



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20240502

## **Covishield side-effects**

**PIL seeks directions to study possible Covishield side-effects (The Tribune: 20240502)**

<https://www.tribuneindia.com/news/india/pil-seeks-directions-to-study-possible-covishield-side-effects-616817>

PIL seeks directions to study possible Covishield side-effects

A Delhi-based lawyer on Wednesday moved the Supreme Court seeking directions to study the possible side-effects of AstraZeneca's Covishield vaccine, one of two vaccines which was administered to millions of Indians during Covid-19 pandemic.

“The issue has to be looked upon by the Union government on priority so that in future no risk may occur regarding the health and life of Indian citizens,” advocate Vishal Tiwari said in his PIL filed after AstraZeneca admitted before a court in the UK that Covishield can potentially cause a rare side-effect associated with blood clotting.

Tiwari submitted that AstraZeneca has accepted a link between the vaccine and Thrombosis with Thrombocytopenia Syndrome (TTS), a medical condition characterised by abnormally low levels of platelets and the formation of blood clots. He urged the top court to set up a medical expert panel under the supervision of a retired apex court judge. The panel should have medical experts from All India Institute of Medical Science to examine the side-effects of Covishield and its risk factors. — TNS

Judges don't have holidays even on weekends: SC

Often criticised for long vacations, the Supreme Court on Wednesday said those who say that the top court and high courts take long vacations don't understand that judges don't have holidays even on Saturdays and Sundays.

## **Sleeping**

### **Sleep loss most prevalent among popular teenagers in school, reveals study(The Tribune: 20240502)**

<https://www.tribuneindia.com/news/health/sleep-loss-most-prevalent-among-popular-teenagers-in-school-reveals-study-616782>

Popular girls experience more insomnia symptoms than popular boys

Sleep loss most prevalent among popular teenagers in school, reveals study

Teenagers who are popular in school are less likely to get their recommended eight to 10 hours of sleep each night, revealed a study on Wednesday.

Researchers from Sweden and Australia found that with increasing school demands, activities, more independence from parents, and relationships with peers, popular children especially girls experience more insomnia symptoms.

It is because of “a later melatonin onset and increased alertness in the evening”, revealed the study published in the journal *Frontiers in Sleep*.

“Here we show that popular teenagers reported shorter sleep duration. In particular, popular girls—but not boys—reported more insomnia symptoms,” said Dr Serena Bauducco, a sleep researcher at Orebro University.

“Most interestingly, popularity also seems to negatively impact sleep both before and after the advent of smartphones,” she added.

To find out the link between popularity and sleeping habits, the team examined more than 1,300 Swedish teenagers, almost half of them female, aged 14 to 18.

They found that those defined as more popular slept less than their peers, the most popular ones up to 27 minutes.

Further, more popular girls experienced more insomnia symptoms, such as difficulties falling or staying asleep or waking up too early.

Popular boys did not experience these symptoms to the same extent.

While the gender differences are not yet fully understood, “girls express more care and concern with their friends and engage in helping behaviour more than boys. This might mean they carry these concerns when it’s time to fall asleep,” Bauducco explained.

“Teenagers are arguably the most sleep-deprived population throughout their lifespan,” said Bauducco.

“Previous studies show that 30 minutes of extra sleep can lead to improved mental health and better school performance.”

While emphasising the need for more research on gender differences, the team called for adding sleep and expectations of peers around bedtime in existing sleep interventions for adolescents.

## **premature surgical menopause**

### **Study shows premature surgical menopause may raise muscle disorder risk (The Tribune: 20240502)**

<https://www.tribuneindia.com/news/health/study-shows-premature-surgical-menopause-may-raise-muscle-disorder-risk-616780>

Musculoskeletal pain is a prevalent menopause symptom, which also affects muscle function and mass

Study shows premature surgical menopause may raise muscle disorder risk

Photo for representational purpose only. iStock

Premature surgical menopause can significantly raise the risk of muscle disorders like chronic musculoskeletal pain and sarcopenia, according to a study on Wednesday.

Musculoskeletal pain is a prevalent menopause symptom, which also affects muscle function and mass. Sarcopenia is a type of musculoskeletal disease, caused due to the age-related progressive loss of muscle mass and strength.

More than “chronologic age”, the study published online in the journal Menopause, attributed “hormone deficiency” to muscle disorders.

While menopause significantly decreases ovarian hormone levels, the decrease is even more prominent in women who have experienced premature menopause, either spontaneous or surgical. In addition, testosterone levels also decline significantly in women with premature menopause, the researchers said.

In the study of nearly 650 US women, the team found that women experiencing premature surgical menopause were more likely to develop musculoskeletal discomfort and sarcopenia than those with natural menopause at age 45 years or older.

“This study highlights the potential long-term musculoskeletal effects of premature surgical menopause, which causes a more abrupt and complete loss of ovarian hormones, including oestrogen and testosterone, than natural menopause,” said Stephanie Faubion, medical director for The Menopause Society.

“The use of hormone therapy until the natural age of menopause has the potential to mitigate some of the adverse long-term effects of early oestrogen loss,” she added.

## **Heart risk**

### **OpenAI’s ChatGPT is a failure in assessing heart risk, finds study (The Tribune: 20240502)**

Says ChatGPT’s predictions in cases of patients with chest pain are ‘inconsistent’

Although OpenAI’s ChatGPT could pass several medical exams, it lacks potential in assessing heart risk, found a study on Wednesday.

Research, published in the journal PLOS ONE, showed that “it would be unwise to rely on it for some health assessments, such as whether a patient with chest pain needs to be hospitalised”.

ChatGPT’s predictions in cases of patients with chest pain were “inconsistent”.

They also provided different heart risk assessment levels for the same patient data—from low to intermediate, and occasionally a high risk.

The variation “can be dangerous” said lead author Dr. Thomas Heston, a researcher with Washington State University’s Elson S. Floyd College of Medicine.

Further, the generative AI system also failed to match the traditional methods physicians use to judge a patient’s cardiac risk.

“ChatGPT was not acting in a consistent manner,” said Heston.

However, Heston sees great potential for generative AI in healthcare, but with further development.

“It can be a useful tool, but I think the technology is going a lot faster than our understanding of it, so it’s critically important that we do a lot of research, especially in these high-stakes clinical situations.”

## **Food safety concerns (The Tribune: 20240502)**

### **FSSAI to scale up quality checks**

<https://www.tribuneindia.com/news/editorials/food-safety-concerns-616424>

AMID a controversy over alleged adulteration of spices exported by MDH and Everest and the concerns over high sugar content in infant food products of Nestle India and Cadbury, the Food Safety and Standards Authority of India (FSSAI) has announced a comprehensive plan to enhance inspections across the nation. By conducting pan-India monitoring of spices, culinary herbs and other food items, the FSSAI aims to enforce stringent standards and safeguard consumers against potential health risks.

However, it is a poor reflection on the FSSAI's regulatory mechanism that this initiative stems not from its own findings but from the US authorities' refusal of certain spice-related shipments over the past few months and the recent ban imposed by Singapore and Hong Kong on spice companies which are suspected of supplying contaminated condiments and masalas. Earlier, the row over high sugar content in infant foods had prompted the FSSAI to scrutinise baby formula products, in accordance with its mandate to protect vulnerable users.

In another proactive step towards addressing the challenges in food safety, the FSSAI has decided to leverage the expertise of specialists from universities, research institutes and government organisations to enhance its capacity for risk assessment and mitigation and, thereby, ensure robust oversight of the food supply chain. By expanding its ambit to fruits, vegetables, fish products, fortified rice and milk products, the FSSAI aims to deal with diverse aspects of the problem. Looking to allay concerns over adulteration and contamination through surveillance, testing and enforcement, the FSSAI can play a bigger role in promoting food safety and building consumer confidence in India's food industry.

## **Covid vaccine row (The Tribune: 20240502)**

### **Thorough probe a must to fix accountability**

<https://www.tribuneindia.com/news/editorials/covid-vaccine-row-616786>

ASTRAZENECA (AZ), a leading pharmaceutical firm headquartered in the UK, has admitted that its Covid-19 vaccine can cause a side effect in ‘very rare cases’. The disclosure came during the hearing of a case in the High Court of Justice in London. Fifty-one claimants have alleged that they — or their loved ones — suffered from TTS (thrombosis with thrombocytopenia syndrome) after receiving the AZ vaccine. This rare syndrome is characterised by blood clotting or abnormally low levels of platelets; its potentially life-threatening consequences include brain damage, heart attack, pulmonary embolism and amputation. The petitioners, who are seeking damages under the UK’s Consumer Protection Act, reportedly possess documents substantiating their charge that the vaccine caused deaths or injuries.

The British case is of immense significance for India, where the AZ vaccine was manufactured and marketed as Covishield in partnership with the Pune-based Serum Institute of India. It was administered to almost 90 per cent of the eligible people in the country during the Covid years. Even though AZ has stated that patient safety is its highest priority, a thorough probe is required to allay the doubts and apprehensions of the Indian citizens who received Covishield shots. The matter has reached the Supreme Court, where a petitioner has sought directions to form a panel of medical experts to examine the vaccine’s side effects.

During the pandemic, vaccine clinical trials were fast-tracked due to the urgent need to curb the virus’ spread and save lives. This was driven by the overwhelming evidence that the benefits of vaccination exceeded the risks posed by the virus. However, the side effects, even if rare, have put a question mark over the safety of the AZ vaccine. The role of the regulatory authorities has also come under scrutiny. It is hoped that an in-depth inquiry will be carried out to pinpoint the lapses that imperilled the health of vaccine recipients. Fixing accountability and stressing the need for greater transparency should be the way forward.

## **vaccine**

### **Covishield | Plea in Supreme Court for probe panel for vaccine's 'risk factors' (The Hindu: 20240502)**

<https://www.thehindu.com/sci-tech/health/covishield-plea-in-supreme-court-for-probe-panel-for-vaccines-risk-factors/article68127955.ece>

The petition in the apex court comes after pharmaceutical company AstraZeneca's admission in U.K. court documents that its vaccine against COVID-19 has the potential to cause Thrombosis with Thrombocytopenia Syndrome.

A health worker inoculates a dose of covishield vaccine against the Covid-19 coronavirus at a special booster vaccination drive at a government health center in Hyderabad. File photo

A health worker inoculates a dose of covishield vaccine against the Covid-19 coronavirus at a special booster vaccination drive at a government health center in Hyderabad. File photo | Photo Credit: The Hindu

The controversy over the safety aspects of the Covishield vaccine reached the Supreme Court on Wednesday, May 1, 2024, with a petition seeking the constitution of an expert medical panel to study the risk factors.

Also read: AstraZeneca's submission in U.K. court nothing new, say doctors over Covishield's potential to cause blood clots

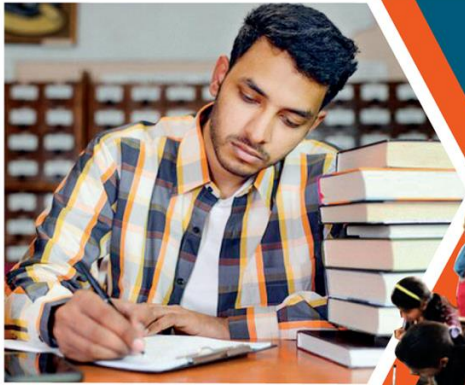
## **Education**

### **(The Asian Age: 20240502)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17992545>




# CRACKING WORLD'S TOUGHEST EXAMS



Some goals are so worthy that it is glorious even to fail, the journey of competitive exams is about the ups and downs that truly prepare an aspirant for life's bigger challenges

ESHA LOHIA

 The secret of success is that you should never be afraid of failure. India is a breeding ground for aspirational dreams where millions of aspirants prepare for competitive exams like the UPSC, CAT, CA, NDA, and JEE to name a few. Recently, a UPSC aspirant, Kunal R. Virulkar, who shared his journey after not clearing the exam despite 12 attempts, received a lot of appreciation on social media for his determination and commendable efforts. His posts read: "12 attempts, 7 mains, 5 interviews. NO SELECTION," followed by a poignant Hindi statement, "Shayad zindagi ka dusra naam hi sangharsh hai (Perhaps struggle is another name for life)." In 2023, around 13 lakh candidates appeared for the UPSC prelim exams, while the vacancies were only for 1,255 posts. Nidhi Agrawal (24), a Civil Services aspirant says, "In this competitive world people associate themselves with success. However, during our preparation stage, success is always measured by meeting the daily, weekly, and monthly targets. Competitive exams allow you to cover a vast syllabus in less time, teaching you that persistence is the key to success."

## THE UPHILL CLIMB

In the realm of competitive exams, success often seems like an elusive dream. From the vast syllabus, fierce competition, expectations, and immense pressure, success is never guaranteed. And 'failure' lurks around every corner, threatening to derail even the most determined aspirants. Mihika (24), a freelancer who attempted CAT, NMAT, SNAP, etc in 2023 decided to mould the shape of her dreams. She began applying internationally. She says, "I had already taken a year off and neither I nor my parents were keen on me trying again for the Indian exams since they have gotten highly competitive. I still see myself as not a high achiever kind of a person who can get into these top



Kunal R. Virulkar



 **COMPETITIVE EXAMS ALLOW YOU TO COVER A VAST SYLLABUS IN LESS TIME, TEACHING YOU THAT PERSISTENCE IS THE KEY TO SUCCESS."**

— NIDHI AGRAWAL (24), a Civil Services aspirant



**STUDENTS NEED TO BE CLEAR WITH THEIR GOAL, WHAT EXACTLY THEY WANT."**

— AARISH KHAN, CA and teacher, Mumbai



**THIS EXPERIENCE HAS REINFORCED MY BELIEF THAT HARD WORK AND DEDICATION CAN PAVE THE WAY FOR SUCCESS, REGARDLESS OF THE PATH TAKEN."**

— AKSHAY DHANEESAN NAMBIAR, student, VESIT



universities." The rat race to success is a bumpy track. Many aspirants feel dejected, lonely and have thoughts of quitting. Amidst the academic stress, students fear that if they do not qualify another year will be wasted and the same cycle will begin again. Nidhi says, "Students stay away from their hometown and their parents. They live in a competitive environment where thousands of students are living together preparing for the exam. It often gets lonely. Students overthink regarding the time they are spending and the outcome."

## CHALLENGES GALORE

It is precisely in the face of these challenges that the true test of character and exploration begins. Some aspirants change their dreams while others grind harder to achieve their goals. Hence, the word 'aspirant' validates their dreams instead of tagging them as 'failure.' Akshay Dhaneesan Nambiar

(19), a Mumbai-based Automation and Robotics student at VESIT, had attempted the JEE Mains in 2022, scoring a rank under 30,000. However, due to his understanding of his level of preparation, fear and anxiety, he didn't appear for the JEE Advanced 2022. After taking a drop year, he reappeared for the JEE Mains and the JEE Advanced in 2023 with an AIR of 3,484. He says, "Today, I look back on that decision without any regret. It turned out to be a blessing in disguise. The experience motivated me to work even harder, leading to a significant achievement in my first year. I secured an internship at IIT-BHU under Dr. Ankit Arora in the domain of VLSI. This experience has reinforced my belief that hard work and dedication can pave the way for success, regardless of the path taken."

## LESSONS FOR LIFE

Beyond academic or professional success, preparing for competitive exams

## TESTING TIMES

- The toughest competitive exams in India are UPSC IAS, JEE Advanced, GATE (Graduate Aptitude Test in Engineering), IIM CAT, NDA (National Defence Academy) Exam, CLAT (Common Law Admission Test), Chartered Accountant (CA) Exam, UGC NET, NEET, National Institute of Design Entrance Exam



- In 2023 around 13 lakh candidates appeared for UPSC prelims exams for only **1,255 vacancies**

teaches invaluable lessons that extend far beyond the confines of the examination hall. It instills resilience, determination, and grit, qualities that are essential for navigating the challenges of life. Aarish Khan, a Mumbai-based chartered accountant and teacher, who teaches Direct tax (CA Final) and Income tax (CA Intermediate), says, "Students need to be clear with their goal, what exactly they want. Nowadays, it's quite easy to get distracted by social media advancements and mass content consumption. As a teacher, I try to motivate my students and it helps them to reset their thinking and stay persistent in their goal. But also, self-motivation is the biggest factor."

## NOT THE END GAME

In today's competitive world, it's difficult to not view exams and academic results as a direct reflection of a person's abilities or self-worth. Mihika says that it took her several years to understand that marks do not always correlate to success. To date, it affects her emotionally and mentally. Mahek (23) who had attempted CPT in November 2020 and CA intermediate level exam in June 2021 couldn't succeed. But she prepared for the MBA entrance. She is now a Chartering and Operations Executive in a shipping company. "I took a 9-10-month break and went for an MBA programme. Seeing the word 'fail' for the first time in my life was disastrous. I suffered for many months, trying to figure out what went wrong. Eventually, I took the 'failure' as a stepping stone for the next journey ahead," Mahek says. In the end, preparing for competitive exams is not merely about achieving academic or professional success but about embarking on a journey of self-discovery and personal growth. It is about learning to embrace challenges, overcome setbacks, and emerge stronger, wiser, and more determined than before.



## **Sleepless nights**

**wsLifestyleFood & WineYes, there is indeed a link between your low salt diet and those sleepless nights ( Indian Express: 20240502)**

<https://indianexpress.com/article/lifestyle/food-wine/yes-there-is-indeed-a-link-between-your-low-salt-diet-and-those-sleepless-nights-9291967/>

Yes, there is indeed a link between your low salt diet and those sleepless nights

Dr James DiNicolantonio asks people to be cautious about following a low salt diet as it causes disruption to your sleep as well as weakens your bones

saltSalt contains sodium, which is essential for calcium absorption and retention in bones. (Source: Freepik)

Are you trying to cut back on salt? While it's commonly believed that reducing salt in your diet is good for your health, too little salt might be harmful.

Dr James DiNicolantonio, an expert in cardiovascular health, warns that low salt intake could have negative effects on your sleep and bone strength. He mentions in a reel, "People that were put on a low salt diet because of the activation of the sympathetic nervous system had a worsening in their sleep. So, we know that actually from a clinical perspective, this increase in the sympathetic nervous system is a true stress response and can affect sleep."

He also mentions how low sodium in the body can lead to depletion in bone health as it leads to a condition where the bone is stripped of essential minerals such as calcium and magnesium.

## Sugarcane juice

**You can make sugarcane juice at home without a ganna, but there's a caveat (Indian Express: 20240502)**

<https://indianexpress.com/article/lifestyle/food-wine/sugarcane-juice-at-home-without-ganna-healthy-jaggery-nutrition-tips-risks-9300516/>

Fresh sugarcane juice is rich in minerals including calcium, magnesium, potassium, and iron, but it is important to consume it in moderation because it's also heavy in calories and carbohydrates, said Sushma PS, chief dietitian, Jindal Naturecure Institute

sugarcane juice Fresh sugarcane juice contains natural sugars (Source: Freepik)

Summer is here, and during this time of the year, nothing beats the joy of consuming hydrating drinks like lemon juice, coconut water, and sugarcane juice. And what if we told you that you can make ganna juice at home in two minutes without using sugarcane? Yes, even we were surprised when chef Neha Deepak Shah proposed the idea on Instagram. “Ganna juice at home in two minutes. This has to be on your summer essentials. It is too good to be true. It’s getting so hot. Stay hydrated guys. Happy summer,” she stated on the social media platform.

All the culinary expert did was use jaggery in place of fresh sugarcane. Check out the recipe she shared.

### Ingredients

3-4tbsp – Jaggery, chopped

7 to 8 – Mint leaves

1 lime – Juice

Lots of ice

Black salt to taste

Method

In a mixer, add the ingredients and blend. Enjoy.

Is this a good substitute for sugarcane juice?

While homemade sugarcane juice made with jaggery can be a flavourful and refreshing beverage, it may not have the same nutritional profile as fresh sugarcane juice, said clinical dietitian Garima Goyal. Agreed Sushma PS, chief dietitian, Jindal Naturecure Institute who said that this drink feels more like a lime mocktail with mint instead of sugarcane juice.

Some points to consider

Nutritional content

Fresh sugarcane juice contains natural sugars, vitamins (such as vitamin C), minerals (like calcium, magnesium, and potassium), and antioxidants. “However, when sugarcane is processed into jaggery, some nutrients may be lost due to the heating and crystallisation process,” said Goyal.

Festive offer

jaggery Is jaggery a good replacement for sugarcane? (Source: Getty Images/Thinkstock)

Caloric content

While fresh sugarcane juice is rich in minerals including calcium, magnesium, potassium, and iron, it is important to consume it in moderation because it’s also heavy in calories and carbohydrates, noted Sushma. According to Goyal, while it can prove to be a quick source of energy, excessive consumption can contribute to weight gain and other health issues, especially for individuals watching their sugar intake.

Fibre content

Fresh sugarcane juice contains dietary fibre, which is beneficial for digestive health and can help regulate blood sugar levels. “Jaggery, on the other hand, contains minimal fibre since it’s a concentrated form of sugar,” said Goyal.

Some commercially available jaggery products may contain additives or preservatives to enhance shelf life or appearance. “It’s important to check the ingredients list if you’re purchasing jaggery from stores,” said Goyal.

While homemade sugarcane juice made with jaggery can still be enjoyed in moderation as a sweet treat, it may not offer the same nutritional benefits as fresh sugarcane juice. “It’s essential to consume both sugarcane juice and jaggery in moderation as part of a balanced diet, especially if you’re concerned about sugar intake and overall health,” said Goyal.

## **Almond flour**

### **Find out what makes almond flour better (or not) than other flours (Indian Express: 20240502)**

<https://indianexpress.com/article/lifestyle/food-wine/almond-flour-natural-swap-benefits-tips-9298147/>

When substituting almond flour for other flours, like all-purpose flour or whole wheat flour, it’s important to consider the differences in texture and moisture absorption, said Dr Sangeeta Tiwari, clinical nutritionist, Artemis Lite, New Friends Colony, Delhi

almond flourDo you use almond flour? (Source: Freepik)

Almond flour has become popular among those looking for gluten-free or low-carbohydrate alternatives to traditional wheat flour. While it can be a great substitute in many recipes, it’s important to understand its properties and limitations before swapping it with other flours. We are here to help you do just that.

First things first: How is almond flour made?

Almond flour — which is rich in nutrients like protein, healthy fats, and fibre — is made from finely ground almonds. Its nuttiness adds more flavour to baked goods, making it a versatile option for both sweet and savoury recipes. “Almond flour is rich in fibre along with vitamin E, healthy

fats, and magnesium that supports brain development. It's good for bones, strengthening immunity and boosting energy," Mona Narula, a child nutritionist, stated in an Instagram post.

Narula also shared a recipe to make almond flour

#### Method

\*Soak almonds overnight

\*Dry them well

\*Peel the skin

\*Roast well for 5-7 minutes

\*Cool them down and grind them into a fine powder (avoid over-grinding)

#### ADVERTISEMENT

So, is it a natural swap for other flours?

One of the most popular benefits of almond flour is its low carbohydrate content (compared to wheat flour). "This makes it a very suitable choice for those who are following low-carbohydrate or ketogenic diets. Furthermore, almond flour is naturally gluten-free, making it a good choice for people with gluten sensitivities or celiac disease," Dr Sangeeta Tiwari, clinical nutritionist, Artemis Lite, New Friends Colony, Delhi, told indianexpress.com.

According to Dr Tiwari, in recipes that require structure and rise, like bread or cakes, almond flour alone may not give enough structure. "It can be combined with other gluten-free flours like coconut or tapioca to have a better texture and rise," said Tiwari.

Festive offer

When substituting almond flour for other flours, like all-purpose flour or whole wheat flour, it's important to consider the differences in texture and moisture absorption. "Almond flour is more dense and moist than traditional flours, which can affect the outcome of baked goods," shared Tiwari.

cookies For cookies, muffins, and pancakes, almond flour can be a great one-to-one substitute for all-purpose flour (Source: Getty Images/Thinkstock)



However, for recipes like cookies, muffins, and pancakes, almond flour can be a great one-to-one substitute for all-purpose flour. “Its natural moisture content helps in keeping baked goods moist and tender, resulting in a desirable texture,” said Tiwari.

## ADVERTISEMENT

Also Read | Are oats in India safe? US doctor raises concerns about glyphosate

Almond flour can also be used as a coating for meats and vegetables, adding a crunchy texture and nutty flavour when fried or baked. “It’s a healthier alternative to breadcrumbs and gives a delicious twist to traditional recipes,” said Tiwari.

Things to keep in mind

Even though it is versatile, almond flour may not be suitable for people with nut allergies. “In such cases, alternatives like coconut flour or gluten-free oat flour can be used instead,” said Tiwari.

Almond flour can be a natural swap for other flours in many recipes, but understanding its unique properties, your dietary preferences, and other personal factors can help you in making a more informed choice.

The pros and cons of drinking coconut water with lemon every morning

Dr Dilip Gude, senior consultant physician at Yashoda Hospitals, Hyderabad, weighed in on the potential benefits and considerations of incorporating this tropical duo into your daily routine

## Coconut water

**coconut water**Here's why you should have coconut water in summer with lemon (Source: Getty Images/Thinkstock) (Indian Express: 20240502)

<https://indianexpress.com/article/lifestyle/food-wine/what-happens-coconut-water-lemon-every-morning-9301120/>

Sipping on a refreshing blend of coconut water and lemon juice has become a popular morning ritual. But does this trendy drink live up to the hype?

Dr Dilip Gude, senior consultant physician at Yashoda Hospitals, Hyderabad, weighed in on the potential benefits and considerations of incorporating this tropical duo into your daily routine. Let's explore what happens to your body when you start your day with coconut water and a squeeze of lemon.

#### Potential benefits

**Hydration Boost and Electrolyte Replenishment:** Coconut water is a natural source of electrolytes, particularly potassium, which helps replenish fluids lost overnight. Dr Gude emphasised its value in conditions like diarrhoea and excessive sweating, where electrolytes are crucial. Additionally, both coconut water and lemon juice contain small amounts of electrolytes, potentially benefiting athletes or individuals sweating heavily.

**Enhanced Immunity and Reduced Inflammation:** Dr Gude highlighted the addition of lemon juice, a source of vitamin C with anti-inflammatory properties, which can further boost immunity when combined with coconut water's potential antiviral, antibacterial, and antifungal characteristics.

**Improved Blood Pressure and Heart Health:** Coconut water's blood pressure normalising properties and long-term heart health benefits are noted by Dr Gude.

#### Festive offer

dehydration Coconut water is a natural source of electrolytes, particularly potassium, which helps replenish fluids lost overnight (Source: Freepik)

**Blood Sugar Management:** Dr Gude pointed out that coconut water may help diabetics by improving insulin resistance.

**Kidney Stone Prevention:** The combination of coconut water and lemon juice might also help prevent kidney stone formation in some patients, according to Dr Gude.

**Healthy Skin:** Dr Gude suggested that long-term consumption of this beverage may contribute to healthier skin.

#### Things to consider

Here are some things you should be mindful about, according to Dr Gude.

**Sugar Content:** While coconut water boasts natural sugars, consuming it daily could contribute to higher sugar intake. Consider choosing unsweetened varieties or diluting with water.

**Acidity:** The acidity of lemon juice can irritate sensitive teeth. Diluting it with water or using a straw can help minimize this effect.

Potassium Overload and Other Concerns: Dr Gude stressed caution for individuals with kidney dysfunction, heart failure, or hypertension. The combination of coconut water and vitamin C may raise potassium levels or cause fluid overload. Consult a doctor before incorporating it daily if you have underlying health concerns.

A balanced diet and healthy lifestyle habits are crucial for overall well-being. While coconut water with lemon can be a refreshing addition to your routine, it's not a magic bullet for health.

## **ChatGPT**

### **ChatGPT is a failure in assessing heart risk: Study (New Kerala: 20240502)**

<https://www.newkerala.com/news/2024/25149.htm>

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They also provided different heart risk assessment levels for the same patient data -- from low to intermediate, and occasionally a high risk.

The variation "can be dangerous" said lead author Dr. Thomas Heston, a researcher with Washington State University's Elson S. Floyd College of Medicine.

Further, the generative AI system also failed to match the traditional methods physicians use to judge a patient's cardiac risk.

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However, Heston sees great potential for generative AI in healthcare, but with further development.

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✓ ChatGPT is a failure in assessing heart risk: Study

## **Muscle disorder**

### **Study shows premature surgical menopause may raise muscle disorder risk (New Kerala: 20240502)**

<https://www.newkerala.com/news/2024/25097.htm>

remature surgical menopause can significantly raise the risk of muscle disorders like chronic musculoskeletal pain and sarcopenia, according to a study on Wednesday.

Musculoskeletal pain is a prevalent menopause symptom, which also affects muscle function and mass. Sarcopenia is a type of musculoskeletal disease, caused due to the age-related progressive loss of muscle mass and strength.

More than "chronologic age", the study published online in the journal *Menopause*, attributed "hormone deficiency" to muscle disorders.

While menopause significantly decreases ovarian hormone levels, the decrease is even more prominent in women who have experienced premature menopause, either spontaneous or surgical. In addition, testosterone levels also decline significantly in women with premature menopause, the researchers said.

In the study of nearly 650 US women, the team found that women experiencing premature surgical menopause were more likely to develop musculoskeletal discomfort and sarcopenia than those with natural menopause at age 45 years or older.

"This study highlights the potential long-term musculoskeletal effects of premature surgical menopause, which causes a more abrupt and complete loss of ovarian hormones, including oestrogen and testosterone, than natural menopause," said Stephanie Faubion, medical director for The Menopause Society.

"The use of hormone therapy until the natural age of menopause has the potential to mitigate some of the adverse long-term effects of early oestrogen loss," she added.

The study also confirmed that muscle stiffness complaints were most prevalent during menopause, affecting 54 per cent of US women aged 40 to 55 years.

✓ Study shows premature surgical menopause may raise muscle disorder risk

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## Teenagers

### **Sleep loss most prevalent among popular teenagers in school: Study (New Kerala: 20240502)**

<https://www.newkerala.com/news/2024/25081.htm>

Teenagers who are popular in school are less likely to get their recommended eight to 10 hours of sleep each night, revealed a study on Wednesday.

Sleep loss most prevalent among popular teenagers in school: Study

Researchers from Sweden and Australia found that with increasing school demands, activities, more independence from parents, and relationships with peers, popular children especially girls experience more insomnia symptoms.

It is because of “a later melatonin onset and increased alertness in the evening”, revealed the study published in the journal *Frontiers in Sleep*.

“Here we show that popular teenagers reported shorter sleep duration. In particular, popular girls -- but not boys -- reported more insomnia symptoms,” said Dr Serena Bauducco, a sleep researcher at Orebro University.

“Most interestingly, popularity also seems to negatively impact sleep both before and after the advent of smartphones,” she added.

To find out the link between popularity and sleeping habits, the team examined more than 1,300 Swedish teenagers, almost half of them female, aged 14 to 18.

They found that those defined as more popular slept less than their peers, the most popular ones up to 27 minutes.



Further, more popular girls experienced more insomnia symptoms, such as difficulties falling or staying asleep or waking up too early.

Popular boys did not experience these symptoms to the same extent.

While the gender differences are not yet fully understood, “girls express more care and concern with their friends and engage in helping behaviour more than boys. This might mean they carry these concerns when it’s time to fall asleep,” Bauducco explained.

“Teenagers are arguably the most sleep-deprived population throughout their lifespan,” said Bauducco.

“Previous studies show that 30 minutes of extra sleep can lead to improved mental health and better school performance.”

While emphasising the need for more research on gender differences, the team called for adding sleep and expectations of peers around bedtime in existing sleep interventions for adolescents.

## **Depression**

### **Risk of depression 40pc higher in perimenopausal women (New Kerala: 20240502)**

<https://www.newkerala.com/news/2024/25054.htm>

erimenopause -- the transitional phase before menopause -- may raise the risk of depression among women by 40 per cent, according to a study on Wednesday.

Risk of depression 40pc higher in perimenopausal women

The study by researchers from the University College London (UCL) is based on a meta-analysis of seven studies involving 9,141 women from across the world, including Australia, the US, China, the Netherlands, and Switzerland.

Compared to premenopausal women, the results published in the Journal of Affective Disorders found that perimenopausal women had a significantly higher risk (around 40 per cent) of experiencing depressive symptoms and being diagnosed with depression.

The finding highlights the "clinical need for screening and support in this potentially vulnerable group".

No significant increase in depression risk was found for postmenopausal women compared to those who were premenopausal.

"This study shows that women in the perimenopausal stage are significantly more likely to experience depression than either before or after this stage," said senior author Roopal Desai, from UCL's Psychology & Language Sciences.

"Our findings emphasise the importance of acknowledging that women in this life-stage are more vulnerable to experiencing depression. It also underlines the need to provide support and screening for women to help address their mental health needs effectively," she added.

Mindfulness and cognitive behavioural therapy can be helpful, according to a previous study by the same researchers.

Perimenopause, which occurs three to five years before the onset of menopause, causes fluctuation in oestrogen and progesterone levels. This leads to mood changes, irregular menstrual cycles, and other menopausal symptoms, including increased feelings of depression.

This stage of menopause continues until one year after a woman's last period and can often last for between four and eight years in total.

✓ Risk of depression 40pc higher in perimenopausal women

## **Blood pressure**

### **Study finds 2,000 genetic signals that influence blood pressure (New Kerala: 20240502)**

<https://www.newkerala.com/news/2024/25003.htm>

An international team of researchers has identified 2,000 independent genetic signals, including 113 new regions of the human genome that appear to influence a person's blood pressure.

Study finds 2,000 genetic signals that influence blood pressure

The study, based on data from over 1 million individuals and published in the journal Nature Genetics, demonstrates that blood pressure is a highly complex trait influenced by thousands of different genetic variants.

"We have now revealed a much larger proportion of the genetic contribution of blood pressure than was previously known," said Helen Warren, Senior Lecturer in Statistical Genetics at Queen Mary University of London.

"We are making our polygenic risk scores data publicly available. There are many different potential applications of genetic risk scores, so it will be exciting to see how our blood pressure scores can be used to address more clinically relevant questions in the future," she added.

For the study, the team combined four large datasets from genome-wide association studies (GWAS) of blood pressure and hypertension.

The additional genomic locations also explain a much larger part of the genetic differences in people's hypertension levels, the researchers said.

The findings could lead to potential new drug targets, and help to advance precision medicine in the early detection and prevention of hypertension (high blood pressure) -- a significant global burden increasing the risk of cardiovascular diseases.

