



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20240429

Global measles cases

Global measles cases see 88 per cent jump in 2023: World Health Organization (The Tribune: 20240429)

<https://www.tribuneindia.com/news/health/global-measles-cases-see-88-per-cent-jump-in-2023-world-health-organization-615688>

From 1,71,153 measles cases in 2022, it nearly doubles to 3,21,582 in 2023

Global measles cases see 88 per cent jump in 2023: World Health Organization

“Over the last decade there has been significant progress towards measles and rubella elimination,” O’Connor said. iStock

The number of measles cases worldwide has witnessed a significant increase of 88 per cent in 2023 from 2022, according to a report by the World Health Organization (WHO) on Sunday.

From 1,71,153 measles cases in 2022, it nearly doubled to 3,21,582 in 2023, said Patrick O’Connor of the WHO, who presented the research at the ongoing ESCMID Global Congress in Barcelona.

The report blamed the lack of vaccinations during the Covid-19 pandemic behind the significant increases in measles worldwide.

“Over the last decade there has been significant progress towards measles and rubella elimination—the Regional Verification Commissions for Measles and Rubella Elimination from all of the WHO regions will review all national measles and rubella 2023 reports in 2024,” O’Connor said.

“The measles virus is extremely infectious and any gaps in immunisation coverage are potential risks for the outbreak. So, coverage needs to be high but also uniform and equitable,” he added.

2024 is likely to see a further increase in measles cases as some 94,481 cases have been reported up to early April. While 45 per cent of these cases have been in the WHO European region, Yemen, Azerbaijan and Kyrgyzstan are the countries with the highest reported measles incidence in the world, the report said.

“Worryingly, the number of countries suffering large or disruptive measles outbreaks (defined as 20 cases/million population continuously over a 12-month period) has tripled from 17 to 51,” the report said.

Meanwhile, the report showed that vaccination against measles averted an estimated 57 million deaths globally from 2000 to 2022. Of these, 1.5 million are in the European region where there has been a 98 per cent reduction in annual measles deaths from 3,584 in 2000 to 70 in 2022.

“Over the last 20 years, there has been significant progress toward achieving measles and rubella elimination—in order to solidify and maintain those gains, we need to ensure high, uniform and equitable routine immunisation coverage; and robust outreach and rapid outbreak response,” O’Connor said.

Polio

Wiping out polio ‘not guaranteed’, support needed, says Bill Gates (The Tribune: 20240429

<https://www.tribuneindia.com/news/health/wiping-out-polio-not-guaranteed-support-needed-says-bill-gates-615662>

Bill and Melinda Gates Foundation is the largest donor for eradicating polio

Success in the fight to wipe out polio is not guaranteed, according to tech billionaire turned philanthropist Bill Gates, whose foundation has poured billions into the effort.

Gates warned against complacency in tackling the deadly viral disease as he welcomed a \$500 million pledge from Saudi Arabia on Sunday to fight polio over the next five years, bringing it in line with the US as one of the biggest national donors.

However, there is still a \$1.2-billion-dollar funding gap in the \$4.8 billion budget for the Global Polio Eradication Initiative up to 2026, a spokesperson said. The new money from Saudi Arabia will go some way towards closing that.

Saudi Arabia has supported polio eradication for more than 20 years, but the significant increase in funding comes amid a “challenging” situation, said Abdullah Al Moallem, director of health at the King Salman Humanitarian Aid and Relief Centre, the kingdom’s aid arm.

Cases of polio, a viral disease that used to paralyse thousands of children every year, have declined by more than 99 per cent since 1988 thanks to mass vaccination campaigns.

But the aim of getting cases down to zero, particularly in the two countries where the wild form of the virus remains endemic – Afghanistan and Pakistan – has been held up by insecurity in the regions where pockets of children remain unvaccinated.

“It’s not guaranteed that we will succeed,” Gates told Reuters in an online call last week. “I feel very strongly that we can succeed, but it’s been difficult.” The support of powerful Muslim countries such as Saudi Arabia would help, he added, particularly in addressing some lingering suspicions about vaccination.

The foundation said it would open a regional office in Riyadh to support the polio and other regional programs.

It is allocating \$4 million to humanitarian relief in Gaza, to be distributed through UNICEF, it said. The King Salman Humanitarian Aid and Relief Centre will also allocate \$4 million, it said.

The first missed target for eradicating polio was in 2000, and the Bill and Melinda Gates Foundation is the largest donor trying to realise that goal.

“If we’re still here 10 years from now, people might be urging me to give up,” Gates said. “But I don’t think we will be. If things go well, we’ll be done in three years,” he said

Cardiovascular disease

Traffic noise can increase risk of cardiovascular disease: Study (The Tribune: 20240429)

<https://www.tribuneindia.com/news/india/traffic-noise-can-increase-risk-of-cardiovascular-disease-study-615640>

Researchers are calling for this type of noise pollution to be recognised as a risk factor for cardiovascular diseases

Traffic noise can increase risk of cardiovascular disease: Study

The international team of researchers reviewed epidemiological data, which provides evidence for identifying risk factors of a certain disease.

Spike in traffic noise can increase the risk of cardiovascular diseases, including heart attack, researchers have found.

Having found evidence linking traffic noise and the risk of developing heart and related conditions, researchers are calling for this type of noise pollution to be recognised as a risk factor for cardiovascular diseases.

The international team of researchers reviewed epidemiological data, which provides evidence for identifying risk factors of a certain disease.

In their review, the researchers found evidence that for every 10 decibel increase in noise coming from road traffic, the risk of developing cardiovascular diseases, including heart attack, stroke and diabetes, heightened by 3.2 per cent.

In particular, they said, night-time traffic noise that disrupts and shortens sleep time can increase levels of stress hormones in the blood vessels, thereby promoting inflammation, high blood pressure and vascular diseases.

"It is also important for us that traffic noise is now finally recognised as a risk factor for cardiovascular disease due to the strong evidence," Thomas Münzel, senior Professor at the University Medical Centre Mainz, Germany, and lead author of the study published in the journal *Circulation Research*, said.

The researchers also suggested strategies for local authorities to mitigate noise from road, rail and air traffic.

Erecting noise barriers along busy roads in densely populated areas can significantly reduce noise levels up to 10 decibels, they said.

Constructing roads using noise-reducing asphalt has been shown to reduce levels by 3-6 decibels, the authors said.

Other strategies they suggested included limiting driving speed, and developing and promoting the use of low-noise tyres.

At the individual level, the researchers recommended using bicycles, shared rides and public transport for lowering urban road traffic noise.

For reducing aircraft noise, strategies like optimising and planning air routes using GPS to direct them away from densely populated areas can be adopted. Imposing bans for take-offs and landings during night-time can significantly reduce air traffic noise, the researchers advised.

Regular maintenance of railways, including brake upgrades, was also suggested for lowering rail traffic noise.

"With an increasing proportion of the population exposed to harmful traffic noise even after the Covid pandemic has ended, noise control efforts and noise reduction laws are of great importance for future public health," Münzel said.

Air pollution

Air pollution increases risk of Alzheimer's disease, finds study (The Tribune: 20240429)

<https://www.tribuneindia.com/news/health/air-pollution-increases-risk-of-alzheimers-disease-finds-study-615692>

While ambient air pollution is known to affect respiratory and cardiovascular diseases, its effect on neurodegenerative disorders has limited evidence

Air pollution increases risk of Alzheimer's disease, finds study

A small study of brain autopsies has provided evidence that prolonged exposure to air pollution may raise the risk of developing Alzheimer's disease.

While ambient air pollution is known to affect respiratory and cardiovascular diseases, its effect on neurodegenerative disorders has limited evidence.

The study by researchers from the University of Antwerp in Belgium and the University of Groningen in the Netherlands screened different regions of biobank brains of 4 individuals from Belgium with neuropathologically confirmed Alzheimer's disease for the presence of black carbon particles.

The findings showed a significantly higher number of black carbon particles present in the thalamus (brain's information relay station), the prefrontal cortex (responsible for human cognitive abilities) including the olfactory bulb (a region that helps in the sense of smell), and the hippocampus (that plays a significant role in learning and memory).

In the paper published in JAMA Network Open, the researchers provided "evidence that ambient air pollution particles can translocate to the human brain and accumulate in multiple brain regions involved in cognitive functioning".

They said that the phenomenon may be behind "the onset and development of neurodegenerative disorders but also stressed the need for further studies to confirm their observations. A previous study on predisposed laboratory mice showed that particulate matter in polluted air can drive changes in the brain areas and speed up the onset of Alzheimer's.

Osteoarthritis

Early detection of ‘osteoarthritis’ may allow therapy that improves joint health: Researchers

Early detection of ‘osteoarthritis’ may allow therapy that improves joint health: Researchers (The Tribune: 20240429)

<https://www.tribuneindia.com/news/health/early-detection-of-osteoarthritis-may-allow-therapy-that-improves-joint-health-researchers-615322>

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Early detection of ‘osteoarthritis’ may allow therapy that improves joint health: Researchers

As per the study’s senior author Virginia Byers Kraus, a professor at Duke University School of Medicine, the blood test shows that “it’s possible to detect this disease much earlier than our current diagnostics permit”. Photo source: Thinkstock

Researchers have said that early detection of “knee osteoarthritis” could provide an opportunity to arrest the disease process and restore joint health.

This comes after a team of researchers from the US-based Duke University Medical Centre successfully predicted knee osteoarthritis via a blood test at least eight years before tell-tale signs of the disease appeared on X-rays.

In a study published in the journal Science Advances, the researchers validated the accuracy of the blood test that identifies key biomarkers of osteoarthritis.

They showed that it predicted the development of the disease, as well as its progression.

As per the study’s senior author Virginia Byers Kraus, a professor at Duke University School of Medicine, the blood test shows that “it’s possible to detect this disease much earlier than our current diagnostics permit”.

Osteoarthritis is the most common type of arthritis, affecting an estimated 35 million adults in the US.

While there is currently no cure, the potential new therapies may solve it by identifying it early and slowing its progression before it becomes too late, the study mentioned.

Researchers studied a large database in the UK and analysed the serum of 200 white women.

Half of the women had been diagnosed with knee osteoarthritis, while the other half did not have the disease.

The two groups were matched by body mass index and age.

They identified a few biomarkers in the blood test that successfully distinguished the women with knee osteoarthritis from those without it. These biomarkers detected molecular signals of osteoarthritis up to eight years before many of the women were diagnosed with the disease through X-ray tests.

According to Kraus, this is significant because it gives additional evidence that there are abnormalities in the joints that may be recognised by blood biomarkers long before X-rays can indicate osteoarthritis.

Epidemic levels

Nearsightedness is at epidemic levels – and the problem begins in childhood (The Tribune: 20240429)

There appear to be two sure-fire ways to offset or delay this effect

<https://www.tribuneindia.com/news/health/nearsightedness-is-at-epidemic-levels-%E2%80%93-and-the-problem-begins-in-childhood-615314>

Nearsightedness is at epidemic levels – and the problem begins in childhood

Optometry researchers estimate that about half of the global population will need corrective lenses to offset myopia by 2050 if current rates continue – up from 23 per cent in 2000 and less than 10 per cent in some countries. Photo source: Thinkstock

Myopia, or the need for corrected vision to focus or see objects at a distance, has become a lot more common in recent decades. Some even consider myopia, also known as nearsightedness, an epidemic.

Optometry researchers estimate that about half of the global population will need corrective lenses to offset myopia by 2050 if current rates continue – up from 23 per cent in 2000 and less than 10 per cent in some countries.

The associated health care costs are huge. In the United States alone, spending on corrective lenses, eye tests and related expenses may be as high as US\$7.2 billion a year.

What explains the rapid growth in myopia?

I'm a vision scientist who has studied visual perception and perceptual defects. To answer that question, first let's examine what causes myopia – and what reduces it.

How myopia develops?

While having two myopic parents does mean you're more likely to be nearsighted, there's no single myopia gene. That means the causes of myopia are more behavioral than genetic.

Optometrists have learned a great deal about the progression of myopia by studying visual development in infant chickens. They do so by putting little helmets on baby chickens. Lenses on the face of the helmet cover the chicks' eyes and are adjusted to affect how much they see.

Just like in humans, if visual input is distorted, a chick's eyes grow too large, resulting in myopia. And it's progressive. Blur leads to eye growth, which causes more blur, which makes the eye grow even larger, and so on.

Two recent studies featuring extensive surveys of children and their parents provide strong support for the idea that an important driver of the uptick in myopia is that people are spending more time focusing on objects immediately in front of our eyes, whether a screen, a book or a drawing pad. The more time we spend focusing on something within arm's length of our faces, dubbed "near work," the greater the odds of having myopia.

So as much as people might blame new technologies like smartphones and too much "screen time" for hurting our eyes, the truth is even activities as valuable as reading a good book can affect your eyesight.

Other research has shown that this unnatural eye growth can be interrupted by sunlight.

A 2022 study, for example, found that myopia rates were more than four times greater for children who didn't spend much time outdoors – say, once or twice a week – compared with those who were outside daily. At the same time, kids who spent more than three hours a day while not at school reading or looking at a screen close-up were four times more likely to have myopia than those who spent an hour or less doing so.

In another paper, from 2012, researchers conducted a meta-analysis of seven studies that compared duration of time spent outdoors with myopia incidence. They also found that more time spent outdoors was associated with lower myopia incidence and progression. The odds of developing myopia dropped by 2 per cent for each hour spent outside per week.

Other researchers have reported similar effects and argued for much more time outdoors and changes in early-age schooling to reduce myopia prevalence.

What's driving the epidemic?

That still doesn't explain why it's on the rise so rapidly.

Globally, a big part of this is due to the rapid development and industrialization of countries in East Asia over the last 50 years. Around that time, young people began spending more time in classrooms reading and focusing on other objects very close to their eyes and less time outdoors.

This is also what researchers observed in the North American Arctic after World War II, when schooling was mandated for Indigenous people. Myopia rates for Inuit went from the single digits before the 1950s to upwards of 70 per cent by the 1970s as all children began attending schools for the first time.

Countries in Western Europe, North America and Australia have shown increased rates of myopia in recent years but nothing approaching what has been observed recently in China, Japan, Singapore and a few other East Asian countries. The two main factors identified as leading to increased myopia are increased reading and other activities that require focusing on an object close to one's eyes and a reduction in time spent outdoors.

The surge in myopia cases will likely have its worst effects 40 or 50 years from now because it takes time for the young people being diagnosed with nearsightedness now to experience the most severe vision problems.

Treating myopia

Fortunately, just a few minutes a day with glasses or contact lenses that correct for blur stops the progression of myopia, which is why early vision testing and vision correction are important to limit the development of myopia. Eye checks for children are mandatory in some countries, such as the UK and now China, as well as most US states.

People with high myopia, however, have increased risk of blindness and other severe eye problems, such as retinal detachment, in which the retina pulls away from the back of the eye. The chances of myopia-related macular degeneration increase by 40 per cent for each diopter of myopia. A diopter is a unit of measurement used in eye prescriptions.

But there appear to be two sure-fire ways to offset or delay these effects: Spend less time focusing on objects close to your face, like books and smartphones, and spend more time outside in the bright, natural light. Given the first one is difficult advice to take in our modern age, the next best thing is taking frequent breaks – or perhaps spend more time reading and scrolling outside in the sun.

Heat Action Plans

No place for gig workers in Heat Action Plans (The Hindu: 20240429)

<https://www.thehindu.com/sci-tech/health/no-place-for-gig-workers-in-heat-action-plans/article68117675.ece>

Rain or shine, thousands of workers to ride miles and miles every day to deliver goods for a living; however, the HAPs, very few of which exist at the city level, have not been designed to manage local and context-specific challenges for people like them

HAPless people: One of the gig workers speeding through a Madurai road under a scorching sun to deliver food on Sunday.

HAPless people: One of the gig workers speeding through a Madurai road under a scorching sun to deliver food on Sunday. | Photo Credit: R. ASHOK

This summer is unbearably hot. Doctors advise people to stay indoors to avoid heat stroke. And people happily do so. But not all people have this luxury. Like gig worker N. Muralidharan, 28, from Melur. He has to ride miles and miles under a scorching sun for at least 12 hours a day for a living. Like him, there are thousands who have no option but to work outdoors to feed their families.

With the mercury level in several parts of the State like Madurai, Ramanathapuram, Erode and Tiruchi hovering around 40 degree Celsius, the Meteorological Department had allayed fears of a heatwave in Tamil Nadu.

Druggist association opposes Centre's move to sell over-the-counter medicines without license

OTC treats common, self-treated medical problems and symptoms like colds, mild discomfort, allergies, and other benign health issue

OTC treats common, self-treated medical problems and symptoms like colds, mild discomfort, allergies, and other benign health issues. Image for representation purposes only. File

OTC treats common, self-treated medical problems and symptoms like colds, mild discomfort, allergies, and other benign health issues. Image for representation purposes only. File | Photo Credit: Pixabay

The Central Government's proposal to permit the sale of Over-The-Counter (OTC) drugs without a license in India is a cause of deep concern warned the All India Organization of Chemists and Druggists (AIOCD).

AIOCD president, JS Shinde, said that such a move would contravene existing drug laws, pharmacy regulations, and pertinent legal frameworks, including directives from the Supreme Court.

Antibiotics

WHO reports widespread overuse of antibiotics in patients hospitalised with COVID-19(The Hindu: 20240429)

The highest rate of antibiotic use was seen among patients with severe or critical COVID-19, with a global average of 81%

<https://www.thehindu.com/sci-tech/health/who-reports-widespread-overuse-of-antibiotics-in-patients-hospitalised-with-covid-19/article68110774.ece>

New evidence released by the World Health Organization (WHO) on Friday shows that the extensive overuse of antibiotics during the COVID-19 pandemic worldwide, may have exacerbated “silent” spread of antimicrobial resistance (AMR). It added that overall antibiotic use did not improve clinical outcomes for patients with COVID-19. But rather, it might create harm for people without bacterial infection, compared to those not receiving antibiotics.

WHO classifies antibiotics as per AWaRe (Access, Watch, Reserve) classification, according to the risk of AMR. Concerningly, the study found that ‘Watch’ antibiotics with higher resistance potential were most frequently prescribed globally.

Health Care Workers

Government hospital workers must remove jewellery below elbow, limit mobile phone use in critical areas: Centre (The Hindu: 20240429)

<https://www.thehindu.com/sci-tech/health/government-hospital-workers-must-remove-jewellery-below-elbow-limit-mobile-phone-use-in-critical-areas-centre/article68117054.ece>

India is among the countries bearing the highest burden of hospital-associated resistant infections (HARI) globally

The order is to be effective immediately to all healthcare workers and jewellery will include rings, bangles, bracelets, religious threads, and wristwatches. Image for representation purposes only.
File

The order is to be effective immediately to all healthcare workers and jewellery will include rings, bangles, bracelets, religious threads, and wristwatches. Image for representation purposes only.
File | Photo Credit: K. Murali Kumar

As a safety measure and to ensure robust infection control practices at the workplace, all Central Government hospital health workers are now required to remove all types of jewellery below the

elbow while on duty. They have also been directed to restrict the use of mobile phones in patient areas and critical zones including ICUs, HDUs, post-operative wards and operation rooms.

The one-page direction issued by the Health Ministry recently stated that the measures are being brought in to ensure the safety and well-being of both patients and staff and ensure infection control practices.”

Public health

Science should be driving public health, says Soumya Swaminathan (The Hindu: 20240429)

<https://www.thehindu.com/sci-tech/health/science-should-be-driving-public-health-says-soumya-swaminathan/article68115503.ece>

Stating that it will be difficult to make a guideline for the whole world, Dr. Soumya Swaminathan raised the need for an interdisciplinary team to make decisions

Nalini Krishnan, co-founder, REACH, left, Soumya Swaminathan, chairperson, MSSRF, and author Anuradha Mascarenhas, right, at the panel discussion of the book ‘At the wheel of research,’ in Chennai on April 27, 2024.

Nalini Krishnan, co-founder, REACH, left, Soumya Swaminathan, chairperson, MSSRF, and author Anuradha Mascarenhas, right, at the panel discussion of the book ‘At the wheel of research,’ in Chennai on April 27, 2024. | Photo Credit: Akhila Easwaran

Noting that the lockdown during the COVID-19 pandemic worked in China, as they were able to contain within a matter of three months with complete shutdown of Wuhan and a lot of neighbouring places, the playbook adopted around the world was wrong, said Soumya Swaminathan, chairperson, M.S. Swaminathan Research Foundation, and formerly Chief Scientist of World Health Organisation (WHO).

“We then saw, country after country putting it [lockdown] in place as that became the playbook, as China did it and showed it to be effective. Then, high income countries were doing it, and it became the solution. This is where it went wrong,” she said.

New insurance rules

Will new insurance rules help senior citizens? (The Hindu: 20240429)

<https://www.thehindu.com/sci-tech/health/will-new-insurance-rules-help-senior-citizens-explained/article68115350.ece>

What is the change in the upper age limit to avail a new health cover? What has the Insurance Regulatory and Development Authority of India said about designing products for senior citizens? Will all types of existing medical conditions be accepted?

The new regulations have asked insurers to establish a separate channel to address health insurance related claims and grievances of senior citizens.

The new regulations have asked insurers to establish a separate channel to address health insurance related claims and grievances of senior citizens. | Photo Credit: Getty Images/iStockphoto

The story so far: The Insurance Regulatory and Development Authority of India (Insurance Products) Regulations, 2024, came into force on April 1. Introduced as part of a wider reforms agenda that the IRDAI has been actively pushing for in recent months, the new norms covering various aspects of life, general and health insurance have generated considerable interest, particularly around a presumed change in the upper age limit to avail a new health cover.

The keenly watched new regulations are intended to enable provisions for insurers to respond faster to emerging market needs, improve ease of doing business and enhance insurance penetration while ensuring protection of policyholders interests. The last objective is sought to be achieved by encouraging insurers to conform to good governance while designing and pricing their products.

Immune-enhancing therapies

Experts developing immune-enhancing therapies to treat TB: Study (New Kerala: 20240429)

https://www.newkerala.com/news/2024/24550.htm#google_vignette

xperts are developing revolutionary immune-enhancing medicines known as host-directed therapies, which employ the body's immune system to target TB, to tackle even drug-resistant strains of the illness.

Associate Professor Susanna Brighenti, Centre for Infectious Medicine (CIM), ANA Futura at the Karolinska Institutet, Stockholm, Sweden, will give a presentation at this year's ESCMID Global Congress (formerly ECCMID) in Barcelona.

The reported global number of people newly diagnosed with TB was 7.5 million in 2022, causing an estimated 1.3 million deaths. An estimated 410 000 cases and 160 000 deaths were due to multidrug-resistant TB (MDR-TB).

"Mycobacterium tuberculosis (Mtb) have evolved a remarkable ability to manipulate the human immune response and undermine antimicrobial effector functions in host immune cells," explains Assoc Professor Brighenti. "While some new antimicrobial therapies are coming through, treatment with antibiotics remains an intensive and long process even for drug-susceptible forms of the disease. Importantly, mutations conferring antibiotic resistance are intrinsic properties of mycobacteria that effectively develop resistance to old as well as new groups of antibiotics, accentuating the need for adjunct treatments. Thus, new treatments are going to be absolutely vital in the battle against TB."

Host-directed therapies (HDT) aim to strengthen the body's immune responses and represent an underexplored opportunity to improve treatment of TB, particularly MDR-TB. HDT are designed to target several immune pathways in infected cells to restore or induce antimicrobial functions instead of inhibiting bacterial growth directly. This may involve enhanced production of immune peptides or toxic molecules that contribute to bacterial killing, but it could also include rebalancing of inflammatory responses. Assoc Professor Brighenti will explain how her research collaboration has generated a platform for immune reconstitution in TB, using small molecule compounds including histone deacetylase (HDAC) inhibitors.

"These drugs can regulate transcription of genes in cells such as those in the immune system, and thus enhance the expression of proteins associated with the antibacterial host defence. We have identified several HDAC inhibitors that reduce Mtb growth inside immune cells by some 50-75%, even in the absence of antibiotics," she explains. "That may not sound so impressive, but these immunomodulatory compounds could work well as a complement to standard therapy and exert additive or synergistic effects together with the antibiotics. This would provide the possibility to reduce the dose and treatment length required with antibiotics to improve patient outcomes."

In this way, it is conceivable that the effect of existing antibiotics could be guarded by add-on therapies that restore protective immunity and limit excess inflammation and/or immunosuppression in patients with TB. Standard anti-TB treatment involves daily administration of 4-9 antibiotics, but instead of adding yet another antimicrobial drug to the regimen, an immune-enhancing compound could promote clinical recovery of patients with severe forms of TB and poor prognosis, especially MDR-TB.

Assoc Prof Brighenti says "Implementation of immunotherapy as a complement to standard therapy has revolutionised the treatment of cancer, autoimmunity, and asthma/allergy. Similarly, our research on immune enhancement as a complement to antibiotics may become a game-changing treatment option for patients with TB that has the potential to impact clinical management and prevent spread of TB infections and drug resistance in this pivotal moment in our history when antimicrobial resistance constitutes a serious threat to human health."

She adds, "Short-term, approved and already available 'off-the-shelf' therapeutics would represent an initial logical step to implement HDTs of patients with TB. This could include for example, HDTs based on glucocorticoid treatment or cytokine neutralisation (eg. anti-IL-6, anti-1b) to reduce inflammation, while metformin, or non-steroidal anti-inflammatory drugs may also promote or rewire the immune response.

"Long-term, more precise immunomodulatory interventions in TB such as local administration of specific HDAC inhibitors, can be tested in clinical trials with the aim to customise therapy for patients with MDR-TB. Today, several HDAC inhibitors are FDA-approved for different diseases - for example, Vorinostat, Belinostat, and Panobinostat for different cancers, Phenylbutyrate for urea cycle disorders and Givinostat for Duchenne muscular dystrophy, while the ones we have found to be most effective to reduce intracellular M. tuberculosis growth needs to be first tested in pre-clinical models for toxicity and efficacy before progressing to clinical trials."

Importantly, like many other diseases, TB can be divided into different sub-groups and using a one-fits-all approach to treatment is not necessarily best. Tailored treatments that are optimised to individual patient needs, so called personalised medicine, will also be part of the future for TB management.

Alzheimer's disease

Study confirms air pollution increases risk of Alzheimer's disease(New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24507.htm>

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Study confirms air pollution increases risk of Alzheimer's disease

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Testicular cancer

Why young men must be aware of testicular cancer (New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24500.htm>

Although rare and curable, young men must be aware of testicular cancer, which can severely impact their reproductive health, say experts.

Testicular cancer is not only rare worldwide, but also in India. The country has one of the lowest incidences of testicular cancer with less than 1 man per 100,000 population affected by this condition. However, it is the most common cancer in young men aged 15 to 35 years, and can significantly affect their fertility levels.

"Testicular cancer has a direct impact on the organs that produce sperm, which may interfere with the ability to reproduce," Dr Pallavi Prasad, Fertility Consultant, Nova IVF Fertility, Basaveshwara Nagar, Bengaluru, told IANS.

"Surgery is frequently used as the primary therapy for testicular cancer, which involves removing the cancerous testicle. While this surgery tries to eliminate malignant cells, it may influence sperm production. Even if the remaining testicle is healthy, sperm production might be temporarily or permanently impaired," she added.

In addition, chemotherapy and radiation therapy, used to target cancer cells throughout the body, can also cause collateral harm to sperm cells, reducing sperm production and quality. The doctor suggested fertility preservation methods, like sperm banking to save sperm samples before cancer treatment.

"Men can maintain the prospect of biological parenting by storing sperm before treatment, even if cancer therapy influences fertility. However, it is important to note that fertility preservation methods may not be available to all men, and the decision to explore such treatments might be difficult. Treatment urgency, financial factors, and personal preferences may all impact people's fertility preservation decisions," Dr Prasad said.

Although precise reasons behind testicular cancer are not yet understood, risk factors include early exposure to oestrogens via hormone therapy, and congenital conditions like small testes, or undescended testes (cryptorchidism), among others.

Dr Shalabh Agrawal, Consultant, Urology, C.K. Birla Hospital, Gurugram, told IANS that the most common symptom of testicular cancer is a painless enlargement in one of the testicles.

"This is in contrast to a sudden, painful enlargement, which is more likely to be due to an infection rather than cancer. If a patient is being treated for a long-standing testicular infection but the enlargement persists, they should be screened for the possibility of testicular cancer," he added.

Yet, "testicular cancer is considered a highly treatable form of cancer, with a 10-year survival rate exceeding 90 per cent," Dr Agrwal said, stressing the need for early detection via self-examination.

"The self-examination should be performed daily, after showering, by gently palpating both testicles to check for any abnormalities in size, position, or the presence of lumps or swelling. If any such changes are detected, it is essential to promptly report them to a healthcare provider for further evaluation and appropriate management," he added.

Gene editing tech fight antimicrobial resistance? (New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24463.htm>

CRISPR-Cas, the Nobel Prize-winning gene-editing technology, has the potential to target resistance genes and make bacteria sensitive to first-line antibiotics again, according to a study.

CRISPR-Cas, which functions like molecular "scissors", allows for precise alterations to the genomes of living organisms. This revolutionary technique, which brought its inventors, Jennifer Doudna and Emmanuelle Charpentier, the Nobel Prize in Chemistry in 2020, can cut the DNA at designated spots -- deleting unwanted genes or introducing new genetic material into an organism's cells, paving the way for advanced therapies.

Even as antimicrobial resistance (AMR) is continuing to increase globally, researchers from the University of Copenhagen noted that CRISPR/Cas systems can also be employed for developing antimicrobial agents. It can effectively and selectively kill target bacterial populations, they noted in the study, presented at the ongoing ESCMID Global Congress in Barcelona.

Dr Rodrigo Ibarra-Chavez, Department of Biology, University of Copenhagen, said that CRISPR-Cas systems (a bacterial immunity system) work by inducing "bacterial cell death or interfering with antibiotic resistance expression".

However, bacteria have ways to fight back as they also possess built-in anti-CRISPR systems that can repair any damage caused by CRISPR-Cas systems. Their research proposes creating guided systems against AMR genes that could treat infections and prevent the dissemination of resistance genes via mobile genetic elements (MGEs).

MGEs are parts of the bacterial genome that can move to other host cells or also transfer to another species.

Dr Ibarra-Chavez noted that repurposing MGEs and choosing the delivery mechanism involved in the antimicrobial strategy is important for reaching the target bacterium. The method removes bacteria's resistance power and makes "them vulnerable again to first-line antibiotics", the study said.

Hearing

5 loud noises that could damage your hearing (New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24459.htm>

xtensive exposure to loud noise at your workplace, during your travel, or entertainment is very harmful to your hearing health. Prolonged exposure to an overly loud noise or short exposure may damage the inner ear, leading to hearing loss. Be aware of these everyday damaging loud noises and steer away from them.

5 loud noises that could damage your hearing

Raja S, Audiologist, Founder & Managing Director of Hearzap shares with IANSlife five loud noises that can damage your hearing:

Unexpected Explosions: While uncommon for most people, unexpected explosions like a car backfire or a sonic boom can be incredibly loud (often exceeding 140 dB) and cause immediate hearing damage.

Festivals and concerts: Try to stay away from loudspeakers while attending a concert or festival. Carry your earplugs so that you can secure your ears completely. Keep your hearing at a safe distance.

Home improvement equipment: Do you want to tackle an upcoming home improvement project? Put in earplugs before the chainsaw or drill machine is plugged in. The sounds of the machine and chainsaws produce sounds greater than 90 dB. Safeguard yourself before it hurts you more.

Personal Audio on High: Many people crank up their headphones or earbuds to drown out background noise. However, the CDC warns that listening to music above 60% volume for extended periods can also damage hearing. Be mindful of the volume setting and consider using noise-cancelling headphones to reduce the need for such high volumes.

Hidden Culprits: Even some seemingly harmless places can have surprisingly loud noises. Arcades, movie theaters, and bowling alleys can all exceed safe listening levels. Be aware of your surroundings and take breaks from the noise whenever possible.

"Securing ears is more important, as it helps make our lives joyful. Any time, you encounter any sort of pain, get yourself tested immediately," concludes Raja S.

Immune deficiency

Undiagnosed immune deficiency rising among Indian children: Doctors(New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24444.htm>

Undiagnosed immune deficiency is significantly rising among children under the age of five in India, said doctors here on Sunday, as part of the World Primary Immunodeficiency Week.

Every year, April 22 to 29 is observed as World Primary Immunodeficiency Week. It aims to raise awareness about Primary immunodeficiencies (PIs), also known as inborn errors of immunity (IEI) -- a group of 450 rare and chronic conditions where a part of the body's immune system is missing or does not function correctly.

Dr Gaurav Kharya, Director, Department of Bone Marrow Transplant and Cellular Therapy, Indraprastha Apollo Hospital, New Delhi, told IANS that the prevalence of primary immunodeficiency disorders (PIDs) is rising in India.

“These are potentially fatal genetic conditions that affect a child's immune system, making them more susceptible to infections, autoimmunity, and malignancies,” he explained.

While there is no nationwide data on the prevalence of PIDs in India, statistical projections claim that there could be more than one million patients with PIDs in the country.

Dr Sagar Bhattad, Consultant - Paediatric Immunology & Rheumatology, Aster CMI Hospital, Bangalore, told IANS that over the past seven years, the hospital has identified more than 450 children suffering from rare and complex immune deficiency diseases.

“Whereas, a decade ago, the number was limited to 1-2 cases per month, which has now increased to 10-12 every month -- a significant five-fold increase. In the past year alone, over 125 diagnoses were made, and experts predict this number to rise substantially in the coming years.

“It is estimated that before 2004, less than 50 cases of immune deficiency were identified nationally. This number has risen dramatically, with an estimated 300-500 cases diagnosed in 2014 and a further increase to 2,500-3,000 cases projected in 2024. This represents a staggering 300-400 per cent increase over the past decade,” Dr Sagar said.

The doctors blame lack of awareness about the conditions as well as treatment facilities to be a major reason for the rise in PIDs.

“These genetic conditions are more common in communities that practise consanguineous marriages. Many cases of immunodeficiency go undiagnosed due to a lack of facilities and awareness, especially in rural areas,” Dr Gaurav said.

“The lack of awareness and diagnostic facilities are often the reasons why these patients do not reach tertiary care centres where they can be treated for these disorders,” he explained.

The doctors stressed the need for recognising the signs and symptoms that can help in early diagnosis, as well as better outcomes. Genetic testing during pregnancy can be key to identifying potential problems and preventing recurrence in future pregnancies.

According to Dr Gaurav, bone marrow transplant (BMT), which replaces the defective immune cells of the patient with healthy cells from a compatible donor, has emerged as a potentially curative treatment for several types of primary immunodeficiencies.

“If a child falls ill repeatedly and requires frequent antibiotics, it could be a sign of a serious genetic immune problem. These conditions can affect multiple children in the same family,” Dr Sagar said.

“By identifying these conditions at early stages, children can receive the targeted treatment they need to avoid frequent infections and the overuse of antibiotics,” he said, calling for a wider availability of affordable genetic testing to enable earlier diagnoses and improve treatment outcomes.

“By working together, we can ensure that no child misses out on a healthy life due to an undiagnosed immune deficiency,” the doctor said.

Global measles cases

Global measles cases see 88pc jump in 2023 from 2022: WHO(New Kerala: 20240429)

<https://www.newkerala.com/news/2024/24339.htm>

The number of measles cases worldwide has witnessed a significant increase of 88 per cent in 2023 from 2022, according to a report by the World Health Organization (WHO) on Sunday.

Global measles cases see 88pc jump in 2023 from 2022: WHO

From 171,153 measles cases in 2022, it nearly doubled to 3,21,582 in 2023, said Patrick O'Connor of the WHO, who presented the research at the ongoing ESCMID Global Congress in Barcelona.

The report blamed the lack of vaccinations during the Covid-19 pandemic behind the significant increases in measles worldwide.

"Over the last decade there has been significant progress towards measles and rubella elimination -- the Regional Verification Commissions for Measles and Rubella Elimination (RVCs) from all of the WHO Regions will review all national measles and rubella 2023 reports in 2024," O'Connor said.

"The measles virus is extremely infectious and any gaps in immunisation coverage are potential risks for the outbreak. So, coverage needs to be high but also uniform and equitable," he added.

2024 is likely to see a further increase in measles cases as some 94,481 cases have been reported up to early April. While 45 per cent of these cases have been in the WHO European Region, Yemen, Azerbaijan, and Kyrgyzstan are the countries with the highest reported measles incidence in the world, the report said.

"Worryingly, the number of countries suffering large or disruptive measles outbreaks (defined as 20 cases/million population continuously over a 12-month period) has tripled from 17 to 51," the report said.

Meanwhile, the report showed that vaccination against measles averted an estimated 57 million deaths globally from 2000 to 2022. Of these, 1.5 million are in the European region where there has been a 98 per cent reduction in annual measles deaths from 3,584 in 2000 to 70 in 2022.

"Over the last 20 years, there has been significant progress toward achieving measles and rubella elimination -- in order to solidify and maintain those gains, we need to ensure high, uniform and equitable routine immunisation coverage; and robust outreach and rapid outbreak response," O'Connor said.

Negative Thinking

Negative Thinking: नेगेटिव सोच रखने वालों को हो सकती हैं ये 5 बीमारियां, समय रहते कर लें सुधार

Disease From Negative Thinking: नेगेटिव सोच रखने वाले लोगों को कई तरह की समस्याएं हो सकती हैं। इससे जितना जल्दी हो सके निकलना बेहतर हो सकता है। यहां जानिए

नेगेटिव सोच रखने वालों को होने वाली बीमारी- (Hindustan: 20240429)

<https://www.livehindustan.com/lifestyle/health/story-5-disease-that-can-happen-from-negative-thinking-9870119.html>

प्रोफेशनल हो या पर्सनल लाइफ कभी न कभी किसी बात को लेकर हर किसी के मन में नेगेटिव ख्याल जरूर आते हैं। इस तरह के ख्यालों से आत्म-सम्मान

डगमगाने लगता है और व्यक्ति को तनाव या डिप्रेशन से जूझना पड़ सकता है। हॉर्मोन कोच पूर्णिमा पेरी के लेटेस्ट इंस्टाग्राम पोस्ट में उन्होंनेनेहों ने 5 बीमारियों के बारे में

बताया है जो ज्यादा नकारात्मक विचारों के कारण हो सकती हैं। जानिए

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश लोकसभा 2024 क्विज

NEW IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस धर्म

4/29/24, 10:53 AM 5 Disease that can happen From Negative Thinking - Negative Thinking: नेगेटिव सोच रखने वालों को हो सकती हैं ये 5 बीमारियां, समय रह...

विज्ञापन

1) गैस्ट्रो इंटेस्टाइनल स्थिति- यह तनाव से संबंधित आंत का लक्षण है। एक्सपर्ट बताती हैं कि तनाव पाचन में मदद करने वाले अच्छे आंत बैक्टीरिया को प्रभावित

करता है, जिसकी वजह से एंटीबॉडी उत्पादन में कमी आती है। गैस्ट्रो इंटेस्टाइनल की समस्या में अपच, दस्त और पेट खराब होना शामिल है।

2) टैकीकार्डिया (रेपिड हार्ट रेट)- नकारात्मक विचारों से चिंता होती है और गंभीर मामलों में यह दिल के सामान्य कामकाज में बाधा डालता है, जिससे कार्डियक अरेस्ट का खतरा बढ़ जाता है।

3) पीठ के निचले हिस्से में दर्द- एक्सपर्ट का मानना है कि यह मनोवैज्ञानिक परेशानी का असर है जिसे आप तनाव, चिंता और डिप्रेशन के रूप में देख सकते हैं।

यह परेशानी हार्मोनल और तंत्रिका प्रक्रियाओं से संबंधित है जो हमारी रक्षा करती है और समय के साथ पीठ दर्द को बदतर बना देती है।

4) हाई ब्लड प्रेशर- जब आप तनाव पर अस्वास्थ्यकर तरीके से काम करते हैं, जैसे- ईमोशनल ईटिंग, जंक फूड, कैफीन और शराब में आराम ढूंढना, तो आप

हाई ब्लड प्रेशर के खतरे को बढ़ा देता है। बदले में हाई ब्लड प्रेशर से दिल का दौरा और स्ट्रोक का खतरा बढ़ जाता है।

5) थायराइड- बहुत ज्यादा टेंशन के कारण थायराइड हो सकता

Eating Nuts As Healthy Snacks

Eating Nuts As Healthy Snacks: क्या स्नैक्स में नट्स खाने से वजन तेजी से बढ़ता है?

Eating Nuts As Healthy Snacks: क्या स्नैक्स में नट्स खाने से वजन तेजी से बढ़ता है? (Hindustan: 20240429)

Eating Nuts As Healthy Snacks: अगर आप हेल्दी रहने के लिए नट्स को डाइट में लेते हैं तो जानना जरूरी है कितना नट्स खाना हेल्दी है और किन वजहों से नट्स खाने से जन

<https://www.livehindustan.com/lifestyle/health/story-is-eating-nuts-as-snacks-cause-of-weight-gain-myths-and-facts-9869592.html>

हेल्दी रहने और वेट लॉस के लिए अक्सर नट्स खाने की सलाह दी जाती है। लेकिन अक्सर लोगों के मन में सवाल रहता है कि क्या नट्स में पाए जाने वाले फैट्स

की वजह से वेट बढ़ने का खतरा रहता है। चलिए जानें इस बारे में क्या कहती है रिसर्च और क्या है फैक्ट।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश लोकसभा 2024 क्विज

NEW IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस धर्म

4/29/24, 10:54 AM is eating nuts as snacks cause of weight gain myths and facts - Eating Nuts As Healthy Snacks: क्या स्नैक्स में नट्स खा ने से वजन तेजी ...

<https://www.livehindustan.com/lifestyle/health/story-is-eating-nuts-as-snacks-cause-of-weight-gain-myths-and-facts-9869592.html> 1/4

Health Tips In Hindi

MP board result लेटेस्ट Hindi News, एमपी बोर्ड 10वीं , एमपी बोर्ड 12वीं , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर

,और राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

विज्ञापन

नट्स से होने वाले वेट गेन के बारे में क्या कहती है रिसर्च

वंजरबिल्ट यूनिवर्सिटी मेडिकल सेंटर इन यूएस के मुताबिक बादाम, पिस्ता जैसे नट्स को स्नैक्स के तौर पर खाने से बेली फैट नहीं होता। बल्कि ये वेट मैनेजमेंट

करने में मदद करते हैं और एनर्जी भी ज्यादा देते हैं। इन नट्स में कैलोरी की मात्रा ज्यादा होती है और फैट भी ज्यादा होता है। जिसकी वजह से लोगों को लगता है

कि नट्स खाने से वजन बढ़ेगा। लेकिन रिसर्च के मुताबिक अनसाल्टेड नट्स खाने से शरीर में ज्यादा एनर्जी महसूस हुई बल्कि एनर्जी को ज्यादा इस्तेमाल करते

दिखे।

क्या कहता है फैक्ट

रिसर्च के मुताबिक भले ही नट्स को स्नैक्स की तरह खाने की सलाह दी जाती है। लेकिन अगर आप वेट लॉस करना चाहते हैं तो नट्स को स्नैक्स की तरह भूलकर

भी ना खाएं। न्यूट्रिशनिस्ट का कहना है कि नट्स में कैलोरी की मात्रा करीब 600 से 650 के करीब होती है। जो कि पूरे एक मील के बराबर होती है। ऐसे में आप

मील खाने के बजाय नट्स खा सकते हैं। लेकिन स्नैक्स में नट्स खाना वेट गेन को बढ़ा सकता है।

क्योंकि क्वी नट्स खाने से आपका पेट भले ही भर जाए लेकिन पेट भरने का एहसास नहीं होगा यानी इसका सायटेटी अनुपात कम होता है। ऐसे में आप स्नैक्स में

ज्यादा नट्स खाने के बाद भी खुद को भूखा महसूस कर सकते हैं और बाद में भरपेट मील खा लेंगे। जो वजन बढ़ने का सही कारण होता है।

कितना नट्स खाना है सही

अगर आप वजन घटाने की कोशिश में हैं तो नट्स को भूलकर भी स्नैक्स के तौर पर ना खाएं। क्योंकि क्वी नट्स के न्यूट्रिएंट्स, कैलोरी और फैट के मुताबिक दिनभर में

मात्र 15-20 ग्राम नट्स खाना ही सही होता है।

Taking Supplements:

Taking Supplements: कैल्शियम-विटामिन बी की गोलियां खाते हैं तो जान लें खाने का सही समय

Taking Supplements: कैल्शियम, आयरन, विटामिन जैसे कई सारे मिनेरल्स और विटामिन के सप्लीमेंट्स लेने की सलाह डॉक्टर देते हैं। जाने किस समय इन्हें खाना अच्छा होता है और ये तेजी

से शरीर में अब्जॉर्ब होते हैं (Hindustan: 20240429)

<https://www.livehindustan.com/lifestyle/health/story-how-to-take-calcium-iron-vitamins-supplements-for-better-absorption-in-body-9861145.html>

शरीर में जरूरी विटामिन्स और मिनेरल्स की कमी होने पर डॉक्टर अक्सर सप्लीमेंट्स खाने की सलाह देते हैं। लेकिन कुछ लोगों को ये सप्लीमेंट्स खाने से भी विटामिन और

मिनरल्स की कमी दूर नहीं होती। इसका कारण हैइन गोलियों को सही वक्त पर ना खाना। सप्लीमेंट्स को सही समय पर लेनेसेयेबॉडी मेंअब्जॉर्बहोतेहैं। तो चलिए जानें

ऐप पर पढ़ेंढ़ेंढ़ें

ई- पेपर शहर चुनें

होम NCR देश लोकसभा 2024 क्रि ज

NEW IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस धर्म

4/29/24, 10:56 AM how to take calcium iron vitamins supplements for better absorption in body - Taking Supplements: कैल्शियम-वि टा मि न बी की गो लि यां ...

<https://www.livehindustan.com/lifestyle/health/story-how-to-take-calcium-iron-vitamins-supplements-for-better-absorption-in-body-9861145.html> 1/9

कैल्शियम, आयरन हो या फिर विटामिन बी, इन्हेंखानेका कौन सा वक्त सही होता है।

विज्ञापन

हर विटामिन और मिनरल को खानेका होता हैअलग समय

कुछ विटामिन्स ऐसेहोतेहैंजो सुबह के समय खानेसेज्यादा तेजी सेअब्जॉर्बहोतेहैं। जब आप इन्हेंपानी के साथ लेतेहैं। वहीं कुछ सप्लीमेंट्स को जब आप दोपहर के खाने

के बाद या सोनेसेपहलेखातेहैंतो तेजी सेअब्जॉर्बहोतेहैं। सप्लीमेंट्स को खानेका सही तरीका बता रही हैंइंस्टाग्राम पर डॉक्टर स्मिता।

मैग्नीशियम

मैग्नीशियम का सप्लीमेंट लेतेहैंतो इसेरात को सोतेवक्त खाना अच्छा होता है।

विटामिन बी

विटामिन बी को लेनेका अच्छा समय खाली पेट होता है। खासतौर पर सुबह के समय।

विटामिन डी3

जब सुबह के ब्रेकफास्ट के बाद आप इस सप्लीमेंट को लेतेहैंतो येज्यादा अच्छे तरीके सेअब्जॉर्बहोती है। खासतौर पर जब सुबह के खानेमेंहेल्दी फैट्स लिया गया हो।

विटामिन सी

विटामिन सी की टैबलेट्स को सुबह या दोपहर मेंखा सकतेहैं। खानेके साथ या बिना खानेके।

कैल्शियम

कैल्शियम की दवाईयों को सुबह खानेके बाद खाया जा सकता है।

जिंक

जिंक के सप्लीमेंट्स को हमेशा खाली पेट सुबह या दोपहर को खाया जाए तो अच्छा होता है। क्योंकि खानेके बाद जिंक सप्लीमेंट्स लेनेपर पेट मेंगड़बड़ी हो जाती है।

आयरन

आयरन सप्लीमेंट्स सुबह या दोपहर मेंखानेके पहलेखाना चाहिए। अगर खानेके बाद खाया जाए तो उल्टी होनेका डर रहता है।

ऐप पर पढ़ें/देखें

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तहरीर दी गई है।, Uttarakhand News Hindustan

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Hindi News लाइफस्टाइल हेल्थ गर्मियों में हेल्दी रहने के लिए कैसा हो आपका खान-पान, जानें डाइटीशियन से

गर्मियों में हेल्दी रहने के लिए कैसा हो आपका खान-पान, जानें डाइटीशियन से

हर मौसम की अपनी चुनौतियां होती हैं। इनका सफलतापूर्वक सामना करना है, तो मौसम के मुताबिक अपनी थाली में बदलाव करना जरूरी हो जाता है। गर्मी में थाली में किन चीजों को करें शामिल,

Injected Watermelon

Injected Watermelon: मजे मजे में कहीं 'लाल जहर' तो नहीं खा रहे? जहरीले इंजेक्शन लगे तरबूज की ऐसे करें पहचान (Navbharat Times: 20240429)

<https://navbharattimes.indiatimes.com/lifestyle/health/how-to-check-if-watermelon-is-injected-with-chemicals-colour-how-to-pick-sweet-and-ripe-watermelon/articleshow/109677314.cms?story=5>

गर्मियों के मौसम में लाल मीठा तरबूज खाना भला किसे पसंद नहीं है लेकिन क्या आप जानते हैं कि इसे लाल और ज्यादा मीठा करने के लिए इसमें इंजेक्शन भी लगाए जाते हैं, इनमें मौजूद केमिकल्स सेहत के लिए घातक हैं।

how to check if watermelon is injected with chemicals colour how to pick sweet and ripe watermelon

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डील देखें

#TimefornewTV - स्मार्ट टीवी पर 65% 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?

गर्मी का मौसम आ गया है और इसके साथ आया है तरबूज का सीजन। तरबूज, जिसे गर्मी का सबसे फायदेमंद फल माना जाता है। तरबूज में 92% पानी और 6% शुगर होता है। फाइबर से भरपूर होने के कारण गर्मी में तरबूज का सेवन बहुत लाभदायक होता है।

लेकिन क्या आप जानते हैं कि आजकल बाजार में ऐसे तरबूज भी खूब मिलते हैं, जिन्हें इंजेक्शन लगाकर लाल दिखाया जाता है? आम लोगों के लिए यह पहचानना मुश्किल होता है कि कौन सा तरबूज असली और कौन सा इंजेक्टेड है।

Detoxpri की फाउंडर एंड होलिस्टिक न्यूट्रिशनलिस्ट प्रियांशी भटनागर के अनुसार, आमतौर पर तरबूज को ज्यादा लाल और रसीला दिखाने के लिए उसमें रंग का इंजेक्शन लगाया जाता है। कई बार तेजी से पकाने के लिए ऑक्सीटोसिन का इंजेक्शन भी लगाया जाता है। ये केमिकल से भरे तरबूज सेहत के लिए बहुत नुकसानदायक हो सकते हैं।

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इन्जेक्टेड तरबूज में नाइट्रेट, आर्टिफिशियल कलर (लेड क्रोमेट, मेथनॉल यलो, सूडान रेड), कैल्शियम कार्बाइड और ऑक्सीटोसिन जैसे केमिकल्स हो सकते हैं, जो आपके पेट के लिए बहुत घातक हो सकते हैं। तरबूज को जल्दी बढ़ाने के लिए कई बार नाइट्रोजन का इस्तेमाल किया जाता है। अगर यह नाइट्रोजन आपके शरीर में चला जाए तो यह बहुत हानिकारक हो सकता है क्योंकि इसे जहरीला तत्व माना जाता है।

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तरबूज के छिलकों से मिलेंगे ये 6 चमत्कारी फायदे

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तरबूज को चटख लाल रंग देने के लिए अक्सर लेड क्रोमेट, मेथनॉल यलो और सूडान रेड जैसे कृत्रिम रंगों का इस्तेमाल किया जाता है। इन हानिकारक रसायनों वाले तरबूज खाने से फूड पॉइजनिंग हो सकती है।

लिवर और किडनी डैमेज होने का भी खतरा

लिवर और किडनी डैमेज होने का भी खतरा

कई तरबूज को पकाने के लिए कैल्शियम कार्बाइड का इस्तेमाल किया जाता है। यह कैल्शियम कार्बाइड लीवर और किडनी के लिए इतना खतरनाक होता है कि कई बार इससे व्यक्ति की किडनी खराब भी हो सकती है।

कैंसर का भी जोखिम

कैंसर का भी जोखिम

तरबूज को लाल रंग देने के लिए इस्तेमाल किया जाने वाला मेथनॉल यलो व्यक्ति को कैंसर का शिकार बना सकता है। तरबूज में इस्तेमाल किए जाने वाले लेड क्रोमेट खाने से शरीर में खून की कमी, दिमाग की कोशिकाओं को नुकसान और आंखों की रोशनी भी जा सकती है। सूडान रेड रंग वाले तरबूज खाने से पाचन संबंधी समस्याएं और पेट खराब हो सकता है।