



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20240509

Undernutrition and anaemia

Undernutrition and anaemia remain pressing public health issues (The Hindu: 20240509)

ICMR-NIN specifies what to eat — 50%–55% of total calories from carbohydrates, 10%–15% from proteins and 20%–30% from dietary fats

<https://www.thehindu.com/sci-tech/health/undernutrition-and-anaemia-remain-pressing-public-health-issues/article68153647.ece>

ICMR-NIN recommends the dietary allowances and nutrient requirements for Indians and revises them from time to time based on emerging scientific evidence and the changing food landscape. Image for representation purposes only. File

ICMR-NIN recommends the dietary allowances and nutrient requirements for Indians and revises them from time to time based on emerging scientific evidence and the changing food landscape. Image for representation purposes only. File

Undernutrition and anaemia continue to persist as public health issues with an estimated 56.4% of total disease burden in India being attributed to unhealthy diets, according to the latest Dietary Guidelines for Indians (DGIs) developed by Indian Council of Medical Research (ICMR)-National Institute of Nutrition (ICMR-NIN), Hyderabad.

It said a significant proportion of children continue to suffer impaired nutritional status while concurrently battling rising prevalence of overweight, obese, pre-diabetic symptoms, heightened risk to non-communicable diseases (NCDs) in several States, creating a dual burden of

malnutrition where both undernutrition and overweight/obesity coexist within the same communities and even within households.

The DGIs are evidence-based food and lifestyle related recommendations designed as easily understandable and practicable approaches for ensuring a diverse diet to meet the requirements of essential nutrients and prevent NCDs among people of all age groups across India.

Healthcare providers

Misperception keeping healthcare providers from prescribing life-saving ORS for child diarrhoea in India: study (The Hindu: 20240509)

Misperception (42%), ORS stock-out (6%) and financial incentives (5%) were identified as barriers for prescription.

<https://www.thehindu.com/sci-tech/health/misperception-keeping-healthcare-providers-from-prescribing-life-saving-ors-for-child-diarrhoea-in-india-study/article68136190.ece>

A representational photo of a nurse administering Oral Rehydration Solution (ORS) solution to a child.

A representational photo of a nurse administering Oral Rehydration Solution (ORS) solution to a child. | Photo Credit: M. Govarthan

Misperceptions of healthcare providers has been identified as one of the major reasons why Oral Rehydration Solution (ORS), which could be a live-saving treatment in diarrhoea cases, is not being prescribed in India for children who suffer from diarrhoea, according to a study.

Published in February 2024 in Science Journal, the study is titled ‘What drives poor quality of care for child diarrhoea? Experimental evidence from India’. The study was conducted across 253 medium sized towns (population between 10,000 and 1.5 lakh) in Karnataka and Bihar to explore the reasons for underprescription of ORS in India.

Among the five authors in the study was Arnab Mukherji, chairperson, Post Graduate Programme in Public Policy and Management at Indian Institute of Management - Bangalore (IIMB). The other researchers were from Pardee RAND Graduate School at Santa Monica, Sanford School of Public Policy, Duke University at Durham, and University of Southern California in U.S.A.

“We did our work where there were very few examples of large private hospitals,” said Prof. Mukherji. Most of these providers reported seeing an average of six cases of child diarrhoea every week (about 24 in a month).

More than 2,000 private healthcare providers, including single doctor clinics and nursing homes, were part of the study conducted in 2023. In addition, 25 standardised patients (actors) were trained to present as caretakers of children with diarrhoea. With randomised controlled trials, the researchers tested the effects of three main reasons – misperception of providers, financial incentives and ORS stock – for under prescription of ORS.

Barrier 1 - Misperception

Providers’ misperceptions, which explained 42% of under prescription, stemmed from their confusion about whether patients preferred non-ORS treatments, like antibiotics, the taste of ORS and how it is not perceived as real medicine. While most patients in another household survey conducted by the researchers indicated that they preferred ORS, the providers thought that only 18% of patients preferred the solution.

Hence, when the standardised patients expressed their preference for ORS, the prescription increased by 27 percentage points, the researchers observed.

Barrier 2 - Financial incentives

While prescribing a lucrative treatment option for financial incentives was perceived to be a barrier (5%), the results of the study suggested that eliminating the incentive (by informing the provider that the patient would purchase medicines from a different location), had no effect on prescription of ORS.

Barrier 3 - ORS stock

For the third barrier, whose role was only 6%, half of the providers were randomly assigned to receive a six-week supply of ORS. The elimination of stock-outs resulted in a 7 percentage points increase in ORS provision, and 17 percentage points increase among clinics that sell medicine instead of prescribing it.

Recommendation of researchers

When asked about the interventions that the researchers suggest to tackle the problem of under prescription of ORS, Prof. Mukherji said, “Our research emphasises the importance of provider’s perception of the kind of care a patient’s family is seeking as an important factor in determining prescription behaviour of the provider. To support this, sharing the results of our study with all, and encouraging patients to express their preferences at the point of care, may help alleviate any mistaken patient preferences.”

Bird flu

Does bird flu have the potential to turn into the next pandemic? (The Hindu: 20240509)

<https://www.thehindu.com/sci-tech/health/does-bird-flu-have-the-potential-to-turn-into-the-next-pandemic/article68152987.ece>

Central Government directs vigilance on bird-flu spread in India with WHO warning of increased transmission and heightened risk of potential human transmission.

Amidst the ongoing Lok Sabha election, several states across the country including Kerala, Maharashtra, Chhattisgarh, Jharkhand among others have been directed to stay alert and vigilant about the ongoing bird flu spread and the emergence of the highly pathogenic avian influenza now in cattle — detected in eight U.S. states.

H5N1 outbreak: route of mammalian transmission among cattle unclear

While the Central Government has asked for vigilance, the World Health Organization (WHO) expressed deep concern regarding the increasing transmission of H5N1 bird flu to other species, including humans. "The current bird flu outbreak, which originated in 2020, has now affected not only ducks and chickens but also cows and goats, which is why the flu has been described as "a global zoonotic animal pandemic," it said, warning about the potential risk of the virus evolving to infect humans and gaining the ability for human-to-human transmission. Although there is no evidence of human-to-human spread yet, the mortality rate among those infected through contact with animals remains high. Over the past 15 months, WHO has documented 889 human cases across 23 countries, resulting in 463 deaths, equating to a mortality rate of 52 %

Central government in India maintains that Highly Pathogenic Avian Influenza (HPAI), commonly known as Bird Flu, was first detected in India in the state of Maharashtra in February 2006. Since then, the country has experienced annual outbreaks of HPAI in different regions, leading to substantial economic losses. The disease has been reported in 24 states and union territories, resulting in the culling of over 9 million birds to control its spread. India's approach to controlling HPAI follows a "detect and cull" policy as outlined in the National Action Plan for Prevention, Control, and Containment of Avian Influenza (revised - 2021). This comprehensive response includes the humane destruction of infected and exposed animals, eggs, feed, litter, and other contaminated materials. Additionally, measures such as restricting the movement of poultry and

poultry products, disinfection and clean-up of infected premises, and a Post-Operative Surveillance Plan (POSP) have been implemented. It's important to note that vaccination against HPAI is not permitted in India. The Central Government has maintained that with the long-term use of vaccination either the disease has become endemic and therefore widespread, or the infection in affected animals is too difficult to detect. Accordingly, the Government of India does not permit use of any vaccine against Avian Influenza in the country.

An article titled, 'Bird flu in US cows where will it end'' in Nature on May 8, 2024, notes that various forms of the H5N1 virus have been circulating since the 1990s. A particularly deadly variant that was first detected in 1996 has killed millions of birds and has been found in numerous mammalian species, including seals and mink. But until now, cows were not among the virus's known hosts. US officials first announced on 25 March that H5N1 had been found in cattle, and cows from 36 herds in 9 states have tested positive as of 7 May. Tests of pasteurized milk have found no living virus. But the virus's increasing ubiquity has made scientists uneasy. It adds further that from a human perspective, cows might be one of the worst possible animal reservoirs for influenza because of their sheer number and the degree to which humans interact with them. Culling poultry has curbed previous bird flu outbreaks, that isn't a viable option for cattle. The animals are too valuable and, unlike birds, don't seem to die from the infection.

Data released by the Central Government notes that India, is the third-largest producer of eggs (129.60 billion) and the fifth-largest producer of poultry meat (4.47 million tonnes) globally and in the fiscal year 2022-23, it made significant strides in the global market, exporting a notable 664,753.46 metric tons of poultry products, with a total worth of Rs. 1,081.62 crores (134.04 Million USD) to over 57 countries. According to a recent market intelligence study, the Indian poultry market achieved a remarkable valuation of USD 30.46 billion in 2023 with a CAGR of 8.1% from 2024-2032.

TB vaccine MTBVAC gets CDSCO nod for phase II trials

TB vaccine MTBVAC gets CDSCO nod for phase II trials

The MTBVAC is the first vaccine against Tuberculosis derived from a human source to begin clinical trials(The Hindu: 20240509)

<https://www.thehindu.com/sci-tech/health/tb-vaccine-mtbvac-gets-cdsco-nod-for-phase-ii-trials/article68149683.ece>

The Central Drug Standard Control Organisation's (CDSCO) Subject Expert Committee (SEC) has approved Bharat Biotech International's proposal to conduct the phase II clinical trial of the Mycobacterium Tuberculosis (Live Attenuated) Vaccine to assess the safety and immunogenicity in healthy adolescent and adult populations.

(For top health news of the day, subscribe to our newsletter Health Matters)

According to a release issued by the Company, the MTBVAC is the first vaccine against TB derived from a human source to begin clinical trials in adults in India.

Anti-Covid vaccine Covishield

Stopped producing anti-Covid vaccine Covishield in December 2021, says SII (The Tribune: 20240509)

<https://www.tribuneindia.com/news/india/stopped-producing-anti-covid-vaccine-in-december-2021-says-sii-619275>

Stopped producing anti-Covid vaccine Covishield in December 2021, says SII

The SII manufactured the Oxford-AstraZeneca Covid-19 vaccine under the brand name Covishield.

Pune-based Serum Institute of India (SII) on Wednesday said it had stopped manufacturing its anti-Covid-19 vaccine Covishield in December 2021 after British-Swedish pharmaceutical manufacturer AstraZeneca announced it was withdrawing its vaccine against Covid, Vaxzevria, due to "commercial reasons" as the demand for it decreased globally.

The SII manufactured the Oxford-AstraZeneca Covid-19 vaccine under the brand name Covishield.

"With India achieving high vaccination rates in 2021 and 2022, coupled with the emergence of new mutant variant strains, the demand for previous vaccines diminished significantly. Consequently, since December 2021, we have stopped the manufacturing and supply of additional doses of Covishield," an SII spokesperson said in the statement.

At least 170 crore Covishield doses have been administered since January 2021

AstraZeneca on Tuesday said it was proud of the vaccine, but it had made a commercial decision. It said the rise of new coronavirus variants meant the demand had shifted to newer updated vaccines.

“According to independent estimates, over 6.5 million lives were saved in the first year of use alone and over three billion doses were supplied globally. As multiple variant Covid-19 vaccines have since been developed, there is a surplus of available updated vaccines. We will now work with regulators and our partners to align on a clear path forward to conclude this chapter and significant contribution to the Covid-19 pandemic,” AstraZeneca said in a statement.

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Haldi milk vs turmeric water

Haldi milk vs turmeric water: Which is better?

The choice between haldi milk and haldi water depends on individual preferences and health needs. Here's how to determine yours (Indian express: 20240509)

<https://indianexpress.com/article/lifestyle/food-wine/haldi-milk-vs-haldi-water-health-benefits-9303731/>

haldi dud turmeric Which one should you choose? (Source: Freepik)

In the realm of traditional remedies, turmeric, a vibrant yellow spice, reigns supreme. Often referred to as “haldi” in India, it’s been used for centuries to combat ailments and promote overall well-being. But when it comes to harnessing its power, two popular options emerge: the comforting warmth of haldi milk and the refreshing simplicity of haldi water. Both boast a range of benefits, but which one reigns supreme?

According to G Sushma, clinical dietician, CARE Hospitals, Banjara Hills, Hyderabad, this choice depends on your personal needs and the health benefits you’re trying to obtain from the drink.

Sleeping

Science says rocking yourself to sleep works: Here's how to do it right(Indian express: 20240509)

Does rocking yourself to sleep actually work? Expert explains the science behind this sleep hack

<https://indianexpress.com/article/lifestyle/life-style/rocking-sleep-brain-night-bed-insomnia-9308954/>

sleep, rocking, sleep hackCan rocking help put you to a restful night's sleep (Source: Freepik)

In the quest for a good night's sleep, many of us have tried various remedies, from herbal teas to white noise machines. But what if the key to unlocking restful slumber lies not in a medicine or gadget, but in a simple, yet unconventional technique?

According to content creator Allan Mandell, this method can help put you to sleep quickly. "Before you go to bed, put a pillow between your knees, get out of your side, either side. And once you're comfortable, I just want you to rock from your hips down. Just rock this portion back and forth," he explains.

Nutrition alert

Nutrition alert: Here's what a 100-gram serving of kundru or tindli contains (Indian express: 20240509)

Because of its high water and mineral content, G. Sushma, clinical dietician at CARE Hospitals, Banjara Hills, Hyderabad, advised eating it during summers.

<https://indianexpress.com/article/lifestyle/food-wine/nutrition-alert-heres-what-a-100-gram-serving-of-kundru-or-tindli-contains-9281267/>

kundruUnlock the hidden potential of Ivy Gourd (Kundru). (Source: Freepik)

Unfamiliar with kundru? Don't worry, you're not alone. This slender green veggie, also known as ivy gourd, tindli or tindora, might not be a household name globally, but it boasts a rich history and a unique flavour profile waiting to be explored.

Native to tropical regions of Africa and Asia, kundru has been cultivated for centuries for its edible immature fruits and tender shoots. Prized for its versatility, it can be enjoyed raw in salads, stir-fried, curried, or even pickled. But kundru's appeal goes beyond the culinary.

Because of its high water and mineral content, G. Sushma, clinical dietician at CARE Hospitals, Banjara Hills, Hyderabad, advised eating it during summer.

The recommended serving size of ivy gourd can vary depending on factors such as individual nutritional needs, dietary preferences, and overall calorie intake. However, a typical serving size of ivy gourd is about ½ to 1 cup of cooked vegetables, which is roughly equivalent to 100-150 grams, she said. "Aim to include it in your meals a few times per week to reap its nutritional benefits."

heatwave Kundru is good for summer. (Representational image/File)

Sushma helped us further break down the nutritional powerhouse that is kundru.

Festive offer

Nutrition profile of kundru

This tropical vine with edible fruits is commonly used in various cuisines, especially in South and Southeast Asia. Here's a general overview of kundru's nutritional profile per 100 grams:

Nutrient Content per 100 grams of raw Kundru

Calories Around 20-25 kcal

Carbohydrates Approximately 3-4 grams

Fiber Around 1-2 grams

Protein Roughly 1-2 grams

Fat Negligible amount, less than 0.5 grams

Vitamins Vitamin C, Vitamin A, B vitamins (thiamine, riboflavin, niacin)

Minerals Potassium, Iron, Calcium, Magnesium

Health benefits of kundru

Sushma explained the health benefits of kundru:

Antioxidant Powerhouse: Rich in vitamin C, beta-carotene, and flavonoids, it combats free radicals, reducing chronic disease risk.

Blood Sugar Regulation: Potential hypoglycemic properties may aid blood sugar management for diabetics.

Weight Management Friend: Low in calories and carbs, with high fibre content for satiety and blood sugar control.

weight, health It is good for managing weight (Photo: Freepik)

Digestive Health Champion: Promotes regularity and a healthy gut microbiome with its prebiotic fiber.

Heart Health Hero: The fibre and antioxidants work together to improve heart health.

Eye Health Protector: Vitamin A and beta-carotene shield eyes from age-related macular degeneration and cataracts.

Immune System Booster: Vitamin C helps stimulate white blood cell production to fight off infections.

Can diabetics consume it?

Foods with a low glycemic index (GI) are digested and absorbed more slowly, resulting in gradual and steady increases in blood sugar levels, explained Sushma adding that kundru too has a low GI, making it particularly beneficial for individuals with diabetes who need to manage their blood sugar levels effectively.

However, individuals taking diabetes medications should consult a healthcare provider before consuming large amounts due to potential interactions, making the blood sugar too low.

Is it beneficial for pregnant women?

Ivy gourd, rich in vitamins C, A, folate, potassium, and iron, is a valuable addition to a pregnancy diet. Its low calories and high fibre content can help manage weight gain, prevent constipation, and promote satiety, said Sushma. The high water content aids in hydration, crucial for fetal development.

Medical termination of pregnancy Bombay HC Nagpur Is it beneficial for pregnant women? (Representational/ File)

Things to keep in mind

Allergies: While rare, allergies can occur in those with sensitivities to the Cucurbitaceae family (cucumber, melon, squash). Symptoms include itching, swelling, hives, or difficulty breathing. Seek medical attention if you experience any adverse reactions

Overconsumption: Large quantities, especially raw, may cause bloating, gas, or diarrhea. It also contains oxalates, which can contribute to kidney stones in susceptible individuals.

Mental health issues

The cost of over-identifying with your mental health issues: Therapist explains (Hindustan Times: 20240509)

<https://www.hindustantimes.com/photos/lifestyle/the-cost-of-over-identifying-with-your-mental-health-issues-therapist-explains-101715169370514-6.html>

From stagnation in personal development to increased anxiety and stress, here are a few negative impacts of over-identifying with our mental health issues.

Fear of abandonment from childhood can have traumatising impact on our adult relationships as well. We learn to internalise that fear and it shows up in our behavioural patterns. "Abandonment wounds run deep, often shaping our self-esteem in profound ways. From internalising rejection to fearing intimacy, the impact is real," wrote Therapist Allyson Kellum-Aguirre.(Unsplash)expand-icon

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When we start to identify with a mental health condition overtly, we restrict ourselves from having self-perception and growth. (Unsplash)expand-icon

Published on May 08, 2024 07:00 PM IST

When we start to identify with a mental health condition overtly, we restrict ourselves from having self-perception and growth. (Unsplash)

This further causes stagnation in personal development as we stay consumed in our mental health issues, rather than seeing beyond it. (Unsplash)expand-icon

Published on May 08, 2024 07:00 PM IST

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Constant focus on mental health challenges can accelerate stress and anxiety for us and make us feel frustrated and overwhelmed. (Unsplash)expand-icon

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Over-identification with mental health issues can make us feel powerless. We develop a powerless mentality where we feel that we cannot do anything to make our lives better. (Unsplash)expand-icon

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People often depend too much on the diagnosis and see it as a way of explaining personal and interpersonal issues, restricting a comprehensive understanding of themselves. (Unsplash)expand-icon

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Ayurvedic strategies

Ayurvedic strategies to balance iodine levels: Tips for optimal health (Hindustan Times: 20240509)

<https://www.hindustantimes.com/photos/lifestyle/ayurvedic-strategies-to-balance-iodine-levels-tips-for-optimal-health-101715170899694-6.html>

Unlocking the wisdom of Ayurveda, here are essential tips to maintain healthy iodine levels, crucial for overall well-being and vitality.

“Iodine deficiency can lead to thyroid issues, affecting energy, metabolism, and growth. Including iodine-rich foods like seafood, seaweed, dairy, and iodized salt in your diet can help maintain adequate iodine levels and support thyroid health,” says Dr Dimple Jangda, Ayurveda & Gut Health Coach in her recent Instagram post. She further shared some Ayurvedic remedies for iodine levels.(Shutterstock)expand-icon

Published on May 08, 2024 06:08 PM IST

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Iodized Salt: Swap regular salt for iodized salt in your cooking. Iodized salt is packed with iodine, which prevents iodine deficiency.(Pixabay)expand-icon

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Guggulu: Guggulu stimulates the thyroid, helping to balance hormones and regulate iodine levels in the body.(Pinterest)expand-icon

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Guggulu: Guggulu stimulates the thyroid, helping to balance hormones and regulate iodine levels in the body.(Pinterest)

It is important to remember that although Ayurvedic treatments offer comprehensive strategies, each person's response may be different. Consult a trained healthcare professional before adding any new treatments or supplements to your regimen, especially if you are taking any medications or have pre-existing medical conditions.(Freepik)expand-icon

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Cancer-causing chemicals

Cancer-causing chemicals detected in 99% of cars' cabin air, poses health risk for drivers: Study(Hindustan Times: 20240509)

<https://www.hindustantimes.com/lifestyle/health/cancercausing-chemicals-detected-in-99-of-cars-cabin-air-poses-health-risk-for-drivers-study-101715162361333.html>

A recent study in Environmental Science & Technology unveils alarming discoveries about car cabin air quality, indicating a presence of cancer-causing chemicals

A recent study published in Environmental Science & Technology reveals concerning findings regarding the air quality inside cars, with drivers and passengers potentially exposed to cancer-

causing chemicals. Conducted across 30 states, the study examined cabin air from 101 electric, gas, and hybrid vehicles spanning model years 2015 to 2022. Alarming, 99% of the cars tested positive for TCIPP, a flame retardant currently being investigated by the U.S. National Toxicology Program for its potential carcinogenic properties. Additionally, the majority of vehicles also contained two more flame retardants, TDCIPP and TCEP, both known to be carcinogenic.

Cancer-causing chemicals detected in 99% of cars' cabin air: Study(Pixabay)

Cancer-causing chemicals detected in 99% of cars' cabin air: Study(Pixabay)

Rebecca Hoehn, lead researcher and toxicology scientist at Duke University, emphasised the significance of the findings, stating, "Considering the average driver spends about an hour in the car every day, this is a significant public health issue." She further highlighted the concern for individuals with longer commutes and child passengers, who are particularly vulnerable due to their higher inhalation rates. The study revealed that levels of the hazardous flame retardants were elevated during the summer months, attributed to increased chemical release from car materials due to heat.

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Researchers identified seat foam as the primary source of cancer-causing compounds in the cabin air. Flame retardants, added to meet safety standards established by the National Highway Traffic Safety Administration in the 1970s, remain unchanged despite advances, raising concerns about outdated regulations.

Patrick Morrison, director of health, safety, and medicine for the International Association of Fire Fighters, expressed concern over the role of flame retardants in exacerbating firefighters' high cancer rates. "Filling products with these harmful chemicals does little to prevent fires for most uses and instead makes the blazes smokier and more toxic for victims, and especially for first responders," Morrison stated in a news release. He urged the U.S. National Highway Traffic Safety Administration (NHTSA) to revise its flammability standard to eliminate the need for flame-retardant chemicals inside vehicles.

Researchers supported Morrison's opinion, emphasising that toxic flame retardants offer no tangible benefits when used in vehicles.

Lydia Jahl, study author and senior scientist at the Green Science Policy Institute, suggested practical steps individuals can take to minimise exposure to toxic flame retardants, such as opening car windows and parking in shaded areas or garages. However, she emphasised the necessity of reducing the use of flame retardants in vehicles altogether. "Commuting to work shouldn't come with a cancer risk, and children shouldn't breathe in chemicals that can harm their brains on their way to school," Jahl stated, highlighting the urgency for regulatory action to mitigate health risks associated with these chemicals.

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Air Quality

Cancer

Chemical

News / Lifestyle / Health / Cancer-causing chemicals detected in 99% of cars' cabin air, poses health risk for drivers: Study

Intermittent fasting

Do you know intermittent fasting protects against liver inflammation, liver cancer? Study finds (New Kerala: 20240509)

<https://www.newkerala.com/news/2024/26390.htm>

Fatty liver disease frequently causes chronic liver inflammation and can possibly result in liver cancer. Scientists at the German Cancer Research Centre (DKFZ) and the University of Tübingen have demonstrated in mice that intermittent fasting on a 5:2 schedule can block this progression.

Fasting lowers the development of liver cancer in mice who already have liver inflammation. The researchers discovered two proteins in liver cells that are both responsible for the beneficial effect of fasting. An approved medication can partially replicate this effect.

Nonalcoholic fatty liver disease is the most prevalent chronic liver disorder. It can have catastrophic consequences: unchecked, it can cause liver inflammation (metabolic dysfunction-associated steatohepatitis, MASH), cirrhosis, and even malignancy. Fatty liver disease is often thought to be a direct result of obesity. Obesity has become increasingly common in rising countries such as India and China, in addition to Europe and the United States. As a result, the number of cases of liver failure and cancer is increasing rapidly in the afflicted countries.

"The vicious circle of an unhealthy diet, obesity, liver inflammation and liver cancer is associated with major restrictions and suffering for those affected and also represents a considerable burden

on healthcare systems," says Mathias Heikenwalder, DKFZ and University of Tübingen. "We have therefore investigated whether simple dietary changes can specifically interrupt this fatal process."

Intermittent fasting has already been shown in several studies to be an effective means of reducing weight and alleviating certain metabolic disorders. Heikenwalder's team has now tested in mice whether this approach can also protect the liver from fatty degeneration and chronic inflammation.

The animals were fed with a high-sugar and high-fat diet corresponding to the typical Western diet. One group of mice had constant access to the food. As expected, these animals gained weight and body fat and developed chronic liver inflammation.

The mice in the other group were given nothing to eat on two days a week (5:2 intermittent fasting, or 5:2 IF for short), but were allowed to eat as much as they wished on the other days. Despite the high-calorie diet, these animals did not put on weight, showed fewer signs of liver disease and had lower levels of biomarkers that indicate liver damage. In short, they were resistant to the development of MASH.

Interestingly, resistance to the development of a fatty liver was independent of the total calorie intake, as the animals immediately made up for the lost rations after the end of the fasting periods.

When experimenting with different variants of intermittent fasting, it was found that several parameters determine protection against liver inflammation: The number and duration of fasting cycles play a role, as does the start of the fasting phase. A 5:2 dietary pattern works better than 6:1; 24-hour fasting phases better than 12-hour ones. A particularly unhealthy diet requires more frequent dieting cycles.

Heikenwalder's team now wanted to find out the molecular background of the response to fasting. To this end, the researchers compared protein composition, metabolic pathways and gene activity in the liver of fasting and non-fasting mice. Two main players responsible for the protective fasting response emerged: the transcription factor PPAR α and the enzyme PCK1. The two molecular players work together to increase the breakdown of fatty acids and gluconeogenesis and inhibit the build-up of fats.

"The fasting cycles lead to profound metabolic changes, which together act as beneficial detoxification mechanisms and help to combat MASH," says Heikenwalder, summarizing the molecular details.

The fact that these correlations are not just a mouse phenomenon was shown when tissue samples from MASH patients were examined: Here, too, the researchers found the same molecular pattern with reduced PPAR α and PCK1. Are PPAR α and PCK1 actually responsible for the beneficial effects of fasting? When both proteins were genetically switched off simultaneously in the liver cells of the mice, intermittent fasting was unable to prevent either chronic inflammation or fibrosis.

The drug pemafibrate mimics the effects of PPAR α in the cell. Can the substance also mimic the protective effect of fasting? The researchers investigated this question in mice. Pemafibrate induced some of the favorable metabolic changes that were observed with 5:2 fasting. However,

it was only able to partially mimic the protective effects of fasting. "This is hardly surprising, as we can only influence one of the two key players with pemafibrate. Unfortunately, a drug that mimics the effects of PCK1 is not yet available," explains Mathias Heikenwalder.

While Heikenwalder and his team initially focused on the effects of intermittent fasting on the prevention of MASH, they then investigated whether the 5:2 diet could also alleviate existing chronic liver inflammation.

To this end, the team examined mice that had developed MASH after months of being fed a high-sugar, high-fat diet. After a further four months of 5:2 intermittent fasting (on the same diet), these animals were compared with the non-fasting control group. The fasting mice had better blood values, less fatty liver and liver inflammation and above all: they developed less liver cancer and had fewer cancer foci in the liver.

"This shows us that 5:2 intermittent fasting has great potential - both in the prevention of MASH and liver cancer, as well as in the treatment of established chronic liver inflammation," summarizes principal investigator Heikenwalder. "The promising results justify studies in patients to find out whether intermittent fasting protects against chronic liver inflammation as well as in the mouse model."

The 5:2 fasting regimen is popular. It is considered comparatively easy to integrate into everyday life, as the fasting days can be tailored to personal needs and no specific foods are prohibited. "Nevertheless, there will always be people who can't stick to a strict diet in the long term," says Heikenwalder. "That's why we want to continue to investigate which combinations of drugs we can use to fully mimic the protective effects of fasting."

Thalassemia capital

Why is India the thalassemia capital of the world? (New Kerala: 20240509)

<https://www.newkerala.com/news/2024/26338.htm>

ack of widespread awareness, genetic counselling, and traditional belief systems are some of the major reasons why India has the highest number of thalassemia major patients in the world, said experts here on World Thalassemia Day on Wednesday.

Why is India the thalassemia capital of the world?

World Thalassemia Day is observed every year on May 8 to raise awareness about the disease. The theme this year is 'Empowering Lives, Embracing Progress: Equitable and Accessible Thalassaemia Treatment for All'.

Every eighth thalassemia patient in the world lives in India. And yearly about 10,000-20,000 new thalassemia majors are born.

"India has the largest number of children with thalassemia major in the world, with around 1-1.5 lakhs of children affected. India's status as the thalassemia capital stems from a complex interplay of factors. Genetic predisposition, consanguineous marriages, and lack of awareness contribute to its prevalence. The rise in India can be attributed to population growth, limited access to screening, and lack of awareness," Sunil Bhat, Director and Clinical Lead - Pediatric Hematology, Oncology and BMT, Narayana Health Network Hospitals, told IANS.

Thalassemia Major is a severe inherited blood disorder, passed from parents to children. The disorder occurs when the body doesn't make enough of a protein called haemoglobin -- an important part of red blood cells -- forcing the need for blood transfusions every fortnight.

It is particularly prevalent in populations with a high incidence of cousin marriages and within certain ethnic and geographical groups.

"In India, certain communities such as Sindhis, Punjabis, Bhanushali, Kutchi, Marwari, Maratha, Muslim, and Bengalis have a higher prevalence of the gene, which increases the incidence of Thalassemia. The incidence of Thalassemia Minor in this community varies from 8-14 per cent," Vijay Ramanan, Sr. Consultant Clinical Haematologist, Bone Marrow & Stem Cell Transplant, Ruby Hall Clinic, Pune, told IANS.

The large population and high birth rate in India also contribute to a greater number of individuals being affected by genetic disorders.

"Lack of widespread awareness and education about Thalassemia and genetic counselling among the general public leads to insufficient preventive measures. Prenatal and pre-marital screening for Thalassemia is not uniformly practised across the country," Vijay said.

"Ignorance and desire to believe that astrology is more important than science has contributed to an increase in thalassemia minors marrying another thalassemia minor. Such marriages have a 25 per cent chance of getting a thalassemia major child," he added.

The doctor lamented that while prenatal diagnosis exists in the country to prevent the birth of such children, "it is not availed by such couples due to religious beliefs or ignorance".

Moreover, the availability and accessibility of medical services, including blood transfusions and chelation therapy, can be uneven across urban and rural regions in the country.

Importantly, the doctor also pointed out a lack of data.

"The rough estimate is that about 4 lakh to 6 lakh children with thalassemia major exist in India. However, the diseases needing transfusions are not usually collected in the data. Distribution of thalassemia major patients across states has not been done due to lack of registry," Vijay said.

Comprehensive education on genetic risks, premarital counselling, and widespread screening is essential to address the burden of thalassemia in India, noted the experts.

"In addition, promoting voluntary genetic testing national policy from the Government and fostering partnerships between doctors and communities can enhance prevention efforts. Ultimately, proactive measures, such as early diagnosis and timely management, hold the key to alleviating the impact of thalassemia in India," Sunil said.

AstraZeneca recalls Covid vax

AstraZeneca recalls Covid vax: Risk-benefit currently against further use, say experts (New Kerala: 20240509)

<https://www.newkerala.com/news/2024/26409.htm>

he risk-benefit of AstraZeneca's Covid-19 vaccine is currently against further use, said experts on Wednesday amid a report of a global recall of the jab by the British-Swedish pharma giant.

AstraZeneca recalls Covid vax: Risk-benefit currently against further use, say experts

The recall of its Covid-19 vaccine, made in collaboration with Oxford University, worldwide, comes after the drugmaker in February admitted in the UK court about its potential side effect -- Thrombotic Thrombocytopenic Syndrome (TTS), a rare blood clot disorder.

The Telegraph reported AstraZeneca voluntarily withdrew "marketing authorisation" of its Covid vaccine, sold as Covishield in India and Vaxzevria in Europe.

While it can now no longer be used in the European Union, the company said it will initiate withdrawals from the global market.

"It is no longer a useful vaccine. The virus has changed. The risk-benefit currently is against further use," Anurag Agrawal, Dean, Trivedi School of Biosciences, at Ashoka University, told IANS.

"In India, with severe Covid becoming less common presently, possibly due to a combination of hybrid and herd immunity, a decision to vaccinate with the AstraZeneca vaccine should be made after discussing the likely risks and benefits. This is especially true for younger and low-risk individuals," added Lancelot Pinto, Consultant Pulmonologist and Epidemiologist, P. D. Hinduja Hospital and MRC, Mumbai.

The company, credited for saving more than six million lives during the recent Covid-19 pandemic, "accepted, in a legal document submitted to the High Court in February, that its Covid vaccine 'can, in very rare cases, cause TTS'," the report said.

TTS is a rare side effect that can cause people to have blood clots and a low blood platelet count and has been linked to at least 81 deaths in the UK as well as hundreds of serious injuries.

Lancelot told IANS that TTS occurs "possibly due to the adenovirus vector".

"A systematic review including studies conducted till August 2021 found 167 reported cases worldwide. The incidence is believed to be 2 per 100,000 people vaccinated with AstraZeneca aged 60 years or older, 2-3 per 100,000 people vaccinated with AstraZeneca aged under 60 years" he added.

Importantly, the doctor noted that "the side effects typically appear within 6 weeks post-vaccination, and are more common after the first dose".

As per modelling estimates, Covid vaccination saved between 14.4-19.8 million deaths in the first year, reducing deaths by 63 per cent.

Meanwhile, AstraZeneca in a statement said that the vaccine recall is due to "commercial reasons". It said that with multiple Covid variants and related vaccines, "there is a surplus of available updated vaccines".

Iron Rich Foods

Iron Rich Foods: शरीर में बनी रहती है आयरन की कमी तो इन ड्राई फ्रूट्स-सीड्स को शुरू कर दें खाना

Iron Rich Foods: शरीर में अगर आयरन की कमी के लक्षण दिख रहे हैं तो फौरन इन ड्राई फ्रूट्स और सीड्स को खाना शुरू कर दें। इससे शरीर को सारे जरूरी मिनरल्स के साथ ही

आयरन भी पर्याप्त मात्रा में मिलेगा।(Hindustan : 20240509)

<https://www.livehindustan.com/lifestyle/health/story-garden-cress-seeds-to-apricot-5-iron-rich-dry-fruits-and-seeds-increase-red-blood-cells-reduce-anemia-risk-9951429.html>

शरीर में लगातार आयरन की कमी एनीमिया का शिकार बना सकती है। ऐसे में जरूरी है कि खानपान में आयरन रिच फूड्स को शामिल किया जाए। बढ़ती उम्र

के साथ अक्सर आयरन की कमी हो जाती है। खासतौर पर प्रेग्नेंसी के अलावा मेनोपॉज की स्थिति आने पर महिलाओं में आयरन की कमी होने लगती है। जिसकी

वजह से थकान, चक्कर आना, हाथ-पैर ठंडे रहना, सांस लेने में दिक्कत हो सकती है। ऐसे में आयरन सप्लीमेंट्स लेने की सलाह दी जाती है। लेकिन अगर आप

इन सीड्स और ड्राई फ्रूट्स को डाइट में शामिल करेंगी। तो आयरन की कमी दूर होने लगेगी। जानें कौन से हैं आयरन रिच सीड्स एंड ड्राई फ्रूट्स।

विज्ञापन

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ई-पेपर शहर चुनें

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/9/24, 10:59 AM Garden cress seeds to apricot 5 iron rich dry fruits and seeds increase red blood cells reduce anemia risk - Iron Rich Foods: शरीर ...

<https://www.livehindustan.com/lifestyle/health/story-garden-cress-seeds-to-apricot-5-iron-rich-dry-fruits-and-seeds-increase-red-blood-cells-reduce-an...> 1/4

Iron Anemia

JAC 12th result लेटेस्ट Hindi News ,उत्तराखंड बोर्ड रिजल्ट , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

गार्डन क्रेस सीड्स या हलीम के बीज

गार्डन क्रेस सीड्स को हिंदी में हलीम के बीज कहते हैं। इन बीज को अगर डाइट में लिया जाए तो ये आयरन का रिच सोर्स होते हैं। सौ ग्राम हलीम के बीज में

करीब 17.20 आयरन की मात्रा होती है।

काले तिल

काले तिल में कैल्शियम के साथ ही आयरन की मात्रा भी काफी ज्यादा होती है। लगभग सौ ग्राम काले तिल में 13.90 आयरन की मात्रा होती है।

सफेद तिल

सफेद तिल के बीजों में कैल्शियम की मात्रा काफी ज्यादा होती है। साथ ही आयरन का लेवल 15.04 पर सौ ग्राम होता है। सफेद तिल कोलेस्ट्रॉल कम करने और

लिपिड प्रोडक्शन को भी कम करते हैं। जिससे कॉर्डियोवस्कुलर डिजीज का खतरा कम रहता है।

भूरे छुहारे

सूखे भूरे रंग के खजूर या छुहारे में 4.79 प्रति सौ ग्राम आयरन की मात्रा होती है। जो कि आयरन की कमी को आसानी से पूरा कर सकती है।

खुबानी

खुबानी को ड्राई फ्रूट्स की तरह खाया जाता है। इसमें विटामिन ए, बी और सी की मात्रा होती है।

Dried Dates Benefits

Dried Dates Benefits: डायबिटीज से लेकर कोलेस्ट्रॉल तक बढ़ने से बचाएगा छुहारा, जानें कैसे खाएं

Dried Dates Benefits: सूखे खजूर यानी छुहारा सेहत के लिए बहुत फायदेमंद होता है। महिला हो या पुरुष, दोनों की सेहत के लिए छुहारा फायदेमंद होता है। वहीं इसे खाने से कैंसर

जैसी बीमारियों से बचा जा सकता है।(Hindustan : 20240509)

<https://www.livehindustan.com/lifestyle/health/story-eating-dry-dates-many-benefits-for-health-chuhara-khane-ke-fayde-know-how-to-consume-9951095.html>

सूखे खजूर जिसे छुहारा भी कहते हैं, बेहद फायदेमंद होते हैं। खजूर को नेचुरली धूप में करीब 7-10 दिन सुखाया जाता है। जिससे ये छुहारे बनकर तैयार होते हैं।

इन छुहारों में काफी सारे मिनरल्स और विटामिन होते हैं। जिसकी वजह से इसे खाना बेहद फायदेमंद होता है। कैल्शियम की मात्रा हाई होने के साथ ही छुहारे

फाइबर, मैग्नीशियम, सोडियम, कार्बोहाइड्रेट, फास्फोरस, मैंगनीज से भरपूर होते हैं। वहीं साथ ही थोड़ी मात्रा में इसमें जिंक, प्रोटीन, आयरन और कॉपर भी मिलता

है। जिसकी वजह से ये बेहद फायदेमंद मेवे में गिना जाता है। अगर आप रोजाना छुहारे को खाते हैं तो शरीर को इतने सारे फायदे होते हैं।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/9/24, 11:00 AM eating dry dates many benefits for health chuhara khane ke fayde know how to consume - Dried Dates Benefits: डा यबि टी ज से लेकर ...

<https://www.livehindustan.com/lifestyle/health/story-eating-dry-dates-many-benefits-for-health-chuhara-khane-ke-fayde-know-how-to-consume-99510...> 1/5

डायबिटीज में फायदेमंद

छुहारे में मौजूद पोषक तत्व डायबिटीज को कम करने में मदद करते हैं। छुहारे को खाने से ग्लूकोज का अब्जॉर्बशन कम होता है। वहीं इंसुलिन के प्रोडक्शन में

मदद मिलती है। जिसकी वजह से छुहारा डायबिटीज के मरीज आराम से खा सकते हैं। रिसर्च के मुताबिक छुहारे में ग्लाइसेमिक इंडेक्स लो होता है।

किडनी को करता है प्रोटेक्ट

स्टडी के मुताबिक छुहारे खाने से किडनी में प्लाज्मा कैरेटिनिन और यूरिया कंसन्ट्रेशन कम होता है। जिससे किडनी के फंक्शन को ठीक से करने में मदद मिलती

है। जिन महिलाओं को यूरिन में इंफेक्शन की शिकायत होती है उन्हें छुहारे जरूर खाने चाहिए। ये किडनी से जुड़ी दिक्कतों को कम करने में मदद करता है।

आयरन की कमी दूर करता है

सूखे खजूर यानी छुहारे में आयरन की मात्रा पाई जाती है। जो कार्बोहाइड्रेट्स के साथ मिलकर शरीर को एनर्जी देती है और आयरन की कमी से होने वाली

कमजोरी और सुस्ती में फायदेमंद है। जिन लोगों को आयरन की कमी होती है उन्हें छुहारे खाना फायदेमंद है।

कब्ज के लिए फायदेमंद

छुहारों को भिगोकर खाली पेट खाया जाए तो ये कब्ज की समस्या को दूर करने में मदद करते हैं। साथ ही डाइजेशन को भी इंप्रूव करते हैं। रात को छुहारे पानी में

भिगो दिए जाएं तो इन्हें सुबह खाली पेट खाया जा सकता है।

वेट लॉस में मदद

अगर आप छुहारों को खाते हैं तो इसमें फाइबर की मात्रा अच्छी होती है। जो आपको पेट भरने का एहसास कराएगी। जिससे वेट लॉस में मदद मिलेगी और आप

अनहेल्दी स्नैकिंग से बच पाएंगे।

ब्लड प्रेशर में भी फायदेमंद

हाई ब्लड प्रेशर की समस्या से जूझते हैं तो छुहारे को डाइट में लें। पोटैशियम का रिच सोर्स होने की वजह से छुहारा ब्लड प्रेशर के लेवल को मेंटेमेंटेन करने में मदद

करता है।

कोलेस्ट्रॉल कम करने में मदद

खजूर में फाइबर की मात्रा अच्छी खासी होती है। जो लो डेंसिटी लिपोप्रोटीन यानी एलडीएल कोलेस्ट्रॉल या बैड कोलेस्ट्रॉल को कम करने में मदद करता है। सूखे

ऐप पर पढ़ें

5/9/24, 11:00 AM eating dry dates many benefits for health chuhara khane ke fayde know how to consume - Dried Dates Benefits: डा यबि टी ज से लेकर ...

[https://www.livehindustan.com/lifestyle/health/story-eating-dry-dates-many-benefits-for-health-chuhara-khane-ke-fayde-know-how-to-consume-99510... 2/5](https://www.livehindustan.com/lifestyle/health/story-eating-dry-dates-many-benefits-for-health-chuhara-khane-ke-fayde-know-how-to-consume-99510...)

Health Benefits Dates

JAC 12th result लेटेस्ट Hindi News ,उत्तराखंड बोर्ड रिजल्ट , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

खजूर में डाइटरी फाइबर होता है जो बैड कोलेस्ट्रॉल को बांधता है और ब्लडस्ट्रीम में अब्सॉर्ब होने से रोकता है।

कैसे खाएं छुहारे

छुहारे को खाने के ज्यादा से ज्यादा फायदे लेने हैं तो इसे पानी में भिगोकर खाएं। ताकत और एनर्जी के लिए छुहारे को दूध में भिगोकर खाना भी फायदेमंद होता

है।

ऐप पर पढ़ें

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