



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20240806

## **Digestive Discomfort (Hindustan Times :20240806)**

<https://www.hindustantimes.com/lifestyle/health/the-rise-of-digestive-discomfort-discourse-understanding-the-connection-between-anxiety-and-gut-health-101722841206695.html>

### **The rise of digestive discomfort discourse: Understanding the connection between anxiety and gut health**

Are you spending more time in the bathroom than you'd like? Loads of TikTok posts show you're not alone. Young people, especially women, are increasingly talking on social media about gastrointestinal distress, such as irritable bowel syndrome or chronic bloating. Some experts say that's mostly a good thing, because it may help others seek help for a topic that has been taboo. But they stress it's important to realize that many people are being paid to promote sometimes unproven products and there is rampant misinformation. Here's what else medical professionals suggest you do if you're experiencing digestive discomfort.

Why are more young people talking about digestive problems online?

It's not clear whether there's a rise in digestive troubles overall. Some experts attribute the trend to an uptick in anxiety after the pandemic in an already-anxious generation. Ample research and science shows that our brain and gut are connected through nervous systems. That means when your brain is anxious or you're feeling depressed, it can relay those signals to your gut, which can make it harder for your gastrointestinal tract to function properly.

The causes of irritable bowel syndrome are unknown, but experts say the nervous system has a big effect on the condition and stress can make symptoms worse. Dr. Nina Gupta, a gastroenterologist based in Chicago, said managing her patients' conditions often includes managing their mental health.

When should you go to the doctor?

That depends on the level of your discomfort, said Dr. Uma Naidoo, Massachusetts General Hospital's director of nutritional and lifestyle psychiatry. She studies the connection between food and the brain. Abrupt changes in bowel habits are concerning, she said, and may require further evaluation.

“For example, someone that didn’t really have digestive issues as a child or throughout their life and then all of a sudden is finding a very severe and significant change in their bowel habits,” she said. “These are all things that we would want someone to talk to their doctor about.” And if you see blood in your stool — no matter the quantity or degree of frequency — or have ongoing diarrhea for more than a couple of weeks, seek care immediately.

What can I do to relieve digestive pain?

Naidoo said some mindfulness practices like stress management, meditation and breathwork can help. Food sensitivities can trigger IBS symptoms, so adjusting your diet and exercising more also may make a difference.

“Simply doing something like finding a good probiotic that they take, or adding probiotics and fermented foods to their diet slowly and steadily can be good,” she said. “Stress management is a huge part of this. In combination with dietary adjustment, it can be very powerful.” However, if symptoms worsen or are unmanageable at home, that should be a sign to seek professional help.

## **Brain Metastasis (Hindustan Times :20240806)**

<https://www.hindustantimes.com/lifestyle/health/brain-metastasis-from-lung-cancer-symptoms-treatments-and-prognosis-101722754784639.html>

### **Brain metastasis from lung cancer: Symptoms, treatments, and prognosis**

Cancer is a significant concern in the country. Metastasis is the condition when a cancer spreads at a distance, separately from the primary site of cancer. For instance, lung cancer has a tendency to spread to other parts of the body.

In an interview with HT Lifestyle, Dr Praveen Gupta, principal director and chief of Neurology at Fortis Hospital, said, “One of the most serious complications of lung cancer is its potential to metastasise to other critical parts of the body, particularly the brain. Brain metastases are notably common in lung cancer cases, with approximately 10% of newly diagnosed patients with advanced non-small cell lung cancer (NSCLC) developing this complication. Lung cancer is the primary tumour source in 40 to 50% of all brain metastasis cases.”

Brain metastasis from lung cancer: Treatments

Targeted therapies: Designed to specifically attack cancer cells while sparing normal tissue, depending on the genetic makeup of the cancer

Radiation therapy: Includes whole-brain radiation therapy (WBRT) or stereotactic radiosurgery (SRS) to control tumour growth and alleviate symptoms

Systemic chemotherapy: Utilised to treat cancer throughout the body, including brain metastases, though its effectiveness may be limited due to the blood-brain barrier

Palliative care: Focuses on symptom relief and improving the quality of life for patients with advanced disease

Brain metastasis from lung cancer: Prognosis

“Brain metastases from lung cancer pose a complex challenge, necessitating a multidisciplinary treatment approach involving oncologists, neurologists, and palliative care specialists. The prognosis largely depends on the treatment's success and the extent of brain involvement. Despite advancements in therapy, brain metastasis typically indicates a late-stage progression, resulting in a reduced life expectancy compared to lung cancer patients without brain metastases,” added Dr Praveen Gupta.

## **Meditation (Hindustan Times: 20240806)**

<https://www.hindustantimes.com/lifestyle/health/power-of-collective-meditation-can-help-stop-wars-heres-a-healthy-pathway-to-peace-101722841520471.html>

### **Power of collective meditation can help stop wars? Here's a healthy pathway to peace**

Armed conflicts continue around the world, inflicting horrific pain and suffering, which establish that every war is a tragedy but the greater tragedy today is that these conflicts are no longer necessary or inevitable. Experts claim that they can be resolved quickly, easily, safely and at low cost. We got one such expert on board to describe a simple approach — a technology, actually — that has been proven effective again and again over the past 50 years and has been tested in locations around the world, East and West, and at every scale of society, from cities and countries to the world as a whole.

Its effectiveness has been validated in 58 studies published in 28 peer-reviewed scientific and scholarly journals like the Journal of Conflict Resolution, Social Indicators Research, the Journal of Mind and Behavior, the International Journal of Neuroscience, and the Journal of Social Behavior and Personality. In other words, the expert claimed that this technology works, consistently and no existing approach to peace — ceasefires, peacekeeping forces, mediation, negotiation — offers anything comparable.

In an interview with HT Lifestyle, Dr Tony Nader, MD, PhD, MAAR, shared, “Turn back the clock forty-one years, to the summer of 1983. Lebanon, my home country, is engulfed in a violent civil war that has been raging for eight long years, immune to all attempts to stop it. That summer, about 200 people check into a hotel in downtown Jerusalem. Their goal: to reduce the fighting in Lebanon, across the border to the North. They plan to do this through long periods of meditation — specifically, Transcendental Meditation and its advanced techniques. These “technologies of consciousness” enable them effortlessly to settle inward into a natural state of pure, wakeful silence.”

He added, “They’re not wishing or praying for peace. They’re simply experiencing a state of profound inner peace, such as saints and others in traditions worldwide have described for millennia. During those two months, the quality of life in Jerusalem and Israel is transformed. Jerusalem sees crime, car accidents, and fires all drop significantly. In Israel as a whole, fires decline significantly, the stock market increases, and the national mood improves. Most striking, the intensity of fighting and number of war

deaths drops significantly in Lebanon. This study was published in the prestigious Journal of Conflict Resolution, edited at Yale University.”

Dr Tony Nader revealed, “Over the next two years, this experiment is replicated six more times. When scientists combine the results of all the experiments, what they find is astonishing: During the experimental periods — that is, when the large meditation groups gathered — war-related deaths in Lebanon plunge 71%, war-related injuries plummet 68%, the level of conflict falls 48%, and cooperation among the adversaries jumps 66%. Experiments like this have been conducted around the world.”

#### Meditation responsible for reduced crime in Washington, DC

In June and July 1983, meditation experts came together in Washington, DC, for a highly-publicized experiment to demonstrate this technology — 4,000 people from 73 countries, traveling at their own expense. Dr Tony Nader said, “They predicted they would reduce violent crime in the nation’s capital — known as the “murder capital of the world” because of its high homicide rate — by 20%. A DC police department spokesperson quipped that it would take “twenty inches of snow to keep people off the streets.” But shortly after the demonstration began, the violent crime rate unexpectedly started to drop, continuing to fall throughout the two-month period. During the last two weeks in July, when the group swelled to nearly 4,000 people, violent crime dropped 23%. At the same time, quality of life improved significantly throughout the city.”

#### Meditation for improved quality of life in US

The longest-running experiment took place in the United States between 2007 and 2010. Dr Tony Nader gushed, “A long-standing meditation group at Maharishi International University (MIU) in Fairfield, Iowa, became large enough, theoretically, to create an effect for the whole country (about 1,700 participants, or the square root of one percent of the population). During these four years a wide range of negative trends, which all had been increasing, suddenly began decreasing. Homicides dropped by 16%, rapes by 6%, aggravated assaults by 11%, robberies by 12%, drug-related deaths by 15%, traffic deaths by 21%, child injury-related deaths by 18%. Even infant mortality dropped, by 11%.”

#### Reality-checking the results

Dr Tony Nader explained, "In each experiment, the negative variables were rising before the experiment began, declined in unison during the experiment, and resumed rising when the experiment ended and the participants dispersed. It was as if a light had been switched on and then off again. In these studies, scientists predicted the outcomes in advance. They gathered statistics from open, public sources and they used advanced statistical tools to show that other possible factors could not account for the changes and that the changes were not due to chance.

#### Why is it effective?

Dr Tony Nader answered, “I am a physician by training and I know that treating disorders involves more than suppressing the symptoms. You have to address the source of the disease. That’s exactly why this novel approach is so effective. These large meditation groups go to the source of the problem: They neutralise stress in the nation’s

social fabric, or what we call its collective consciousness. We know that as stress builds up in individuals, it can manifest as mental or physical illness or negative behaviors, including violence. Stress exacerbates or causes more than 90% of all disease.”

He elaborated, “The same principle holds true in society. Just as the TM technique has proven highly effective in dissolving individual stress — a recent \$2.5 million clinical trial sponsored by the US Department of Defense found TM practice to be as or more effective than the “gold standard” treatment for PTSD among military veterans — so too large group practice of these techniques neutralises collective stress, the root cause of many of our social travails. This “technology of consciousness” is known as the Maharishi Effect, after Maharishi Mahesh Yogi, who predicted it, provided the meditation techniques to create it, and urged scientists to test it empirically.”

How does it work?

How can groups of people sitting with their eyes closed reduce murders, traffic deaths and infant mortality across the country — or reduce the intensity of fighting across a border — without interacting with other people?

Dr Tony Nader said, “We first need to understand what’s taking place within the individual meditators. Through their practice of Transcendental Meditation — a simple, natural, effortless, non-religious procedure typically practiced twenty minutes twice a day while sitting comfortably with the eyes closed — they settle into a state of inner quiet. Simultaneously two other things happen: Their bodies settle into a state of uniquely deep rest, dissolving deep-seated stresses and fatigue (this is what accounts for TM’s many health benefits). And their brains quickly shift from somewhat random functioning (indicated by EEG) to a highly orderly, coherent style.”

He asserted, “These changes happen spontaneously, the natural byproduct of the simple, natural process of “transcending,” or diving within. Studies show that this inner peace and harmony ripples through society. For example, several studies have found that EEG coherence increases in subjects who are in the vicinity of people practicing the TM technique, even if the subjects are not meditating themselves. Another study found that when the size of the peace-creating group at MIU was larger, non-meditating residents of Fairfield showed higher levels of serotonin (associated with happiness and wellbeing) and lower levels of cortisol (associated with stress).”

What mediates the effect?

According to Dr Tony Nader, the Maharishi Effect represents an action-at-a-distance phenomenon, suggesting that a field effect is at work. He pointed out, “We take advantage of field effects all the time. For example, when we exchange calls and texts with people, even though our devices are not hardwired together. The signals are carried through space nearly at the speed of light by the underlying electromagnetic field — the same invisible, all-pervading field that carries sunlight to the earth but the electromagnetic field cannot mediate the Maharishi Effect. Although the human brain does create its own electromagnetic field through its electrochemical activity, it could not operate across such great distances. Scientists posit that the Maharishi Effect is carried by the underlying, all-pervading unified field of natural law, believed to lie

beyond the electromagnetic field and the three other force fields. They further suggest that the Maharishi Effect indicates that the unified field must be a field of pure consciousness.”

Expanding our paradigm

Dr Tony Nader opined, “If this is so, then beyond the breakthrough benefits of the Maharishi Effect for creating peace and improving quality of life, we’re looking at evidence supporting a radically new worldview, namely that consciousness is fundamental in the universe. This means we are all interconnected by an underlying field of consciousness and we all have access to this field within ourselves. Not only has this been the worldview of ancient traditions worldwide, but many of greatest scientists of the past century — Max Planck, Erwin Schrödinger, Sir James Jeans, Sir Arthur Stanley Eddington — also held that consciousness, not matter, is fundamental. Eddington declared: “The stuff of the world is mind-stuff.””

He highlighted, “This view is gaining support today among philosophers and scientists. Consciousness is not only fundamental, consciousness is all there is. All forms and phenomena in the universe, in other words, are expressions of an underlying, all-pervading field of consciousness. I call this the consciousness paradigm. In the current materialist or physicalist paradigm, which holds that matter is primary, the Maharishi Effect is impossible. In the consciousness paradigm, it’s normal and natural.”

The time for action is now

Dr Tony Nader concluded, “The Maharishi Effect has an unprecedented body of experimental evidence behind it, a solid theoretical foundation beneath it — and a host of challenges awaiting its application. We only need to scale it — create large, permanent peace-creating groups of TM experts, ideally sizeable enough (about 10,000 people) each to generate coherence and harmony for the whole world. The cost is absurdly low, and the effects are immediate. Any government could easily do this for its country. A wealthy person or family could endow a large group for years into the future. As a doctor, if I were to discover a new remedy to an intractable illness that has good research support, a solid track record, no negative side-effects and many side-benefits, I would feel obliged to use it.”

## **'Deadliest' mpox variant (THE TIMES OF INDIA: 20240806)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/deadliest-mpox-variant-spreads-in-multiple-african-countries-know-signs-and-symptoms/articleshow/112290306.cms>

## **'Deadliest' mpox variant spreads in multiple African countries; know signs and symptoms**

Dhaka’s nasty turn: A lot to worry about for India

A deadly mpox strain, previously limited to the Democratic Republic of Congo, has rapidly spread to Kenya and other African countries, upsetting health authorities. The World Health Organization confirmed its severe threat. The Congo Basin strain is more severe, with a higher fatality rate and greater transmissibility. Necessary precautions are emphasized to curb its spread.

'Deadliest' mpox variant spreads in multiple African countries; know signs and symptoms

A deadly strain of mpox variant, previously confined to the Democratic Republic of Congo, has been spreading fast in Kenya and multiple African countries, alarming the health authorities. The World Health Organization has confirmed that this virulent strain poses a significant health threat to people. In Kenya, a truck driver travelling to Uganda, Rwanda and Tanzania, was detected with the strain on July 29, the Ministry of Health said.

The Africa Centers for Disease Control and Prevention has confirmed the disease has been identified in 10 African countries this year. Burundi and Rwanda were among the countries that reported mpox virus for the first time recently.

What is Mpox?

Mpox is a zoonotic disease caused by Monkeypox virus, which is part of the same family as the virus that causes smallpox. It can spread by direct contact with an infected person or animal, their body fluids or during physical contact such as kissing, cuddling or sex. According to CDC, the virus can enter the body through broken skin, respiratory tract, eyes, nose, or mouth.

All about the deadly mpox variant spreading in Africa?

mpox 2

According to a The Sun report, 130 children and teenagers have been found with the highly contagious new mpox strain in the refugee camps of the Democratic Republic of Congo (DRC), in Central Africa.

The clade I strain detected in the above cases causes more severe illness than the clade II virus that triggered global outbreak in 2022. It has a fatality rate of around five per cent in adults and 10 per cent in children, while the earlier strain clade II caused three per cent fatality.

According to DailyStar.co.uk, the strain is dubbed clade 1b and appears to be better at spreading between people and has mutations not picked up by existing tests.

There are two known clades of mpox virus: clade I, previously called the Congo Basin clade; and clade II, previously called the West Africa clade; clade II further has two subclades: clade IIa and clade IIb.

Symptoms of mpox

The first signs of monkeypox variant are fever, chills, headache, muscle ache, lymph node enlargement.

After a couple of days, a rash starts to develop on the face first and then spreads to other body parts.

The rash can look like chickenpox or syphilis, and scabs can form which then fall off.

The incubation period could be between 6-13 days but can range from 5-21 days.

People who have travelled recently should isolate themselves at home or at a hospital facility to prevent spreading infection. According to CDC, the period of isolation of the patient should be for 3 weeks approx. till the scab falls.



Precautions to follow

- Avoid skin contact with people who are infected or those who have a rash and may develop mpox.
- Wash hands with soap and water properly or sanitise with alcohol-based sanitizer
- Cough and sneeze into the crook of your arm.
- Do not have unprotected sex with the suspected person.

## **Weight Loss Drugs (THE TIMES OF INDIA: 20240806)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/ozempic-and-other-weight-loss-drugs-could-have-this-worrying-side-effect-say-experts/articleshow/112297126.cms>

### **Ozempic and other weight loss drugs could have this worrying side effect, say experts**

The introduction of weight loss drugs like Wegovy and Ozempic marked significant advancements in treating obesity, yet health experts recently cautioned that their misuse could result in eating disorders. Semaglutide, a major component, showed potential side effects related to extreme appetite suppression, potentially triggering conditions resembling anorexia nervosa if abused. [Read More](#)

Ozempic and other weight loss drugs could have this worrying side effect, say experts  
The arrival of weight loss drugs has brought a revolution in the world of fitness with many Americans relying on them for losing weight and potentially avoiding many chronic diseases. However, the indiscriminate use of many of these drugs, some of which are GLP-1 medications Wegovy, Ozempic, Mounjaro and Zepbound could have unexpected side effects.

Health experts have recently warned about a new danger of the weight loss drugs which could affect people over a period of time.

#### How Semaglutide aids weight loss

Semaglutide, sold under brand names like Wegovy and Ozempic, helps people lose weight by decreasing their appetite. Changes to diet and exercise are advised along with the medication. The drugs offered hope to people with obesity and at risk of various disorders related to it.

The Food and Drug Administration first approved Ozempic for treating diabetes in the year 2017, while a higher dose of semaglutide to treat obesity was launched under the brand name of Wegovy in 2021. Many people including the who's who jumped on to the Ozempic bandwagon and talked about its magical benefits.

#### Ozempic and eating disorders

However, these drugs have also been linked to an increase in eating disorders.

“They start using this drug and next thing you know, they’ve developed what looks very much like

anorexia nervosa,” psychologist Tom Hildebrandt of Mount Sinai’s Center of Excellence in Eating and Weight Disorders told NBC.



Many health experts are of the view these drugs may lead to eating disorders or worsen existing ones.

The drugs are known to mimic glucagon-like peptide 1, a hormone that controls blood sugar and reduces hunger and at high doses, patients can lose up to 21% of their body weight. But abusing the drug can lead to serious consequences for the body.

“That level of weight loss can lead the brain to believe the body is suffering from starvation,” which can cause patients to limit their food intake even when it endangers their health, Hildebrandt said.

People with existing disorders may suffer more  
semaglutide

Some people may tend to go overboard on the restrictive eating, depriving their body of nourishment and the required calories. This can lead to serious side effects. People with already existing eating disorders are especially at risk.

“The restrictive eating unintentionally spirals out of control” until people can’t help themselves, Dr. Aaron Keshen, co-director of the Nova Scotia Eating Disorder Provincial Service in Canada and an associate professor of psychiatry at Dalhousie University told NBC News.

“If someone is experiencing any side effects while taking any Lilly medication, we encourage them to speak with their healthcare provider,” Eli Lilly, the manufacturer of Mounjaro told NBC News, adding that the company “actively monitors, evaluates, and reports safety information for all its medications.”

## **Brain Health (THE TIMES OF INDIA: 20240806)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/brain-health-in-growing-children-and-children-education-on-brain-health/articleshow/112294067.cms>

### **Brain health in growing children and children education on brain health etimes.in / Aug 5, 2024, 19:21 IST**

Dr. Praveen Gupta's article emphasized the importance of brain health for children, highlighting that childhood and adolescence are critical for cognitive and emotional development. He stressed the significance of proper nutrition, sleep, exercise, and emotional stability. Ignoring these aspects could have long-term negative effects on mental health and overall well-being of children and teenagers. [Read More](#)

Brain health in growing children and children education on brain health  
(Image credits: iStock)

Brain health is essential for growing children, shaping their cognitive, emotional, and social development. A healthy brain supports their ability to learn and retain information, manage emotions and behavior, build social skills and relationships, adapt to new challenges, and generate innovative ideas that will drive progress in the future. Childhood and adolescence play a crucial role in life as it is during this stage that the brain is growing and developing rapidly.

Children develop cognitive and social-emotional abilities that influence their mental health as adults and are necessary for them to take on adult responsibilities in society. Children and teenagers' growth and well-being are influenced by the nature of the environments in which they are raised. Mental disease risk is increased by early bad experiences in homes, schools, or digital places, including bullying, poverty, and mental illness in a parent or other caregiver.

### Nurturing Young Minds

Health and nutrition of the brain are influenced by a number of hereditary and environmental variables, as well as sleep, relaxation, physical activity, social interactions, emotional stability, stress, and other factors.

Mental health conditions, including depression, anxiety, developmental difficulties, childhood epilepsy and behavioral disorders influence a significant number of illnesses in young people. Globally, 10% of kids and teenagers suffer from mental illnesses, yet most of them don't ask for or get treatment for their problems. Suicide ranks as the fourth most common cause of death in teenagers aged 15 to 19. Failing to treat a child's or adolescent's mental health and psychosocial development has long-term effects that hinder their ability to find fulfillment in adulthood.

### Boosting brain health

Teaching children the importance of brain health empowers them to take care of brains and develop healthy habits. Since the brain develops rapidly between ages one to five of a person's life, it's crucial to emphasize the importance of sleep, relaxation, proper nutrition and exercise. Additionally, managing stress, regulating emotions, and stimulation of brain adaptability for overall cognitive growth.

To promote brain health, it is important to encourage a balanced diet rich in omega-3 fatty acids, antioxidants, and fibers like nuts, berries, milk, B vitamins, and fish oils. Establishing consistent sleep routine schedules and relaxing bedtime practices helps the brain to rejuvenate and supports memory consolidation, as important processes occur during sleep. Regular exercises and outdoor play improve metabolism and blood flow to the brain enhancing cognitive function. Additionally, fostering positive relationships and social connections allow emotional well-being of the brain, which enables the brain to work more effectively and maintain better focus.

Along with the right diet and regular physical exercise, it is equally important to practice the habit of stress management through techniques like mindfulness and deep breathing which allows children to focus on important tasks, concentrate, improve memory, and prevent them from getting into unnecessary stresses and emotional wrangles. Lastly, encourage children to think about the environment, understand how the world works, and engage in mentally stimulating activities. Prioritizing brain health during the first five years, when the brain develops most rapidly, sets the stage for a lifetime of learning, growth, well-being, and innovation.

Empowering future generations is crucial as a nation's future is based on how well rounded, emotionally stable, innovative and forward thinking, adaptable is young

children are. By educating children on brain health and promoting healthy habits we empower them to thrive and reach their full potential.

## **Liver Function Tests (THE TIMES OF INDIA: 20240806)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/understanding-the-role-of-liver-function-tests-and-regular-monitoring-for-hepatitis-patients/articleshow/112285514.cms>

### **Understanding the role of liver function tests and regular monitoring for hepatitis patients**

Liver function tests (LFTs) have been essential for managing hepatitis patients. By measuring liver proteins and enzymes in the blood, these tests help diagnose liver damage, monitor antiviral therapy effectiveness, detect complications early, and guide lifestyle changes. Regular LFTs allow proactive disease management and help improve outcomes and quality of life for hepatitis patients.

Understanding the role of liver function tests and regular monitoring for hepatitis patients

Liver function tests (LFTs) and regular monitoring are essential for managing hepatitis patients due to the critical role the liver plays in overall health and the potential for severe complications from hepatitis. LFTs are a series of blood tests that assess the liver's health by measuring levels of proteins, liver enzymes, and bilirubin in the blood.

These tests provide valuable information about liver inflammation, damage, and function, helping to guide treatment decisions and monitor disease progression.

For hepatitis patients, regular LFTs are crucial for several reasons. Firstly, they help in diagnosing the extent of liver damage. Hepatitis viruses, particularly B and C, can cause chronic liver inflammation leading to fibrosis, cirrhosis, and liver cancer. Elevated liver enzymes such as alanine aminotransferase (ALT) and aspartate aminotransferase (AST) indicate liver cell damage, which is common in hepatitis infections. By regularly monitoring these enzyme levels, healthcare providers can detect liver inflammation early and adjust treatment plans accordingly.

Secondly, LFTs assist in monitoring the effectiveness of antiviral therapy. For chronic hepatitis B and C, antiviral medications are essential to reduce viral load and prevent liver damage. Regular LFTs allow doctors to evaluate how well the treatment is working by observing changes in liver enzyme levels and other markers of liver health. A decrease in elevated enzyme levels usually indicates that the treatment is effective and that liver inflammation is under control.

Furthermore, LFTs are vital in detecting complications early. Chronic hepatitis can lead to severe complications such as cirrhosis and liver cancer. By monitoring liver function regularly, healthcare providers can identify signs of deteriorating liver health early on. For instance, abnormal levels of bilirubin, albumin, or prothrombin time (a measure of blood clotting) can indicate liver dysfunction or the development of complications like cirrhosis. Early detection through LFTs allows for timely interventions, potentially slowing the progression of liver disease and improving patient outcomes.

Regular monitoring through LFTs also aids in making informed decisions about lifestyle changes and other supportive treatments. Hepatitis patients are often advised to make lifestyle modifications, such as avoiding alcohol, maintaining a healthy diet, and engaging in regular exercise to support liver health. By tracking liver function, healthcare providers can offer personalized advice and monitor the impact of these lifestyle changes on liver health.

For hepatitis patients, adherence to regular LFTs and monitoring schedules is crucial. Chronic hepatitis often progresses silently, with patients experiencing few or no symptoms until significant liver damage has occurred. Regular LFTs provide a proactive approach to managing the disease, allowing for early detection of issues and timely adjustments to treatment plans.

In summary, liver function tests and regular monitoring are indispensable tools in the management of hepatitis patients. They provide critical information about liver health, help assess the effectiveness of treatments, detect complications early, and guide lifestyle modifications. For hepatitis patients, regular LFTs enable a proactive approach to disease management, improving outcomes and quality of life. Healthcare providers should emphasize the importance of these tests to patients and ensure they are conducted routinely to effectively monitor and manage the progression of hepatitis.

## **Diabetes (Medical News Today: 20240806)**

<https://www.medicalnewstoday.com/articles/type-2-diabetes-sitting-time-sedentary-lifestyle-higher-mortality-risk>

### **Sitting time may increase risk of all-cause mortality in adults with diabetes**

Too much time sitting may lead to a higher risk of early death among those with type 2 diabetes, a study finds. Fly View Productions/Getty Images

Meeting accepted physical activity guidelines may offset the increased likelihood of early death that affects people with type 2 diabetes who spend too much time sitting, says a new study.

For people with diabetes who sit too much and do not get enough exercise, there is a 73% increased risk of early all-cause mortality.

For people who engage in moderate-to-vigorous physical activity for at least 150 minutes each week, this increase in mortality is eliminated.

Diet and maintaining healthy blood sugar levels are also critically important measures for avoiding early deaths for people with diabetes.

For people with type 2 diabetes who spend a great deal of their time sitting, a new study finds that meeting recommended physical activity guidelines can offset the reduction in longevity associated with a sedentary lifestyle for people with the disease.

Previous studies have found that physical activity did not improve the all-cause mortality risk of people with diabetes who are sitting for a significant portion of their day. The new study finds otherwise.

The study from Columbia University's Mailman School of Public Health did suggest, however, the higher mortality rate among people with diabetes who spend too much time sitting and who do not get sufficient exercise.

In their investigation, the researchers analyzed data from the 2007-2018 National Health and Nutrition Examination Surveys (NHANES). This included adults 20 years of age or older in the United States. All had diabetes according to the standards established by the American Diabetes Association or by a physician's diagnosis. They were followed through 2019.

Participants in NHANES self-reported their activity levels, which the study classified as belonging to one of three categories:

inactive, with physical activity of less than 10 minutes a week

insufficiently active, with physical activity from 10 to 149 minutes per week

active, with physical activity of 150 minutes or more per week.

During a median follow-up of 5.8 years, 1,278 deaths and 354 deaths due to heart disease were documented, with a higher sitting time combined with no or insufficient activity being associated with most of the deaths.

The authors of the study report that inactive U.S. adults with diabetes who sat for eight hours or more each day had a 73% higher risk of all-cause mortality, and insufficiently active people had a 74% increase in risk.

Various health organizations, including the American Diabetes Association and American Heart Association, endorse the 150-minutes-per-week level of physical activity for optimal health for anyone.

People who were classified as active avoided increased all-cause death more often, as well as deaths from heart disease.

The study is published in *Diabetes Care*.

#### How sedentary lifestyle affects chronic disease risk

For some people, a sedentary, inactive lifestyle is a choice, while for others — such as drivers and office workers — it is a career necessity. For anyone, and for people with diabetes in particular, it is a hazardous habit.

Senior author of the study, the Mailman School's Sandra S. Albrecht, PhD, explained why:

“Sitting for a long time can lead to problems with blood flow, especially to the lower body, and can lead to the development of blood clots. Blood clots can trigger heart attacks and stroke, among other consequences.”

Jason Ng, MD, of the Department of Medicine at the University of Pittsburgh, teaching endocrinology and metabolism, who was not involved in the study, provided additional details.

Ng added that sitting has the effect of “slowing blood flow and allowing plaque buildup in blood vessels, slowing down the processing of fats due to lower levels of enzymes in the body that help with that process, increasing insulin resistance, and allowing muscles to get weaker from non-use.”

“These factors can all promote the risk of increasing blood pressure, sugars, and cholesterol levels, which can increase mortality,” Ng noted.

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Twice a week you’ll get tips on eating wisely, news on breakthroughs, and more resources to help you stay on top of your diabetes.

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Other mortality risk factors for people with diabetes

“Of course managing one’s diabetes more generally is... really important. This means keeping up with doctors’ appointments, taking the necessary medications to control blood sugar, and eating a healthy diet while also moving and keeping active,” said Albrecht.

Beyond that, both Albrecht and Ng cited smoking cigarettes as a major risk factor for diabetes mortality.

“Thankfully, smoking prevalence has been steadily decreasing over time,” Albrecht noted.

Diet is another critical factor in avoiding early mortality with diabetes.

Beyond avoiding high levels of sugar, Ng, pointed out, “eating a diet high in certain types of fat — saturated, trans fats — and eating a lot of salt can all contribute to higher risk factors for cardiac disease mortality in diabetes.”

Finally, said Albrecht, “A diet high in ultra-processed foods and/or high levels of red meat intake are also linked to increases in mortality.”

The overlap between diabetes and heart disease

If much of this sounds similar to advice for avoiding deaths from cardiovascular disease, that is not a coincidence. Heart issues are often the cause of mortality for people with diabetes, and, said Albrecht, “there is a lot of overlap.”

Ng noted “significant commonalities in risk factors between type 2 diabetes and heart disease.”

Among these are common risk factors such as high blood pressure, elevated cholesterol, and obesity, which can cause various factors such as plaque buildup common to both diabetes and cardiovascular disease.

Any increase in physical activity can help reduce risk

“Diet and physical activity are the key risk factors for so many chronic diseases, including diabetes and heart disease,” said Albrecht. “But it’s also so hard to engage in healthy behaviors in this day and age.”

He added:

“Educating the public about these risk factors is important, but we as a society have to also find ways to make it easier for people to eat healthier and to be more active,” said Albrecht. “Any increase in movement will help reduce risk.”

Albrecht suggested small ways of incorporating physical activity into one’s day, “such as using the stairs instead of an elevator, standing up or doing walking meetings if possible, doing hobbies requiring activity — gardening, dancing, etc.”

For people whose work requires long periods of sitting, Albrecht proposed several strategies. If sitting for a long period of time, try to stand and move around every 30 to 60 minutes or so, or whatever is possible. If moving around is not possible, at least stand.

“Beyond this, busy people can also build in movement as they go about their day. For example, taking transit, walking, and/or biking to work or any other destination is a great way to be more active compared to sitting in a car and driving. For those that do drive, try to park a little further away from your destination and walk the rest of the way,” Albrecht explained.

“Of course,” Albrecht added, “if people do have time to exercise, go with the form of activity that is enjoyable to you. The best form of physical activity is the one that a person will stick with on a regular basis.”

## **Cancer (The Tribune: 20240806)**

<https://www.tribuneindia.com/news/health/new-immunotherapy-using-nanoparticles-offers-hope-for-prostate-cancer-patients/>

**New immunotherapy using nanoparticles offers hope for prostate cancer patients**



The study offers hope that new form of immunotherapy could enhance response to hormone treatment

A new form of immunotherapy using innovative nanoparticles can delay resistance to hormone therapy and help men with prostate cancer live longer, according to researchers.

Researchers from the University of Sheffield show that this new immunotherapy could extend the period before prostate cancer becomes resistant to hormone therapy.

For many men diagnosed with prostate cancer, androgen deprivation therapy (ADT) is a powerful first-line treatment. However, in some cases, tumours develop resistance to ADT, causing the cancer to spread and become incurable.

While immunotherapy has had success in treating other cancers, it has not been as effective for prostate cancer.

Flowers

Health

Researchers develop more accurate method for cervical cancer screening'

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Researchers aimed to understand why and developed a novel approach. Using cutting-edge techniques, they studied immune cell function within prostate tumours post-ADT, leading to an innovative way to deliver immunotherapy.

Published in the Journal for Immunotherapy of Cancer, the study is the first to show that carefully designed nanoparticles can stimulate T cells to attack cancer cells, significantly delaying resistance to ADT.

Study leader, Professor Claire Lewis, from the University of Sheffield's School of Medicine and Population Health, said: "The onset of resistance to hormone therapy is a major clinical problem in treating men with prostate cancer. Their tumours start to regrow and spread, making the disease difficult to treat."

The research revealed that macrophages, a type of white blood cell, accumulate around blood vessels in prostate tumours during ADT. Researchers then developed nanoparticles to deliver a drug to these cells, causing them to express interferon-beta, a potent immunostimulant. This stimulates T cells to kill cancer cells, delaying treatment resistance.

Dr Hayley Luxton, Research Impact Manager at Prostate Cancer UK, said: "Over 12,000 men die from prostate cancer each year in the UK. Immunotherapy has transformed other cancer treatments but hasn't yet seen similar success for prostate cancer."

The study offers hope that this new form of immunotherapy could enhance the response to hormone treatment and delay resistance, potentially changing the outlook for prostate cancer patients.

## **Cervical Cancer (The Tribune: 20240806)**

<https://www.tribuneindia.com/news/health/researchers-develop-more-accurate-method-for-cervical-cancer-screening/>

### **Researchers develop more accurate method for cervical cancer screening Analysing mucus samples can distinguish cervical tumours from normal tissues more accurately than serum samples, finds study**

Japanese researchers have developed a more accurate method that comes with high diagnostic power to screen against cervical cancer from mucus samples.

Cervical cancer has approximately 5,00,000 new cases diagnosed each year. But the number of people diagnosed with precursor lesions in the cervix—also known as cervical intraepithelial neoplasia (CIN) -- is 20 times higher.

Researchers from Fujita Health University aimed to identify biomarkers that could assist in the early detection of cervical cancer.

Currently, the two most widely used screening procedures for these conditions are human papillomavirus (HPV) tests and cytology examinations. While cytology has rather low sensitivity for detecting CIN, HPV tests are highly sensitive. Yet HPV infections do not always lead to cervical lesions, resulting in poor specificity.

The new study, published in the journal *Cancer Science*, focused on a series of compounds that showed abnormal expression in serum and cervical mucus samples in cervical cancer patients.

These findings could potentially revolutionise disease prevention strategies, said the team.

They initially looked to find how changes in local immunity are related to cervical cancer, and “aimed to study all the currently known microRNAs (miRNAs) associated with the development and progression of cervical tumours”, said Professor Takuma Fujii.

The team compared the miRNA and cytokine profiles from serum and mucus samples, collected from patients with cervical cancer or CIN, over approximately eight years.

Initial screening pointed out three candidate miRNAs and five candidate cytokines in serum, and five candidate miRNAs and seven candidate cytokines in mucus.

“While miRNAs and cytokines in serum showed limited diagnostic accuracy, a specific combination of miRNAs and cytokines in mucus samples proved much more promising.

This suggests that focusing on changes in local expression levels, rather than serum levels, may offer a superior diagnostic strategy,” said the team.

“Our study, for the first time, demonstrates that analysing mucus samples can distinguish cervical tumours from normal tissues more accurately than serum samples,” Fujii said.

## **Wrecking Your Skin and Spine (The Indian Express: 20240806)**

<https://indianexpress.com/article/lifestyle/health/pillow-sleep-skin-neck-spine-health-9447483/>

### **Your pillow could be wrecking your skin and spine; here’s what you can do about it**

The humble pillow, a staple of bedrooms worldwide, plays a far more crucial role in our nightly rest than many realise. While we often focus on mattress quality and sleep duration, the height of our pillows can significantly impact both our sleep quality and long-term health.

According to content creator Dr Mehss, “Sleeping with a high pillow can potentially lead to skin issues such as wrinkles, acne, skin irritation, and puffiness or under-eye bags due to increased pressure, bacteria buildup, friction, fluid accumulation, neck stiffness, among others.” In her reel, he highlights several issues that can arise as a result of using the wrong pillow.

How sleeping with a high pillow can contribute to skin issues

Dr Palleti Siva Karthik Reddy ,MBBS, MD, General Medicine, consultant physician, explains what can happen to your skin if you sleep on a high pillow. “A high pillow pushes the chin towards the chest, creating a persistent crease in the skin. This repeated folding can lead to the development of permanent wrinkles, especially in the neck and lower face,” he states.

The unnatural angle of the neck compresses blood vessels and lymphatic channels, Dr Reddy adds. “This can hinder blood flow, leading to decreased oxygen and nutrient delivery to skin cells, potentially accelerating ageing. It can also impair lymphatic drainage, causing fluid buildup and resulting in puffiness, particularly around the eyes.”

Prolonged contact with the pillow transfers oil, dirt, and bacteria to the skin, potentially clogging pores and triggering acne breakouts. Additionally, the friction from sleeping on a high pillow can irritate existing acne, making it worse.

Dr Reddy continues, “The constant pressure and friction can compromise the skin’s natural barrier function, making it more susceptible to dryness, irritation, and infections.”

Adjustments or alternative pillow types for those experiencing neck stiffness or pain Dr Reddy recommends the following:

Festive offer

**Optimal Pillow Choice:** The key is to choose a pillow that maintains the neck's natural curvature, preventing strain and misalignment. Memory foam pillows, contour pillows, and adjustable pillows are often recommended by orthopedists.

**Memory Foam Pillows:** These mold to the shape of your neck, providing personalised support and pressure relief. They distribute weight evenly and reduce stress on the cervical spine.

**Contour Pillows:** Designed with ergonomic curves, they cradle the head and neck in a neutral position, promoting proper alignment and alleviating muscle tension.

**Adjustable Pillows:** These allow you to customise the height and firmness to match your individual needs and sleeping position. You can experiment with different configurations to find what feels most comfortable and supportive.

**Physical Therapy:** If neck stiffness or pain persists, seeking professional help from a physical therapist can be beneficial. They can assess your posture, identify any underlying issues, and recommend specific exercises and stretches to improve neck flexibility and strength.

pillow Misaligned vertebrae can put pressure on nerves, causing radiating pain, numbness, or tingling in the arms and hands. (Source: Freepik)

Long-term effects on spinal health

Inadequate support can have a severe impact on a person's spine, says Dr Reddy. These are:

**Cervical Spondylosis:** This degenerative condition affects the discs and joints of the neck, leading to pain, stiffness, and reduced mobility. Chronic misalignment from using a high pillow can accelerate wear and tear on the cervical spine, increasing the risk of developing spondylosis.

**Nerve Compression:** Misaligned vertebrae can put pressure on nerves, causing radiating pain, numbness, or tingling in the arms and hands. This can lead to conditions like cervical radiculopathy, which significantly impacts quality of life.

**Chronic Pain and Discomfort:** Persistent neck pain, headaches, and shoulder pain can become a daily struggle, disrupting sleep, affecting mood, and limiting activities.

**Postural Issues:** Prolonged misalignment of the neck can also affect the overall posture, leading to imbalances in the shoulders, back, and hips.

Key factors someone should consider when selecting a pillow

According to Dr Reddy, "The primary function of a pillow is to support the natural curve of the neck. Look for pillows that cradle the head and neck in a neutral position, maintaining the spine's natural alignment."

Memory foam and latex are excellent choices as they conform to the body's shape, providing consistent support and pressure relief, he states. They also tend to be more durable than traditional down or feather pillows.

Consider your preferred sleeping position when choosing a pillow. Back sleepers typically need a medium-firm pillow, side sleepers need a firmer pillow to fill the gap between the shoulder and neck, and stomach sleepers need a thinner pillow to avoid excessive neck extension.

Dr Reddy adds, "Pillows with adjustable layers allow you to personalise the height to your comfort and spinal alignment needs. This is especially beneficial for individuals with varying sleeping positions or those who experience changes in their preferences over time."

## **Lung Cancer (Navbharat Times: 20240806)**

<https://navbharattimes.indiatimes.com/lifestyle/health/5-second-test-to-detect-lung-cancer-with-help-of-fingers-nails/articleshow/112291446.cms>

### **5 सेकंड में लगा लगे लंग्स कैंसर का पता, घर बैठे हो जाएगा टेस्ट, बस हाथ में देखना है ये निशान**

लंग कैंसर एक खतरनाक बीमारी है जिसका बहुत देर से पता लगता है। लेकिन आप हाथ की मदद से इसका जल्दी पता लगा सकते हैं। इसके लिए बस आपको नाखूनों से यह काम करना है।

फेफड़ों का कैंसर दुनिया में सबसे आम कैंसर में से एक है। यह कैंसर से होने वाली मौतों का सबसे बड़ा कारण भी है। अक्सर इसका पता आखिरी स्टेज में चलता है। धूम्रपान, प्रदूषण, एस्बेस्टस और रेडॉन के संपर्क में आना इसके प्रमुख कारण हैं। इसके अलावा, काम की जगह पर मौजूद खतरनाक चीजें, HIV और परिवार में पहले से यह बीमारी होना भी इसके कारण हो सकते हैं।

लंग्स कैंसर का पता कैसे लगाएं? आपके नाखूनों के आकार से पता चल सकता है कि आपको फेफड़ों का कैंसर तो नहीं है। यह टेस्ट सिर्फ 5 सेकंड में हो जाता है। इसे 'डायमंड फिंगर टेस्ट' कहते हैं। इसे स्कैमरोथ विंडो टेस्ट या विंडो गैप टेस्ट

3 हफ्ते से ज्यादा समय तक खांसी रहना

सीने में संक्रमण

खांसते समय खून आना

खांसते या सांस लेते समय दर्द होना

सांस फूलना

एनर्जी की कमी

भूख न लगना

**Lung Cancer** कारण, लक्षण और इलाज, देखें वीडियो

लंग्स कैंसर पता लगाने के ट्रेडिशनल तरीके

चेस्ट एक्स-रे

CT स्कैन

PET-CT स्कैन

बायोप्सी

पकड़ने से जल्दी होता है इलाज

unhealthy lungs pollution

अगर फेफड़ों के कैंसर का जल्दी पता चल जाए तो इससे मृत्यु दर में कमी लाई जा सकती है और पूरी तरह से ठीक होने में मदद मिल सकती है। 5-सेकंड का फिंगर टेस्ट फेफड़ों के कैंसर के शुरुआती चरणों का पता लगाने का एक तरीका है। चेहरे और गर्दन पर सूजन, घरघराहट, कर्कश आवाज़ और निगलने में कठिनाई इस जानलेवा बीमारी के अनजाने लक्षण हैं।

अपने दोनों हाथों के अंगूठे के नाखूनों को एक साथ मिलाएं और उन्हें दबाएं।

आपके नाखूनों के बीच में एक डायमंड शेप की खिड़की बननी चाहिए।

अगर ऐसा नहीं हो रहा है और आपके अंगूठे के नाखूनों या उंगलियों के बीच कोई जगह नहीं बन रही है, तो यह फिंगर क्लबिंग का संकेत हो सकता है।

कैंसर रिसर्च यूके के अनुसार, यह एक ऐसी स्थिति है जो नॉन-स्मॉल सेल लंग कैंसर वाले 35% से ज्यादा लोगों में देखी जाती है।

क्लबिंग फेफड़ों के कैंसर का एक संभावित संकेत है और यह फेफड़े, हृदय या डायजेस्टिव सिस्टम में दिक्कतों का संकेत देता है। अगर आपको अपने नाखूनों के बीच में एक छोटा सी डायमंड शेप दिखाई देती है, तो इसका मतलब है कि आपको क्लबिंग का खतरा कम है।

लंग्स कैंसर से क्यों होता है बदलाव?

healthy lungs

क्लब्ड फिंगर्स आपके हृदय या फेफड़ों में परेशानी का संकेत देता है जिसके कारण रक्त में ऑक्सीजन लेवल कम हो जाता है। उंगली के सिरे पर कोमल टिश्यू में फ्लूइड जमा होने के कारण आपकी उंगलियां सूजी हुई दिखाई दे सकती हैं। ऐसा उंगली में ब्लड फ्लो बढ़ने के कारण होता है।

हालांकि इसका सही कारण पता नहीं है, लेकिन इसमें वैस्कुलर एंडोथेलियल ग्रोथ फैक्टर (VEGF) की भूमिका हो सकती है। VEGF एक सिग्नलिंग प्रोटीन है जो नई ब्लड वेसल्स के विकास को स्टिमुलेंट करता है।

## Depression( Dainik Jagran: 20240806)

<https://www.jagran.com/lifestyle/health-different-type-of-depression-and-its-symptoms-you-must-know-23772883.html>

### आपकी जान तक छीन सकता है Depression, 6 तरीकों से बचा सकता है Mental Health की बैंड

इन दिनों लोगों की लाइफस्टाइल काफी बिजी हो चुकी है। बढ़ता वर्कप्रेसर और अन्य जिम्मेदारियां लोगों को कई समस्याओं का शिकार बना देती हैं। Depression इन्हीं समस्याओं में से एक है जो दुनियाभर में mental Health से जुड़ी एक गंभीर समस्या बनी हुई है। इसके कई प्रकार होते हैं जो अलग-अलग तरीके से लोगों को अपना शिकार बनाते हैं। आइए जानते हैं इसके कुछ आम प्रकार।

Depression मेंटल हेल्थ से जुड़ी एक गंभीर समस्या है। इन दिनों कई लोग विभिन्न वजहों से इसका शिकार हो रहे हैं। डिप्रेशन एक नहीं कई तरह से व्यक्ति को अपना शिकार बनाता है।

लाइफस्टाइल डेस्क, नई दिल्ली। आजकल की भागती-दौड़ती लाइफस्टाइल में डिप्रेशन कई लोगों को अपना शिकार बनाता जा रहा है। सिर्फ बड़े ही नहीं, बल्कि युवा भी इन दिनों तेजी से इसकी चपेट में आ रहे हैं, लेकिन आज भी समाज का एक बड़ा तबका इसे एक गंभीर बीमारी का नाम देने से कतराता है। यही वजह है कि डिप्रेशन के प्रति जागरूकता बेहद जरूरी है, क्योंकि सही समय पर इसकी पहचान न होने पर अक्सर व्यक्ति सुसाइड जैसी खतरनाक राह पर चल पड़ता है। ऐसे में सही समय पर इसकी सही जानकारी होना बेहद जरूरी है।

ऐसे में आज इस आर्टिकल में हम आपको बताएंगे डिप्रेशन के विभिन्न प्रकारों और उसके कुछ लक्षणों के बारे में, जिससे आप समय रहते इसकी पहचान कर गंभीर परिणामों से बच सकते हैं। आइए जानते हैं डिप्रेशन के प्रकार-

यह भी पढ़ें- Mental Health के लिए फायदेमंद हो सकती है रेज क्लीनिंग, कम समय में हो जाती है घर की सफाई

#### मेजर डिप्रेसिव डिसऑर्डर

पूरे दिन ज्यादातर समय एक उदासी का एहसास होना और ऐसी स्थिति अगर दो हफ्ते तक बनी रहती है, तो ये मेजर डिप्रेसिव डिसऑर्डर कहलाता है। इसे क्लिनिकल डिप्रेशन भी कहते हैं।

#### परसिस्टेंट डिप्रेसिव डिसऑर्डर

डिप्रेशन के लक्षण 2 हफ्ते से ज्यादा बने रहते हैं, लेकिन ये मेजर डिप्रेसिव डिसऑर्डर की तरह गंभीर नहीं होते हैं, जिसके कारण यह लाइफस्टाइल का एक हिस्सा जैसे महसूस होने लगता है, जिसके कारण इनकी पहचान करना थोड़ा मुश्किल होता है।

#### बाइपोलर डिप्रेशन



डिप्रेशन के लक्षणों के साथ मेनिया और हाइपोमेनिया के लक्षण जब 7 दिन तक बने रहें, तो ये बाइपोलर डिप्रेशन कहलाता है। मेनिया के लक्षणों में अतिरिक्त एनर्जी, कम नींद, एक साथ बहुत सारे विचार और संवाद, खुद को हानि पहुंचाने की प्रवृत्ति शामिल हैं।

#### साईकोटिक डिप्रेशन

डिप्रेशन के इस प्रकार में असलियत से नाता खत्म होता महसूस होता है और व्यक्ति हैल्यूसिनेशन और डिल्यूजन की दुनिया में जीने लगता है। इसमें व्यक्ति एक जगह देरी तक बैठ कर घंटों एक ही चीज को निहार सकता है। ये लक्षण डिप्रेशन के लक्षणों के साथ मौजूद होते हैं।

#### पेरीपार्टम डिप्रेशन

प्रेग्नेंसी के दौरान या बच्चे के जन्म लेने के 4 हफ्ते बाद तक महसूस होने वाला डिप्रेशन पेरीपार्टम डिप्रेशन कहलाता है। आमतौर पर इसे पोस्टपार्टम डिप्रेशन भी कहा जाता है। महिलाओं के शरीर में हुए हार्मोनल बदलावों की वजह से यह डिप्रेशन होता है।

#### सीजनल अफेक्टिव डिसऑर्डर

अक्सर मौसम में बदलाव के साथ मूड और व्यवहार में होने वाले बदलावों को सीजनल अफेक्टिव डिसऑर्डर कहा जाता है।