



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20240410

Blood pressure levels

How often should adults check their blood pressure levels? (The Tribune: 20240410)

<https://www.tribuneindia.com/news/health/how-often-should-adults-check-their-blood-pressure-levels-609096>

People older than 40 years should have their blood pressure checked one time a year

How often should adults check their blood pressure levels?

"The adults between 18 and 40 years old should get their blood pressure checked every three to five years unless they fall into the high-risk category," Lead Consultant Tushar Tayal at the Department of Internal Medicine at CK Birla Hospital in Gurugram said.

Adults aged between 18 and 40 must get their blood pressure checked every three years to gauge any underlying diseases, and to enable a faster diagnosis and treatment, said doctors here on Tuesday.

According to a recent study by the Indian Council of Medical Research-National Centre for Disease Informatics and Research in Bengaluru, about 30 per cent of Indians have never tested their blood pressure.

"People older than 40 years should have their blood pressure checked one time a year. The adults between 18 and 40 years old should get their blood pressure checked every three to five years unless they fall into the high-risk category," Lead Consultant Tushar Tayal at the Department of Internal Medicine at CK Birla Hospital in Gurugram said.

“All hypertensive patients should monitor blood pressure at least once monthly with a digital BP monitor, ideally after 15 minutes of rest and cuff tied to mid-arm,” added Director Ajay Agarwal of Internal Medicine at Fortis Hospital in Noida.

He explained that in patients without risk factors, blood pressure must be below 140/90 mm Hg. And among those with risk factors such as diabetes or kidney disease to reduce the risk of target organ damage (in kidneys, heart, or eyes), it should be less than 130/80, Ajay said.

The study also showed that about 34 per cent of Indians are in the prehypertensive stage—an intermediate state between normal blood pressure and hypertension. The research showed it is equally concerning, as it contributed substantially to cardiovascular diseases.

“It is important to check blood pressure and keep it under control (with or without medication) because undiagnosed hypertension is a risk factor for stroke, heart attack, kidney damage, and eye damage,” Tushar said.

Diseases

Why India is seeing a rising trend of diseases (The Tribune: 20240410)

<https://www.tribuneindia.com/news/health/why-india-is-seeing-a-rising-trend-of-diseases-609077>

Stressful life and sedentary lifestyle has catapulted to newer illnesses

“Amongst the 1.4 billion population of India, the biggest health issues are related to a major jump in fatty liver diseases, obesity, diabetes, coronary artery diseases in the youth,” Chairman Anil Arora of Gastroenterology at Sir Ganga Ram Hospital said. Thinkstock

Increased stress in life and a sedentary lifestyle combined with a spike in consumption of junk food, smoking tobacco, and alcohol is behind the surging cases of diseases in India, said experts here on Tuesday.

About one in three Indians is pre-diabetic, two in three are pre-hypertensive, and one in 10 suffers from depression, reveals a recent Health of Nation Report by Apollo Hospitals.

The prevalence of non-communicable diseases such as cancer, diabetes, hypertension, cardiovascular diseases, and mental health disorders has surged to critical levels, raising alarm for the nation’s health.

“Amongst the 1.4 billion population of India, the biggest health issues are related to a major jump in fatty liver diseases, obesity, diabetes, coronary artery diseases in the youth, and a plethora of malignancies of many organs, affecting every section of society. This changing trend is more obvious as one encounters heart attacks and paralytic attacks in younger generations with alarming regularity,” Chairman Anil Arora of Gastroenterology at Sir Ganga Ram Hospital said.

“A combination of stressful life and sedentary lifestyle has catapulted us to newer illnesses which were not a reality in this younger lot, till recently,” he explained.

Infectious disease expert Ishwar Gilada said the “altered lifestyle” followed by the young generations is making them more prone to the diseases.

“Our youth is going berserk on junk food, smoking, tobacco, alcohol, and inviting diseases,” he said.

He also blamed the work-from-home culture that was introduced during the COVID-19 pandemic and continues to some extent with few companies.

“We need to stop it because people, who are working from home, do not do any exercise, or walk. That will cause a problem,” said Secretary General Gilada at People’s Health Organisation-India.

He advised people to make health their own “responsibility”.

“Our health should be our responsibility. Everybody has to be responsible for their health. One always can’t depend on the government and organisations to take care of health. One must stop tobacco habits, quit smoking, reduce or stop alcohol consumption, and follow a healthy lifestyle with proper diet and exercise,” Gilada added.

Tuberculosis cases in UP,

IHLD partners with Krafton India to detect active tuberculosis cases in UP, Uttarakhand (The Tribune: 20240410)

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

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

The Institute of Heart and Lung Diseases Research Centre has partnered with Krafton 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 (IHLDR) highlighted its unwavering dedication to contributing to the national TB elimination programme.

“Through this partnership, IHLDR 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.

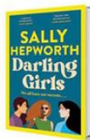
“Beyond the immediate objectives of our initiative lies a broader vision of fostering healthier communities and contributing to the larger goal of TB elimination in India. By leveraging the combined resources, expertise, and commitment of Krafton India and IHLDR, the initiative aims to serve as a catalyst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

Words Power (The Asian Age: 20240410)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17942776>

WORDS HAVE POWER, WIELD THEM WISELY

A room without books is like a body without soul, hence here's an astonishing line-up of new titles ranging from murder mystery to drama therapy and romance, writes Neil Pate



Darling Girls
Author: Sally Hepworth
Publisher: Macmillan

If you like reading dark comedies and suspense thrillers then renowned author Sally Hepworth's *Darling Girls* will keep you hooked. You will keep turning the pages to discover the secrets buried in the picturesque Wild Meadows where Jessica, Norah and Alicia are raised by a caring foster mother. Everybody tells the three girls that they must count themselves lucky to be rescued from their own family tragedies and raised on the beautiful farm estate. For them it's a second chance at happiness. However, their idyllic setting is marred by a murder, family secrets, love, betrayal and a troubled childhood. The three girls unwillingly come under the spotlight when a body is discovered under the home they grew up in. Nobody knows whether they are victims or partners in crime. A dark humour read that will keep on the edge of your chair till the last page.



Biopeculiar: Stories Of An Uncertain World
Author: Gigi Ganguly
Publisher: Wasteland Books

Brace yourself for a whimsical fantasy journey. Noted author Gigi Ganguly's short stories are bit odd but they make for a riveting read, why else would you fall for a cloud-herder who gathers his flock before retirement or the upheaval in the Weather Department after one of its talented singers decides to hang up her boots and stop crooning. *Biopeculiar: Stories Of An Uncertain World* blurs the boundaries between real and imaginary stuff, human and non-human things, but it certainly makes for an interesting read. Ganguly's short stories reflect deep love and respect towards nature and highlights the grave concern about today's crisis.



The Breakup Lists
Author: Adib Khorram
Publisher: Dial Books

Love isn't easy but it is surely hard enough. Simply put 'Complicated' in bestselling author Adib Khorram's boy meets boy *The Breakup Lists*. The book is set in the backdrop of school theatre ups and downs. Jackson Ghasnavi is a stage manager, who maintains a breakup list for his sister Jasmine romantic rendezvous. Jackson's list chronicles the flaws of her exes. But when an irresistibly handsome swimming champ Liam comes on the scene, both the siblings see their jaws drop. Neither of them can stop thinking about him. While Jasmine is quick to make a move, Jackson is hesitant and does not believe in wearing his heart on his sleeves. However, deep down in his heart he has feelings for Liam and feels helpless when his sister tries to charm him. He wonders if Liam is gay or straight, but only time will tell which way Liam swings in this YA romcom.



Creative Rites of the Recovering Mind
Author: Aanand Chabukswar
Publisher: SAA

This 150-page book is a hidden gem. Celebrated drama therapist cum writer Aanand Chabukswar gives the readers an insight into the structures, frameworks, and experiences and benefits of arts-based therapy (ABT) for persons living with mental illness. The book weaves in short stories of people (participants) their experiences and the effect of ABT on them. Chabukswar has an eye for detail. His prose is lucid. The book seamlessly explains the role of ABT in the realm of schizophrenia. It scratches deep and tries to comprehend why some people experience auditory hallucinations or why another person thinks she has swallowed coins and keeps washing her hands and gargling. The stories and anecdotes are shared with compassion without being judgmental. It shows the reader how one can approach mental illness through kindness and deeper understanding of art-based therapy.



The Teacher: A Psychological Thriller
Author: Freida McFadden
Imprint: Poisoned Pen Press

Twisted secrets and revenge creep out of every page in bestselling author Freida McFadden's *psychological thriller, The*

Teacher. Eve Bennett is a grumpy maths teacher going through a rough patch in her marriage with her charming husband Nate. Both teach in the same school. Addie, a brash student never thinks about the consequences of her actions. She is infamous for having an affair with one of the teachers

(Tuttle). Eve and Addie's paths collide as Addie is assigned in both, her as well as her husband Nate's class. One late night, Eve sees Addie lurking around her house. She doubts if Nate and Addie are having an affair. There are a lot of twists and turns in this book in every nook and corner.



TB drug

Gross mismanagement: On TB drug shortages and India's national TB programme

(The Hindu: 20240410)

<https://www.thehindu.com/opinion/editorial/gross-mismanagement-the-hindu-editorial-on-tb-drug-shortages-and-indias-national-tb-programme/article68047044.ece>

With less than two years left to achieve the ambitious goal set by Prime Minister Narendra Modi in 2018 to “eliminate” TB in India, the pharmacy of the Global South is once again struggling to treat patients with drug-sensitive TB. Shockingly, India is experiencing a TB drug shortage, with increasing frequency. Just seven months ago, there was an acute shortage of critical MDR-TB drugs; disruptions in drug supply, which began with drug-sensitive medicines in 2022 and snowballed to include MDR-TB drugs, lasted for nearly a year. Similarly, in September 2021, India faced a stockout of MDR-TB drug Delamanid. Delay in diagnosis and treatment initiation are already a huge concern in the TB care cascade. Patients who start therapy but fail to achieve treatment success is another gap. However, addressing this gap, which takes drug availability for granted, will become harder if drug stock outs become a recurring issue. A 2010 study found that non-availability of drugs was responsible for 8% of non-adherent patients missing treatment. Making sure that medicines for different categories of TB patients are always available across India is a no-brainer. That 14 years later and close to the target date of 2025, there is still a shortage of drug-sensitive TB medicines, which are manufactured entirely in India by multiple players, only underscores how poorly the national TB programme is being managed.

Renaming the National TB Control Programme as the National TB Elimination Programme in line with Mr. Modi's goal without addressing the fundamentals such as drug availability reeks of incompetence and a lack of seriousness in the war against TB. What makes the situation worse is the Health Ministry's permission to States to procure drugs locally at the last minute, creating huge challenges at the field level. A March 18, 2024 Health Ministry circular to all States mentions that the supply of certain drug-sensitive medicines may get "delayed due to unforeseen and extraneous circumstances". While States have been asked to procure drugs locally for a period of three months, the circular also gives an option for States to reimburse the cost of medicines procured by patients in case the district health facilities fail to provide them free drugs. If the last minute permission to States for local procurement is condemnable, leaving it to the patients to buy medicines themselves, even as a last resort, is abominable, given the poor socioeconomic background of most TB patients. Far from reaching the 2025 goal, India does not seem to have a handle on the most basic elements of TB control.

WHO

WHO sounds alarm on viral hepatitis infections claiming 3,500 lives every day (The Hindu: 20240410)

<https://www.thehindu.com/sci-tech/health/who-sounds-alarm-on-viral-hepatitis-infections-claiming-3500-lives-every-day/article68048999.ece>

The World Health Organisation on April 9 flagged that the number of lives lost due to viral hepatitis is increasing with the disease being the second leading infectious cause of death globally— with 1.3 million deaths per year— the same as tuberculosis.

The WHO 2024 Global Hepatitis Report said new data from 187 countries show that the estimated number of deaths from viral hepatitis increased from 1.1 million in 2019 to 1.3 million in 2022. Of these, 83% were caused by hepatitis B, and 17% by hepatitis C.

Central Government Health Scheme ID

Central Government Health Scheme ID to be linked to Ayushman Bharat ID(The Hindu: 20240410)

Health Ministry says the move is aimed at creating a digital health identification of the beneficiaries and store their digital health records

<https://www.thehindu.com/sci-tech/health/cghs-id-to-be-linked-to-abha-id-health-ministry-said-data-privacy-to-be-ensured/article68036055.ece>

“Ayushman Bharat Health Account is not a replacement of current CGHS services or a replacement of current CGHS Health Management Information System. Rather it is an addition/add-on to the current services offered by CGHS,” the Health Ministry said. Photo: abha.abdm.gov.in

“Ayushman Bharat Health Account is not a replacement of current CGHS services or a replacement of current CGHS Health Management Information System. Rather it is an addition/add-on to the current services offered by CGHS,” the Health Ministry said. Photo: abha.abdm.gov.in

The Union Health Ministry has mandated linking of Central Government Health Scheme (CGHS) beneficiaries ID with Ayushman Bharat Health Account (ABHA) ID by April 30, 2024. While this has raised several questions about possible leaking of health data the Ministry has maintained that protocols for anonymisation and aggregation of data and use of such data will be defined after extensive stakeholder consultations.

“After that, anonymous records can be used by the government to make policies and other relevant interventions in the interests of the public. Till this is done, health records will not be used by the government,” it said.

Diabetics

Of sweet somethings and diabetes (The Hindu: 20240410)

<https://www.thehindu.com/sci-tech/health/of-sweet-somethings-and-diabetes/article68046067.ece>

This week in health: new research on type 2 diabetes, the significance of the World Health Day and a scientific rationale of why beauty is not skin deep.

(In the weekly Health Matters newsletter, Ramya Kannan writes about getting to good health, and staying there. You can subscribe here to get the newsletter in your inbox.)

In a leaner and meaner Health Matters newsletter this week, we look at a slimmer selection of health stories from the past week, the key news events and explainers, theme-based clusters on health and related issues.

Nutritional value of dates

Nutritional value of dates: A perfect choice for Eid treats (The Times of India: 20240410)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/nutritional-value-of-dates-a-perfect-choice-for-eid-treats/articleshow/109162482.cms>

Ramadan fasting with Ajwa, Medjool dates for Suhoor, Iftar sustains energy. Dates rich in vitamins, antioxidants, fiber. Tradition of breaking fast with dates signifies spirituality, nourishment, and celebration in Islamic faith. It is believed that Prophet Muhammad himself favoured Ajwa dates and often broke his fast with them. Read the article to know more.

Nutritional value of dates: A perfect choice for Eid treats

In the Islamic tradition, the holy month of Ramadan is a time of spiritual reflection, self-discipline, and fasting. Muslims worldwide observe this sacred month with reverence, abstaining from food

and drink from dawn until sunset. This period of fasting, known as Sawm, is a fundamental pillar of Islam, observed to commemorate the first revelation of the Quran to Prophet Muhammad.

During Ramadan, adherents wake up before dawn for Suhoor, the pre-fast meal, and break their fast at sunset with Iftar. While the fast may challenge one's physical endurance, it is also a time for spiritual rejuvenation and communal solidarity. Amidst the fasting regimen, one food item stands out as a traditional and nutritious choice for both Suhoor and Iftar – dates.

Dates hold a special significance in Islamic culture, deeply rooted in tradition and religious practice. It is believed that Prophet Muhammad himself favoured Ajwa dates and often broke his fast with them, a practice that continues to be observed by Muslims worldwide. Beyond its religious symbolism, dates offer a plethora of nutritional benefits, making them an ideal choice for sustaining energy levels during fasting periods.

Rich in fiber, potassium, and magnesium, dates provide a natural source of sustained energy while keeping hunger at bay. This nutrient-dense fruit nourishes the body and helps maintain hydration levels, essential during long hours of fasting when water consumption is restricted. Among the varieties of dates, two types reign supreme for their exceptional quality and nutritional value – Ajwa dates and Medjool dates.

Ajwa dates, revered for their superior taste and nutritional profile, are sourced from the holy lands of Al-Madina. These dates are packed with essential vitamins including A, B6, C, E, and K, along with folate, niacin, thiamine, and riboflavin. Renowned for their antioxidant properties, Ajwa dates offer a natural boost to the immune system.

Power of Silent

If you stay silent for an entire day, this is what happens to your body (The Indian Express:20240410)

A full day of speech fasting can bring about some noticeable changes. Let's find out what they are

<https://indianexpress.com/article/lifestyle/life-style/what-happens-staying-silent-entire-day-speech-fasting-9251412/>

speech fasting Explore the world of speech fasting, its benefits for stress relief, mindfulness, and communication. (Source: Pexels)

Have you ever wished you could hit a mute button on the world, or yourself, for a day? Speech fasting, the practice of intentionally refraining from speaking for a set period, might be the answer you've been looking for.

Dr Shaunak Ajinkya, Consultant- Psychiatrist, Kokilaben Dhirubhai Ambani Hospital, Mumbai, helped us dive into the potential benefits of this age-old practice for both your physical and mental health.

Equal breathing and other exercises

Equal breathing and other exercises to help you sleep peacefully at night(The Indian Express:20240410)

Unwind your mind and body with these powerful breathing techniques for a restful night

<https://indianexpress.com/article/lifestyle/life-style/equal-breathing-and-other-exercises-to-help-you-sleep-peacefully-at-night-9244969/>

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sleep, breathing exercises, stress While we are all familiar with our ancient yoga techniques such as anulom vilom and kapalbharti for daily practice, there are other breathing techniques to enhance your sleep quality (Source: Freepik)

Not only are they a simple yet powerful way to calm the mind and body, but breathing exercises are also excellent to release stress instantly and promote relaxation. These techniques are used to focus on the breath, which can help the person shift their attention from the constant chatter of the mind to the calming flow of air, in and out of the body.

While we are all familiar with certain ancient yoga techniques such as anulom vilom and kapalbharti for daily practice, there are some other breathing exercises you can add to your daily routine, especially if you are struggling to get quality sleep.

Summer special - mango and muskmelon

Summer special - mango and muskmelon (The Indian Express:20240410)

<https://indianexpress.com/article/lifestyle/food-wine/summer-special-heres-what-makes-the-pairing-of-mango-and-muskmelon-a-unique-combination-9246328/>

Summer special: Here's what makes the pairing of mango and muskmelon a unique combination

When enjoying this combination, it's essential to keep in mind portion control, especially for those watching their sugar intake, as mangoes are naturally high in sugar, said Sushma PS, chief dietitian, Jindal Naturecure Institute

mango muskHere's what makes mango and musk melon a refreshing treat this summer (Source: Pixabay/Getty Images/Thinkstock)

How about beating the scorching summer heat by indulging in two of the season's offerings — mango and muskmelon? If you are wondering how to combine them, Chef Neha Deepak Shah's experiment is sure to inspire you. The culinary whiz recently shared the recipe of Sharbat-e-bahaar, "cousin of Mohabbat ka Sharbat", for a refreshing spin this summer. "Mango and melon is a great combination and this melon bowl just makes it all better," she stated on Instagram.

But before we dive into the recipe, let's find out why the mango-muskmelon combination is worth your time this summer.

Stress

Why India is seeing a rising trend of diseases (New Kerala: 20240410)

<https://www.newkerala.com/news/2024/20437.htm>

Increased stress in life and a sedentary lifestyle combined with a spike in consumption of junk food, smoking tobacco, and alcohol is behind the surging cases of diseases in India, said experts here on Tuesday.

About one in three Indians is pre-diabetic, two in three are pre-hypertensive, and one in 10 suffers from depression, reveals a recent Health of Nation Report by Apollo Hospitals.

The prevalence of non-communicable diseases (NCDs) such as cancer, diabetes, hypertension, cardiovascular diseases, and mental health disorders has surged to critical levels, raising alarm for the nation's health.

"Amongst the 1.4 billion population of India, the biggest health issues are related to a major jump in fatty liver diseases, obesity, diabetes, coronary artery diseases in the youth, and a plethora of malignancies of many organs affecting every section of society. This changing trend is more

obvious as one encounters heart attacks and paralytic attacks in younger generations with alarming regularity,” Dr Anil Arora, Chairman, Gastroenterology, Sir Ganga Ram Hospital, told IANS.

“A combination of stressful life and sedentary lifestyle has catapulted us to newer illnesses which were not a reality in this younger lot, till recently,” he explained.

Infectious disease expert Dr Ishwar Gilada said the “altered lifestyle” followed by the young generations is making them more prone to the diseases.

“Our youth is going berserk on junk food, smoking, tobacco, alcohol,” and inviting diseases, he said.

He also blamed the work-from-home culture that was introduced during the COVID-19 pandemic and continues to some extent with few companies.

“We need to stop it because people, who are working from home, do not do any exercise, or walk. That will cause a problem,” said Dr Gilada, Secretary General People's Health Organisation-India.

He advised people to make health their own “responsibility”.

“Our health should be our responsibility. Everybody has to be responsible for their health. One always can't depend on the government and organisations to take care of health. One must stop tobacco habits, quit smoking, reduce or stop alcohol consumption, and follow a healthy lifestyle with proper diet, and exercises,” Dr Gilada added.

Why India is seeing a rising trend of diseases

Hepatitis B & C

India among top 10 countries with two-thirds of hepatitis B & C burden: WHO (New Kerala: 20240410)

<https://www.newkerala.com/news/2024/20537.htm>

India is among the top 10 countries of the world that represent nearly two-thirds of the burden of hepatitis B and C combined, according to the World Health Organization (WHO) 2024 Global Hepatitis Report released on Tuesday.

The 10 countries are China, India, Indonesia, Nigeria, Pakistan, Ethiopia, Bangladesh, Vietnam, Philippines and the Russian Federation.

Of these three countries -- China, India, and Indonesia -- represented 50 per cent of the global burden in 2022 for hepatitis B. These were followed by Nigeria, Ethiopia, Bangladesh, Vietnam, Philippines and Pakistan.

The data from 187 countries released at the World Hepatitis Summit, showed that six countries -- China, India, Indonesia, Pakistan, the Russian Federation, and the US -- represented 50 per cent of the global burden for hepatitis C. These were followed by Ukraine, Uzbekistan, Bangladesh, Vietnam, Ethiopia, Mexico, Brazil, and Malaysia.

“Progress in these countries is critical to the global response,” the report said.

Further, the report noted that viral hepatitis infections are rising globally and claim about 3,500 lives each day, translating to about 1.3 million deaths per year. It is the second leading cause of death worldwide after tuberculosis.

From 1.1 million in 2019, the estimated number of deaths from viral hepatitis rose to 1.3 million in 2022. Of these, hepatitis B accounted for 83 per cent of deaths, while hepatitis C was responsible for 17 per cent of deaths.

“This report paints a troubling picture: despite progress globally in preventing hepatitis infections, deaths are rising because far too few people with hepatitis are being diagnosed and treated,” said WHO Director-General Dr Tedros Adhanom Ghebreyesus, in a statement.

“WHO is committed to supporting countries to use all the tools at their disposal - at access prices - to save lives and turn this trend around,” he added.

The report noted that despite the availability of affordable generic viral hepatitis medicines, many countries fail to procure them at these lower prices.

It also recommended expanding access to testing and diagnostics, strengthening primary care prevention efforts, and using improved data for action.

BP

How often should adults check their BP levels? (New Kerala: 20240410)

<https://www.newkerala.com/news/2024/20589.htm>

dults aged between 18 and 40 must get their blood pressure checked every three years to gauge any underlying diseases, and to enable a faster diagnosis and treatment, said doctors here on Tuesday.

According to a recent study by the Indian Council of Medical Research-National Centre for Disease Informatics and Research (ICMR-NCDIR), Bengaluru, about 30 per cent of Indians have never tested their blood pressure.

“People older than 40 years should have their blood pressure checked one time a year. The ages between 18 and 40 years old should get their blood pressure checked every three to five years unless they fall into the high-risk category,” Dr Tushar Tayal, Lead Consultant, Department of Internal Medicine, CK Birla Hospital, Gurugram, told IANS.

“All hypertensive patients should monitor blood pressure at least once monthly with a digital BP monitor, ideally after 15 mins of rest and cuff tied to mid-arm,” added Dr Ajay Agarwal - Director, Internal Medicine, Fortis Hospital, Noida.

He explained that in patients without risk factors, blood pressure must be below 140/90 mm Hg. And among those with risk factors such as diabetes or kidney disease to reduce the risk of target organ damage (in kidneys, heart, or eyes), it should be less than 130/80, Dr Ajay told IANS.

The study also showed that about 34 per cent of Indians are in the prehypertensive stage -- an intermediate state between normal blood pressure and hypertension. The research showed it is equally concerning, as it contributed substantially to cardiovascular diseases.

“It is important to check BP and keep it under control (with or without medication) because undiagnosed hypertension is a risk factor for stroke, heart attack, kidney damage, and eye damage,” Dr Tushar said.

How often should adults check their BP levels? (New Kerala: 20240410)

<https://www.newkerala.com/news/2024/20589.htm>

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Image description

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Ayurveda

आयुर्वेद के अनुसार शाम 7 बजे तक कर लेना चाहिए डिनर, यहां जानिए इसके 5 कारण (Hindustan: 20240410)

<https://www.livehindustan.com/lifestyle/story-you-should-have-your-dinner-early-for-these-5-health-benefits-9727208.html>

समय पर खाना खाने से आपको भूख को नियंत्रित करके और अधिक खाने से बचने में मदद होती है। इससे वजन को नियंत्रित करने में भी मदद मिलती है। नियमित भोजन का समय

ब्लड शुगर को नियंत्रित करता है।

भारत में आयुर्वेद सबसे पुराना है। इसमें सबसे पहले ये सलाह दी जाती है कि आपको खाना समय पर खाना है और समय खत्म होने के बाद या उससे पहले कुछ

नहीं खाना है। लेकिन आजकल की व्यस्त जीवनशैली में हम में से किसी के पास भी समय पर खाना खाने का भी समय नहीं है। अगर आपने कभी अपने दादा-

दादी को देखा होगा तो वो लोग खाने को हमेशा एक ही समय पर खाते है और बहुत स्वस्थ रहते है। भारत में समय पर खाना खाने को बहुत पहले से ही महत्व

दिया जाता रहा है। लेकिन आज के समय में शायद हम उस महत्व को भूलते जा रहे हैं। अधिक जानने के लिए इस लिंक पर क्लिक करें- आयुर्वेद के अनुसार

Dental health

ये बीज चबाने से चमक जाएंगे पूरे 32 दांत, टार्टर-प्लाक का सफाया Navbharat Times: 20240410)

<https://navbharattimes.indiatimes.com/lifestyle/health/home-remedies-to-remove-plaque-tarter-and-teeth-whitening/articleshow/109181561.cms>

दांतों में टार्टर की समस्या होना आम है, लेकिन इसका इलाज और सफाई दोनों ही बहुत जरूरी है। इस समस्या के होने का सबसे बड़ा कारण ठीक से ब्रश न करना है। इसके अलावा और भी कई कारण हो सकते हैं। दांतों की सफाई के लिए कुछ घरेलू उपचार यहां दिए गए हैं, जिसे आप अपना सकते हैं।

Main Image

नए सीज़न के लिए तैयार हो जाइए ✨ स्मार्ट टीवी पर 60% तक की छूट 📺 सेल लाइव

डील देखें

नए सीज़न के लिए तैयार हो जाइए ✨ स्मार्ट टीवी पर 60% तक की छूट 📺 सेल लाइव

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

डील देखें

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

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?

दांत तभी खूबसूरत लगते हैं, जब उनकी चमक बरकरार रहती है। लेकिन जब दांतों पर प्लाक और टार्टर जमने लगते हैं तो केवल देखने में ही खराब नहीं लगते, बल्कि मुंह की बदबू और इंफेक्शन का कारण बन सकते हैं।

ओरल हेल्थ फाउंडेशन के अनुसार दांतों में टार्टर की समस्या होने के कई कारण हो सकते हैं, जैसे कि अच्छे से ब्रश न करना, स्मोकिंग करना या जेनेटिक कारण आदि। यदि आप पर्याप्त मात्रा में पानी नहीं पीते हैं, तो भी प्लाक और टार्टर की बढ़त हो सकती है। आप अपने दांतों से टार्टर की सफाई के लिए इन घरेलू उपचारों का उपयोग कर सकते हैं।

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Philips

ब्रश

image1 दांतों में टार्टर की समस्या न हो, इसके लिए सही ढंग से दांतों की सफाई करें। खासतौर पर रात का खाना खाने के बाद। दिन में दो बार ब्रश जरूर करें। इसके साथ ही फ्लॉसिंग भी करें जिससे दांतों के बीच जमी मैल भी साफ हो जाए।

बेकिंग सोडा से सफाई

image2 बेकिंग सोडा से भी दांतों के टार्टर की सफाई की जा सकती है। यह इनेमल की सतह से गंदगी को गायब कर देता है। इसके लिए आप एक चम्मच में थोड़ा से बेकिंग सोडा लें और उसमें एक चुटकी नमक मिलाएं। अब इसे टूथब्रश के साथ करें।

Vitamin for Tooth Health: दांतों की हेल्थ के लिए जिम्मेदार हैं ये 5 विटामिन

तिल के बीज चबाना

image3 तिल के बीज दांतों में स्क्रब की तरह काम करते हैं। तिल के बीज चबाने से दांतों से टार्टर की सफाई आसानी से हो जाती है। इसके लिए एक मुट्ठी तिल अपने मुंह में रखकर चबाएं, लेकिन निगलें नहीं। थोड़ी देर चबाकर थूक दें।