइए जानते हैं गर्मियां

शुरू होते ही व्यक्ति को अपनी सेहत को बनाए

Manju Mamgain लाइव हिन्दुस्तान टीम, नई दिल्ली

Tue, 02 Apr 2024 08:34 AM

हमें फॉलो करें

Foods to Avoid in Summer Season: गर्मियां शुरू होते ही लोग तेज धूप और गर्मी से बचने के लिए अपनी डाइट में कुछ ऐसी चीजों को शामिल करना

पसंद करते हैं, जो बॉडी को कूल बनाए रखने के साथ सेहत के लिए भी बेहद फायदेमंद होती हैं। इस मौसम में व्यक्ति को अपनी सेहत बनाए रखने के लिए अपने

खानपान पर विशेष ध्यान देने की जरूरत होती है। खानपान में बरती गई थोड़ी सी भी लापरवाही व्यक्ति के डाइजेशन को खराब करके उसे बीमार बना सकती है।

ऐसे में आइए जानते हैं गर्मियां शुरू होते ही व्यक्ति को अपनी सेहत को बनाए रहने के लिए किन चीजों का अधिक सेवन करने से बचना चाहिए।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW होली वेब स्टोरी बिजनेस विदेश धर्म

4/2/24, 10:40 AM summer diet: know about the foods to avoid in summer season to stay healthy and fit - गर्मी यां शुरू हो ते ही बना लें इन 5 फूड्स से दूरी , ब...

<https://www.livehindustan.com/lifestyle/fitness/story-summer-diet-know-about-the-foods-to-avoid-in-summer-season-to-stay-healthy-and-fit-9672479.h...> 2/5

अच्छी सेहत के लिए गर्मियों में ना करें इन चीजों का अधिक सेवन नॉनवेज का सेवन करें कम नॉनवेज के शौकीन लोगों को गर्मी के मौसम में इसका सेवन कम कर देना चाहिए। नॉनवेज पचाने में हैवी होता है। इसका अधिक सेवन गर्मियों में आपके

डाइजेशन को खराब करके पेट खराब होने का कारण बन सकता है। गर्मियों में अंडा, तंदूरी चिकन, मछली, सीफूड का बहुत अधिक सेवन करने से बचें।

आम का अधिक सेवन करने से बचें-

गर्मी के मौसम में शरीर को ठंडा बनाए रखने के लिए लोग फलों के सेवन पर ज्यादा जोर देते हैं। यही वो मौसम होता है जब फलों के राजा आम की डिमांड भी

लोगों के बीच काफी बढ़ जाती है। बावजूद इसके क्या आप जानते हैं कि आम का अधिक सेवन सेहत को बिगाड़ सकता है। तेज गर्मी में ज्यादा आम खाने से

बचना चाहिए। आम की तासीर गर्म होती है, जिसे खाने के बाद पचाने में काफी समय लगता है। इतना ही नहीं आम में मौजूद फाइबर की अधिकता पेट में गर्मी

पैदा करके दस्तका कारण भी बन सकती है।

अदरक से बना लें दूरी-

अदरक भले ही खाने का स्वाद बढ़ाने से लेकर सेहत को कई फायदे भी पहुंचाता है। बावजूद इसके गर्मियों में इसका सेवन संभलकर करना चाहिए। अदरक की

तासीर गर्म होती है। नेशनल सेंटर फॉर बायोटेक्नोलॉजी इन्फॉर्मेशन (NCBI) के अनुसार गर्मियों में अदरक का सेवन करने से शारीरिक तापमान बढ़ सकता है।

जिससे पेट से जुड़ी बीमारियां बढ़ने लगती हैं।

सूखे बादाम गर्मियों के मौसम में सूखे बादाम का सेवन इसलिए नहीं करना चाहिए क्योंकि क्यो इसकी तासीर गर्म होती है। चूंकि बादाम की तासीर गर्म होती है ऐसे में इसका

अधिक सेवन शरीर में गर्मी के स्तर को बढ़ा सकता है, जिससे अनेक बीमारियां पैदा हो जाती है। बादाम में मौजूद फाइबर की अधिकता पाचन क्रिया प्रभावित

करके पेट फूलने की समस्या, कब्ज, अपच,पेट खराब जैसी समस्याओं का कारण बन सकती है।

World Autism Day 2024

World Autism Day 2024: हर साल क्यों मनाया जाता है विश्व ऑटिज्म दिवस? जानें इतिहास और लक्षण

World Autism Awareness Day 2024: ऑटिज्म एक ऐसी न्यूरोलॉजिकल स्थिति है, जो बचपन में शुरू होती है। जिसमें व्यक्ति के वर्बल या नॉन वर्बल कम्युनिकेशन, इमेजिनेशन और(Hindustan: 20240402)

सोशल इंटरैक्शन पर बुरा असर पड़ता है। जिसक

<https://www.livehindustan.com/lifestyle/health/story-world-autism-awareness-day-2024-why-we-celebrate-world-autism-awareness-day-history-significance-theme-and-symptoms-9672214.html>

World Autism Awareness Day 2024: दुनियाभर में हर साल 2 अप्रैल को विश्व ऑटिज्म जागरूकता दिवस (World Autism Awareness Day 2024)

मनाया जाता है। इस दिन को मनाने के पीछे का उद्देश्य लोगों को इस न्यूरोलॉजिकल डिसऑर्डर के बारे में जागरूक करना है। जिससे पीड़ित व्यक्ति की लाइफ

को बेहतर बनाने में मदद मिल सके और वह भी समाज में बेहतर जीवन बिता सके। बता दें, साल 2021 में Indian Journal of Pediatrics में पब्लिश हुई एक

स्टडी बताती है, कि देश में हर 68 बच्चों में से एक बच्चा ऑटिज्म से ग्रसित है, जिनमें लड़कियों के मुकाबले लड़कों की संख्या तीन गुना ज्यादा है। ऐसे में आइए

जानते हैं आखिर क्या है ऑटिज्म रोग और कैसे हुई विश्व ऑटिज्म दिवस को मनाने की शुरूआत।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW होली वेब स्टोरी बिजनेस विदेश धर्म

4/2/24, 10:41 AM World Autism Awareness Day 2024: why we celebrate world autism awareness day history significance theme and symptoms - Wo...

[https://www.livehindustan.com/lifestyle/health/story-world-autism-awareness-day-2024-why-we-celebrate-world-autism-awareness-day-history-signific... 2/5](https://www.livehindustan.com/lifestyle/health/story-world-autism-awareness-day-2024-why-we-celebrate-world-autism-awareness-day-history-signific...)

विज्ञापन

क्या है ऑटिज्म रोग?

ऑटिज्म एक ऐसी न्यूरोलॉजिकल स्थिति है, जो बचपन में शुरू होती है। जिसमें व्यक्ति के वर्बल या नॉन वर्बल कम्युनिकेशन, इमेजिनेशन और सोशल इंटरैक्शन पर

बुरा असर पड़ता है। जिसकी वजह से पीड़ित व्यक्ति को बातें समझने में कठिनाई होती है, मन ही मन बड़बड़ाते हैं, शब्दों को समझ नहीं पाते हैं, आंखें मिलाकर

बात नहीं कर पाते हैं, उठने-बैठने, खाने-पीने का बर्ताव भी औरों से अलग होता है।

ऑटिज्म के लक्षण-

- बच्चों का देरी से बोलना शुरू करना।
- एक ही शब्द को बार-बार रिपीट करना।
- किसी के बोलने या कुछ कहने पर जवाब नहीं देना।
- बच्चे का ज्यादा समय अकेले ही बिताना।
- किसी से आंखें मिलाकर बात न करना।
- एक ही चीज को बार-बार करना।
- किसी भी एक काम या सामान के साथ पूरी तरह बिजी रहना।
- सामने वाले व्यक्ति की भावना न समझना।

विश्व ऑटिज्म जागरूकता दिवस का इतिहाससंयुक्त राष्ट्र द्वारा ऑटिस्टिक लोगों को सुविधाजनक जीवन देने के लिए 1 नवंबर 2007 को एक प्रस्ताव पारित किया गया था। संस्थान का कहना था कि ऑटिस्टिक

लोगों को समाज से जोड़ने के लिए सबसे पहले इस बीमारी के प्रति लोगों को जागरूक करना जरूरी है। जिसके बाद संयुक्त राष्ट्र महासभा के इस प्रस्ताव को 18

दिसंबर 2007 को स्वीकार कर लिया। जिसके बाद हर साल से 2 अप्रैल को विश्व ऑटिज्म जागरूकता दिवस (World Autism Awareness Day 2024) मनाया

जाता है।

विश्व ऑटिज्म जागरूकता दिवस 2024 की थीम इस साल विश्व ऑटिज्म जागरूकता दिवस 2024 की थीम रखी गई है, 'एम्पावरिंग ऑटिस्टिक वॉयस' है। जिसका उद्देश्य इस स्थिति वाले व्यक्तियों को अधिक समर्थन और शक्ति प्रदान करना है, ताकि यह सुनिश्चित किया जा सके कि वे एक सार्थक जीवन जीने के साथ एक सफल करियर भी बना सकें। इस स्थिति वाले लोगों का समर्थन करने और उन्हें स्वीकार करने के संकल्प को पुनर्जीवित करने के लिए हर साल एक नई थीम तय की जाती है।

World Autism Day 2024:

World Autism Day 2024: क्या है ऑटिज्म? बच्चों में दिख रहे इन लक्षणों से हो जाएं अलर्ट

Symptoms Of Autism: 2 अप्रैल को विश्व ऑटिज्म डे के रूप में मनाया जाता है। लेकिन क्या आप जानते हैं कि आखिर ऑटिज्म होता क्या है और इसके लक्षण क्या होते हैं? नहीं, तो इस

आर्टिकल में जानिए। (Hindustan: 20240402)

<https://www.livehindustan.com/lifestyle/health/story-world-autism-day-2024-what-is-autism-and-its-symptoms-in-hindi-9668970.html>

कुछ बीमारियां बचपन से ही बच्चों को परेशान कर सकती हैं। कई बच्चों को आपने देखा होगा जो बोलने और समझने में समय लगा देते हैं। वैसे तो ये नॉर्मल होता है, लेकिन

कुछ बच्चों में ये समस्या का संकेत हो सकता है। इस समस्या में बच्चों का मानसिक तौर पर विकास नहीं होता है, मेडिकल भाषा में इस बीमारी को ऑटिज्म कहा जाता है।

हर साल 2 अप्रैल को दुनिया भर में वर्ल्ड ऑटिज्म डे मनाया जाता है। इस दिन का उद्देश्य जागरूकता फैलाना है। इस आर्टिकल में हम बता रहे हैं क्या है ऑटिज्म की समस्या

और इसके लक्षणों पर पढ़ें-पढ़ें

ई-पेपर शहर चुनें

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4/2/24, 10:42 AM World Autism Day 2024 What is autism and its symptoms in hindi -
World Autism Day 2024: क्या है ऑटिज्म? बच्चों में दिख रहे इन लक्षणों ...णों

<https://www.livehindustan.com/lifestyle/health/story-world-autism-day-2024-what-is-autism-and-its-symptoms-in-hindi-9668970.html> 2/7

विज्ञापन

क्या है ऑटिज्म की समस्या?

ऑटिज्म स्पेक्ट्रम डिसऑर्डर दिमाग के विकास से जुड़ी एक स्थिति है जो एक व्यक्ति के दूसरों के साथ मेलजोल और उनके बारे में सोचने के तरीके को प्रभावित करती है। इस

समस्या की वजह से सामाजिक संपर्क में समस्याएं हो सकती हैं। इस समस्या के लक्षण मुख्य रूप से बचपन में ही दिखने लग जाते हैं। जो लोग इस परेशानी से जूझ रहे हैं

उन्में डिप्रेशन चिंता, सोने में कठिनाई सहित कई दूसरी तरह कि व्यवहारिक समस्याएं होने का खतरा हो सकता है। जानिए क्या हैं इस समस्या के लक्षण-

क्या है ऑटिज्म के लक्षण

- अपने नाम पर जवाब ना दे पान, ऐसा भी लग सकता है कि वह आपकी बात सुन ही नहीं रहा।
- दूसरे बच्चों के साथ मेलजोल से बचने, इससे ऐसा लग सकता है कि वह अकेले खेलना पसंद करता है
- बोलचाल से बचना या बोलने में देरी करना।
- असामान्य स्वर या लय के साथ बोलना और गानेवाली आवाज या रोबोट जैसी बोली में बोलना।
- शब्दों या वाक्यों को दोहराना और यह नहीं समझना की उनका इस्तेमाल कैसे करना है।
- भावनाओं को व्यक्त नहीं करना और दूसरों की भावनाओं से अनजान होना।
- घंटों तक एक ही स्थान पर अकेले चुपचाप बैठे रहना।

समस्या से पीड़ित लोगों का ऐसा होता है बिहेवियर

- बार-बार एक जैसी हरकतें करना, जैसे हिलना, घूमना या हाथ फड़फड़ाना।
- ऐसी चीजें करना जिससे खुद को नुकसान पहुंचे, जैसे काटना या सिर पीटना।
- थोड़े से बदलाव पर परेशान होना।
- अजीब हरकतें करना, जैसे पैर की उंगलियों पर चलना, अलग बॉडी लैंग्वेज।

- रोशनी, आवाज या टच के प्रति असामान्य रूप सेसंवेदनशील होना।

- खानेको लेकर चॉइस, जैसेकुछ खानेकी चीजों को खाना।

डिस्क्लेमर: इस आर्टिकल मेंबताई विधि, तरीकों व दावों को केवल सुझाव के रूप म