



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20240807

Black Mucus (Hindustan Times :20240807)

<https://www.hindustantimes.com/lifestyle/health/what-causes-black-mucus-is-it-a-sign-of-lung-cancer-101722927591672.html>

What causes black mucus? Is it a sign of lung cancer?

Black coloured mucus or phlegm coughed up can be a serious sign of an underlying illness. In an interview with HT Lifestyle, Dr. Vedit Kapoor, Assistant Professor, Medical Oncology, Amrita Institute of Medical Sciences, Faridabad said, “Black mucus can be a symptom of various environmental exposures, infections or more severe conditions like lung cancer. Persistent or recurrent black mucus should prompt urgent medical consultation to rule out malignancy and initiate appropriate treatment. Early detection of lung cancer significantly improves prognosis and treatment outcomes.”

Smoking: Tobacco use: India has a significant population of smokers, including use of beedis and cigarettes, which can lead to black mucus due to tar and other harmful substances in the smoke.

Coal mining: Workers in coal mines are at risk of developing pneumoconiosis (black lung disease) due to coal dust inhalation.

Construction industry: Labourers exposed to dust and industrial pollutants may develop respiratory issues, leading to black mucus.

Roadside pollution: Proximity to heavily trafficked roads increases exposure to vehicular emissions and dust.

Crop burning: Seasonal agricultural burning, especially in states like Punjab and Haryana, releases large amounts of particulate matter into the air, contributing to respiratory distress and black mucus.

Tuberculosis: India has a high prevalence of tuberculosis, which can cause blood stained or dark mucus.

Fungal infections: Conditions like Aspergillosis, more common in humid and unsanitary environments, can lead to black mucus.

Black mucus as a sign of lung cancer:

Tumour growth: Lung cancer can cause necrosis (death of tissue) and bleeding within the lungs. The breakdown of blood and lung tissue can lead to dark or black coloured mucus.

Obstruction and infection: Tumours may obstruct airways, leading to secondary infections that produce dark mucus.

Chronic symptoms of lung cancer caused by black mucus

Persistent cough: A persistent cough that produces black mucus may indicate an underlying cancer. It is often accompanied by other symptoms like chest pain and shortness of breath.

Weight loss and fatigue: Unexplained weight loss, fatigue and a persistent cough with black mucus can be warning signs of lung cancer.

Hemoptysis: The presence of blood in mucus, turning it dark or black can result from tumour invasion into blood vessels.

Early detection and diagnosis:

Medical evaluation: persistent black mucus warrants a medical evaluation, including imaging (X-rays, CT scans etc) and sputum analysis to determine the underlying cause and check for a hidden cancer.

Rising Flu (Hindustan Times :20240807)

<https://www.hindustantimes.com/lifestyle/health/rising-flu-cases-and-global-warming-how-are-they-connected-101722952226277.html>

Rising flu cases and global warming: How are they connected?

There has been a surge in the number of flu cases this year. The numbers seem to keep rising. Climate change and global warming are believed to have significant impacts on the health of people. In an interview with HT Lifestyle, Dr Vidhe Sharma, MD, physician, Ruby Hall Clinic, Hinjawadi, pointed out how global warming and the surge in number of flu cases are interconnected by several factors.

Climate change and seasonal patterns:

Global warming alters temperature and precipitation patterns, which can affect the timing and duration of seasons. This can lead to shifts in the timing and intensity of flu seasons, potentially extending or altering when flu viruses are active. This further makes people become more exposed to the disease.

Temperature and virus survival:

Warmer temperatures can allow some viruses, including influenza viruses, to survive for longer periods outside of hosts. This might increase the likelihood of transmission in certain environments.

Human behaviour changes:

Changes in climate can also influence human behavior, such as spending more time indoors or changes in migration patterns, which can impact the spread of infectious diseases like the flu.

Ecological and animal factors:

Climate change affects ecosystems and can lead to changes in animal habitats and behaviors. This can influence the prevalence and transmission of zoonotic diseases (those that spread from animals to humans), some of which may include influenza viruses, and affect human being severely.

Health impacts and vulnerability:

Climate change can exacerbate health vulnerabilities in populations, making them more susceptible to infections like the flu due to stress, malnutrition, or displacement from extreme weather events.

“Overall, while the direct link between global warming and flu cases is complex and multifaceted, these factors illustrate how changes in climate can contribute to shifts in disease patterns, including the incidence of influenza,” added Dr Vidhe Sharma.

Self Neglect (Hindustan Times: 20240807)

<https://www.hindustantimes.com/photos/lifestyle/self-neglect-what-does-it-look-like-psychologist-explains-101722950122284.html>

Self neglect: What does it look like? Psychologist explains lifestyle

From negative self-talk to suppressing our sadness and frustration, here are a few signs of self-neglect that we should be aware of.

When we do not prioritise ourselves and our emotions, we end up neglecting ourselves. “Are you neglecting yourself and your emotions? If your emotions were not tended to enough as a child, you may have learned that your emotional needs aren’t a priority. Even if your emotions were cared for as a child, you might have learned to suppress them at some point,” wrote Psychologist Carolyn Rubenstein as she explained the signs of self-neglect.

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Instead of addressing the difficult emotions such as sadness, anger and frustration, we choose to suppress and ignore them. (Unsplash)expand-icon

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We usually avoid situations where we may require to be vulnerable, such as intimate relationships or deep conversations.

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Recommended Photos

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Jaundice Case (THE TIMES OF INDIA: 20240807)

<https://timesofindia.indiatimes.com/life-style/health-fitness/jaundice-case-but-the-diagnosis-turned-out-be-a-surprising-one/articleshow/112328069.cms>

Jaundice case, but the diagnosis turned out be a surprising one

10 Common fruit and vegetable peels that can be reused in Indian cooking

Mahin had a persistently elevated platelet count, which seemed detached from his liver condition, something we could not describe

Jaundice case, but the diagnosis turned out be a surprising one

Cyriac Abby Philips

In the chaotic confines of my outpatient clinic, I first encountered Mahin, a 54-year-old who radiated a quiet strength despite his fragile appearance. He suffered a recent brain stroke and was on low-dose aspirin. Beside him stood his two sons, their concern palpable while Mahin's eyes, a deep shade of yellow, spoke volumes on the battles he was facing.

Mahin's journey had taken him through a maze of hospitals, each visit adding to the confusion rather than unravelling the mystery of his deteriorating liver-health. His jaundice, marked by blood bilirubin levels soaring far beyond the normal range, painted a grim picture of a liver under siege. Just two weeks ago, he had been celebrating with his family; now, he sat before me, his strength waning, his appetite fading, and with telltale signs of liver dysfunction.

Initial tests hinted at acute hepatitis — a sudden inflammation within the liver — but Mahin's case was anything but typical. He exhibited no fever or signs of infection, and his medical history and investigations ruled out common causes such as viral, bacterial and parasitic infections that can hurt the liver, as well as alcohol use or liver-toxic medications. This baffling scenario left doctors and his family caught between hope for a diagnosis, the dread of what it might reveal, and dying from the unknown.

The way forward was to ask the liver itself, but it was a risky procedure given Mahin's frail condition. Referred to our Liver Institute in Kochi for specialised care, we meticulously reviewed his medical records, searching for overlooked clues that might illuminate the path forward. Amidst the labyrinth of tests, one detail stood out — Mahin's persistently elevated platelet count, a puzzling observation that seemed detached from his primary liver condition.

Could there be an underlying autoimmune disorder, masquerading as liver dysfunction? Such conditions often defy conventional diagnostic pathways. But tests for classical autoimmune hepatitis and its rare variant, IgG4 disease, yielded negative results. Under extreme caution, Mahin's liver biopsy was completed and we found something we could not describe. Not yet. A type of white blood cell called lymphocyte were non-specifically, but surprisingly, increased inside Mahin's liver. There was something outside the liver in Mahin's body trying to kill it but we still had no answers.

In the quiet hours at home, anxious thoughts about Mahin lingered. It was during one such latenight reflection that a faint glimmer of insight emerged. The link between stroke and elevated platelets, though typically overlooked in the context of liver disease, now assumed a haunting significance in Mahin's case. Could something sinister happening inside the blood hold the key to unravelling far beyond the confines of the liver?

I got back to re-examining the CT scan, which revealed conspicuous enlargement of his liver and spleen, alongside mild swelling of multiple abdominal lymph nodes. But these were non-specific findings, my colleagues pointed out. Yet, the findings haunted me. Turning our focus to the bone marrow and lymph nodes, we discovered a troubling pattern. Further biopsies and examination under the microscope revealed that the same clusters of lymphocytes had infiltrated these tissues too. This unexpected finding pointed toward a more insidious culprit — a systemic disorder with implications far beyond the confines of the liver.

With this revelation, the puzzle pieces began to align — the persistent elevation of his platelet count, subtle signs of systemic involvement seen on imaging, and the enigmatic lymphocyte infiltration observed in his biopsied tissues. With these newfound insights, the pathologist employed specialised staining to find that Mahin harboured a rare blood

cancer known as marginal zone lymphoma, originating in his spleen and bone marrow but stealthily infiltrating his liver and disrupting its delicate function.

We finally had a diagnosis. A recent stroke and current liver damage both brought on by an evolving lymphoma — the brain, blood and liver intricately connected. Under the oncology team, he commenced treatment with Rituximab — a targeted therapy designed to selectively destroy CD20-positive cancer cells. Mahin's jaundice began to recede, offering a glimmer of hope for his family.

“Great things are done by a series of small things brought together,” Vincent Van Gogh had famously said. In retrospect, Mahin's story stands not only as a testament to the complexities of medical diagnosis but also as a poignant reminder of the transformative power of persistence, empathy, and interdisciplinary collaboration in the realm of modern medicine.

5 Common Medicines (THE TIMES OF INDIA: 20240807)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/5-common-medicines-you-must-never-have-with-tea-of-coffee/articleshow/112325207.cms>

5 common medicines you must never have with tea of coffee

Studies revealed that consuming coffee and tea with certain medications can impact their effectiveness. Antibiotics, thyroid, asthma, diabetes, and Alzheimer's medications were notably affected. Caffeine interfered with these drugs' absorption, metabolism, and excretion, leading to issues such as restlessness, headache, and reduced medicine efficacy. Experts advised planning coffee intake when on these medications. [Read More](#) 5 common medicines you must never have with tea of coffee

Millions of people start their day with a cup of coffee and tea, which acts as a laxative due to its caffeine content. Studies show that coffee can stimulate the stomach, altering the time food takes to pass through the digestive system. However, coffee can interact with certain medications, affecting their absorption into the bloodstream. Drinking coffee while taking medication may influence its effectiveness as caffeine can significantly impact drug absorption, distribution, metabolism, and excretion.

Similarly, Tea typically contains five alkaloids, including caffeine, nicotine, theobromine which may interfere with the medications and reduce their efficacy or even prevent its absorption in the blood stream. Certain medications should not be taken with coffee due to these interactions.

Antibiotics, for example, are used to treat and prevent bacterial infections by stimulating the central nervous system. Since coffee is also a stimulant, taking the two together can cause restlessness and insomnia. This can lead to long-term sleep issues.

Allergy medications like fexofenadine should also be avoided with coffee. The combination can overstimulate the central nervous system and increase symptoms of restlessness.

Hypothyroidism medications, used to treat conditions where the thyroid gland doesn't produce enough hormones, can become significantly less effective when taken with coffee. According to doctors, "Coffee brings down the absorption of thyroid medicine by more than half.

Asthma medications, which help relax lung muscles and widen airways, are another category affected by coffee. Caffeine, being a mild bronchodilator, can reduce the effectiveness of these medicines, which are often used to treat conditions such as chronic obstructive pulmonary disease (COPD). Doctors note that when bronchodilators interact with coffee, they can cause headaches, restlessness, stomach pain, and irritability, particularly in children.

Diabetes medications are also impacted by coffee. When mixed with sugar or milk, coffee can cause an instant spike in blood sugar levels and affect the efficacy of diabetes medication. Besides, caffeine itself can worsen symptoms for people with diabetes. Alzheimer's medications are heavily influenced by coffee consumption.

Alzheimer's disease, affecting mostly those over 65, is a brain disorder resulting in cognitive function loss. Millions of people take medication for Alzheimer's. However, doctors warn that medicines like donepezil, rivastigmine, and galantamine are "extremely affected by caffeine.

The caffeine tightens up the blood-brain barrier and lowers the effect of the drug," they explain. Alzheimer's medications protect the neurotransmitter acetylcholine, and drinking high amounts of coffee has been shown to impair that protective effect.

As a summary, while coffee is a popular morning routine for many, caution is needed when taking certain medications. From antibiotics to thyroid medications, asthma and diabetes drugs, and Alzheimer's treatments, caffeine can influence how these medications work, making it crucial to consider the timing and combination of coffee consumption and medication intake.

How to consume the medicines in a right manner:

Oral medications: Unless otherwise instructed, swallow pills and capsules with a full glass of water. If not directed, avoid crushing or chewing.

Liquid medications: To guarantee an accurate dose, use a dosing spoon or syringe, a specialized measurement tool rather than a typical household spoon.

Diabetes Management (THE TIMES OF INDIA: 20240807)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/diabetes-management-ayurveda-secrets-to-prevent-blood-sugar-spikes/articleshow/112318289.cms>

Diabetes management: Ayurveda secrets to prevent blood sugar spikes

Diabetes, once thought to afflict the middle-aged and elderly, is now increasingly seen in youth and children. The article discusses various Ayurvedic remedies like Giloy, Fenugreek, Cinnamon, Aloe Vera, and Bitter Gourd, known for their benefits in

managing blood sugar levels and improving insulin sensitivity. These natural solutions could potentially help control diabetes effectively.[Read More](#)

Diabetes management: Ayurveda secrets to prevent blood sugar spikes

Diabetes is no longer the disease of the middle-aged and elderly as it is increasingly becoming common in youth as well as children. While the disease does pose a risk of affecting various body functions including cardiovascular health and kidney health, there are ways to manage your blood sugar levels well from medication to natural remedies.

The ancient medicinal practice focusses on a preventive approach and diet plays a major role in it. High-fibre fruits and vegetables, spices such as cumin, coriander, turmeric, and cardamom, small meals throughout the day, and herbs like fenugreek, cinnamon, and ginseng among others are recommended for optimal blood sugar control in type 2 diabetes.

Giloy or Guduchi is one of the potent herbs for diabetes prevention. It helps reduce oxidative stress, enhance insulin release, and reduce the breakdown of glucose. The herb also helps improve insulin sensitivity which could help manage your blood sugar levels effectively.

Fenugreek

Fenugreek or methi helps improve insulin sensitivity and aids in the regulation of cholesterol. According to the Journal of Diabetes & Metabolic Disorder, regular fenugreek powder consumption in people with prediabetes is associated with lower conversion to diabetes with no adverse effects.

Cinnamon or dalchini is a true diabetes superfood that not only lends a delectable flavour to your food with its natural sweetness but can also aid in blood sugar management by improving insulin sensitivity as well as preventing post meal blood sugar levels. According to John Hopkins Medicine, the herb can lower blood sugar levels in people with type 2 diabetes besides providing cardiovascular benefits such as controlling high blood cholesterol and triglyceride levels.

Aloe Vera

Another potent Ayurveda herb that can work magically to lower blood glucose levels in people with diabetes is Aloe Vera which improves body's responsiveness towards insulin. According to a study published in Journal of Food Science and Technology, active components present in Aloe vera also help in lowering high blood pressure as well cholesterol which can made it suitable for wide-scale treatment to all diabetic conditions.

Bitter Gourd

Karela or bitter gourd is a storehouse of compounds like Polypeptide-p that help regulate blood sugar levels and improve insulin sensitivity. Vicin and lectin present in the veggie may stimulate insulin secretion from the pancreas. Eating bitter results in slower absorption of glucose which helps in better blood sugar control.

Breastfeeding (THE TIMES OF INDIA: 20240807)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/tips-for-successfully-managing-breastfeeding-with-work-schedule/articleshow/112317396.cms>

Tips for successfully managing breastfeeding with work schedule

The Indian Academy of Pediatrics recommended exclusive breastfeeding for the first six months and continuation up to two years. Returning to work post-maternity leave posed challenges, but support from employers and families helped. Prior preparation, proper milk expression and storage, and maintaining feeding frequency proved crucial for continued breastfeeding. [Read More](#)

Tips for successfully managing breastfeeding with work schedule

Breastfeeding, an invaluable aspect of motherhood, has enormous health benefits for both mother and baby. The Indian Academy of Pediatrics (IAP) recommends exclusive breastfeeding for the first six months of life and its continuation up to or beyond two years. However, many mothers with young babies need to return to work, either out of need or choice.

Continuing breastfeeding can be challenging for these mothers, but with support from employers and families, it's definitely worth the effort.

Breast milk provides much more than just nutrition for the baby. According to various studies, babies who are breastfed for a longer duration have better immunity and mental development. Mothers who breastfeed have a reduced risk of Postpartum Depression and other serious illnesses like Breast Cancer, Osteoporosis, and chronic diseases like Diabetes and Heart Disease. Continuing breastfeeding promotes a woman's confidence in being a "good mom". Breastfeeding-friendly policies for employer's help save costs by reducing absenteeism from work and helping attract and retain talent.

Managing Working and Breastfeeding:

While you are on maternity leave, prepare a solid foundation for continuing breastfeeding when you return to work. Feed your baby frequently and on demand. Developing good feeding techniques at this stage will help you build a strong milk supply, which will make breastfeeding easier when you return to work.

If possible, take 6 months of maternity leave as it makes exclusive breastfeeding much simpler. If that isn't possible, consider negotiating options to work from home or part-time with your employer.

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deally, organizations with a significant female staff should provide a crèche or daycare centre. Another option is to place your baby in a daycare centre close to your office so you can visit and feed your baby at intervals. Other than that, plan for expressing and storing breast milk so it can be fed to your baby in your absence.

Practice the technique of expressing breast milk. You can express milk manually, but a good quality electric breast pump makes it quicker and more convenient. Use sterile containers to collect and store expressed breast milk. It can be kept at room temperature

for up to 6 hours or refrigerated for up to 2 days. For prolonged storage, the milk should be frozen and thawed before use.

A few days before you start work, get your baby accustomed to taking expressed milk and train the baby's caregiver in handling stored breast milk.

The major challenge women face once they return to work is maintaining their milk supply. Physiologically, the most important factor influencing milk production is frequent breast stimulation and milk removal.

Generally, a woman must breastfeed six to eight times a day to maintain a full milk supply. A nursing mother who is away from her baby must substitute the missed feedings with milk expression. Even when expressing at work, continue direct breastfeeding during the hours you are at home.

Most mothers can fit in one morning feed and a couple of evening and night feeds in their schedule. On non-working days, you can nurse your baby full-time. Feel good about your efforts to continue breastfeeding for as long as you can - it's a decision you will always feel proud about!

Arthritis (Medical News Today: 20240807)

<https://www.medicalnewstoday.com/articles/why-is-rheumatoid-arthritis-tied-to-a-higher-risk-of-cognitive-decline>

Why is rheumatoid arthritis tied to a higher risk of cognitive decline?

Systemic inflammation caused by rheumatoid arthritis could make cognitive decline more likely. Image credit: Juan Claudio Perez/Getty Images.

As of 2020, about 17.6 million people worldwide have the autoimmune disease rheumatoid arthritis.

Past studies have linked rheumatoid arthritis to an increased risk for a number of health concerns.

Researchers from the University of Málaga in Spain have now linked rheumatoid arthritis to a greater chance of developing specific cognitive impairments in older adults. Rheumatoid arthritis is one of the most common autoimmune diseases affecting about 17.6 million people Trusted Source globally as of 2020.

There is currently no cure for rheumatoid arthritis. However, medications Trusted Source and lifestyle changes Trusted Source can be used to manage the inflammation and pain the disease causes to the body's joints.

Past studies have linked rheumatoid arthritis to an increased risk for other health concerns including stroke Trusted Source, osteoporosis Trusted Source, dry eye disease Trusted Source, and certain cancers Trusted Source.

Now, a new study recently published in the journal RMD Open reports that people with rheumatoid arthritis may also have a greater chance of developing certain cognitive impairments Trusted Source later in life.

Studying the link between systemic inflammation and cognitive decline

For this study, researchers recruited 140 participants with an average age of 56, 80% of whom were women. Half of the study participant pool had rheumatoid arthritis, while the other half did not.

Scientists reported that about three out of four, or 72%, of rheumatoid arthritis participants had moderate to high levels of systemic inflammatory activity caused by the disease.

All 140 participants took part in comprehensive neurological and psychological assessments, cognitive tests, and mood assessments at the beginning and end of the study.

Study participants were given scores for their cognitive ability based on the Montreal Cognitive Assessment (MoCA) test, where a score of less than 26 is considered a cognitive impairment.

Additionally, researchers tested participants for specific cognitive abilities including:

ability to recall information after being distracted

orientation — a person's ability to explain what time, place, and situation they are in
executive functions of working memory, concentration, and inhibition.

Cognitive impairment higher in people with rheumatoid arthritis

At the study's conclusion, researchers discovered that participants with rheumatoid arthritis had lower average Montreal Cognitive Assessment scores than those who did not, as well as lower scores for executive function.

Scientists reported recording cognitive impairment in 60% of rheumatoid arthritis participants, compared to 40% in healthy participants.

They also reported that participants with obesity and rheumatoid arthritis were almost six times more likely to develop cognitive impairment, and participants with rheumatoid arthritis and inflammatory activity during the course of their disease faced about double the risk of having cognitive issues.

When examining participants who tested for cognitive impairment, the researchers found that those participants had marked and persistent inflammation compared to those without cognitive issues.

In addition to rheumatoid arthritis, researchers also found that those at the highest risk of cognitive impairment were at an older age, had less education, and had other health concerns such as obesity, high blood fat levels, and high blood pressure.

How is inflammation linked to cognitive impairment?

Although inflammation is a natural part of the body's defense system against germs and disease, chronic inflammation caused by diseases, environmental factors, and certain lifestyle habits such as not eating a healthy diet or getting enough physical activity can become a problem for the entire body.

Previous research has shown that inflammation anywhere within the body can have a negative impact on other areas.

For example, past studies have linked chronic inflammation to an increased risk for diseases like type 2 diabetes^{Trusted Source}, depression^{Trusted Source}, psoriasis^{Trusted Source}, chronic obstructive pulmonary disease (COPD)^{Trusted Source}, and insomnia^{Trusted Source}.

Additionally, previous research has linked chronic inflammation to neurological conditions, including dementia^{Trusted Source}, Alzheimer's disease, Parkinson's disease^{Trusted Source}, multiple sclerosis (MS)^{Trusted Source}, and Huntington disease.

"Recent studies have shown the critical contribution of inflammation in most, if not all, subtypes of dementias," Karen D. Sullivan, PhD, ABPP, a board-certified neuropsychologist, owner of I CARE FOR YOUR BRAIN, and Reid Healthcare Transformation Fellow at FirstHealth of the Carolinas in Pinehurst, NC, who was not involved in this study, told Medical News Today.

"A better understanding of how inflammatory molecules lead to the ultimate death of networks of brain cells is certainly a needed piece of the puzzle to get to a cure," she pointed out.

"By studying primary inflammatory conditions like rheumatoid arthritis, we will gain needed insights into the initial triggers that kick off inflammation in the central nervous system and subsequent downstream pathways that cause irreversible brain damage," Sullivan added.

Crucial to pinpoint risk factors for cognitive decline

MNT also spoke with Xiaoyin Tang, MD, Rheumatology Section Chief at Hackensack Meridian Jersey Shore University Medical Center in New Jersey about this study.

Tang, who was not involved in this research, commented that this study provides a more comprehensive evaluation of cognitive function impairments in rheumatoid arthritis patients, and confirms the relationship between rheumatoid arthritis disease activity and cognitive function.

It also highlights the importance of controlling inflammation in people with rheumatoid arthritis, and validating the early diagnosis and treat-to-target approach in clinical practice, she added.

“As a clinical rheumatologist treating rheumatoid arthritis patients, our goal is to improve patients’ quality of life including physical and cognitive functions,” said Tang. “With more available treatment options in the biological agent era, we made tremendous improvement in rheumatoid arthritis patients’ physical functions.”

“Our general population, as well as rheumatoid arthritis patients are living longer. A lot of them will face a decline in cognitive functions at later stages of their life. Identifying the factors negatively impacting patients’ cognitive function [is] the first step [to finding] the solutions,” the doctor noted.

Blood Pressure (The Tribune: 20240807)

<https://www.tribuneindia.com/news/health/suffering-from-high-blood-pressure-eating-fruits-and-vegetables-may-help/>

Suffering from high blood pressure? Eating fruits and vegetables may help

Fruits and vegetables, which are an under-prescribed treatment, have become a crucial part of hypertension treatment, new research said on Tuesday. Diets high in these foods have been shown to lower blood pressure, reduce cardiovascular risk, and improve kidney health due to their base-producing effects.

A new study in *The American Journal of Medicine*, presents findings from a five-year interventional randomised control trial.

Despite efforts to improve hypertension treatment with pharmacological strategies, hypertension-related chronic kidney disease and cardiovascular mortality are rising. Heart disease remains the leading cause of death for patients with chronic kidney disease.

The Dietary Approaches to Stop Hypertension diet, rich in fruits and vegetables, is recommended as the first-line treatment for primary hypertension. However, it is often under-prescribed and under-implemented, despite supporting data. Diets high in fruits and vegetables are associated with lower blood pressure, reduced chronic kidney disease progression, and decreased cardiovascular disease risk and mortality.

“Our patient studies showed that an acid-producing diet (high in animal products) is harmful to kidneys, while a base-producing diet (high in fruits and vegetables) is beneficial. We hypothesised that fruits and vegetables are both kidney and heart-healthy because they reduce dietary acid,” said Donald E Wesson from Dell Medical School, The University of Texas.

The study involved hypertensive patients with macro albuminuria—a marker of chronic kidney disease and cardiovascular risk. Participants were divided into three groups: one adding 2-4 cups of fruits and vegetables to their daily diet, another taking sodium bicarbonate (NaHCO₃) tablets, and a control group receiving standard medical care.

Results showed that both fruits and vegetables and NaHCO₃ improved kidney health, but only fruits and vegetables reduced blood pressure and cardiovascular disease risk. Co-investigator Maninder Kahlon, PhD, noted, “Fruits and vegetables achieved these benefits with lower doses of medication, supporting their use as a foundational treatment for hypertension.”

Wesson said that dietary interventions for chronic disease management are effective and should be prioritised. “We must increase efforts to incorporate healthy diets into patient management and make them more accessible to at-risk populations,” he added.

stroke (The Tribune: 20240807)

<https://www.tribuneindia.com/news/ludhiana/in-a-first-who-centre-for-stroke-opens-in-ludhiana/>

In a first, WHO centre for stroke opens in Ludhiana

In a first, the World Health Organisation (WHO) has designated Christian Medical College and Hospital (CMCH) in Ludhiana as the WHO Collaborating Centre (WHO CC) for stroke.

The advanced stroke centre of the CMC has become the first in the world to be recognised as a WHO CC, Dr Jeyaraj D Pandian, principal and professor of Neurology, who heads the centre, told The Tribune.

Dr Pandian, who is also the president elect of World Stroke Organisation (WSO), said it was a long-standing collaboration with the WHO Southeast Asian Region (WHO SEAR) and WHO Headquarters, Geneva, which started in 2015, that led to the collaboration aimed at enhancing stroke care globally.

Health Minister Dr Balbir Singh formally inaugurated the centre recently. Headed by Dr Pandian, the WHO team of doctors at the CMCH comprises Dorcas Gandhi, Ivy Sebastian, Ranjit Injety, Christy, Nistara Chawla, Pranay Pawar and Rineta Mascarenhas.

The major collaborative efforts started in 2020 when the WHO SEAR requested the hospital to prepare a manual titled, ‘Integrating stroke services in healthcare systems: A practical approach’ for stroke care services at all levels of healthcare.

The CMCH has also prepared a plan to develop stroke care services in Bhutan, Maldives, Myanmar and Timor-Leste. “The collaborative journey began from Bhutan, where hospitals previously lacked a standardised stroke care system, leading to significant delays in the identification and treatment of stroke cases,” Dr Pandian said.

In response to the growing burden of stroke and uncoordinated system, the WHO SEAR project launched its first phase in August 2020. The initiative empowered over 70 participants across medical, surgical, and rehabilitation disciplines to revolutionise stroke care.

Beyond infrastructure, the initiatives raised awareness about stroke and emphasised the importance of evidence-based care among healthcare professionals, policymakers, and the public, collectively enhancing the quality of stroke care in Bhutan.

“In 2023, we were invited by Queen Mother Ashi Sangay Choden Wangchuk to visit their hospitals, medical university and health minister. During the visit, a roadmap for further development of stroke care was laid out for Bhutan,” he said. In Maldives, over 20 participants were given specialised training in every facet of stroke care.

Dr Pandian said although plans were made to establish an online stroke registry in Maldives, political tensions delayed it. There are currently two stroke units in Maldives. In Myanmar, a comprehensive stroke appraisal aimed at reducing the country’s stroke burden identified critical areas for improvement.

In Nepal, a hub and spoke model of care is being established with two hubs and four spoke hospitals near Kathmandu. Based on the appraisal submitted by the CMCH team, Sri Lanka released a national stroke guideline recently.

Multiple Pregnancies (The Indian Express: 20240807)

<https://indianexpress.com/article/lifestyle/health/rajasthan-birth-quadruplets-four-babies-health-mother-9497883/>

Doctor highlights risks and challenges associated with multiple pregnancies as woman gives birth to four babies in Rajasthan

A rare medical incident unfolded in Rajasthan, after a 21-year-old woman gave birth to quadruplets, captivating both medical professionals and the public.

Santosh Prajapati, a resident of Dausa, delivered four babies — two boys and two girls — through natural childbirth at a local hospital, presenting a rare case that highlights the complexities and challenges associated with multiple pregnancies.

According to a report by NDTV, hospital superintendent Asha Verma told reporters that Prajapati “was admitted to Unit-6 of the hospital on August 4. On Monday morning, at around 8 a.m., the woman gave birth to four children through normal delivery.”

The four infants, each weighing between 700 grams to 1 kilogram, have been placed under special medical observation due to breathing difficulties, it mentioned. This case highlights the critical care required in managing multiple births.

The risks involved

Dr Gaana Sreenivas, senior consultant gynaecologist and obstetrician at Bone and Birth Clinic, Bengaluru, says, “Carrying quadruplets, or any multiple pregnancy, puts a significant strain on the mother’s body. The biggest concern is premature birth. The uterus is simply not designed to accommodate four growing babies to full term. This can lead to complications for the babies, like respiratory distress, underdeveloped organs, and low birth weight.”

She adds that preeclampsia is a dangerous condition characterised by high blood pressure and organ damage. It is more common in multiple pregnancies and can lead to serious complications for both mother and babies if not managed promptly.

“Carrying multiple babies increases the risk of developing gestational diabetes, which can lead to complications during pregnancy and delivery. The increased demand for iron and other nutrients can lead to anaemia, causing fatigue and weakness in the mother,” Dr Srinivas adds.

The risk of excessive bleeding after delivery is higher due to the large placental area and overstretched uterus. These risks underscore the need for specialised care and close monitoring throughout the pregnancy.

quadruplets Low birth weight and prematurity can lead to breathing difficulties (Source: Freepik)

Health of the babies

Dr Srinivas says, “While quadruplets are a joy, their health is a constant concern, both in the short and long term.”

Short-Term Concerns

*Low birth weight and prematurity can lead to breathing difficulties, feeding problems, and developmental delays.

*Increased risk of infections and complications due to underdeveloped immune systems.

Long-Term Concerns

*Increased risk of learning disabilities, vision and hearing problems, and cerebral palsy.

*Ongoing monitoring and potential interventions may be required throughout childhood.

It’s important for parents to be aware of these potential challenges and seek appropriate medical and developmental support for their quadruplets.

Prenatal care and precautions to take

Prenatal care for quadruplet pregnancies is far more intensive than a singleton pregnancy, agrees Dr Srinivas . It usually involves:

Frequent Ultrasounds: Regular ultrasounds are necessary to monitor the growth and development of each baby, check for any complications, and plan for the delivery.

Specialised Care: A high-risk obstetrician specialising in multiple pregnancies will oversee the care.

Nutritional Guidance: A registered dietitian will help ensure the mother gets adequate nutrition to support four growing babies.

Cervical Monitoring: Close monitoring of the cervix is crucial to prevent premature labour.

Zika and Chandipura virus (Navbharat Times: 20240807)

<https://navbharattimes.indiatimes.com/lifestyle/health/zika-virus-and-chandipura-virus-spread-fastly-in-india-keep-eyes-on-fever-and-weakness-like-10-symptoms/articleshow/112334465.cms>

भारत में 2 जानलेवा वायरस का अटैक, 23 लोगों की मौत! शरीर तोड़ रहे बुखार-थकान जैसे 10 लक्षण

Zika and Chandipura virus: देश इन दिनों जीका वायरस और दूसरा है चांदीपुरा वायरस जैसे जानलेवा वायरस से जूझ रहा है। महाराष्ट्र और गुजरात में इन वायरस की वजह से बहुत से लोगों की मौत हो गई है। आपको इनके लक्षणों और बचाव के उपायों के बारे में पता होना चाहिए।

भारत में इन दिनों दो खतरनाक और जानलेवा वायरस का प्रकोप है। एक है जीका वायरस (Zika virus) और दूसरा है चांदीपुरा वायरस (Chandipura virus)। यह दोनों ही घातक है। जीका वायरस से 4 लोगों के मारे जाने की बात कही जा रही है, वहीं चांदीपुरा वायरस से अब तक कम से कम 19 लोगों की मौत हो चुकी है। यह दोनों वायरस गुजरात और महाराष्ट्र के कई जिलों में फैल चुके हैं।

यह दोनों मच्छरों से फैलते हैं इसलिए सरकार ने मच्छरों से बचाव के लिए सभी जरूरी कदम उठाने के निर्देश दिए हैं। ध्यान रहे कि दोनों ही वायरस का कोई स्थायी इलाज या टीका नहीं है, जिस वजह से संक्रमित की जान जा सकती है। बरसात के मौसम जारी है और इस मौसम में मच्छरों के पनपने का सबसे ज्यादा खतरा होता है। किसी भी तरह के संक्रमण से बचने के लिए आपको नीचे बताए लक्षणों और उपायों पर ध्यान देना चाहिए।

पुणे में 66 लोगों में जीका वायरस की पुष्टि

पुणे शहर में कम से कम 66 लोगों में जीका वायरस की पुष्टि हुई है। इनमें से 26 गर्भवती महिलाएं भी शामिल हैं। हालांकि, अधिकतर गर्भवती महिलाएं अच्छी स्थिति में हैं। माना जा रहा है कि इससे 4 लोगों की मौत हुई है, लेकिन अधिकारियों ने बताया कि उनकी मौत जीका वायरस से नहीं, बल्कि पहले से मौजूद बीमारियों के कारण हुई है। ये लोग 68 से 78 साल के थे।

चांदीपुरा वायरस के 53 केस, 19 लोगों की मौत

केंद्रीय स्वास्थ्य मंत्री जे पी नड्डा ने मंगलवार को राज्यसभा को बताया कि 31 जुलाई तक भारत में चांदीपुरा वायरस के 53 मामले सामने आए हैं - 51 गुजरात से और दो राजस्थान से। चांदीपुरा वायरस के इन 53 मामलों में से 19 लोगों की मौत हो चुकी है और सभी मौतें गुजरात से हुई हैं।

कैसे फैलता है जीका वायरस

जीका वायरस एडीज (Aedes) मच्छरों के काटने से फैलता है, जो डेंगू और चिकनगुनिया जैसे दूसरे बीमारियों को भी फैलाता है। गर्भवती महिलाओं में जीका वायरस बच्चे के दिमाग के विकास में समस्या पैदा कर सकता है, जिससे बच्चे का सिर छोटा हो सकता है। गर्भवती महिलाओं और उनके बच्चों को नर्वस सिस्टम की समस्याएं भी हो सकती हैं।

जीका वायरस के लक्षण

कई बार लोगों को जीका वायरस होने का पता ही नहीं चलता क्योंकि उनमें कोई लक्षण नहीं दिखाई देते हैं। लेकिन कुछ लोगों में हल्के लक्षण हो सकते हैं जैसे:

त्वचा पर रैशेज

जोड़ों में दर्द

तेज बुखार

आंखों की लालिमा (कंजंक्टिवाइटिस)

मांसपेशियों में दर्द

जीका वायरस से बचने के उपाय और रोकथाम

जीका वायरस से बचने के लिए हर हाल में मच्छरों के काटने से बचना जरूरी है। यही वजह है कि आपको मच्छरों को पनपने से रोकने के लिए सभी जरूरी कदम उठाने चाहिए। ध्यान रहे कि जीका वायरस संक्रमण की रोकथाम या उपचार के लिए अभी तक कोई टीका उपलब्ध नहीं है। डॉक्टर लक्षणों के आधार पर उपचार करते हैं।

चांदीपुरा वायरस क्या है?

चांदीपुरा वायरस एक दुर्लभ प्रकार का वायरस है जो मुख्य रूप से बच्चों को प्रभावित करता है। इसका नाम उस जगह के नाम पर रखा गया है जहां इस वायरस का पहली बार पता चला था। यह वायरस आमतौर पर मच्छरों के काटने से फैलता है। कुछ मामलों में यह वायरस गंभीर जटिलताएं पैदा कर सकता है। इस वायरस के लिए कोई विशेष दवा नहीं है। उपचार मुख्य रूप से लक्षणों को कम करने पर केंद्रित होता है।

चांदीपुरा वायरस के लक्षण

चांदीपुरा वायरस एक गंभीर बीमारी हो सकती है, खासकर बच्चों के लिए। यदि आपको या आपके बच्चे को ऊपर बताए गए लक्षण दिखाई दें, तो तुरंत डॉक्टर से संपर्क करें। इस वायरस के लक्षण काफी तेजी से प्रकट हो सकते हैं और इनमें शामिल हो सकते हैं।

तेज बुखार होना

सिर में दर्द

बार-बार उल्टी आना

बार-बार दस्त आना

भूख न लगना

बच्चे अक्सर बेचैन रहते हैं

शरीर में कमजोरी महसूस होना

Dengue (Dainik Jagran: 20240807)

<https://www.jagran.com/lifestyle/health-tips-for-dengue-prevention-during-pregnancy-23773259.html>

प्रेग्नेंसी में Dengue न बन जाए परेशानी की वजह, मां और बच्चे की सुरक्षा के लिए जरूर अपनाएं ये टिप्स

बरसात के दिनों में Dengue अक्सर लोगों को अपना शिकार बना लेता है। खासकर प्रेग्नेंट महिलाएं इस दौरान कई बीमारियों के प्रति संवेदनशील होती हैं। ऐसे में जरूरी है कि बच्चे और मां की सुरक्षा के लिए जरूरी बातों का ध्यान रखा जाए। अगर आप भी इस मानसून अपने प्रेग्नेंसी फेज में हैं और अपने बच्चे का ख्याल रखना चाहते हैं तो इन टिप्स को जरूर फॉलो करें।

प्रेग्नेंसी में Dengue न बन जाए परेशानी की वजह, मां और बच्चे की सुरक्षा के लिए जरूर अपनाएं ये टिप्स प्रेग्नेंसी में ऐसे करें डेंगू से बचाव (Picture Credit- Freepik)

लाइफस्टाइल डेस्क, नई दिल्ली। प्रेग्नेंसी एक ऐसा समय है, जब कई प्रकार की सावधानियां बरतना जरूरी हो जाती हैं। खासकर मानसून आने पर और भी ज्यादा ख्याल रखना पड़ता है, क्योंकि नमी और उमस की वजह से कई प्रकार की बीमारियों का खतरा बढ़ जाता है। इस दौरान पानी से होने वाली बीमारियां, फंगल इन्फेक्शन, डेंगू और मलेरिया जैसे मच्छर से पैदा होने वाली बीमारियों के मामले तेजी से लोगों को अपना शिकार बनाने लगते हैं।

ऐसे में प्रेग्नेंट महिलाओं को अलग से कुछ ऐसे कदम उठाने चाहिए, जिससे डेंगू के खतरे से बचाव किया जा सके-

प्रेग्नेंसी में ऐसे करें डेंगू से बचाव

स्ट्रीट फूड के सेवन से बचें

भरपूर पानी पिएं

सब्जी और फल को अच्छे से धुल कर खाएं

बारिश में न भीगें

साफ उबला हुआ पानी पिएं

आरामदायक फुल स्लीव के कॉटन कपड़े पहनें

पानी में एंटीसेप्टिक सॉल्यूशन मिक्स कर के हफ्ते में एक से दो बार जरूर नहाएं

मच्छरदानी लगा कर सोएं

प्रेग्नेंसी सेफ मोस्किटो रिपेलेंट क्रीम का इस्तेमाल करें

कूलर में या बाल्टी में पानी स्टोर कर के न रखें

जितना हो सके आराम करें

प्रेग्नेंसी के दौरान डेंगू से जुड़ी इन बातों का रखें ध्यान-

डेंगू वायरस के एंटीबॉडी प्लेसेंटा पार कर के फीटस तक पहुंच सकते हैं। इससे बच्चे को हेमरजिक फीवर या डेंगू शॉक सिंड्रोम हो सकता है।

सही इलाज न होने पर या देर से पता चलने पर डेंगू मिसकैरेज, कम वजन का बच्चा, प्रीमेच्योर बर्थ या फिर स्टिल बर्थ का कारण भी बन सकता है।

डेंगू के शुरुआती लक्षण जैसे पेट में दर्द, उल्टी मितली और बहुत ज्यादा थकान के साथ मसूड़ों से खून निकलना, शरीर पर रैशेज, सिर और आंखों में दर्द और भूख कम लगना आदि नजर आने पर तुरंत डेंगू का टेस्ट कराएं। प्लेटलेट काउंट बढ़ाने के लिए अनार, हरी पत्तेदार सब्जियां, सूप, ग्रीन टी, दूध का इस्तेमाल करें।