



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240430

Poor memory

Why losing keys, everyday items may not always signal poor memory (The Tribune: 20240430)

<https://www.tribuneindia.com/news/health/why-losing-keys-everyday-items-may-not-always-signal-poor-memory-616039>

Authors suggest memory-boosting techniques like ‘retrieval practice’—the strategy of ‘pulling’ facts from memory

Why losing keys, everyday items may not always signal poor memory

Are you worried that your habit of losing keys and everyday items may be a sign of poor memory? Well, a new book suggests that it may not be the case “always.”

The new book ‘The Psychology of Memory’ by two US professors from Rhode Island College and Indiana University suggests that anyone can boost their powers of recall, and that “losing keys is normal.” In the book, Dr Megan Sumeracki and Dr Althea Need Kaminske stated that storing and retrieving information is far more complex than people think.

The book also highlighted simple recollection-boosting techniques to improve learning.

“Because we are most aware of our memory when we have trouble remembering something, our intuitions about how memory works might be a little biased,” Dr Kaminske said.

“You may be unsurprised to learn that our memory systems are not necessarily designed to remember where we put our phones. Or keys. Or water bottles.”

“Though we would hazard a guess that if we were in a survival scenario where dehydration was a concern, we would be much more aware of water sources.”

“People are better at remembering information when they process it in a fitness-relevant scenario, such as being stranded in the grasslands of a foreign land,” the authors said.

Further, the book shows how memory can be impaired by alcohol, sleep deprivation, and caffeine.

The authors suggested memory-boosting techniques like ‘retrieval practice’—the strategy of ‘pulling’ facts from memory. For example, deliberately addressing a new colleague’s name every time you see them may help you memorise the name.

Optimal health

Include 4 hours of physical activity, 8 hours sleep in routine for optimal health, suggests study

The ideal daily routine should also include six hours of sitting and five hours of standing (The Tribune: 20240430)

<https://www.tribuneindia.com/news/health/include-4-hours-of-physical-activity-8-hours-sleep-in-routine-for-optimal-health-suggests-study-616000>

Include 4 hours of physical activity, 8 hours sleep in routine for optimal health, suggests study

For optimal health, a person’s ideal day should include more than four hours of physical activity involving exercise of light, moderate or vigorous intensity, and at least eight hours of sleep, new research has found.

Light-intensity activity could range from doing chores to making dinner, whereas moderate and vigorous exercise involve more intentional movement such as a brisk walk or a gym workout, researchers said.

The ideal daily routine should also include six hours of sitting and five hours of standing, they said.

The international team, led by Swinburne University of Technology, Australia, analysed the behaviour of more than 2,000 people within a 24-hour day to determine the right mix of time spent sitting, sleeping, standing and being physically active for desirable health.

“This breakdown encompasses a wide range of health markers and converges on the 24 hours associated with overall optimal health,” said Christian Brakenridge, Centre for Urban Transitions, Swinburne University of Technology.

“For different health markers, from waist circumference to fasting glucose, there would be different levels for each behaviour,” added Brakenridge, also the lead author of the study published in the journal *Diabetologia*.

For instance, switching time spent sitting with more time being physically active or performing light-intensity movements was associated with more beneficial blood glucose levels in individuals having diabetes than those without the condition, the researchers found.

The findings also acknowledged how a certain activity replacing another could impact an individual’s whole day.

“Sleeping may be detrimental to health if it replaces exercise time, but beneficial if it replaces sedentary behaviour,” explained Brakenridge.

However, even as exercising is more beneficial, time use has to be realistic and balanced, he said.

“People may advocate for more time exercising, though it’s not feasible to have 10 hours of exercise and zero hours of sedentary behaviour,” the researcher said.

Anxious generation’

Have smartphones created an ‘anxious generation’? Jonathan Haidt sounds the alarm

Teenagers’ widespread use of smartphones is causing a mental health crisis(The Tribune: 20240430)

<https://www.tribuneindia.com/news/health/have-smartphones-created-an-anxious-generation-jonathan-haidt-sounds-the-alarm-615995>

Have smartphones created an ‘anxious generation’? Jonathan Haidt sounds the alarm

Haidt’s two central claims are that Gen Z is suffering from a major mental illness epidemic and that smartphones are largely to blame. Thinkstock

The social psychologist Jonathan Haidt’s new book ‘The Anxious Generation’ delivers an urgent call for action.

Haidt argues that the evidence is there. Teenagers' widespread use of smartphones is causing a mental health crisis. Individual, collective and legislative action is required to limit their smartphone access.

Haidt begins his book with an allegory. Imagine someone offered you the opportunity to have your ten-year-old child grow up on Mars, even though there is every reason to believe that radiation and low gravity could greatly disrupt healthy adolescent development, leading to long-term afflictions. Surely, given the risks, you would refuse the offer.

A decade ago, parents could not have known the threats lying within the shiny new smartphones they presented to their excited teenagers. But the evidence is mounting that the children who grew up with smartphones are struggling.

Haidt calls the period from 2010 to 2015 the "great rewiring". This was a period when adolescents had their neural systems primed for anxiety and depression by extensive daily smartphone use.

The kids aren't alright

Haidt's two central claims are that Gen Z is suffering from a major mental illness epidemic and that smartphones are largely to blame.

Readers should be wary about both these claims – not in the sense that we should resist believing them, but rather we should not be too eager to embrace them. After all, it is perilously easy to believe that the kids aren't alright. Elders routinely despair of the younger generation.

Haidt explicitly acknowledges that other experts have argued against claims of widespread teenage anxiety. In response, he cites recent evidence from a host of different sources: not just self-reports of problems, but hard data on self-harming, suicide rates, diagnosed mental disorders and mental health hospitalisations.

While Haidt focuses on the US, he observes concurrent shifts in youth mental health in many Western countries, including Australia.

But do these findings constitute an epidemic demanding society-wide responses?

Here the book would have benefited from systematically drawing together the science in easily understandable terms.

Haidt's marshalled evidence consistently shows a rise, beginning around 2010 and starting with girls, in a host of adolescent mental health disorders and wellbeing concerns. Broadly speaking, the figures in the US show mental health issues that previously plagued around 5-10 per cent of adolescents growing to afflict around twice that amount.

On the one hand, these data suggest the term "anxious generation" is somewhat misleading. A large majority of Gen Z do not have anxiety disorders – and of those who do, almost half would have done so irrespective of smartphone usage.

On the other hand, the numbers remain concerning. No parent would be comfortable handing their child any substance they knew had a one-in-ten chance of causing the child a mental disorder

within a few years. There are also data suggesting that, even among those without disorders, children increasingly suffer from loneliness and other concerning outcomes.

Perhaps the most alarming part of the steep curves and precipitous falls in Haidt's many graphs are not the current figures, but the current trajectories. In almost all cases, things are getting worse. It is possible we may be in the early days of an unfolding catastrophe.

Insert your ideological preference

If we accept there is a serious problem, then the question arises as to its cause. Again, we must resist intuitively appealing answers to this question. The worry is that we will all look into a "witch's mirror", seeing what we want to see or what our preferred ideology tells us we should expect. I am old enough to remember panics about heavy metal music and Dungeons & Dragons.

Indeed, it is possible that Haidt himself fell into this trap, at least in part. In a previous book, 'The Coddling of the American Mind', Haidt and his co-author Greg Lukianoff argued that harmful worldviews and beliefs prevalent in US educational settings were priming young people for worrying mental health outcomes.

Haidt thinks this coddling remains a factor, but now recognises the hypothesis fails to fit the data. Specifically, he acknowledges the plummeting mental health of adolescents is evident in many countries, and across all educational levels and social classes.

Are there alternative hypotheses that fit this data? Perhaps kids today are anxious and depressed because they should be anxious and depressed?

After all, they inherit a world facing runaway global warming, systemic injustices, insecure work futures and more. Yet Haidt rightly observes that past generations with dire prospects did not show similar mental health outcomes.

Ultimately, the problem is likely to stem from a mix of factors. Haidt argues the current situation was not caused exclusively by smartphone use. Recent decades have also seen the rise of "safetyism" – a term he and Lukianoff coined to describe the preferencing of individual safety ahead of other values – and helicopter parenting. These phenomena have increasingly shielded children from the vital development provided by physical play and unsupervised exploration of the real world.

Haidt argues that parents became fearful of the health risks posed by the outside world, even as they catastrophically opened their children up to the unhealthy dangers of the virtual world.

Developmental concerns

Smartphones did not initially raise major developmental concerns for children. The problems started around 2010 when they combined with other factors like social media, high-speed internet, a backward-facing camera (encouraging selfies), addictive games, easily accessible pornography, and free apps that maximise profit by cultivating addiction and social contagion.

This toxic technological mix allowed smartphones to take over children's lives. Usage rates averaging seven hours a day gradually but profoundly rewired their maturing brains. Haidt thinks

this rewiring gives rise to four “foundational concerns”:

- Social deprivation: a smartphone is an “experience blocker”, taking up hours a day that would otherwise be spent in physical play or in-person conversations with friends and family.

- Sleep deprivation: too many teenagers stay on their smartphones late at night when they need rest.

- Attention fragmentation: alerts and messages continually drag teenagers away from the present moment and tasks requiring concentration.

- Addiction: apps and social media are deliberately designed to hack vulnerabilities in teenagers’ psychologies, leading to an inability to enjoy anything else.

Building on these foundational concerns are ones specific to each gender. Girls proved more vulnerable to the damaging effects of social media, while boys retreated into online gaming and pornography.

Dangers to adolescent mental health

An intriguing part of Haidt’s book is its account of the way smartphones became addictive and damaging.

Teenagers, like all humans, have several basic needs and emotional drivers: for social connection and inclusion, for a sense of individual empowerment and agency, for sexual fulfillment, and so on.

Haidt explains that, normally, for almost all human history and evolution, these incentives drove teenagers to do things in person, in the real world – things like making friends, playing games together, navigating disputes, getting tasks done, developing romantic attachments and taking physical risks.

While these activities can lead to injuries, tears and frustrations, they are nevertheless important for teenagers’ mental health and development. Children are antifragile: they need these types of risks and stressors to grow properly.

Smartphones – and their apps, games and social media – also provide responses to all these drivers. But they do so without prompting the above activities and the important outcomes they deliver, such as close friendships and resilience.

For example, a teenager might feel lonely and want connection, so they join Instagram or TikTok. Social media provides a type of connection and delivers a temporary dopamine hit. But it fulfils the teenager’s immediate need in a way that does not involve real world connections and challenges. This only makes them lonelier and more isolated in the longer term.

What can we do?

Even if we accept Haidt’s claims about the rise in anxiety fuelled by smartphones, it is not clear how we should respond. Perhaps radical solutions are unnecessary. In time, things might work themselves out, such as through further technological innovations.

Haidt's view is that collective action is critical. As he sees it, the problem is not only that smartphones are intrinsically useful and alluring (which is why we all wanted them in the first place); it is not only that their apps are addictive. The problem – especially in a school setting – is that if most of a teenager's peers have smartphones, then the ones who don't have one risk being social outcasts, perpetually "left out" and never "in the know".

For this reason, Haidt thinks actions by isolated parents are unlikely to be successful. Ironically, the same heightened parental concern for child safety Haidt has previously critiqued may prove to be a powerful force for change. At least some parents are likely to view their children's future mental health as a non-negotiable good and treat smartphone as the modern-day hypodermic needle.

For his part, Haidt argues for four new norms, to be created by parents' collective action alongside legislative and regulatory reforms: No smartphones before high school, No social media before 16

Phone-free schools

More independence, free play, and responsibility in the real world.

A deeper problem

Haidt's book leaves the reader with a further, deeper worry. Suppose he is right that the things that lead to human flourishing involve real world physical encounters with other people: family, close friends, romantic partners, neighbours, local community groups and members.

Such encounters are often unpredictable, messy, inconvenient and frustrating. Conversely, the online world is becoming easier, cheaper and more alluring every day. Innovations and algorithms continually hone our experience, as profit-driven industries work ever more aggressively to capture and keep our attention.

In the face of all this, it may be that the real world can't compete. The mental health concerns currently plaguing Gen Z might turn out to be ones that every generation will face.

If so, Haidt's suggested reforms might mark the first foray in what will be a long battle between the human need for real-world experience and connection, and the powerful temptations of an online world that offers something we can't possibly resist: "a little bit of everything, all of the time".

Air pollution

Air pollution increases risk of Alzheimer's disease, finds study(The Tribune: 20240430)

<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

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.

Seasonal, avian influenza

Seasonal, avian influenza situation being monitored, under control: Centre (The Hindu: 20240430)

The Union Health Ministry has directed real-time surveillance of cases of Influenza like Illness and Severe Acute Respiratory Infections in OPDs and IPDs of health facilities

<https://www.thehindu.com/sci-tech/health/seasonal-avian-influenza-situation-being-monitored-under-control-centre/article68121228.ece>

Following the detection of avian influenza virus among cattle and in milk in various States of the U.S., the Union Health Ministry on Monday said hygienic practices such as boiling milk and cooking meat at adequate temperature would help prevent transmission of the virus from an infected product to human beings.

The Ministry held a meeting with experts to review the situation. It said besides avian influenza, it is keeping a close watch on the seasonal influenza situation in various States/UTs through the Integrated Disease Surveillance Programme (IDSP) network on real-time basis and warned that young children and the elderly with comorbidities are the most vulnerable groups.

Druggist association

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 issues(The Hindu: 20240430)

<https://www.thehindu.com/sci-tech/health/druggist-association-opposes-centres-move-to-sell-over-the-counter-medicines-without-licence/article68113378.ece>

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.

kidney transplant

Where shall the poor go for a kidney transplant in Kerala? (The Hindu: 20240430)

<https://www.thehindu.com/sci-tech/science/where-shall-the-poor-go-for-a-kidney-transplant-in-kerala/article68110621.ece>

Kerala was once in the forefront of deceased donor transplantation but not anymore; the State is far behind Tamil Nadu and Karnataka, where deceased donor transplants are taking place routinely

All over the world, kidney disease and kidney failure are most prevalent in the poor and economically underprivileged. About 50,000 or more patients are on dialysis in Kerala for terminal kidney failure. Being on dialysis is never a permanent solution to kidney failure. Fraught with several complications and lethal infections the yearly mortality rate in the dialysis population is in excess of 20%. Many of them cannot pay for a kidney transplantation and immunosuppressants which are required indefinitely.

The Kerala government does pay a modest amount for each dialysis treatment. But the government does not do much to promote transplantation, which is less expensive in the long run than keeping people on dialysis. Not to mention the improved quality of life for dialysis patients if they can get a transplant. I believe it is within the governmental powers to promote deceased (cadaver) donor transplantation in the State, as long as the transplant procedure is ethically done adhering to scientific protocols. Like in neighbouring States, government subsidies for purchase of immunosuppressants will also be helpful.

Health Care

Tamil Nadu uses inexpensive method to treat rodenticide poisoning (The Hindu: 20240430)

<https://www.thehindu.com/sci-tech/science/tamil-nadu-uses-inexpensive-method-to-treat-rodenticide-poisoning/article68084050.ece>

Currently, 17 government hospitals across 15 districts in the State undertake plasma exchange to treat rodenticide-induced acute liver injury and acute liver failure cases

Deaths caused by ingestion of rat poison containing yellow phosphorus is a major problem in a few States. A six-month survey carried out in six districts in Tamil Nadu in 2019 by the Tamil Nadu chapter of Indian Society of Gastroenterology (TN-ISG) found 450 people suffered from liver toxicity caused by ingestion of rat poison. Of them, 131 patients died while 28 were discharged in a moribund state. Extrapolating it for the entire State, researchers estimated 1,584 such cases in 2019 in just six months with about 554 deaths. Tamil Nadu has introduced a legislation to curb unrestricted access to rodenticide containing yellow phosphorus.

Until a few years ago, urgent liver transplantation was the only life saving option for such patients who developed acute liver failure. Beginning December 2017, a team of researchers from CMC Vellore has been using plasma exchange through a centrifugal method — a simple and less expensive treatment — to save the lives of such people. Impressed by the success of the plasma exchange treatment by CMC Vellore and following the identification of rat poison (rodenticide) ingestion as the cause of liver failure and deaths, the Tamil Nadu government through the Tamil Nadu Accident and Emergency Care Initiative of the National Health Mission (TAEI-NHM) programme started using plasma exchange in six apex government hospitals to treat these patients in March 2022. Prior to this, Madras Medical College, Stanley Medical College in Chennai and Coimbatore Medical College were using plasma exchange to treat rodenticide hepatotoxicity. Currently, 17 government hospitals across 15 districts in the State undertake plasma exchange to treat rodenticide-induced acute liver injury and acute liver failure cases.

Fever, swollen glands, fatigue, rash and joint pain

Fever, swollen glands, fatigue, rash and joint pain? Know how to identify autoimmune diseases

What complicates matters is that symptoms may overlap with other diseases and triggers may be unknown, says internal medicine expert Dr Suranjit Chatterjee (Indian Express: 20240430)

<https://indianexpress.com/article/health-wellness/fever-swollen-glands-fatigue-rash-and-joint-pain-know-how-to-identify-autoimmune-diseases-9290023/>

Autoimmune diseasesAutoimmune diseases are a complex group of disorders where the body's immune system mistakenly attacks its own tissues. (Pexels)

A young woman complained of extreme exhaustion, fatigue and a joint pain so severe that she had trouble even walking around in the house some days and would crumble in a heap. She never understood if her condition was caused by anaemia, low blood pressure or something more serious. It was only after a series of tests and eliminating possible causes that she was diagnosed with lupus, an autoimmune disorder.

What are autoimmune diseases?

Autoimmune diseases are a complex group of disorders where the body's immune system mistakenly attacks its own tissues. Sometimes this follows an immune response to a certain pathogen. The infection may subside but the body continues to be in fighting mode, attacking the affected tissues. This can lead to a wide range of symptoms, making diagnosis and management challenging. The good news is that with early identification, you can manage the condition well and live with it.

Soda water

Can zero soda or soda water be good for you? (Indian Express: 20240430)

<https://indianexpress.com/article/health-wellness/can-zero-soda-or-soda-water-be-good-for-you-9289679/>

Dr Richa Chaturvedi, Senior Consultant, Endocrinology, Indraprastha Apollo Hospitals, on whether this thirst quencher works for you

soda, health and wellness, indian express Zero sodas are free from added sugars, which are known to accelerate weight gain, obesity and trigger Type 2 diabetes and heart disease. (Pexels)

Is your parched throat craving soda? But before you reach out for one instinctively, consider its variety. The regular sugar-laden varieties are universally regarded as unhealthy due to their high sugar content and lack of nutritional value. So, they are a no-no. However, the rise of zero-calorie sodas, often marketed as “diet” or “zero,” are not necessarily a healthier alternative.

Zero sodas are free from added sugars, which are known to accelerate weight gain, obesity and trigger Type 2 diabetes and heart disease. They do not have empty calories. However, the key ingredient that gives zero sodas their distinctive taste is an artificial sweetener, such as aspartame, saccharin, sucralose or stevia. While these sweeteners are generally recognised as safe for consumption by regulatory bodies like the US Food and Drug Administration (FDA), there is ongoing debate about their potential long-term effects on health.

Why your blood sugar can shoot up with less than six hours of sleep, even if you exercise, eat on time (Indian Express: 20240430)

<https://indianexpress.com/article/health-wellness/blood-sugar-sleep-exercise-diet-9288052/>

Dr V Mohan, Chairman, Diabetes Specialities Centre, Chennai, on the sleep-diabetes link

blood sugar Our findings had also shown that people who sleep less than six hours a night not only had a higher risk of developing diabetes but also an increased risk of cardiovascular diseases and mortality.

Considering that most Indians are prone to developing diabetes, it is imperative that we have six to eight hours of sleep daily. Even if you exercise and have the right kind of diet, without sleep, you would still be at a higher risk of developing diabetes.

In fact, latest research, which analysed data of 2,47,867 adults from the UK Biobank, following their health outcomes for more than a decade, confirmed what we have been studying for many years. It found that when people slept for less than six hours a day, their risk of developing Type 2 diabetes increased compared to people who sleep normally. Those sleeping for five hours were at a 16 per cent higher risk of developing type 2 diabetes, while those sleeping between three and four hours were at a 41 per cent higher risk than those sleeping for eight hours.

Endoscope system

World's 1st rigid endoscope system to help deep tissue imaging during surgery (New Kerala: 20240430)

<https://www.newkerala.com/news/2024/24701.htm>

team of scientists from Japan has developed the world's first rigid endoscope system that can see the invisible and help boost outcomes of advanced medical procedures.

The system is capable of hyperspectral imaging (HSI) -- a technique that captures and processes information across a given electromagnetic spectrum -- from visible to over-thousand-nanometre wavelengths.

While various types of HSI devices have been developed, for OTN wavelengths, ordinary visible cameras lose sensitivity and only a few commercially available lenses exist that can correct chromatic aberration.

"At the core of the innovative system lies a supercontinuum (SC) light source and an acoustic-opto tunable filter (AOTF) that can emit specific wavelengths," according to the team from Tokyo University of Science (TUS) and RIKEN in Japan.

"An SC light source can output intense coherent white light, whereas an AOTF can extract light containing a specific wavelength," said Professor Hiroshi Takemura from TUS. "This combination offers easy light transmission to the light guide and the ability to electrically switch between a broad range of wavelengths within a millisecond," he added.

Their findings were published in the journal Optics Express.

The team also identified several future research directions for improving this method, including enhancing image quality and recall in the visible region and refining the design of the rigid endoscope to correct chromatic aberrations over a wide area.

"With these further advancements, in the coming years, the proposed HSI technology is expected to facilitate new applications in industrial inspection and quality control, working as a 'superhuman vision' tool that unlocks new ways of perceiving and understanding the world around us," the researchers said.

Bird flu virus

Is the bird flu virus inching closer to humans? (New Kerala: 20240430)

<https://www.newkerala.com/news/2024/24695.htm>

While there is no record to date of sustained human-to-human bird flu transmission, the recent virus mutations show it may be inching closer to humans, according to health experts on Monday.

Is the bird flu virus inching closer to humans?

The bird flu or avian influenza A (H5N1) virus outbreak in poultry farms is not a new occurrence. It has periodically been reported all around the world, including poultry farms in parts of India.

Migrating wild birds bring the virus to poultry farms. However, in recent years, this bird flu virus H5N1 has jumped to mammals.

In 2023, the H5N1 virus killed a record number of birds and also spread to otters, sea lions, foxes, dolphins, and seals, among others. More recently it also affected numerous cattle farms across the US. Health officials in the US found fragments of bird virus in pasteurised milk sold in stores, including in about 20 per cent of samples in initial testing across the country.

"This shows that the H5N1 bird flu virus has now adapted for circulating among mammals. It is now able to easily spread from mammal to mammal, rather than having to jump each time from bird to mammal. This shows the virus has made suitable adaptations already. And bird flu virus has moved one step closer to humans," Dr Rajeev Jayadevan, co-chairman of the Indian Medical Association's National Covid-19 Task Force, told IANS.

Importantly, "there is no record to date of sustained human-to-human transmission. This can only occur if the virus makes more adaptations by mutating. The concern now is the virus has found a new host among cattle, which is always in contact with man," he added.

Can bird flu infect humans?

Bird flu -- a common phenomenon seen in India -- raised infection concerns among humans in Jharkhand's Ranchi last week. Two doctors and six staff members of the Regional Poultry Farm in Hotwar were quarantined for two days. However, their throat swab samples sent for tests on April 27, were found to be negative.

According to data from the World Health Organisation, from 2003 to 2023, a total of 873 human cases of infection with influenza A (H5N1) and 458 deaths have been reported globally from 21 countries. However, to date, no sustained human-to-human transmission has been detected.

"Human infection due to avian influenza happens only with close contact with infected animals. Although the risk for human infection is rare, such occurrences come with a high mortality rate," biologist Vinod Scaria, told IANS.

The high mortality rate is because "humans have no prior immune memory for this particular type of influenza virus", said Dr Jayadevan.

The WHO believes that available epidemiological and virological evidence does not indicate that current bird flu viruses have acquired the ability of sustained transmission among humans. However, the recent episode of transmission to cattle, where it has reportedly affected one human, has raised fresh concerns.

Genomic analysis suggests that it has silently been spreading among the cattle for months - since December or January.

"Scientists are worried whether the virus will now make further adaptations where it can not only easily infect man, but also spread from man to man, in which case it could become a major catastrophic event. We hope it will not happen," Dr Jayadevan told IANS.

The WHO advises people in close contact with cattle and poultry to regularly wash hands and employ good food safety and food hygiene practices, pasteurise milk, as well as to get vaccinated against seasonal human flu, to reduce the risk that H5N1 could recombine with a human avian virus.

"Appropriate personal protection while handling infected birds/dead birds or excreta is very important and awareness of this among the public is important," Scaria told IANS.

Vaccination

Vaccination saved billions of lives, key to fight infections: Doctors (New Kerala: 20240430)

<https://www.newkerala.com/news/2024/24631.htm>

accination has saved billions of lives globally and helped boost immune system to fight infections, said doctors on Monday, as part of World Immunisation Week.

Vaccination saved billions of lives, key to fight infections: Doctors

According to the World Health Organization (WHO), immunisation efforts have saved at least 154 million lives over the past 50 years worldwide.

“On the occasion of World Immunisation Week, we all should take a pledge that everyone should get proper immunisation as needed. Vaccination has saved billions of lives,” Dr Ravindra Gupta, Head of Department, Internal Medicine, C.K. Birla Hospital, Gurugram, told IANS.

“Our immune system fights against pathogens and protects us from infectious diseases. Vaccination helps our immune system fight against these infections and protects ageing adults and children from severe infections,” added Dr Agam Vora, General Secretary of the Association of Physicians of India.

The progress achieved on immunisation suffered a severe setback with some 20 million children missing out on one or more of their vaccines during the recent global Covid-19 pandemic. Further, growing conflicts, economic downturns, and a rise in vaccine hesitancy are some of the threats to efforts to reach these children.

“As a result, the world is seeing sudden outbreaks of diphtheria and measles diseases that, until now, we’d had nearly in hand,” as per the WHO.

Immunisation eradicated smallpox and almost eliminated polio. Despite childhood immunisation being highly successful, adult immunisation for pneumonia, various kinds of flu viruses, Covid, cervical cancer, and now herpes zoster are lagging.

Dr Agam told IANS that vaccination can be key to protecting ageing adults from serious infections and their complications such as shingles, pneumonia, and influenza. It is because the immune system also undergoes ageing and does not function as well.

Similarly, children below the age of five also need vaccination because their immune system is not fully developed. This makes them susceptible to multiple infections that can interfere with their growth and development, the doctor said.

Alzheimer's disease

Study confirms air pollution increases risk of Alzheimer's disease (New Kerala: 20240430)

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

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

Study confirms air pollution increases risk of Alzheimer's disease

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

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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.

Health Benefits Of Kakdi In Summer

Kakdi Ke Fayde: ककड़ी की तासीर ठंडी होती है और इसमें 90 प्रतिशत पानी पाया जाता है। जो बॉडी को डिहाइड्रेट होने से ही नहीं बचाता बल्कि वेट लॉस में भी काफी मदद करता (Hindustan: 20240430)

<https://www.livehindustan.com/lifestyle/health/story-weight-loss-to-control-high-blood-pressure-know-health-benefits-of-eating-kakdi-in-summer-kakdi-ke-fayde-9884599.html>

है। आइए जानते हैं सेहत से जुड़े ऐसे ही

Health Benefits Of Kakdi In Summer: गर्मियों में लोग अपनी डाइट में ऐसी चीजों को शामिल करना पसंद करते हैं, जो शरीर को ठंडक देने के साथ कई

रोगों से भी दूर रखने में मदद करती हैं। ऐसा ही एक समर फूड है ककड़ी। ककड़ी की तासीर ठंडी होती है और इसमें 90 प्रतिशत पानी पाया जाता है। जो बॉडी

को डिहाइड्रेट होने से ही नहीं बचाता बल्कि वेट लॉस में भी काफी मदद करता है। बात अगर ककड़ी में मौजूद पोषक तत्वों की करें तो ककड़ी में विटामिन ए,

विटामिन सी, विटामिन के, पोटैशियम, फाइबर और ल्यूटीन जैसे कई पोषक तत्व पाए जाते हैं। जो सेहत को कई गजब के फायदे पहुंचाते हैं। आइए जानते हैं

सेहत से जुड़े ऐसे ही कई फायदों के बारे में।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश क्विज

NEW IPL UK बोर्ड रिजल्ट

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4/30/24, 10:26 AM weight loss to control high blood pressure know health benefits of eating kakdi in summer kakdi Ke Fayde - गर्मियों में सेहत के लिए व...

<https://www.livehindustan.com/lifestyle/health/story-weight-loss-to-control-high-blood-pressure-know-health-benefits-of-eating-kakdi-in-summer-kakdi-...> 1/4

विज्ञापन

गर्मियों में ककड़ी खाने से मिलते हैं ये फायदे-

बॉडी रखे हाइड्रेट गर्मियों में अक्सर लोग डिहाइड्रेशन की समस्या से परेशान रहते हैं। ऐसे में ककड़ी में मौजूद 90 प्रतिशत पानी शरीर को हाइड्रेटेड रखने में मदद करता है।

ककड़ी का सेवन करने से शरीर में पानी की कमी पूरी होने के साथ बॉडी में जमा विषाक्त पदार्थों को भी बाहर निकालने में मदद मिलती है।

वेट लॉस में फायदेमंद ककड़ी का सेवन वेट लॉस में भी मदद करता है। ककड़ी में मौजूद फाइबर की अधिकता पेट को लंबे समय तक भरा हुआ रखने में मदद करती है। इसके अलावा

ककड़ी में कैलोरी की मात्रा भी काफी कम पाई जाती है। जो आपके वेट लॉस मिशन को पूरा करने में मदद कर सकती है। ककड़ी को आप सलाद या जूस के

रूप में डाइट में शामिल कर सकते हैं।

ब्लड प्रेशर रखें कंट्रोल ककड़ी का सेवन हाई बीपी की समस्या में फायदा पहुंचा सकता है। ककड़ी में मौजूद पोटाशियम ब्लड प्रेशर को कंट्रोल करने में मदद करता है। इसके अलावा

यह शरीर में कोलेस्ट्रॉल लेवल को भी मेंटेनेन रखने में मदद करता है, जिससे दिल से जुड़े रोगों का खतरा कम होता है।

कब्ज से निजात ककड़ी में मौजूद फाइबर की मात्रा पेट में गैस और कब्ज की शिकायत को दूर रखती है।

त्वचा के लिए फायदेमंद ककड़ी सेहत को ही नहीं बल्कि त्वचा और बालों की खूबसूरती को भी बनाए रखने में मदद करती है। ककड़ी के नियमित सेवन से बालों की ग्रोथ बेहतर होने के

साथ त्वचा के दाग-धब्बे भी दूर होते हैं। जिससे त्वचा चमकदार नजर आती है।

ऐप पर पढ़ें

4/30/24, 10:26 AM weight loss to control high blood pressure know health benefits of eating kakdi in summer kakdi Ke Fayde - गर्मियों में सेहत के लिए व...

<https://www.livehindustan.com/lifestyle/health/story-weight-loss-t>

रिफ्रेशिंग और हाइड्रेटिंग फ्रूट

रिफ्रेशिंग और हाइड्रेटिंग फ्रूट है कीवी, इन 2 रेसिपीज के साथ लें इसकी गुडनेस का लाभ

ए, बी12, बी6, ई, आयरन, कैल्शियम और पोटेशियम जैसे विटामिन और खनिजों से भरपूर कीवी ब्लड सर्कुलेशन, हड्डियों के स्वास्थ्य और दृष्टि सहित विभिन्न शारीरिक कार्यों में मदद(Hindustan: 20240430)

करता है। कीवी में एक्टिनिडिन होता।

<https://www.livehindustan.com/lifestyle/story-2-healthy-and-tasty-kiwi-recipes-9880000.html>

गर्मियों का तापमान अपने सबसे चरम स्तर तक पहुंचने के साथ, हमारे शरीर की ऊर्जा को फिर से पाने के लिए रसीले, खट्टे गर्मियों के फलों में कीवी एक बहुत

अच्छा विकल्प है। गर्मी, पसीना और अपच जैसी विभिन्न गैस्ट्रो इंटेस्टाइनल समस्याओं के कारण कई लोगों को गर्मी का मौसम पसंद नहीं आता। लेकिन इस मौसम

में कई ऐसे फल हैं जो आपको ताज़गी देते हैं। ताज़गी देने वाले खरबूजे से लेकर स्वादिष्ट आम और खट्टी हरी कीवी तक, गर्मी के मौसम में ढेर सारे फल आते हैं जो

न केवल स्वाद से भरपूर होते हैं बल्कि हमारे शरीर के लिए आवश्यक स्वास्थ्य लाभ भी प्रदान करते हैं। तो चलिए कीवी से बनाते हैं आज कुछ रिफ्रेशिंग रेसिपी।

अधिक जानकारी के लिए इस लिंक पर क्लिक करें- रिफ्रेशिंग और हाइड्रेटिंग फ्रूट है कीवी, इन 2 रेसिपीज के साथ लें इसकी गुडनेस का लाभ

विज

ब्रेन ट्यूमर

ब्रेन ट्यूमर में एक बार होता है दर्द! ये 5 मिथक मुश्किल कर देंगे बीमारी का इलाज, हो जाएं सावधान (Navbharat Times : 20240430)

<https://navbharattimes.indiatimes.com/lifestyle/health/5-myth-busters-about-brain-tumor-and-brain-cancer-in-hindi/articleshow/109697142.cms>

Brain Tumor Symptoms: ब्रेन ट्यूमर कैंसर का रूप भी ले सकते हैं। यह आपके शरीर को बुरी तरह नुकसान पहुंचा सकता है। इस नुकसान को मिथकों पर विश्वास करना बढ़ा सकता है। आइए जानते हैं कि ब्रेन ट्यूमर से जुड़ी सच्चाई क्या है।

brain cancer myths

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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?

दिमाग में असामान्य सेल्स की बढ़ोतरी को ब्रेन ट्यूमर कहा जाता है। यह एक गंभीर बीमारी है, जिसका जल्द से जल्द इलाज करवाना ज़रूरी होता है। ये ट्यूमर धीरे-धीरे या तेजी से भी बढ़ सकते हैं और दिमाग के कई काम बंद हो सकते हैं। इससे बचाव के लिए सही जानकारी होनी चाहिए। लेकिन समाज में इससे जुड़े मिथक फैले हुए हैं, जैसे ब्रेन ट्यूमर और ब्रेन कैंसर एक होते हैं।

मिथक- ब्रेन ट्यूमर और ब्रेन कैंसर एक हैं

brain tumor brain cancer

यह मिथक काफी प्रचलित है, लेकिन यह आधा सच है। Johns Hopkins Medicine के मुताबिक सारे ब्रेन कैंसर को ट्यूमर कह सकते हैं लेकिन सारे ट्यूमर को ब्रेन कैंसर नहीं कह सकते। कुछ ट्यूमर कैंसरीकृत नहीं होते। इनके फैलने का खतरा न के बराबर होता है।

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मिथक- ब्रेन ट्यूमर का इलाज नहीं है

skeleton illness unwell headache brain cancer

कैंसररस ब्रेन ट्यूमर का इलाज मुश्किल होता है मगर यह नामुमकिन नहीं है। वक्त पर हस्तक्षेप करने पर मरीज को इस बीमारी से आजाद किया जा सकता है। अगर इसका पता शुरुआती स्टेज में लग जाता है तो इलाज की संभावना काफी ज्यादा बढ़ जाती है। ग्रेड 3 और 4 के मुकाबले ग्रेड 1 और 2 ट्यूमर के दोबारा आने का खतरा भी कम होता है।

इन लक्षणों को ना करें इग्नोर, हो सकता है ब्रेन ट्यूमर

मिथक- ट्यूमर का दर्द एक बार होता है

headache mental health

ब्रेन ट्यूमर में होने वाला सिरदर्द एक बार नहीं होता। इसमें बार-बार तेज सिरदर्द होता है जो दवा लेने से भी ठीक नहीं होता। यह सिरदर्द समय के साथ बढ़ सकता है और इसके साथ मतली, उल्टी या आंखों की रोशनी में बदलाव जैसी अन्य समस्याएं भी हो सकती हैं। सिरदर्द होना आम बात है, लेकिन अगर आपको लगातार तेज सिरदर्द होता है जो आपकी रोजमर्रा की जिंदगी को प्रभावित करता है, तो डॉक्टर से जरूर जांच करवाएं।

मिथक- ब्रेन ट्यूमर का असर सिर्फ सिर पर होता है

weak eyesight vision specs (2)

इस बीमारी का असर आपकी आंखों और मुंह की क्षमता पर भी पड़ सकता है। अगर आपको देखने में या बोलने में अचानक से कोई बदलाव महसूस होता है, तो इसकी जांच करवाएं। आंखों से जुड़ी समस्याओं में धुंधला दिखना, दोहरा दिखना या एक या दोनों आंखों से कम दिखना शामिल हो सकता है।

बोलने में परेशानी का मतलब है कि आपको बोलने में दिक्कत हो रही है, आपकी आवाज अस्पष्ट हो रही है या आप दूसरों की बातों को समझने में परेशानी महसूस कर रहे हैं। ये लक्षण ब्रेन ट्यूमर या दिमाग से जुड़ी किसी अन्य बीमारी के कारण भी हो सकते हैं। इसलिए, इनकी जांच डॉक्टर से तुरंत करवाएं।

मिथक- ब्रेन ट्यूमर से सिर्फ शरीर में बदलाव आता है

mood irritation

अगर आप अपने व्यवहार में अचानक से कोई बदलाव महसूस करते हैं, तो उन्हें नजरअंदाज न करें। इनमें चिड़चिड़ापन, याददाश्त कमजोर होना, उलझन या पहले से अलग तरह का व्यवहार करना शामिल हो सकता है। उदाहरण के तौर पर, चीजें भूल जाना, ध्यान लगाने में परेशानी होना, मूड में अचानक उतार-चढ़ाव आना या पहले जैसा व्यवहार न करना ये सब दिमाग से जुड़ी समस्याओं के संकेत हो सकते हैं

ब्रेन ट्यूमर के अन्य लक्षण

facial paralysis

दौरा पड़ना

बेहोशी छाना

मितली

उल्टी

सुस्ती

शरीर में कमजोरी

एक तरफ का शरीर ठप पड़ना

Slow Metabolism Symptoms

शरीर को बिगाड़ देता है धीमा मेटाबॉलिज्म, इसके लक्षण समझने में लग जाती है
देर(Navbharat Times : 20240430)

<https://navbharattimes.indiatimes.com/lifestyle/health/hidden-signs-that-you-have-a-slow-metabolism-you-should-not-ignore/articleshow/109690559.cms>

Slow Metabolism Symptoms: अगर आपका वजन तेजी से बढ़ता जा रहा है या आप हमेशा सर्दी जुकाम महसूस करते हैं, तो यह स्लो मेटाबॉलिज्म का संकेत हो सकता है। जिस पर समय रहते ध्यान देना जरूरी है। जानिए एक्सपर्ट से इन संकेतों के बारे में।

Main

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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?

कई लोग अपने बढ़ते वजन से परेशान रहते हैं और चाहकर भी अपना वजन घटा नहीं पाते हैं। उनमें थकान और कब्ज जैसे लक्षण भी नजर आते हैं। क्या ऐसे में कभी आपने ध्यान दिया कि ऐसा क्यों हो रहा है। यह सब स्लो मेटाबॉलिज्म के संकेत है।

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आयुर्वेद विशेषज्ञ डॉ अपर्णा पद्मनाभन ने बताया कि मेटाबॉलिज्म आपके शरीर में खाने को ऊर्जा में बदलने का काम करती है। जब आपका मेटाबॉलिज्म स्लो होने लगता है, तो वजन बढ़ने से लेकर बहुत सी शारीरिक दिक्कतें हो सकती हैं। इसके धीमा होने पर आपका शरीर कई संकेत देते हैं, जिस पर ध्यान देना आवश्यक है।

स्लो मेटाबॉलिज्म के संकेत

बढ़ता वजन

1 कुछ लोगों का वजन अचानक से बढ़ने लगता है, लोग इसका कारण नहीं समझ पाते हैं। जो स्लो मेटाबॉलिज्म के लक्षणों में से एक है। जब आपकी डाइट और खान में बिना किसी बदलाव के वजन तेजी से बढ़े, तो उसे अनदेखा नहीं करना चाहिए।

मेटाबॉलिज्म को ठीक करने के लिए डाइट के साथ अपनानी होगी ये आदतें

सर्दी लगना

2 स्लो मेटाबॉलिज्म के कारण शरीर में गर्मी की कमी होती है, जिसकी वजह से गर्म मौसम में भी ठंड ज्यादा लगती है। स्लो मेटाबॉलिज्म की वजह से शरीर में ऊर्जा सही मात्रा में नहीं बन पाती है, जिससे शरीर की गर्मी उत्पन्न करने की क्षमता में भी कमी हो सकती है।

कब्ज की समस्या

3 कब्ज भी स्लो मेटाबॉलिज्म का एक संकेत हो सकता है। जब आपके शरीर का मेटाबॉलिज्म धीमा होता है, तो डायजेशन भी प्रभावित हो सकता है। स्लो मेटाबॉलिज्म के कारणों में शारीरिक गतिविधियों में कमी हो सकती है, जिससे पेट में गैस और एसिडिटी का अनुभव हो सकता है।

हेयर लॉस

4 मेटाबॉलिज्म का धीमा होना आपके शरीर में पोषण की मात्रा को भी प्रभावित करता है। जिसका नकारात्मक प्रभाव आपके बालों के स्वास्थ्य पर भी पड़ सकता है। कुछ लोगों में स्लो मेटाबॉलिज्म के कारण हेयर लॉस होता है, लेकिन लोग इसका कारण समझ नहीं पाते हैं।

एक्सपर्ट की राय

5 आयुर्वेद विशेषज्ञ डॉ अपर्णा पद्मनाभन ने बताया कि स्लो मेटाबॉलिज्म का सही इलाज अक्सर लोगों को मिल नहीं पाता है, जिसके कारण कई और बीमारियों का भी खतरा बढ़ता है। एक अच्छी लाइफस्टाइल से मेटाबॉलिज्म को बूस्ट किया जा सकता है। इसके अलावा बहुत से आयुर्वेदिक हर्ब्स में मेटाबॉलिज्म को फास्ट बनाने वाले गुण होते हैं।