



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240409

Tuberculosis cases

IHLD partners with Krafon India to detect active tuberculosis cases in UP, Uttarakhand (The Tribune: 20240409)

<https://www.tribuneindia.com/news/health/ihld-partners-with-krafon-india-to-detect-active-tuberculosis-cases-in-up-uttarakhand-608755>

India aims at eliminating the disease 5 years ahead of Sustainable Development Goals target of 2030

IHLD partners with Krafon India to detect active tuberculosis cases in UP, Uttarakhand

The Institute of Heart and Lung Diseases Research Centre has partnered with Krafon India to detect active tuberculosis cases in Uttar Pradesh and Uttarakhand, in line with the objectives of the Pradhan Mantri TB Mukh Bharat Abhiyan.

During its initial phase, the initiative is to conduct active case finding programmes in one district each of Uttarakhand and Uttar Pradesh.

India aims at eliminating the disease five years ahead of the Sustainable Development Goals target of 2030.

Dr Rahul Chandola, the founder-chairman of the Institute of Heart Lung Diseases Research Centre (IHLD) highlighted its unwavering dedication to contributing to the national TB elimination programme.

“Through this partnership, IHL D endeavours to screen approximately one lakh individuals over the next 12 months,” Chandola said.

“Moreover, the aim is to increase TB detection by 10-15 per cent in the target districts that are currently not accounted for in the existing system, significantly bolstering efforts towards disease surveillance and management,” he added.

Sean Hyunil Sohn, the CEO of Krafton India, a subsidiary of South Korean video game publisher Krafton Inc, emphasised the severity of tuberculosis as a global health concern, with India being among the countries affected.

“With approximately 3.2 lakh lives lost to this disease in 2023 alone, India’s commitment to eradicate TB by 2025 stands as a beacon of hope. Krafton India aims to play an instrumental role in achieving this ambitious target, aligning with national and global health objectives,” he said.

Innovative approaches are integral to the TB elimination programme.

Chandola highlighted the utilisation of AI-supported x-ray machines for initial screening, enabling swift and accurate identification of potential TB cases, thus allowing the identification of a huge chunk of population infected with tuberculosis.

This technological intervention not only streamlines the screening process but also enhances the effectiveness of early detection, a crucial aspect in combating the spread of tuberculosis.

“Beyond the immediate objectives of our initiative lies a broader vision of fostering healthier communities and contributing to the larger goal of TB elimination in India. By leveraging the combined resources, expertise, and commitment of Krafton India and IHL D, the initiative aims to serve as a catalyst for sustainable change in the health care landscape of Uttarakhand and Uttar Pradesh,” Chandola said.

Eyesight worse

Could my glasses be making my eyesight worse? (The Tribune: 20240409)

<https://www.tribuneindia.com/news/health/could-my-glasses-be-making-my-eyesight-worse-608691>

So, you got your eyesight tested and found out you need your first pair of glasses. Or you found out you need a stronger pair than the ones you have. You put them on and everything looks crystal

clear. But after a few weeks things look blurrier without them than they did before your eye test. What's going on?

Some people start to wear spectacles for the first time and perceive their vision is “bad” when they take their glasses off. They incorrectly interpret this as the glasses making their vision worse. Fear of this might make them less likely to wear their glasses.

But what they are noticing is how much better the world appears through the glasses. They become less tolerant of a blurry world when they remove them.

Here are some other things you might notice about eyesight and wearing glasses.

Lazy eyes?

Some people sense an increasing reliance on glasses and wonder if their eyes have become “lazy”.

Our eyes work in much the same way as an auto-focus camera. A flexible lens inside each eye is controlled by muscles that let us focus on objects in the distance (such as a footy scoreboard) by relaxing the muscle to flatten the lens. When the muscle contracts it makes the lens steeper and more powerful to see things that are much closer to us (such as a text message).

From the age of about 40, the lens in our eye progressively hardens and loses its ability to change shape. Gradually, we lose our capacity to focus on near objects. This is called “presbyopia” and at the moment there are no treatments for this lens hardening.

Optometrists correct this with prescription glasses that take the load of your natural lens. The lenses allow you to see those up-close images clearly by providing extra refractive power.

Once we are used to seeing clearly, our tolerance for blurry vision will be lower and we will reach for the glasses to see well again.

The wrong glasses?

Wearing old glasses, the wrong prescription (or even someone else's glasses) won't allow you to see as well as possible for day-to-day tasks. It could also cause eyestrain and headaches.

Incorrectly prescribed or dispensed prescription glasses can lead to vision impairment in children as their visual system is still in development.

But it is more common for kids to develop long-term vision problems as a result of not wearing glasses when they need them.

By the time children are about 10–12 years of age, wearing incorrect spectacles is less likely to cause their eyes to become lazy or damage vision in the long term, but it is likely to result in blurry or uncomfortable vision during daily wear.

Registered optometrists in Australia are trained to assess refractive error (whether the eye focuses light into the retina) as well as the different aspects of ocular function (including how the eyes

work together, change focus, move around to see objects). All of these help us see clearly and comfortably.

What about dirty glasses?

Dirty or scratched glasses can give you the impression your vision is worse than it actually is. Just like a window, the dirtier your glasses are, the more difficult it is to see clearly through them. Cleaning glasses regularly with a microfibre lens cloth will help.

While dirty glasses are not commonly associated with eye infections, some research suggests dirty glasses can harbour bacteria with the remote but theoretical potential to cause eye infection.

To ensure best possible vision, people who wear prescription glasses every day should clean their lenses at least every morning and twice a day where required. Cleaning frames with alcohol wipes can reduce bacterial contamination by 96% – but care should be taken as alcohol can damage some frames, depending on what they are made of.

When should I get my eyes checked?

Regular eye exams, starting just before school age, are important for ocular health. Most prescriptions for corrective glasses expire within two years and contact lens prescriptions often expire after a year. So you'll need an eye check for a new pair every year or so.

Kids with ocular conditions such as progressive myopia (short-sightedness), strabismus (poor eye alignment), or amblyopia (reduced vision in one eye) will need checks at least every year, but likely more often. Likewise, people over 65 or who have known eye conditions, such as glaucoma, will be recommended more frequent checks.

An online prescription estimator is no substitute for a full eye examination. If you have a valid prescription then you can order glasses online, but you miss out on the ability to check the fit of the frame or to have them adjusted properly. This is particularly important for multifocal lenses where even a millimetre or two of misalignment can cause uncomfortable or blurry vision.

Conditions such as diabetes or high blood pressure, can affect the eyes so regular eye checks can also help flag broader health issues. The vast majority of eye conditions can be treated if caught early, highlighting the importance of regular preventative care.

Millets

Including millets in diet, PGI dietician tells how (The Tribune: 20240409)

Including millets in diet, PGI dietician tells how

<https://www.tribuneindia.com/news/chandigarh/including-millets-in-diet-pgi-dietician-tells-how-608475>

In commemoration of the World Health Day, the 6th National Nutrition Conference with the theme, “Functional Nutrition: Its role in clinical practice” hosted by the PGIMER’s Department of Dietetics commenced today. - File photo

In commemoration of the World Health Day, the 6th National Nutrition Conference with the theme, “Functional Nutrition: Its role in clinical practice” hosted by the PGIMER’s Department of Dietetics commenced today.

A book titled “Unlocking Millets’ Journey from Grain to Medicine,” authored by Dr Nancy Sahni, chief dietician, was released. Prof Naresh Panda, chief guest, said, “Dr Nancy’s book offers a comprehensive guide to leveraging millets’ potential for wellness, disease prevention and management.”

Dr Nancy said the book advocated the adoption of proper processing techniques to enhance the digestibility and bioavailability of millets’ nutrients, offering practical and easily understandable methods to derive maximum nutritional benefit from these ancient grains.

High glycaemic index and diabetes

Lancet paper provides proof for undeniable link between high glycaemic index and diabetes

A diet with higher GI was significantly associated with higher risk of diabetes; GI’s association with diabetes was stronger among individuals with a higher Body Mass Index (The Hindu: 20240409)

<https://www.thehindu.com/sci-tech/health/lancet-paper-provides-proof-for-undeniable-link-between-high-glycaemic-index-and-diabetes/article68043423.ece>

The findings of an international study suggest that consuming low glycaemic index and low glycaemic load diets might prevent the development of type 2 diabetes. They also found a strong association between glycaemic index (GI) and the risk of type 2 diabetes among individuals with a higher Body Mass Index (BMI).

In a paper published in The Lancet Diabetes and Endocrinology last week, the authors showed a clear link between high GI and diabetes. The authors say: “The association between the glycaemic index and the glycaemic load [GL] with type 2 diabetes incidence is controversial.” They found that diets with a high GI and a high GL were associated with a higher risk of type 2 diabetes in the study that spanned five continents.

Influenza A H5N1

Influenza A H5N1 detected in dairy cows in six States in the U.S. (The Hindu: 20240409)

<https://www.thehindu.com/sci-tech/science/influenza-a-h5n1-detected-in-dairy-cows-in-six-states-in-the-us/article68032556.ece>

The exact extent of the spread of H5N1 in cows has not yet been ascertained since cattle are not routinely tested for avian influenza and the symptoms have been relatively mild

Avian influenza (bird flu) is a highly contagious viral infection that primarily affects birds. An emerging new lineage 2.3.4.4b of avian influenza has been spreading across the globe since late 2020, carried by migratory birds following specific routes. This panzootic has a significant effect on the avian population with disastrous consequences to the ecology and significant economic loss affecting poultry across the world. In rare instances, the virus can infect mammals from birds causing spillovers, and in recent years, several such instances of spillovers spanning over 200 species have been noted, the most recent being polar bears in Antarctica. Close contact with infected animals could mean the virus could spill over infecting humans and this comes with a significantly large fatality rate.

In late March 2024, a multistate outbreak of H5N1 in dairy cows was detected in the U.S. In what started as a mystery disease affecting dairy herds in Texas, the U.S. Department of Agriculture

(USDA) detected the highly pathogenic strain of the virus in herds across the states of Texas and Kansas. The affected animals displayed symptoms including loss of appetite, low-grade fever, and reduced lactation. This marked the first time H5N1 had been detected in cattle, raising concerns about potential transmission routes and the broader impact on the dairy and meat industry. To date, H5N1 has been detected in over 12 herds from six states — Texas, Kansas, Michigan, New Mexico, Idaho and Ohio.

5 supplements

5 supplements that have anti-ageing effects (The Times of India: 20240409)

<https://timesofindia.indiatimes.com/life-style/health-fitness/diet/5-supplements-that-have-anti-ageing-effects/photostory/109141626.cms>

As we progress through life, the desire to preserve vitality and youth is a human purpose. While genetics play an important role in the ageing process, including certain supplements in our daily routines can promote good ageing from the inside. Let's look at five supplements known for their anti-aging benefits:

Curcumin, found in the spice turmeric, is well-known for its powerful antioxidant and anti-inflammatory qualities. These characteristics aid in the fight against oxidative stress and inflammation, both of which contribute significantly to ageing. According to research, curcumin may benefit brain health, heart health, and joint function, making it an important ally in the fight for graceful ageing.

Collagen, the body's most abundant protein, is essential for preserving skin suppleness, joint health, and general structural integrity. However, collagen synthesis normally decreases with age, resulting in wrinkles, drooping skin, and joint stiffness. Collagen peptides can help restore lost collagen, resulting in firmer skin, stronger hair and nails, and increased joint mobility. Collagen is abundantly found in bone broth and fish scales. Therefore, marine collagen is considered one of the stronger forms.

According to Dr. Deepika Krishna, Managing Director, Immunosciences, “Vitamin C is well-known for its immune-boosting qualities, but it is also a powerful antioxidant that helps neutralise free radicals and protects against oxidative damage. Additionally, vitamin C is necessary for collagen formation, which promotes skin suppleness and wound healing. Vitamin C helps maintain a youthful complexion and general well-being by boosting the body's natural defensive systems and collagen formation. Abundantly present in citrus fruits, Vitamin C is easily absorbed in the body.”

Theanine, an amino acid found in green tea, has been shown to have soothing and mood-enhancing properties. Theanine promotes relaxation without sedation, which aids in the reduction of stress and anxiety, both of which have been linked to premature ageing. Furthermore, theanine may improve cognitive function and cardiovascular health, providing overall advantages for healthy aging.

Resveratrol, a polyphenol found in red grapes and berries, has strong antioxidant and anti-inflammatory effects. According to studies, resveratrol may increase longevity by activating longevity genes and guarding against age-related illnesses such as heart disease and neurological disorders. Resveratrol's capacity to prevent oxidative stress and inflammation makes it a potential anti-aging supplement.

Daily healthy habits to reduce cancer risk

Reducing cancer risk involves lifestyle adjustments like weight management, avoiding tobacco, adopting a healthy diet, sun protection, routine screenings, and vaccinations. Proactive prevention and early detection are key in the battle against cancer.

Daily healthy habits to reduce cancer risk

Reducing the risk of cancer doesn't always require drastic changes; sometimes, it's the small lifestyle adjustments that can make a significant difference. With more than 2 million cancer diagnoses and over 610,000 cancer-related deaths recorded in 2023 by the National Cancer Institute, there's a pressing need for proactive measures. Shockingly, research suggests that more than 40% of cancer cases and nearly half of cancer-related deaths could have been prevented.

While advancements in treatment have improved survival rates, the emphasis on prevention remains paramount in alleviating the burden of cancer on society.

Maintaining healthy weight

One of the most impactful lifestyle changes individuals can make is to maintain a healthy weight and an active lifestyle. Studies show that excess weight can lead to increased production and circulation of hormones like estrogen and insulin, which can fuel cancer growth. By keeping weight in check through regular exercise and a balanced diet, the risk of various cancers, including breast, prostate, lung, colon, and kidney, can be significantly reduced.

Avoid using tobacco

According to Dr. Bhavna Bansal Senior Consultant and HOD, Histopathology – Oncquest Laboratories, “Tobacco use remains one of the leading causes of preventable cancer deaths globally, contributing to approximately 30% of all cancer-related fatalities. The harmful effects of tobacco are well-documented, with links to numerous cancers such as lung, mouth, esophageal, pancreatic, and kidney cancer. Avoiding all forms of tobacco, including cigarettes, e-cigarettes, cigars, and chewing tobacco, is crucial in lowering

cancer risk, as is minimizing exposure to passive smoke.”

Consume healthy diet

Adopting healthy dietary habits can also play a pivotal role in cancer prevention. A diet rich in fruits, vegetables, whole grains, and legumes provides essential nutrients and antioxidants that help protect against cancer. Additionally, incorporating spices like turmeric, garlic, and ginger into meals not only enhances flavour but also offers potential anticancer properties. Adequate intake of Vitamin D is equally important, as low levels have been linked to an increased risk of breast, colon, and pancreatic cancer.

food (74)

Safeguard skin from sun

Protecting the skin from harmful UV radiation is imperative for preventing skin cancer, the most common type of cancer worldwide. Simple measures such as wearing protective clothing, seeking shade, and applying sunscreen can significantly reduce the risk of skin cancer while still allowing for adequate vitamin D absorption from sunlight.

Promote routine screening and check-ups

Regular screenings and self-exams are vital components of cancer prevention and early detection. Healthcare professionals recommend breast, cervical, colorectal, and lung cancer screenings to detect abnormalities at their earliest stages when treatment is most effective.

Get vaccinated

Vaccinations against certain viral infections can also mitigate cancer risk. The HPV vaccine, for instance, protects against the strains of the human papillomavirus responsible for cervical cancer, while the hepatitis B vaccine helps prevent liver cancer caused by hepatitis B infection.

In a nutshell, while cancer statistics may seem daunting, the power to reduce its risk lies within everyday choices and habits. By prioritizing prevention through small lifestyle adjustments, individuals can take proactive steps to minimize their susceptibility to this disease. However, it's imperative to complement these efforts with regular screenings and medical check-ups for timely diagnosis. Through a combination of prevention and early detection, the battle against cancer can be fought with greater resilience and hope for a healthier future.

How does the air we breathe affect us

The TOI Lifestyle Desk is a dynamic team of dedicated journalists who, with unwavering passion and commitment, sift through the pulse of the nation to curate a vibrant tapestry of lifestyle news for The Times of India readers. At the TOI Lifestyle Desk, we go beyond the obvious, delving into the extraordinary. Consider us your lifestyle companion, providing a daily dose of inspiration and information. Whether you're seeking the latest fashion trends, travel escapades, culinary delights,

or wellness tips, the TOI Lifestyle Desk is your one-stop destination for an enriching lifestyle experience. [Read More](#)

Food and Nutrition (The Asian Age:20240409)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=17940204>

FOOD FOR THOUGHT

Highlighting the role of food waste as the driver of climate change, the latest UN report serves up mind-boggling details of the amounts of food wasted across the world

VIKRAM SHARMA

Had dinner? How much of it did you waste? Cooked more than needed? How much went stale and ended up in the bin?

These are questions all of us should ask ourselves daily. More than one billion metric tonnes of food are wasted across the world each day, while nearly 800 million people go hungry, a new United Nations report says.

People across the world, be it households, restaurants, or those in the food service and retail sectors, ended up wasting 1.05 billion metric tonnes of food in 2022. These shocking statistics were published recently in the UN Environment Programme (UNEP) Food Waste Index Report 2024.

Since the problem is man-made, the solution also lies with us. How do we minimise this damage, especially when there are millions going hungry?

MIND THE GAP

Food researcher and filmmaker Ruchi Shrivastava feels food waste is a recurring problem, and the gap between what is produced and what is consumed has widened.

"The unfortunate part is that the more food we waste, the more the natural and human resources that go into producing food are wasted. In addition, the unprocessed waste food rots and generates methane, increasing the greenhouse gases in the environment," she says.

She underlines the need for a strong public-private partnership to navigate this grave situation. "Unless the government, civil society, people involved in the hospitality and food business, and various social media and conventional media platforms don't make a conscious effort to promote ways to curb excess food waste, this is going to be tough," she warns.



THE UNFORTUNATE PART IS THAT THE MORE FOOD WE WASTE, THE MORE THE NATURAL AND HUMAN RESOURCES THAT GO INTO PRODUCING FOOD ARE WASTED. IN ADDITION, THE UNPROCESSED WASTE FOOD ROTS AND GENERATES METHANE, INCREASING THE GREENHOUSE GASES IN THE ENVIRONMENT."

— RUCHI SHRIVASTAVA,
Food researcher and filmmaker

LIP SERVICE

Ruchi says that while there have been several conclaves, pol-

icy discussions, and conferences highlighting food waste issues, they were mainly lip service; very little has been done to mitigate the situation. "We live in the world of social media; using it as an important tool to spread information under the guise of entertainment could help people understand the value of food and the harmful impact of food waste on the environment," suggests Ruchi.

PUBLIC-PRIVATE PARTNERSHIP

Talking specifically about India, she says there have been frequent reports of farmers throwing their produce on the roads to highlight their woes relating to the basic MSP (minimum support price) and their inability to cover costs. "Issues like this shouldn't arise at all; there has to be a very strong

HOUSEHOLDS ACROSS ALL CONTINENTS WASTED OVER 1 BILLION MEALS A DAY IN 2022; AND ABOUT 783 MILLION PEOPLE ARE AFFECTED BY HUNGER.

public-private partnership where all the food that is getting wasted needs to be absorbed in the food chain," she says.

One simple thing that citizens' groups can do is fund basic refrigerators in a few public places in each suburb where people can place unused food, which the needy can avail of, she says.

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Food for Thought (The Asian Age:20240409)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17940208>

FOOD FOR THOUGHT

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CURBING WASTE

“Most restaurants in hotels have a policy of not reheating food, and whatever is left over after banquets or restaurant service is thrown away. Curbing this level of waste is very important,” she points out.

While hotels may not be able to handle food distribution to the needy on their own, partnering with an agency that does this or an NGO is the way forward, she says, adding the corollary that since cooked food is highly perishable, the agencies must undertake speedy delivery to beneficiaries. Similarly, food stores and frozen meat and vegetable chains need to make a conscious effort to use every bit of produce, from top to bottom, nose to tail.

“If we change our habits, the planet will live longer and its inhabitants will have food on their plates,” sums up the food researcher.

SMART MENUS

Shankar Krishnamurthy, restaurateur, Fusion Hospitality, insists that offering smart menus that require minimal cooking is one of the solutions. “This ensures that cooked food is not wasted. Also, restaurants need to reduce the portion size and the price of the food items. It will be a win-win for them and their clients too,” he says adding, he does live cooking formats for large catering gigs. “Running institutional catering, we have our projections very well mapped, waste is tracked constantly, and menus are revised. In the case of leftover food, subject to checks and balances, food is given to agencies like the Robinhood Army to distribute to the hungry,” says the chef. Another important aspect is to indicate calorie content and provide advice on consumption. “Constant awareness of the amounts cooked and consumed is important. People get very conscious and take only what they can eat, and this reduces plate waste,” adds Shankar.



● **What the UN report says:** Besides the 1.05 billion metric tonnes of food wasted in 2022, almost 13 percent of the world’s food is lost as it makes its journey from farm to dining table. Food waste not only fuels climate change but may be exacerbated by it.

● The report also distinguished between food loss—that is, the food discarded early in the supply chain, like vegetables that rot in the fields and meat that gets spoilt when not refrigerated—and food waste, or food thrown out by households, restaurants, and other entities.

● It said households wasted about 632 million metric tonnes of food in 2022, which is 60 percent of the total, while the percentage of waste by the food service sector stood at 28 percent. The remaining 12 percent was laid at the door of the retail sector.

● The average person wastes 79 kg of food each year.

● Food waste is not only a “rich world phenomenon,” says the report, adding that the amounts of food wasted in high and middle-income countries differed by just 7 kg per person each year.



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— SHANKAR KRISHNAMURTHY, restaurateur, Fusion Hospitality

Watermelon, cucumber or spinach

Watermelon, cucumber or spinach? Know which water-rich food will keep you hydrated and fit this summer (The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/watermelon-cucumber-spinach-water-rich-food-hydrated-fit-summer-9257299/>

Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals, on how to plan healthy meals and salads water rich foods Spinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent. (File Photos)

Did you know that spinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent? Now that it's summer, incorporating water-rich fruits and vegetables into your diet can be especially beneficial for staying hydrated, maintaining your electrolyte balance and overall health.

Dehydration can lead to issues like fatigue, headaches and even more severe complications if left untreated. Adequate hydration is crucial for various physiological functions, including regulating body temperature, aiding digestion, transporting nutrients and flushing out toxins. That's why the following list of fruits and vegetables, all of which have additional nutritional properties, are a safe pick for the season.

Weight Loss

Can this weight loss mantra work? No food 3 hours before bedtime, sleep for 8 hours, no solid food 3 hours after waking (The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/weight-loss-mantra-work-sleep-food-9254359/>

Know how this drill can maintain muscle and bone mass, keep body fat low, says functional medicine expert Vijay Thakkar

weight loss mantraAdhering to the 3-8-3 rule optimises this hormonal interaction, promoting better sleep and overall metabolic health.(Photo: Getty/Thinkstock)

There was a time when I would have just one meal a day like others, hoping it would help me get a leaner body. I would feel a surge of energy in the morning, only to crash by mid-afternoon. I also noticed a significant drop in my gym performance, struggling to lift weights that were once manageable due to the hypocaloric and low-protein conditions. This personal experience taught me the importance of listening to my body and finding a sustainable approach to spacing my meals.

I've now settled on a routine for the past couple of years that aligns with circadian biology. By not eating about two to three hours before bedtime and delaying breakfast by one to three hours after awakening, I've maintained muscle and bone mass and kept body fat low. This balance has been a game-changer for me and can be for you, too.

Watermelon, cucumber or spinach

Watermelon, cucumber or spinach? Know which water-rich food will keep you hydrated and fit this summer (The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/watermelon-cucumber-spinach-water-rich-food-hydrated-fit-summer-9257299/>

water rich foods Spinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent. (File Photos)

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Insomnia

Do you have insomnia right before your periods? Here's how to manage it(The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/insomnia-periods-how-to-manage-9253393/>

All you need is to prepare yourself beforehand with some lifestyle modifications, says Dr Parinita Kalita, Associate Director, Obstetrics And Gynaecology, Max Super Speciality Hospital, Patparganj, Delhi

Menstrual health women periods Insomnia For many women, the days leading up to their periods can be accompanied by a range of symptoms, from mood swings to physical discomfort. One lesser-known but significant symptom is insomnia, or difficulty falling and staying asleep. (File)

For many women, the days leading up to their periods can be accompanied by a range of symptoms, from mood swings to physical discomfort. One lesser-known but significant symptom is insomnia, or difficulty falling and staying asleep. There may be several reasons for it and cause a downstream effect on their emotional well-being.

Hormonal Fluctuations: The menstrual cycle is regulated by a complex interplay of hormones, particularly estrogen and progesterone. In the days leading up to menstruation, these hormones undergo significant fluctuations, which can impact various body systems, including sleep regulation.

Bird flu

Bird flu in humans in the US: Here's all you need to know(The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/bird-flu-humans-us-all-you-need-know-9253288/>

All your questions answered on spread, symptoms, treatment and whether you can eat chicken

H5N1 is a type of influenza virus that causes severe respiratory disease in birds but has occasionally been known to jump to humans as well. H5N1 is a type of influenza virus that causes severe respiratory disease in birds but has occasionally been known to jump to humans as well. (File Photo)

After a person and cattle in the US tested positive for the highly pathogenic type of avian influenza, H5N1, an expert's projection that the disease was getting dangerously close to causing a pandemic 100 times worse than Covid-19 has led to panic online.

We spoke to an expert who says it is important to keep an eye on the pathogen because of its potential to mutate and infect humans. But one case is not enough to ring alarm bells for a pandemic. It is essential to now test others in the area for the infection and prevent any further spread. "There are two types of H5N1 — low pathogenic and highly pathogenic. While the low pathogenic type is usually seen in birds in the region — and has in fact caused at least two outbreaks in birds in Kerala — the highly pathogenic type is not commonly seen in birds, let alone animals," says Dr E Sreekumar, director of the Institute of Advanced Virology, Thiruvananthapuram.

Prostate cancer

Prostate cancer to spiral in India by 2040, says Lancet. Why cancer research panel is predicting 70,000 cases per year(The Indian Express: 20240409)

<https://indianexpress.com/article/health-wellness/prostate-cancer-cases-in-india-lancet-analysis-9252377/>

Report calls for early testing in men over 60 as prostate cancer accounts for 3 per cent of high-risk cancers in India

prostate cancer incidence in India will double to about 71,000 new cases per year by 2040. (Representational image via Canva) Prostate cancer cases in India will double to about 71,000 new cases per year by 2040, finds study. (Representational image via Canva)

Two years ago, a 64-year-old general surgeon in Pune complained of backache and was diagnosed with an advanced stage of prostate cancer that had already spread to his spine. Yet he had no early symptoms like difficulty in passing urine. Many Indian men, like him, are being diagnosed in late stages and succumbing to the disease, says a latest Lancet Commission paper, which has projected prostate cancer incidence in India to surge sharply by 2040.

According to the International Agency for Research on Cancer projections, which Lancet has factored in its analysis, prostate cancer incidence in India will double to about 71,000 new cases per year by 2040. Prostate cancer accounts for three per cent of all cancers in India, with an estimated 33,000-42,000 new cases diagnosed annually.

Depression

Depression likely to raise risk of death among breast cancer patients: Study (New Kerala: 20240409)

<https://www.newkerala.com/news/2024/20313.htm>

Depression can significantly raise the risk of death in women with breast cancer -- the most common cancer among females, and a leading cause of death globally -- finds a study on Monday.

Image description

For the study, researchers from Russia analysed several studies on the impact of depression on the survival rates and quality of life for women diagnosed with breast cancer, between 1977 and 2018.

The findings presented at the European Psychiatric Association Congress 2024 in Hungary found that across different studies, the reported prevalence of depression among breast cancer patients varies from 4.5 per cent to 38 per cent.

Among patients with early-stage (stage I & II) cancer and depression, a 2-2.5-fold spike was seen with breast cancer-specific and all-cause mortality.

The study observed a 2.5 times greater risk of death in women with non-metastatic breast cancer within 8-15 years.

Overall, both depression and anxiety were found to negatively impact survival rates and reduce the quality of life for patients with breast cancer.

“There are still no universal methods for the screening of this mental health condition. It is likely that psychotherapy and antidepressant treatment may reduce the risk of psychological distress, but further research in this area is needed,” said Ilgiz G. Gataullin, Professor of the Department of Oncology, Radiology and Palliative Medicine of the Kazan State Medical Academy, Russia.

New nanosensor

New nanosensor to check body's inflammatory level, diagnose disease in 30 minutes (New Kerala: 20240409)

<https://www.newkerala.com/news/2024/20267.htm>

Researchers at the Indian Institute of Technology (IIT) Jodhpur have developed a novel nanosensor that targets cytokines -- proteins that help control the body's inflammation levels -- and helps in the rapid diagnosis and progression of various diseases in 30 minutes.

Currently used techniques for cytokine detection include enzyme-linked immunosorbent assay (ELISA) and polymerase chain reaction (PCR), which although reliable are highly time-consuming. These also require trained personnel and a long sample preparation or analysis time that can take over 6 hours to produce the results.

However, the new sensor takes only 30 minutes in comparison and is also cost-effective, for developing therapeutics for conditions like Multiple Sclerosis, Diabetes, and Alzheimer's disease, among others, said the team. They added that the technique could also detect "trace-level molecules with high precision and selectivity."

"It uses Surface Enhanced Raman Spectroscopy to detect analytes even at low concentrations, and is based on semiconductor process technology and works on the principle of Surface Enhanced Raman Scattering (SERS)," the Institute said.

"This technique which is currently in its development stage has provided exciting and encouraging results for three biomarkers i.e. interleukin-6 (IL-6), interleukin-beta (IL-beta), and TNF-alpha which are key pro-inflammatory cytokines, released by inflammatory cells," said Prof. Ajay Agarwal, Department of Electrical Engineering, IIT Jodhpur.

“As of now, the testing is done for controlled samples, but the team aims to take the technology to clinical trials soon. The group is also using this technique to develop detection protocols for the early-stage and quick diagnosis of Sepsis and Fungal infections,” he added.

Brain disorders

Scientists develop new technology to decode degenerative brain disorders (New Kerala: 20240409)

<https://www.newkerala.com/news/2024/20256.htm>

team of South Korean scientists has developed a new labelling technology that can observe neuronal structure in detail and help decode degenerative brain disorders like Alzheimer's and Parkinson's disease, as well as stroke -- known to cause malfunction and progressive degeneration of the nerve cells.

The next-generation technology, named 'NeuM' (Neuronal Membrane-selective), enables successful monitoring of neuronal changes for up to 72 hours, said the team from the Korea Institute of Science and Technology (KIST).

NeuM works by “selectively labelling neuronal membranes, visualising neuronal structures, and allowing real-time monitoring of neuronal changes”.

The researchers explained that visualising neuronal changes is important both during the disease and in normal conditions.

This is because the structure and function of nerve cells continuously change while transmitting information from sensory organs to the brain.

While selectively labelling living neurons for real-time monitoring is imperative, current gene-based and antibody-based labelling technologies suffer from low accuracy and difficulty in long-term tracking.

NeuM, developed via the molecular design of neuronal cells, is likely to be a solution.

The technology comes with “excellent binding affinity to neuronal membranes, enabling long-term tracking and high-resolution imaging of neurons”, the researchers said.

"NeuM can distinguish ageing and degenerating neurons, becoming a crucial tool in elucidating the mechanisms of degenerative brain disorders and developing treatments," said Dr. Kim Yun Kyung from the Brain Science Institute at KIST.

"In the future, we plan to refine NeuM for even more precise analysis of neurons by designing fluorescence wavelengths to distinguish colours such as green and red," he added.

Dalia chaas benefits

हेल्दी, हल्का और टेस्टी ब्रेकफास्ट है दलिया और छाछ, जानिए इस पारंपरिक रेसिपी के फायदे

गर्मी का मौसम आ चुका है, और इस दौरान आपके पाचन क्रिया को भी विशेष देखभाल की आवश्यकता होती है। ऐसे में गर्मी में पाचन क्रिया के लिए दलिया और छाछ को पचाना

आसान होता है, जानें इनके कुछ खास फायदे।(Hindustan:20240409)

<https://www.livehindustan.com/lifestyle/story-know-why-dalia-and-chaas-is-a-healthy-breakfast-9719152.html>

ब्रेकफास्ट पूरे दिन का एक सबसे महत्वपूर्ण भोजन है, जो हमारे पूरे दिन के दिनचर्या, शारीरिक शक्ति और खानपान की मात्रा को निर्धारित करता है। ब्रेकफास्ट में

हमेशा स्वस्थ एवं हेल्दी ऑप्शंस लेने की सलाह दी जाती है, ताकि आपके शरीर में पूरे दिन सही से कार्य करने की क्षमता बरकरार रहे। वहीं गर्मी का मौसम आ

चुका है, और इस दौरान आपके पाचन क्रिया को भी विशेष देखभाल की आवश्यकता होती है (dalia chaas benefits)। अधिक जानने के लिए इस लिंक पर

क्लिक करें: हेल्दी, हल्का और टेस्टी ब्रेकफास्ट है दलिया और छाछ, जानिए इस पारंपरिक रेसिपी के फायदे

Brain Boosting Tips:

Brain Boosting Tips: दिमाग की नसों को ताकत देंगे ये 6 आयुर्वेदिक नुस्खे, 100 तक पहुंचेगा IQ level Navbharat Times :20240409)

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-doctor-told-6-ways-and-foods-to-increase-brain-power-and-iq-level-naturally/articleshow/109150178.cms?story=7>

Brain power kaise badhaye: अगर आप यह जानना चाहते हैं कि क्या खाने से ब्रेन पावर बढ़ता है, तो आयुर्वेद डॉक्टर इस आर्टिकल में आपकी हेल्प कर सकते हैं, उन्होंने इसके लिए कुछ असरदार तरीके बताए हैं।

ayurveda doctor told 6 ways and foods to increase brain power and iq level naturally

Brain Boosting Tips: दिमाग की नसों को ताकत देंगे ये 6 आयुर्वेदिक नुस्खे, 100 तक पहुंचेगा IQ level

शॉपिंग-बेस्ट सेलिंग एसी पर 55% तक की छूट, SBI कार्ड पर बंपर ऑफर

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

डील देखें

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

क्या आपको कोई महत्वपूर्ण परीक्षा देनी है और भूलने की चिंता सता रही है? या फिर आप एक वयस्क हैं और आप कभी-कभी कुछ चीजें भूल जाते हैं जैसे कोई जरूरी तारीख, किसी की बात या फिर जैसे आपने अपना सामान कहां रखा था। कभी-कभी भूल जाना कोई बड़ी बात नहीं है और यह किसी के साथ भी हो सकता है। लेकिन, अगर आप बहुत ज्यादा भूलने लग गए हैं या चीजें याद रखने में परेशानी हो रही है, तो बेहतर होगा कि आप अपने डॉक्टर से सलाह लें।

किसी चीज को याद नहीं रख पाना, समझने या बोलने में कठिनाई, चक्कर आना, चलने दिक्कत, बेवजह के सिर में तेज दर्द, बैलेंस नहीं बना पाना आदि दिमाग के कमजोर होने का लक्षण हैं। ऐसे लक्षण दिखने पर आपको जल्दी से न्यूरोलॉजिस्ट से सलाह लेनी चाहिए।

दिमाग तेज करने के लिए क्या करें? नॉएडा के ई-260 सेक्टर 27 स्थित 'कपिल त्यागी आयुर्वेद क्लिनिक' के डायरेक्टर कपिल त्यागी के अनुसार, आयुर्वेद स्मरण शक्ति कमजोर होने, ध्यान न लग पाने और दिमाग कमजोर होने जैसी समस्याओं को दूर करने में भी मददगार साबित हुआ है। अधिक फोकस, एकाग्र और आत्मविश्वास से भरपूर बनने के लिए इन आयुर्वेदिक टिप्स और ट्रिक्स को अपनाएं।

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Story To Hear

दिमाग को तेज करने के लिए डाइट में बदलाव करें

दिमाग को तेज करने के लिए डाइट में बदलाव करें

जिस तरह आपके शरीर को पोषण की जरूरत होती है, उसी तरह आपके दिमाग को भी स्वस्थ रहने और ठीक से काम करने के लिए पोषण की जरूरत होती है। दिमाग को तेज करने वाले कई प्राकृतिक खाद्य पदार्थ हैं, जिन्हें आपको आज से ही अपनी रोज की डाइट में शामिल करना चाहिए। घी, ओलिव ऑयल का तेल, अखरोट, भीगे हुए बादाम, किशमिश, खजूर और ताजे फल कुछ उदाहरण हैं।

दिमाग को तरोताजा रखने के लिए ध्यान रखें ये जरूरी बातें

Doctor's Advice for Brain Health: दिमाग को तरोताजा रखने के लिए ध्यान रखें ये जरूरी बातें

इन चीजों का सेवन भी है जरूरी

इन चीजों का सेवन भी है जरूरी

आपके दिमाग के स्वास्थ्य के लिए दाल, बीन्स और पनीर और दाल भी बहुत फायदेमंद होते हैं। आयुर्वेद के अनुसार, जीरा हमारे दिमाग के चैनल खोलता है और काली मिर्च हमारे दिमाग की अग्नि को बढ़ाती है, जिसे मेधा अग्नि कहा जाता है।

जड़ी बूटियों से बढ़ाएं दिमाग की शक्ति

जड़ी बूटियों से बढ़ाएं दिमाग की शक्ति

आयुर्वेदिक जड़ी-बूटियां मानव मस्तिष्क में सीखने की तीनों क्षमताओं और स्मृति को सहारा देती हैं और उनमें सुधार करती हैं। गोठू कोला, अश्वगंधा और ब्राह्मी जैसी कुछ खास जड़ी-बूटियां याददाश्त बढ़ाने में बहुत कारगर साबित होती हैं।

एंटीऑक्सीडेंट्स से भरपूर चीजों का सेवन करें

एंटीऑक्सीडेंट्स से भरपूर चीजों का सेवन करें

दिमाग को ठीक से काम करने के लिए ऑक्सीजन की जरूरत होती है। लेकिन, दिमाग में ऑक्सीजन का अधिक इस्तेमाल होता है और लिपिड की मात्रा भी ज्यादा होती है, इसलिए यह ऑक्सीडेटिव स्ट्रेस के लिए बहुत संवेदनशील होता है। इससे शरीर की कोशिकाओं में फ्री रेडिकल्स की मात्रा बढ़ जाती है। एंटीऑक्सीडेंट्स फ्री रेडिकल्स को बेअसर करने और आपके दिमाग की स्थिति को संतुलित करने का एक कारगर उपाय हैं। तरबूज और टमाटर जैसे गुलाबी और लाल रंग के फल और सब्जियां एंटीऑक्सीडेंट से भरपूर होते हैं।

दिमाग को हाइड्रेट करे हर्बल चाय

दिमाग को हाइड्रेट करे हर्बल चाय

जब आपके शरीर में उसके कार्यों को ठीक से करने के लिए पर्याप्त पानी नहीं होता है, तो आप कमजोर और असंतुलित महसूस कर सकते हैं। डिहाइड्रेटेड दिमाग के साथ भी यही स्थिति होती है। आयुर्वेदिक विशेषज्ञ विशेष हर्बल चाय पीने की सलाह देते हैं, जो हमारे दिमाग को हाइड्रेट कर सकती है और हमारी मानसिक

शक्ति और याददाश्त को बढ़ा सकती है। हर्बल चाय की कुछ खास सामग्री में हींग, हल्दी, अजवाइन और तुलसी शामिल हैं।

पूरी नींद भी है जरूरी

पूरी नींद भी है जरूरी

नींद की कमी दिमाग के कामकाज को गंभीर रूप से बाधित कर सकती है, जिससे आपकी याददाश्त और सोचने की क्षमता कमजोर हो सकती है। इसलिए रोजाना कम से कम सात घंटे की नींद लेना जरूरी 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।