



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240412

Parkinson's disease

Parkinson's disease: Why it is striking people under 50 (The Tribune: 20240412)

<https://www.tribuneindia.com/news/health/parkinsons-disease-why-it-is-striking-people-under-50-609785>

Emerging evidence highlights role of environmental toxins, genetic predispositions and lifestyle factors in precipitating Parkinson's onset at younger ages

Parkinson's disease: Why it is striking people under 50

While advancing age remains a prominent risk factor for Parkinson's disease, health experts on Thursday expressed concerns over the increasing early onset of the neurodegenerative disease, among people under the age of 50.

According to a 2022 study published in the journal Parkinsonism & Related Disorders, India has an increasing prevalence of Parkinson's disease, with the average age of onset almost a decade younger in comparison to other countries.

"The prevailing myth that Parkinson's primarily afflicts older individuals is rapidly dissipating in light of evolving epidemiological trends and clinical observations. The recent surge in early-onset Parkinson's cases, particularly in countries like India where a significant proportion of patients' experience motor symptoms before the age of 50, challenges this misconception," Dr Aashka Ponda, consultant neuro-physician, Bhailal Amin General Hospital, Vadodara said.

Even though age continues to be the major risk factor, emerging evidence highlights the role of environmental toxins, genetic predispositions, and lifestyle factors in precipitating Parkinson's onset at younger ages.

“Factors such as exposure to pesticides, air pollution, and dietary habits intersect with genetic susceptibilities to shape the disease trajectory, challenging the notion of Parkinson's as an exclusive affliction of the elderly,” the doctor said.

Characterised by symptoms such as reduced movement speed, stiffness, tremors, and impaired balance or posture, Parkinson's can substantially disrupt daily activities and mobility, leading to distress.

Parkinson's disease patients contend not only with motor symptoms like tremors, slowness, stiffness, and postural instability but also grapple with often overlooked non-motor manifestations such as sleep disturbances, anxiety, depression and cognitive impairments.

“With a substantial portion of Parkinson's patients falling within the younger age bracket, it's imperative to recognise that this neurological disorder does not discriminate solely based on age. Instead, a multifaceted interplay of genetic predispositions, environmental exposures, and comorbidities underscore the complexity of Parkinson's aetiology,” Dr. Aashka said.

“Early detection and effective management of Parkinson's disease play a pivotal role in enhancing symptom management, slowing down disease advancement, and averting complications, thereby enhancing the patient's overall quality of life,” added Dr Sanjay Pandey, HoD, Neurology and Stroke Medicine, Amrita Hospital, Faridabad.

Stroke

Deaths from stroke increasingly linked to temperatures driven by climate change, study finds (The Tribune: 20240412)

<https://www.tribuneindia.com/news/health/deaths-from-stroke-increasingly-linked-to-temperatures-driven-by-climate-change-study-finds-609759>

In 2019, there were over 5.2 lakh stroke deaths linked to non-optimal temperatures

Deaths from stroke increasingly linked to temperatures driven by climate change, study finds

Deaths and disability due to stroke around the world are increasingly linked to temperature changes driven by climate change, a new analysis of global data over three decades has found.

In 2019, there were over 5.2 lakh stroke deaths linked to non-optimal temperatures, the study, published in the journal *Neurology*, found.

While the majority of these stroke deaths -- more than 4.7 lakh -- were due to lower than optimal temperatures, researchers also found that number of deaths from stroke linked to higher than optimal temperatures had increased, when compared with 1990. They associated optimal temperatures with the lowest death rates.

The burden of stroke "due to high temperature has increased rapidly, especially among people aged older than 10 years, and was disproportionately concentrated in low Socio-demographic Index (SDI) regions such as Africa," they wrote in the study.

In India, there were nearly 33,000 deaths from stroke attributable to non-optimal temperatures, 55 per cent of which (roughly 18,000) were attributable to higher than optimal temperatures and 45 per cent (roughly 15,000) to lower than optimal temperatures, the researchers found.

"Dramatic temperature changes in recent years have affected human health and caused widespread concern," study author Quan Cheng of Xiangya Hospital Central South University in Changsha, China, said.

The researchers said that ageing too was a key factor in the increase in burden of stroke attributable to temperature changes.

The team further found that the death rates from stroke due to non-optimal temperatures were higher in men at 7.7 per 1 lakh population, compared to women at 5.9 per 1 lakh population.

Regionally, central Asia was found to have the highest death rate for stroke linked to non-optimal temperatures with 18 per 1 lakh population.

The team said more research was needed to determine how temperature changes impact stroke and to target solutions to address health inequalities.

"Future research should aim to reduce this threat by finding effective health policies that address potential causes of climate change, such as the burning of fossil fuels, deforestation and industrial processes," said Cheng.

For their analysis, the researchers looked at datasets from the Climate Research Unit Gridded Time Series, the World Bank, and the Global Burden of Diseases study for estimating the spread of stroke burden in 204 countries and territories around the world.

Male menopause

Male menopause exists? Here are the symptoms that are largely ignored

Although men do not go through menopause, the sudden drop in testosterone causes them to go through similar problems(The Tribune: 20240412)

<https://www.tribuneindia.com/news/health/male-menopause-exists-here-are-the-symptoms-that-are-largely-ignored-609749>

Have you ever gained weight, had hot flushes, or been less sexually aroused?

Has your partner also noticed any of these things? These are but a few symptoms of male menopause, a medical condition that is largely ignored.

Women have a fixed ovarian reserve, which gradually decreases with time and leads to menopause, as is widely known.

Although men do not go through menopause, the sudden drop in testosterone causes them to go through similar problems.

Andropause, or simply male menopause, is the name used to describe it. As men age, they undergo a range of changes, including loss of muscle mass and greying hair. A prominent alteration observed in men is a reduction in their testosterone levels.

What precisely is andropause?

Male menopause refers to the decline in testosterone levels in males. Dr Shobha Gupta, Medical Director and IVF Expert from Mother's Lap IVF Centre in New Delhi, explains, "The male hormone testosterone naturally declines with age, however, diabetes can also cause this decline in production. A persistent decrease in testosterone levels is referred to as age-related low testosterone or late-onset hypogonadism. It is a more progressive menopause as opposed to the

rapid onset of female menopause, which is characterised by the end of ovulation and a decrease in hormone production.”

What are some of the symptoms and signs?

A few symptoms that could follow from this decline are fatigue, a low libido, and trouble focusing. In addition to this, there are also the following indications and symptoms.

Physical activity

Physical activity in evening linked to greatest health benefits for obese, diabetic (The Tribune: 20240412)

<https://www.tribuneindia.com/news/health/physical-activity-in-evening-linked-to-greatest-health-benefits-for-obese-diabetic-609469>

Frequency with which such activity was performed was found to be more important than the total amount of physical activity undertaken throughout the entire day, says study

Undertaking most of the daily physical activity in the evening is linked to the greatest health benefits for people suffering from obesity and diabetes, new research has found.

According to the study published in the journal Diabetes Care, those performing a majority of their "out-of-breath" vigorous activity between 6 pm and midnight were found to have the lowest risk of dying prematurely and from cardiac ailments.

The study followed nearly 30,000 people aged 40 years or above over almost eight years.

"Exercise is by no means the only solution to the obesity crisis. But this research does suggest that people who can plan their activity into certain times of the day may best offset some of these health risks," said lead author Angelo Sabag, a lecturer in exercise physiology at The University of Sydney, Australia.

Using wearable devices, the participants' physical activity was recorded, along with the time of the day when it was undertaken.

The researchers did not just track structured exercise, but also moderate to vigorous aerobic activity performed in bouts of three minutes or more, as they said previous research has shown such activity to be strongly associated with glucose control and lowering the risk of heart-related diseases.

"We didn't discriminate on the kind of activity we tracked. It could be anything from power walking to climbing the stairs, but could also include structured exercise such as running, occupational labour or even vigorously cleaning the house," said Matthew Ahmadi, a postdoctoral research fellow at The University of Sydney.

The frequency with which such activity was performed was found to be more important than the total amount of physical activity undertaken throughout the entire day.

Even though the findings are observational with no cause-and-effect links established, the researchers said it supports the original hypothesis that people living with diabetes or obesity, and are already glucose intolerant in the late evening, may be able to offset some of that intolerance by performing physical activity in the evening.

Magnesium

What is the right time to consume magnesium? (so that it works effectively on the body (The times of India: 20240412)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/what-is-the-right-time-to-consume-magnesium-so-that-it-works-effectively-on-the-body/photostory/109212060.cms>

Magnesium is an essential mineral and because of awareness of human health people are recognizing the signs of its deficiency in the body. Magnesium is naturally available in several foods and one must consume the required amount of magnesium daily to prevent the onset of the side effects of magnesium deficiency. Men need up to 420 mg of magnesium daily while women need 320 mg of magnesium.

However, what matters most is how to make sure the magnesium that you are consuming is getting absorbed in the body efficiently.

Determining the right time to consume magnesium depends on various factors, including your individual health needs, lifestyle, and dietary habits. Magnesium is an essential mineral involved in numerous bodily functions, including muscle and nerve function, energy production, and bone health. While there isn't a specific "best" time to consume magnesium, understanding how it

interacts with your body's rhythms and other nutrients can help optimize its absorption and benefits.

Consuming magnesium in the morning can provide a boost of energy and support overall vitality. Magnesium plays a crucial role in energy metabolism, helping convert food into energy and supporting the function of enzymes involved in ATP production, the body's primary energy currency. Starting your day with magnesium-rich foods or supplements may help kickstart your metabolism and enhance alertness and focus throughout the day.

Taking magnesium before a workout can help support muscle function and performance. Magnesium is involved in muscle contraction and relaxation, making it essential for maintaining proper muscle function during exercise. Additionally, magnesium helps regulate electrolyte balance, which is crucial for hydration and muscle function. Consuming magnesium before a workout, either through food sources or supplements, may help prevent muscle cramps, reduce fatigue, and support overall exercise performance.

Consuming magnesium with meals can enhance its absorption and utilization by the body. Magnesium absorption occurs primarily in the small intestine, where it competes with other minerals for uptake. Consuming magnesium-rich foods or supplements alongside meals, particularly those containing protein and healthy fats, may help improve absorption. Additionally, some foods naturally rich in magnesium, such as leafy greens, nuts, seeds, and whole grains, are commonly included in meals, making it convenient to incorporate magnesium into your diet.

Taking magnesium before bedtime may promote relaxation and improve sleep quality. Magnesium has been shown to support the body's natural sleep-wake cycle by modulating neurotransmitters involved in sleep regulation, such as GABA (gamma-aminobutyric acid). Additionally, magnesium helps regulate muscle relaxation, which can help alleviate muscle tension and promote a sense of calmness before bedtime. Consuming magnesium-rich foods or supplements in the evening may help relax the body and mind, leading to better sleep quality and overall well-being.

Dental Health

6 remedies for sensitive teeth (The times of India: 20240412)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/6-remedies-for-sensitive-teeth/photostory/109191712.cms?picid=109191738>

Sensitive teeth, a discomforting and intolerable condition in teeth as well as gums arises due to various causes. There are multiple causes of sensitive teeth including but not limited to periodontal disease, cavities, tooth decay, and even genetics. Usually, the pain is associated with dentinal irritation, which is the layer beneath the enamel consisting of small canals that connect to the nerve endings, creating a heightened level of sensitivity in the tooth. The nerves in the root of the dentin

are triggered when extremely hot, cold, or acidic food items get in touch and produce discomfort. To overcome the painful tooth condition, there are many remedies to reduce the pain caused by sensitive teeth.

Specifically formulated for sensitive teeth, these toothpastes contain potassium nitrate or stannous fluoride to block nerve tubules, minimizing pain. However, considering the potential side effects like irritation and taste changes, turning to natural alternatives could be a wiser choice. Opting for natural toothpastes enriched with bentonite clay, clove, propolis, and guava leaf can safely reduce sensitivity. Especially, the antiseptic benefits of clove make these natural formulations a preferred, more effective method for lasting sensitivity relief

According to Dr. Neha Chhabra, Co-founder, Bentonite, “Aggressive brushing can harm the gums and wear down the enamel, leading to gum recession and potential dental issues. Individuals with sensitive teeth should consider using a toothbrush with soft bristles and gently brush in a circular motion, ensuring thorough cleaning of the teeth. By using a high-quality, gentle-bristled toothbrush, people can not only protect sensitive teeth but also improve teeth cleaning and promote better oral health.”

Flossing remains a cornerstone of dental hygiene, effectively removing plaque and debris from spaces between teeth where toothbrushes can't reach. It's also vital for soothing and healing swollen, inflamed gums. Nowadays, in addition to traditional thread floss, floss picks have become a popular, convenient option, offering ease of use and effectiveness, particularly for those on the go or with dexterity issues. Regular flossing, whether with thread, floss picks, or water flossing—which uses a pressurized stream to clean between teeth—plays a crucial role in reducing hypersensitivity and preventing gum disease, making it an essential practice for maintaining oral health.

Avoiding sugary, acidic foods and drinks can prevent further enamel damage and sensitivity. Emphasizing the consumption of fresh fruits, vegetables, and plenty of water, while avoiding caffeine and acidic beverages, can help manage tooth sensitivity.

Keeping up with dental visits and cleanings is essential for addressing underlying issues like gum disease or inadequate fillings that contribute to sensitivity. Professional treatments recommended by a dentist, such as fluoride applications or desensitizing agents, offer long-term relief.

The infamous hot and scorching Indian summer is almost here, which means it's time for parents to be alert about infections that can affect toddlers. The combination of intense heat and humidity along with increased outdoor activity can result in several health-related problems. While heat stroke, fatigue, and exhaustion are common in adults, there are a few specific ailments that can affect children in the hot weather.

Gastrointestinal infections like food poisoning and viral gastroenteritis are more common in summer because there is a higher chance of consuming contaminated food and water, especially for toddlers. To prevent such infections, it is important to practice good hygiene by washing your hands frequently and ensuring that you are drinking water from safe and clean sources.

According to Dr. Suresh Gowda, Consultant - Pediatrician and Neonatologist, Motherhood Hospitals, HRBR Layout, Bangalore, “Insects like mosquitoes, ants, and bees are more active during the summer months, increasing the chance of toddlers getting insect bites and stings. These bites can cause itching, swelling, pain, and allergic reactions. To protect kids, use insect repellents made for children, dress them in long sleeves and pants when outdoors, and avoid areas with stagnant water where insects usually breed.

Summers are known for their intense humidity and sweating which can cause fungal infections. Underarms, body folds, and the groin area are some of the common regions that are affected. Maintaining good hygiene is important to prevent such infections

Also known as prickly heat, heat rash is a common skin condition that occurs when sweat ducts are blocked, leading to red, itchy bumps on the skin. Toddlers are more prone to a heat rash because of their underdeveloped sweat glands. To prevent this, parents should dress toddlers in loose, breathable clothing, keep them in well-ventilated spaces, and encourage frequent baths.

Sunburn is a common summer ailment caused by prolonged exposure to the sun’s harmful UV rays. Toddlers have sensitive skin that can burn easily and to protect them from sunburn, apply sunscreen with high SPF, dress them in clothes that cover exposed skin, and limit outdoor activities during peak hours.

While summertime is all about holidays and having fun outdoors, it is also equally important for parents to be more aware of common seasonal ailments and take precautions to protect their kids.

Hepatitis B, C cases

India has second-most hepatitis B, C cases after China: WHO report (The Hindu: 20240412)

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

India accounted for the second-highest number of cases of hepatitis B and C in 2022 after China, with 3.5 crore infections, according to a report by the World Health Organisation (WHO).

Hepatitis is an inflammation of the liver that can cause a range of health problems and can be fatal.

Egg

The internet just treated us with an astounding hack to boil eggs — but does it work? (Indian Express: 20240412)

<https://indianexpress.com/article/lifestyle/food-wine/steaming-eggs-better-boiling-hack-kitchen-benefits-tips-9264415/>

While many users took to the comment section to express disappointment at the hack, we reached out to clinical dietitian Garima Goyal to understand the benefits of this method

eggsDo you steam eggs? (Source: Pixabay)

Yes, yes, yes! The internet, indeed, is a one-stop shop for hacks. But as we always say — all of them need to be taken with a pinch of salt, or in this case, ice. So for all of you out there who struggle to boil your eggs, we came across a super cooking hack that is sure you make you fall in love with it.

Shared by Moms Gup Shup on Instagram, the hack includes placing raw eggs on a tawa with ice cubes and covering it with a lid. Unlike the traditional boiling method where eggs are submerged in water, this method aims to boil the cooks with the help of steam.

Sleeping

Yoga expert vouches for this ‘powerful technique to induce sleep’(Indian Express: 20240412)

<https://indianexpress.com/article/lifestyle/fitness/belly-breathing-benefits-sleep-experts-9259690/>

It's important to prepare your mind for sleep. So, here's a slow 2-minute only breathing technique to fall asleep faster

breathing sleep Have you tried this technique to fall asleep faster? (Source: Freepik)

If you find yourself tossing and turning at night, unable to sleep, it's likely that either your body or mind — or both — are drowned in stress. So, if you are looking for a promising solution, here is a breathing technique to feel relaxed and sleep peacefully, one that is often recommended by yoga practitioners. Wondering what it is?

As someone who has been practicing and teaching yoga and breathing techniques for over a decade, Saurabh Bothra, CEO and certified yoga instructor, Habu Build assured that 'belly breathing' is "one of the most powerful techniques to release that mental/physical stress, and induce sleep".

Nutrition

Nutrition alert: Here's what a 100-gram serving of mishrikand contains (Indian Express: 20240412)

<https://indianexpress.com/article/lifestyle/food-wine/nutrition-alert-jicama-100-gram-serving-of-mishrikand-contains-9252918/>

Sanchi Tiwari, nutritionist at Lord's Mark Biotech, explains the benefits of consuming nutrient-dense vegetable 'mishrikand' or jicama, and how it can be added to your diet the right way

mishrikand, jicama With its thick, brown skin and white flesh, mishrikand resembles a potato but tastes more like an apple. (Source: Freepik)

Jicama, also known as mishrikand, is a root vegetable native to Mexico and Central America that offers a unique combination of flavour and health benefits. It resembles a potato with a similar texture, including thick, brown skin and white flesh. But, it tastes more like an apple, albeit less sweet. Unlike apples, however, mishrikand does not brown after being cut.

Sanchi Tiwari, nutritionist, Lord's Mark Biotech, says, "A powerhouse of nutrients, mishrikand is packed with essential vitamins such as Vitamin C and Vitamin B6. Vitamin C bolsters the immune system, supports oral health, and reduces inflammation, while Vitamin B6 contributes to brain function and red blood cell formation."

Neurodegenerative disease,

Parkinson's disease: Why it is striking people under 50(New Kerala: 20240412)

<https://www.newkerala.com/news/2024/21018.htm>

While advancing age remains a prominent risk factor for Parkinson's disease, health experts on Thursday expressed concerns over the increasing early onset of the neurodegenerative disease, among people under the age of 50.

According to a 2022 study published in the journal Parkinsonism & Related Disorders, India has an increasing prevalence of Parkinson's disease, with the average age of onset almost a decade younger in comparison to other countries.

“The prevailing myth that Parkinson's primarily afflicts older individuals is rapidly dissipating in light of evolving epidemiological trends and clinical observations. The recent surge in early-onset Parkinson's cases, particularly in countries like India where a significant proportion of patients experience motor symptoms before the age of 50, challenges this misconception,” Dr Aashka Ponda, Consultant Neuro-physician, Bhailal Amin General Hospital, Vadodara, told IANS.

Even though age continues to be the major risk factor, emerging evidence highlights the role of environmental toxins, genetic predispositions, and lifestyle factors in precipitating Parkinson's onset at younger ages.

“Factors such as exposure to pesticides, air pollution, and dietary habits intersect with genetic susceptibilities to shape the disease trajectory, challenging the notion of Parkinson's as an exclusive affliction of the elderly,” the doctor said.

Characterised by symptoms such as reduced movement speed, stiffness, tremors, and impaired balance or posture, Parkinson's can substantially disrupt daily activities and mobility, leading to distress.

Parkinson's disease patients contend not only with motor symptoms like tremors, slowness, stiffness, and postural instability but also grapple with often overlooked non-motor manifestations such as sleep disturbances, anxiety, depression, and cognitive impairments.

“With a substantial portion of Parkinson's patients falling within the younger age bracket, it's imperative to recognise that this neurological disorder does not discriminate solely based on age. Instead, a multifaceted interplay of genetic predispositions, environmental exposures, and comorbidities underscore the complexity of Parkinson's aetiology,” Dr. Aashka said.

“Early detection and effective management of Parkinson's disease play a pivotal role in enhancing symptom management, slowing down disease advancement, and averting complications, thereby enhancing the patient's overall quality of life,” added Dr. Sanjay Pandey, HoD, Neurology and Stroke Medicine, Amrita Hospital, Faridabad.

Multidrug-resistant bacteria

Hospital sinks highest source of multidrug-resistant bacteria: Study (New Kerala: 20240412)

<https://www.newkerala.com/news/2024/21011.htm>

he risk of spread of multidrug-resistant bacteria is highest in hospital sinks, said a study on Thursday.

The findings are based on a multispecies outbreak of superbug carbapenemase-producing Enterobacterales (CPE) that occurred in a paediatric ward at the Toho University Omori Medical Center in Tokyo in 2017.

In the paper, published in the American Journal of Infection Control (AJIC), the team detailed that the first case of CPE was detected in a one-year-old boy hospitalised with cardiac disease in June 2016.

Nine months later in March 2017, a 15-year-old boy became the second to be infected with the deadly superbug.

Subsequently, the outbreak spread to 19 paediatric patients.

On investigation, 9 sinks were identified to be contaminated with CPE.

Of these, 6 were from hospital rooms with CPE-positive patients, and 3 from a nurse centre, a waste room, and an ice machine.

Genomic analysis identified bacterial strains such as “Klebsiella variicola, Klebsiella quasipneumoniae, and Escherichia coli.”

Importantly, the CPE contamination continued, even after the team replaced all sinks in the paediatric ward with new ones that were thoroughly disinfected with hydrogen peroxide.

Further, DNA sequences showed that the resistance mechanism could have been passed from one bacterial species to another within the hospital, the team said.

“The discovery of the same bacterial species in sinks in adjoining rooms indicates that pathogen transmission may be possible from one sink to another via the drains and connected plumbing,” the team said.

Preventive measures included recommending hand disinfection after using sinks, introducing disposable tools for cleaning sinks, prohibiting mouth-washing with sink water, enacting disinfection and drying procedures for any items exposed to sink water, and more.

The outbreak was finally controlled in October 2017.

“After months of intense infection control protocols, we were at last able to declare an end to this outbreak,” said Sadako Yoshizawa, Associate Professor in the Department of Microbiology and Infectious Diseases at Toho University.

“Our experience highlights the importance of focusing on sinks and other water-related areas in hospital wards, as these are critical for CPE transmission and therefore major fronts in the fight against antibiotic resistance,” Yoshizawa added.

Healthy diet

How a healthy diet can help people with Parkinson' (New Kerala: 20240412)

iet plays a key role in managing Parkinson's disease, as it can raise the risk of weight loss and malnutrition, said experts on World Parkinson's Day on Thursday.

World Parkinson's Day is observed every year on April 11 to raise awareness about the neurological condition that leads to progressive impairment of motor functions and includes tremors, painful muscle contractions, and difficulty in speaking, eating, and sleeping.

While there is no superfood, eating a well-balanced diet with plenty of whole foods, such as fruits and vegetables, lean protein, beans and legumes, and whole grains, with adequate hydration, not only boosts general well-being but also improves patients' ability to deal with symptoms of the disease.

"Parkinson's disease is defined as a neurodegenerative disorder that impacts the quality of life and decreases nutritional status. Nutrition may modify the risk factors but there is no preventive curative therapy as per studies. No single nutrient acts like a superfood but it is a combination of functional foods and dietary patterns that impacts the risk of disease," Sweedal Trinidad, Chief Dietician, P. D. Hinduja Hospital & MRC, Mahim, told IANS.

"Regular monitoring of nutritional status is vital for individuals with Parkinson's disease as poor nutrition can significantly impact their health outcomes. Parkinson's patients often experience significant weight loss, increasing the risk of malnutrition and exacerbating disease severity. Therefore, it's essential to maintain a balanced diet, consume meals at shorter intervals, and ensure adequate hydration," added Charu Dua, Chief Clinical Nutritionist, at Amrita Hospital, Faridabad.

The experts noted that incorporating healthy fats and spreading out protein intake throughout the day can optimise medication effectiveness and support muscle health.

Sweedal emphasised the need to consume an antioxidant-rich diet -- known to reduce the pace of the ageing process -- to get a neuroprotective effect.

"A diet rich in fruits and vegetables provides us with an adequate dose of antioxidants, such as vitamins A, B, C, and E that are known to decrease metabolic failure in antioxidant mechanisms that may increase chemical processes that can lead to lipid peroxidation and parkinsonian characteristics," she said.

She recommended eating fresh fruits and vegetables rich in lycopene, beta carotenoids, riboflavin, tomatoes, potatoes, peppers, cauliflower, cabbage, and broccoli but warned against dairy products.

"Studies have shown that high consumption of dairy products may often result in low serum uric acid levels. Serum uric acid is inversely proportional to the risk of Parkinson's. However, more evidence is needed to support the same in men and women," Sweedal said.

Meanwhile, Charu stressed a high-fibre diet that can help prevent constipation -- a common issue in Parkinson's patients.

"Including flavonoids from sources like soy, known for their osteogenic effects, may offer neuroprotective benefits. Likewise, polyphenol-rich foods such as berries, nuts, broccoli, and olive oil possess antioxidant properties that can potentially protect against neurodegeneration," the expert said.

Replacement surgery

Haemophiliac undergoes hip replacement surgery at Lucknow's KGMU(New Kerala: 20240412)

<https://www.newkerala.com/news/2024/20873.htm>

Doctors at King George's Medical University (KGMU) successfully conducted a complex hip replacement surgery on a 37-year-old man who is also suffering from haemophilia.

Mohammad Shadab, a resident of Kanpur, had fractured his left hip in an accident a month ago and needed hip replacement. He visited several hospitals in Kanpur and Lucknow, but all declined to conduct surgery due to his condition of haemophilia.

Eventually, he was admitted to the Orthopaedic Surgery Department of KGMU last month under the Head of Department, Prof Ashish Kumar and faculty member Prof Shah Waliullah.

After necessary tests, the surgery was performed on April 3.

“Joint replacement in a haemophilia patient is very difficult. The patient also had the problem of stiff knees. However, we successfully performed the surgery and the patient is recovering well,” said Dr Mayank Mahendra of Department of Orthopaedic Surgery.

“Controlling bleeding during surgery in haemophilia patients is a challenging job,” added Prof Ehsaan Siddiqui, Department of Anaesthesia.

Summer Drink:

Summer Drink: गर्मी में पेट ठंडा कर गट हेल्थ को ठीक करती है चावल से बनी प्रोबायोटिक ड्रिंक, जानें फायदे (Hindustan: 20240412)

<https://www.livehindustan.com/lifestyle/health/story-best-summer-drinks-to-improve-gut-health-digestion-bloating-in-summer-rice-kanji-know-its-health-benefits-9748205.html>

Summer Drink: गर्मियों में अक्सर बॉडी हीट की समस्या परेशान करती है। वहीं डाइजेशन काफी स्लो हो जाता है। ऐसे में कांजी गट हेल्थ को ठीक करने में मदद करती है। जानें चावल से बनी कांजी पीने के फायदे।

खराब पाचन का एक कारण आंतों में गुड बैक्टीरिया की कमी है। जो भोजन के पचने के लिए बेहद जरूरी होती है। आंतों में गुड बैक्टीरिया बढ़ाने के लिए

प्रोबायोटिक ड्रिंक्स मदद करती हैं। केवल दही ही नहीं प्रोबायोटिक ड्रिंक्स के लिए राइस कांजी भी अच्छा ऑप्शन है। जिसकी मदद से आंतों की सेहत को सही

किया जा सकता है।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश चैत्र नवरात्रि NEW चुनाव IPL 2024 NEW मनोरंजन करियर यूपी बोर्ड रिजल्ट वेब स्टोरी बिजनेस विदेश धर्म

4/12/24, 10:41 AM best summer drinks to improve gut health digestion bloating in summer rice kanji know its health benefits - Summer Drink: गर्मी में ...

<https://www.livehindustan.com/lifestyle/health/story-best-summer-drinks-to-improve-gut-health-digestion-bloating-in-summer-rice-kanji-know-its-health...> 2/4

Health Tips In Hindi

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर , पढ़ने के लिए Live Hindustan App डाउनलोड करें।

राइस कांजी के फायदे

-चावल से बनी प्रोबायोटिक ड्रिंक पाचन क्रिया को सही करने में मदद करती है।

-चावल को जब फर्मेंट किया जाता है तो इसमें लैक्टोबेसिलस बैक्टीरिया पनपते हैं। जो आंतों में हेल्दी माइक्रोबियम को बढ़ाते हैं।

-जिन लोगों का पाचन कमजोर रहता है उन्हें राइस कांजी पीने से बहुत फायदा मिलता है। और पाचन ठीक होता है।

-आयुर्वेद के मुताबिक चावल ठंडक देने वाला होता है। जिसकी मदद से पित्त दोष को ठीक किया जा सकता है। जो गर्मी के दिनों में बढ़ जाता है।

-चावल से बनी प्रोबायोटिक ड्रिंक गट हेल्थ के लिए जबरदस्त फायदेमंद है।

-वहीं ये ड्रिंक आयुर्वेद के मुताबिक पित्त दोष को भी बैलेंस करती है।

कैसे बनाएं प्रोबायोटिक ड्रिंक राइस कांजी

सबसे पहले बचे हुए पके चावलों को रातभर के लिए एक गिलास में एक चम्मच डालकर भिगो दें।

सुबह इस भीगे हुए पानी में हींगहीं , भुना जीरा, काला नमक मिलाएं। बस तैयार है टेस्टी राइस कांजी। इसे खाली पेट पिएं। ये ड्रिंक डाइजेशन से जुड़ी दिक्कतों के

लिए बहुत असरदार है और राहत देता है।

Salt

फलों में चाट मसाला और नमक डालना पड़ सकता है सेहत पर भारी? जाने कैसे खाना सही (Hindustan: 20240412)

गर्मियां आ रही हैं तो कई सारे फलों में लोह चाट मसाला और नमक डालकर खाते हैं। स्वाद बढ़ाने का ये तरीका आपको खाने की पौष्टिकता को कम कर सकता है। यहां जाने इसके क्या नुकसान हो सकते हैं।

<https://www.livehindustan.com/lifestyle/health/story-is-adding-salt-or-sugar-to-fruits-is-harmful-know-how-to-get-health-benefits-9742527.html>

स्वाद बढ़ाने के लिए हम खान-पान में कई बार ऐसी गलतियां कर देते हैं जो उनकी पौष्टिकता घटा देते हैं। जैसे चाय में चीनी और दूध मिलाना, दही में नमक या चीनी मिलाना

या फलों में चाट मसाला और नमक मिलाना। फल हेल्दी डाइट का हिस्सा हैं। इनमें कई सारे ऐसे एंटी एं ऑक्सीडेंट्स पाए जाते हैं जो हमारे शरीर के लिए जरूरी हैं। कई लोग

इसका फ्रूट सैलड बनाते हैं। तो कुछ लोग ऐसे भी खाते हैं। यहां जाने फल खाने में क्या बातें ध्यान रखनी चाहिए।

विज्ञापन

ऐप पर पढ़ें- पेर शहर चुनें

होम NCR देश चैत्र नवरात्रि NEW चुनाव IPL 2024 NEW मनोरंजन करियर यूपी बोर्ड रिजल्ट वेब स्टोरी बिजनेस विदेश धर्म

4/12/24, 10:45 AM is adding salt or sugar to fruits is harmful know how to get health benefits - फलों में चाट मसाला और नमक डालना पड़ सकता है सेहत पर ...

<https://www.livehindustan.com/lifestyle/health/story-is-adding-salt-or-sugar-to-fruits-is-harmful-know-how-to-get-health-benefits-9742527.html> 2/7

Watermelon

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर , पढ़नेके लिए Live Hindustan App डाउनलोड करें।

नमक डालनेके नुकसान

गर्मी का मौसम है, तरबूज खातेवक्त कई लोग इसमेंऊपर सेकाला नमक या चाट मसाला डाल लेतेहैं। वहीं कुछ लोग खरबूजेपर चीनी डालकर खातेहैं। क्या आप जानतेहैं

कि ऐसा करके इसके पोषक तत्व खत्म कर रहेहैं? जब हम फल पर नमक या चीनी डालतेहैंतो येज्यादा पानी छोड़तेहैं। ऐसेमेंपानी के साथ इसके अंदर के कई पोषक

तत्व निकल जातेहैं। अगर फल आप हेल्थ के लिए खा रहेहैंतो आपको कम फायदा मिलेगा।

बढ़ जाता हैसोडियम

नमक डालनेसेफलों मेंसोडियम बढ़ जाता है। फलों मेंकाफी मिनरल्स होतेहैंऔर इन्हेंअलग सेनमक की जरूरत नहीं होती। ऐसा करना आपकी किडनी को निकसान

पहुंचा सकता है। अगर किडनी सेजुड़ी समस्या हैतो खासतौर पर ऐसा न करें।

पेट रहेगा भारी

नमक डालनेसेफलों का पीएच बदल जाता है। इस वजह सेफल खानेके बाद पेट फूल सकता है। आप ज्यादा फल खा लेंगेतो पेट भारी रहेगा।

दही मेंनमक या चीनी करता हैनुकसान? जानेंकैसेमिलता हैज्यादा फायदा

न भूलेंयेस्टेप

फलों को खानेसेपहलेइन्हेंअच्छी तरह सेधोना भी जरूरी है। आजकल ज्यादातर फलों पर खतरनाक पेस्टीसाइड छिड़के जातेहैं। अगर आपनेसावधानी न रखी तो फायदे

सेज्यादा नुकसान झेलना पड़ सकता है। फलों को कुछ देर तक पानी मेंभिगाकर रखें। इन्हेंनमक, बेकिंग सोडा या विनेगर मेंकम सेकम 20 मिनट छोड़ दें। इसके बाद प्लेन

पानी सेधोएं तब खाएं।

Cancer Prevention

Cancer Prevention: डायबिटीज के बाद 'कैंसर की राजधानी' भी बना भारत, अगर ये 10 काम नहीं किए सब जाएंगे काम से (Navbharat Times: 20240412)

<https://navbharattimes.indiatimes.com/lifestyle/health/what-are-the-causes-of-cancer-increase-in-india-10-cancer-prevention-tips-in-hindi/articleshow/109233409.cms?story=6>

रिपोर्ट यह भी चेतावनी देती है कि आने वाले समय में स्वास्थ्य सेवाओं पर बोझ बढ़ सकता है क्योंकि प्री-डायबिटीज, प्री-हाइपरटेंशन और मानसिक स्वास्थ्य संबंधी विकार कम उम्र के लोगों में भी तेजी से पाए जा रहे हैं

what are the causes of cancer increase in india 10 cancer prevention tips in hindi

Cancer Prevention: डायबिटीज के बाद 'कैंसर की राजधानी' भी बना भारत, अगर ये 10 काम नहीं किए सब जाएंगे काम से

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- क्लिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डील देखें

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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?

भारत के स्वास्थ्य पर हालिया अध्ययन की रिपोर्ट चिंताजनक है। देश में गैर-संक्रामक रोग तेजी से बढ़ रहे हैं, खासकर कैंसर के मामले बहुत तेजी से बढ़ रहे हैं। वर्ल्ड हेल्थ डे 2024 के लिए अपोलो हॉस्पिटल्स द्वारा जारी इस रिपोर्ट में भारत को 'कैंसर की राजधानी' का नाम दिया गया है। चिंता की बात यह है कि कैंसर के मामले दुनियाभर के औसत से भी ज्यादा तेजी से बढ़ रहे हैं।

TOI की रिपोर्ट के अनुसार, भारत में एक तिहाई लोग प्री-डायबिटिक हैं, दो तिहाई प्री-हाइपरटेंशन के शिकार हैं और दस में से एक व्यक्ति डिप्रेशन से जूझ रहा है। कैंसर, डायबिटीज, हार्ट डिजीज और मेंटल हेल्थ जैसी समस्याओं सहित ये गंभीर बीमारियां चिंताजनक स्तर पर पहुंच रही हैं और देश के स्वास्थ्य को काफी प्रभावित कर रही हैं।

7 अप्रैल को विश्व स्वास्थ्य दिवस 2024 पर जारी की गई रिपोर्ट से पता चला कि 2020 में भारत में 14 लाख लोगों को कैंसर था, और 2025 तक यह संख्या बढ़कर 15.7 लाख होने की उम्मीद है।

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देश में क्यों बढ़ रहे हैं कैंसर के मामले

ICMR) और NCDIR के अनुसार, भारत में कैंसर के मामले पिछले कुछ सालों में लगातार बढ़ रहे हैं। रिपोर्ट में बताया गया है कि भारत में कैंसर के इतने ज्यादा मामले क्यों हैं, इसके कई कारण हैं। ये कारण हमारे रहन-सहन, वातावरण और आर्थिक-सामाजिक स्थिति से जुड़े हुए हैं। सिगरेट और तंबाकू के अन्य उत्पादों का सेवन करने से फेफड़ों, मुंह और गले के कैंसर का खतरा काफी बढ़ जाता है।

भारत में ये कैंसर हैं प्रचलित, जाने क्या कहते हैं इनके बारे में एक्सपर्ट

Cancer: भारत में ये कैंसर हैं प्रचलित, जाने क्या कहते हैं इनके बारे में एक्सपर्ट, देखें वीडियो

जहरीला प्रदूषण और मोटापा भी जिम्मेदार

जहरीला प्रदूषण और मोटापा भी जिम्मेदार

इसके अलावा वाहनों और उद्योगों से होने वाला प्रदूषण हवा में जहरीले तत्व फैलाता है, जिससे कैंसर का खतरा बढ़ जाता है। यह प्रदूषण देश की बड़ी आबादी को प्रभावित करता है। खानपान की आदतें भी इसका बड़ा कारण हैं। डिब्बाबंद और प्रोसेस्ड खाना ज्यादा खाने और फिजिकल एक्टिविटी कम करने से मोटापा बढ़ रहा है। मोटापा ब्रेस्ट कैंसर, पेट का कैंसर और गर्भाशय का कैंसर होने के खतरे को बढ़ा सकता है।

कैंसर का जल्दी पता लगाने में दिक्कतें

कैंसर का जल्दी पता लगाने में दिक्कतें

कैंसर के लक्षणों के बारे में कम जागरूकता और बड़े पैमाने पर स्क्रीनिंग कार्यक्रमों की कमी के चलते कैंसर का जल्दी पता नहीं चल पाता है। इस वजह से बीमारी का पता अक्सर देर से चलता है, जिससे इलाज में मुश्किलें आती हैं। खासकर ग्रामीण इलाकों में जहां अच्छी स्वास्थ्य सुविधाएं कम हैं, वहां ये समस्या और गंभीर हो जाती है।

कैंसर के बारे में जानकारी का अभाव

कैंसर के बारे में जानकारी का अभाव

आर्थिक और सामाजिक असमानताएं भी इस समस्या को और बढ़ा देती हैं। गरीब समुदायों के लिए अच्छी स्वास्थ्य सुविधाएं हासिल करना मुश्किल होता है। कैंसर के बारे में सही जानकारी का अभाव और समाज में कैंसर को लेकर फैली भ्रांतियां भी देर से इलाज कराने की वजह बनती हैं।

कैंसर से बचाव के तरीके

कैंसर से बचाव के तरीके

तंबाकू छोड़ें

स्वस्थ वजन बनाए रखें

हेल्दी डाइट खाएं

धूप से बचें

HPV और हेपेटाइटिस B के टीके लगवाएं

नियमित व्यायाम करें

शराब का सेवन सीमित करें

नियमित जांच करवाएं

तनाव को मैनेज करें

व्यक्तिगत जोखिम कारकों और चिकित्सा इतिहास के आधार पर डॉक्टर से सलाह लेकर

Vitamin B12

Vitamin B12 की फैक्ट्री है ये चीज, शरीर को मिलेगी 35 गुना ताकत, हफ्तेभर में मिट जाएगी कमजोरी(Navbharat Times: 20240412)

<https://navbharattimes.indiatimes.com/lifestyle/health/add-this-number-one-food-high-in-vitamin-b12-according-to-fda/articleshow/109194611.cms?story=7>

अगर आप थकान और कमजोरी से पीड़ित रहते हैं और बार-बार संक्रमण की चपेट में आ रहे हैं, तो अब समय आ गया है कि कुछ ताकतवर चीज खाने का। FDA के अनुसार, लीवर बीफ लीवर खाने से शरीर में

add this number one food high in vitamin b12 according to fda

Vitamin B12 की फैक्ट्री है ये चीज, शरीर को मिलेगी 35 गुना ताकत, हफ्तेभर में मिट जाएगी कमजोरी

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

डील देखें

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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?

विटामिन बी 12 (Vitamin B12) को कोबालामीन के नाम से भी जाना जाता है। यह पोषक तत्व शरीर के कई कामकाज में महत्वपूर्ण भूमिका निभाता है। यह स्वास्थ्य के लिए इतना जरूरी है कि इसकी कमी से कई गंभीर स्वास्थ्य समस्याएं हो सकती हैं।

अगर आपको अक्सर थकान और कमजोरी रहती या दिमाग सही तरह काम नहीं करता है, तो इसका मतलब है कि आपके शरीर में इस पोषक तत्व की कमी हो गई है। इसकी कमी मांसपेशियों से लेकर हड्डियों तक हर अंग को प्रभावित कर सकती है।

प्रोटीन के बाद विटामिन बी12 ही एक ऐसा पोषक तत्व है, जो शरीर के विकास के लिए सबसे जरूरी है। विटामिन बी12 कई वेज और नॉन वेज फूड्स में पाया जाता है। NIH पर प्रकाशित एक रिपोर्ट (Ref) के आधार पर हम आपको बता रहे हैं कि सबसे ज्यादा यानी विटामिन बी12 से भरपूर नंबर एक वन फूड कौन सा है।

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विटामिन B12 क्या है?

विटामिन B12 क्या है?

विटामिन B12 विटामिन B कॉम्प्लेक्स का एक हिस्सा है, जो आठ आवश्यक विटामिनो का समूह है। ये विटामिन शरीर के विभिन्न कार्यों को सुचारू रूप से चलाने में महत्वपूर्ण भूमिका निभाते हैं। विटामिन B12 प्राकृतिक रूप से कुछ खाद्य पदार्थों में पाया जाता है, और इसे सप्लीमेंट के रूप में भी लिया जा सकता है।

इन वेज फूड्स से करें विटामिन बी12 की कमी को पूरा

Highest Vitamin B12 Rich Foods: इन वेज फूड्स से करें विटामिन बी12 की कमी को पूरा, देखें वीडियो

शरीर के लिए विटामिन B12 क्यों जरूरी

शरीर के लिए विटामिन B12 क्यों जरूरी

विटामिन B12 लाल रक्त कोशिकाओं के उत्पादन में महत्वपूर्ण भूमिका निभाता है, जो शरीर में ऑक्सीजन ले जाने का काम करती हैं।

विटामिन B12 की कमी से लाल रक्त कोशिकाओं की कमी हो सकती है, जिसे एनीमिया कहते हैं।

यह तंत्रिका तंत्र के स्वास्थ्य के लिए भी आवश्यक है। यह माइलिन नामक पदार्थ के उत्पादन में मदद करता है, जो तंत्रिकाओं की रक्षा करता है।

इसकी कमी से थकान, कमजोरी, झुनझुनी, और संतुलन की समस्या जैसी तंत्रिका संबंधी समस्याएं हो सकती हैं।

यह DNA बनाने और मरम्मत में भी भूमिका निभाता है

विटामिन बी12 के फायदे

विटामिन बी12 के फायदे

यह थकान और कमजोरी को कम करने में मदद कर सकता है और आपको अधिक ऊर्जावान महसूस करा सकता है

यह होमोसिस्टीन लेवल को कम करने में मदद कर सकता है, जो एक अमीनो एसिड है जो हृदय रोग के जोखिम को बढ़ा सकता है

अवसाद और चिंता के लक्षणों को कम करने में मदद कर सकता है

गर्भवती महिलाओं के लिए पर्याप्त विटामिन बी12 का सेवन जरूरी है

विटामिन बी12 की कमी के लक्षण

विटामिन बी12 की कमी के लक्षण

थकान और कमजोरी

सांस लेने में तकलीफ

चक्कर आना

सिरदर्द

मुंह में छाले

झुनझुनी या सुन्न होना

याददाश्त कमजोर होना

अवसाद

संतुलन बिगड़ना

रोजाना कितने विटामिन बी12 की जरूरत होती है

रोजाना कितने विटामिन बी12 की जरूरत होती है

14 साल और उससे अधिक उम्र के लोगों को रोजाना 2.4 माइक्रोग्राम

गर्भवती महिलाओं को रोजाना 2.6 माइक्रोग्राम

ब्रेस्टफीड कराने वाली महिलाओं को रोजाना 2.8 माइक्रोग्राम

सबसे ज्यादा विटामिन बी12 वाला खाद्य पदार्थ

सबसे ज्यादा विटामिन बी12 वाला खाद्य पदार्थ

FDA के अनुसार, सबसे ज्यादा विटामिन बी12 बीफ लीवर में पाया जाता है, 3 औंस पके हुए या फ्राई किये हुए बीफ लीवर में 7017 माइक्रोग्राम विटामिन बी12 होता है, जोकि रोजाना की जरूरत का 2,944 फ़ीसदी है। इसके बाद clams और Oysters जैसे सीफूड्स में इसकी अच्छी मात्रा होती है।